

# Forest Glade Massage Therapy

## Sustainability Plan



**Forest Glade**  
Massage For All

Updated 31/05/2024

### Introduction

Forest Glade Massage Therapy aims to be a sustainable business. Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs. This report will assess the current carbon footprint of the business and what steps can be taken to improve it.

This plan will cover the following areas:

- Waste Management
- Energy and Water Use
- Travel
- Products

For each area, the current impact on sustainability will be assessed, and goals for improvement will be set out, within a monitoring framework.

## 1. Waste Management

The following items comprise the majority of waste products:

- Empty product containers
- Disposable couch roll
- Disposable cleaning wipes for disinfection of surfaces

The bin in the massage room is emptied daily and sorted into recyclables and non-recyclables. They are then placed into the appropriate household bin.

The main recyclable materials used are cardboard boxes for products and tissues, and plastic and glass product containers.

The main non-recyclable materials are disposable cleaning wipes.

The disposable cleaning wipes are now water based and solvent-free. I switched to these in June 2023.

I have switched to reusable cotton pads and no longer use any single use linen.

Where possible, the product containers are glass rather than plastic. While both have difficulties in terms of recycling and sustainability, glass has a higher recycling rate (30% as opposed to 9%) and uses less energy to recycle. It also is not downgraded during the recycling process, unlike plastic, and so can keep on being recycled. They are also no by products from the process.

[\(https://www.goingzerowaste.com/blog/which-is-better-for-the-environment-glass-or-plastic/\)](https://www.goingzerowaste.com/blog/which-is-better-for-the-environment-glass-or-plastic/)

I have switched to using 1litre bottles of oil instead of 500ml to reduce the number of bottles and so the amount of plastic. The bottles that I use for facial treatments are either glass or recycled plastic and they are refillable, cutting down on waste.

A Cora ball is used in the washing machine to catch any micro plastics and prevent them from entering the waterways.

### Previous Goals for Improvement:

Reduce the amount of plastic and other non-recyclables.

#### How?

Investigate purchasing products in glass bottles or with refillable options.

**Progress report:** Nearly all bottles are refillable apart from the massage oils. I have switched to larger bottles to reduce plastic. Most of the other bottles are glass.

### Goals for Improvement May 2024:

Switch to Smol spray cleanser to take away the need for wipes.

## 2. Energy and Water Use

The main uses of energy are:

- Electricity for the washing of linen, heating the room, lighting of the room, dehumidifier for drying towels and use of the hot stones heater and towel heater.

Water is used for cleaning, for the hot stones heater, and for washing linen.

The house's electricity supply is powered by solar panels on the roof and so is 100% renewable.

The gas and any imported electricity is supplied by Octopus Energy, a Which? Eco provider.

“Octopus are green because we invest in renewable generators in a number of different ways to support them to pump even more green electricity into the system.

We buy electricity from renewable generators to match some of the energy our customers use, for the rest we have 'PPA' agreements with 700 renewable generators, some independent, and some from within the £6 billion, 4GW portfolio of UK renewable energy producers we operate.”

In winter, I use an electric oil heater to keep the massage room warm rather than the gas central heating. The massage room is relatively small and the house is well insulated, reducing the energy needed. In April 2024 a new window was installed, increasing the insulation of the room.

The water is on a metred supply.

**Goals for Improvement:**

To continually assess how I am using electricity and when new electrical items are needed, to assess the energy impact.

**When by:** ongoing.

**3. Travel**

The business is both based at home and mobile. I travel to client's houses for treatments if they have extra needs. This means travel by car as I need to take heavy equipment with me.

The car I use is a Peugeot 108. It records emissions of 95.2g/km with average fuel consumption figures of 68.7mpg (<https://car-emissions.com/cars/model/PEUGEOT/108>). This is relatively economical. I will travel within a 15 mile radius. I will maintain records of distances travelled to better understand the carbon footprint of travel in the business.

**Previous Goals for Improvement:**

I will monitor how much travel by car I am doing over time.

**How?**

By keeping records

**Progress report:**

I now have regular mobile appointments weekly and fortnightly and keep a record of these. I keep my car serviced and in good condition to help it run more economically, and have replaced two tyres in the last year.

## 4. Products

I try to use products that come from sustainable suppliers. These are the main suppliers I use:

- **Purple Flame Aromatherapy**

<https://www.purpleflame.co.uk/>

I use purple flame for the majority of the massage oils. They are produced from unadulterated essential oils, many of which are organic.

Purple Flame Products are:

100% Recyclable Packaging with biodegradable chips.

Suitable for Vegetarians

Not Tested on Animals

Responsible sourced

- **Naturallythinking**

<https://naturallythinking.com/environment-ethics-and-sustainability/>

I have recently switched to Naturallythinking for massage oils as they stock oils in larger bottles to reduce waste. They are an ethical brand, cruelty free, vegan and paraben free.

- **Made for Life Organics**

<https://www.madeforlifeorganics.com/>

All their products are made by hand from natural, organic, quality materials. They use glass jars and bottles which are recycled as receptacles and biodegradable packing. It does not test on animals.

- **Tropic Skincare**

<https://tropicskincare.com/>

Tropic is a certified Carbon Neutral company. It double offsets its emissions. It sent zero waste to landfill in 2019 and 2020. All products are freshly made. The company works with United World Schools, to grant access to education for children all over the world. It sustainably sources its' natural ingredients. Its packaging is recyclable and refillable. It is cruelty free and vegan.

- **Paragon Bamboo**

<https://paragonbamboo.com/>

I use Paragon Bamboo for the linen supply of towels and face cloths. All of their products are 100% bamboo and can be composted at the end of their useful life. Bamboo is an increasingly popular alternative to cotton. It is naturally anti-bacterial, eco-friendly, soft and long-lasting.

“All of the bamboo we use in our fabrics is organically grown without the need for additional water and without the use of pesticides and fertilisers.”

- **Kaeso**

<https://www.kaeso.co.uk/>

Kaeso is a natural beauty brand. Their products are vegan. I use their facial cleansing range.

“The Kaeso ethos is to combine naturally derived ingredients with essential treatment formulas to deliver quality professional products. All products are free from Parabens, Sulphates, Propylene Glycol and Mineral Oil and avoids any harsh chemicals.”

- Smol washing pods and fabric conditioner

<https://smolproducts.com/>

I use smol products for washing all linen. The washing capsules are 100% plastic free. A full life cycle analysis by independent sustainability experts found smol laundry capsules give a 35% reduction in carbon through their production and delivery compared to the big brands.

**Goals for Improvement:**

Check all new supplier's environmental ethos. Continually search for the best companies for all purchases, even small ones.

**How?**

By doing internet research before making new purchases.

**By:** Ongoing.