



Modulis

Spa salona administrēšana

Apakštēma:

Ilgtspējīgais spa salons

Sasniedzamais rezultāts:

zina terminu *ilgtspējīga spa*, 6 ilgtspējīga spa īpašības, galvenos padomus videi draudzīgi skaistumkopšanas salonu un ilgtspējīgi spa izveidei;

spēj iesaistīties ilgtspējīga spa īpašību noteikšanā, veikt pierakstus; lasīt rakstu *6 Steps To Creating A Sustainable Spa Or Clinic* un atbildēt uz jautājumu

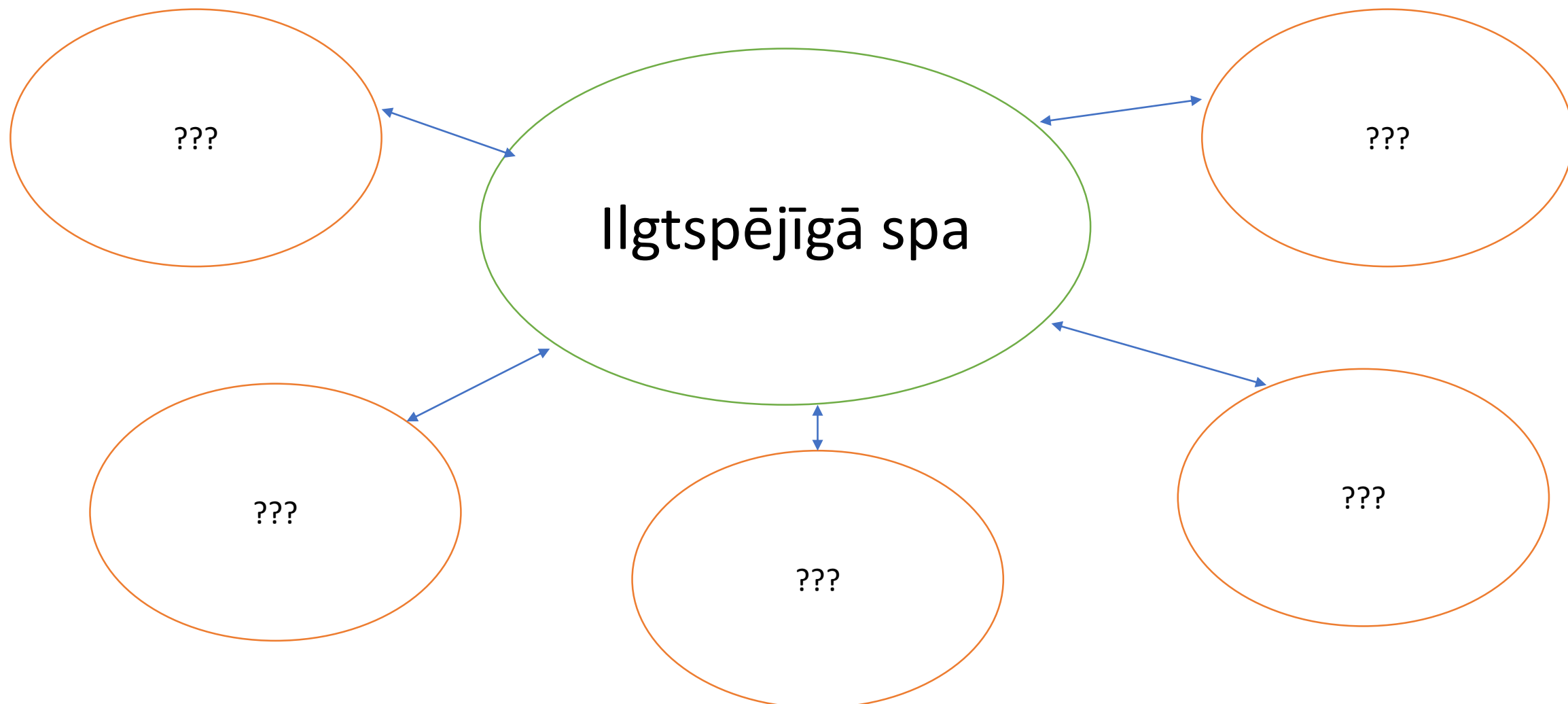
izprot ilgtspējīga spa konceptu

Autore:

Dr.paed., Anna Laizāne



Kas, tavuprāt, ir ilgtspējīga spa? Nosauc 5 īpašības.





Ilgtspējīgais spa /Sustainable Spa/



Sustainable spas incorporate:

- **Natural and Organic Treatments** – Herbal remedies, plant-based skincare, and chemical-free therapies ensure a toxin-free experience.
- **Water Conservation Techniques** – Low-flow showers, rainwater harvesting, and saltwater pools reduce freshwater consumption.
- **Eco-Friendly Interiors** – Non-toxic paints, VOC-free materials, and sustainable fabrics create healthier indoor air quality.
- **Mindful Architecture** – Open-air designs, nature-inspired layouts, and indoor-outdoor connections enhance the healing experience.



9 qualities of a Sustainable Spa



- 1. Sustainable Spas are committed to reduce harmful practices and exposure to harmful substances and are open to learning, adopting and implementing new environmentally friendly strategies and techniques.
- 2. Sustainable Spas strive to conserve natural resources and operate in environments that promote health and wellbeing. For example, a Sustainable Spa building will create a healthier and consequently more productive environment to work and provide therapy in. The subsequent benefits are transferred to the experience of the Spa guest, adding wellness value to the therapies themselves.



9 qualities of a Sustainable Spa



- 3. Sustainable Spas adopt energy conservation practices and incorporate fixtures and fittings that comply with such practices. The conservation of energy translates into a reduction in carbon emissions and an overall smaller carbon footprint for the Spa.
- 4. Sustainable Spas have water conservation practices and fixtures in place to reduce their consumption of potable water and to maximize their use of available water resources through eg rain catchment and grey water recycling.



9 qualities of a Sustainable Spa



- 5. Sustainable Spas are committed to using products which can be re-used or recycled, follow recycling practices and actively promote waste reduction.
- 6. Sustainable Spas incorporate natural or organic skin care products in their therapies and encourage their guests to apply this thinking in their personal health regimes at home.



9 qualities of a Sustainable Spa



7. Sustainable Spas promote the wellbeing of their employees and communities by empowering employees with new skills, by allowing employees to participate in decision making processes, by participating in community projects and by contracting with their local communities for the delivery of products and services wherever possible.

8. Sustainable Spas also share their concern for the planet's wellbeing with guests and set ongoing examples of Green living and Green thinking.

9. Sustainable Spas always have their Sustainability Policies that incorporate their sustainability principles available for guests to study.



Activity. Answer the questions.

- What verbs are used in the connection with sustainable spa?
- Write the example of *green living*.
- Write one idea of *green thinking*.



Eco-friendly beauty salons and sustainable spas: 5 key tips



1. Pay attention to the lighting

For ambient lighting choose LEDs which, despite the higher initial cost than conventional light bulbs, can last up to 50 times longer. What's more, by choosing a dimmable option, you can create the ideal relaxing atmosphere in any situation.



Eco-friendly beauty salons and sustainable spas: 5 key tips



2. Install reduced-flow taps

Installing flow reducers and aerators on taps for washbasins, showers and workstations allows you to minimise water waste while helping to reduce consumption (and costs).



Eco-friendly beauty salons and sustainable spas: 5 key tips



3. Choose sustainable furnishings and equipment

The furniture and workstations of a green beauty salon or a sustainable spa should also fulfil certain criteria. 70% of Lemi massage tables and wooden items, for example, are made using FSC-certified wood, free from synthetic colouring and toxic materials.



Eco-friendly beauty salons and sustainable spas: 5 key tips



4. Limit waste production

Make sure the single-use accessories you use every day are biodegradable or sustainable. For items that don't fall into this category, choose suppliers that offer “nude” shipping or recyclable packaging.



Eco-friendly beauty salons and sustainable spas: 5 key tips



5. Choose sustainable textiles

The fabrics used in a sustainable spa should always be made in natural fibres, which are greener in terms of both production process and maintenance (unlike synthetic fabrics, they don't shed microplastics).



Activity. Watch the video *How Spas Can Be Sustainable* and write down green strategies that can attract clients to your spa for services, save your business money and enhance your company's image—all while improving the quality of the environment.

[/https://www.youtube.com/watch?v=YXaH1gT7yKU/](https://www.youtube.com/watch?v=YXaH1gT7yKU/)



Answers.

Water Efficiency

Products

Cut Out the Toxins



Piemērs. Updated on November 30, 2021 BUSINESS
Raksts *6 Steps To Creating A Sustainable Spa Or Clinic*
Green tips from Australia's best "eco" spa.



Awarded the Best "Eco" Salon of Australia at the Australian Beauty Industry Awards in 2020, Eco Spa Mandurah is leading the way to sustainable business.

"I feel a strong responsibility as a business owner to minimise our environmental footprint to support our world into the future," Hannah Loreto, founder of Eco Spa, tells us.



Izlasiet rakstu *6 Steps To Creating A Sustainable Spa Or Clinic* un atbildiet uz jautājumu.

[/https://www.spaandclinic.com.au/business/6-steps-to-creating-a-sustainable-spa-or-clinic/](https://www.spaandclinic.com.au/business/6-steps-to-creating-a-sustainable-spa-or-clinic/)

Ko var darīt spa un klīniku īpašnieki, lai padarītu savu biznesu videi draudzīgāku? Uzrakstiet vismaz 6 soļus, lai izveidotu ilgtspējīgu spa.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____



Atbildes

1. Prioritise sustainable design
2. Install energy-efficient lighting
3. Go paperless
4. Swap paper towels for reuseable alternatives
5. Recycle and TerraCycle where you can
6. Give back to community initiatives



Izmantotā literatūra:

- Fotogrāfijas. Pieejamas www.pexels.com
- Charne le Roux, GreenSpa. Africa (2021) What is a Sustainable Spa? Pieejams: <https://swafrica.org/what-is-a-sustainable-spa/>
- Home > Blog > Sustainable spa: 5 tips to make your business greener. Spa tips Sustainable spa: 5 tips to make your business greener. Pieejams: <https://www.lemispa.com/en/blog/sustainable-spa-5-tips-to-make-your-business-greener/>
- Products Beauty & Spa Line. Pieejams: <https://www.lemispa.com/en/>

Paldies par uzmanību!

