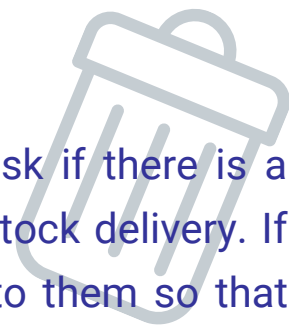


# THE CIDESCO INTERNATIONAL SUSTAINABILITY INITIATIVE

## Six Step Guide

### 1. REDUCE WASTE



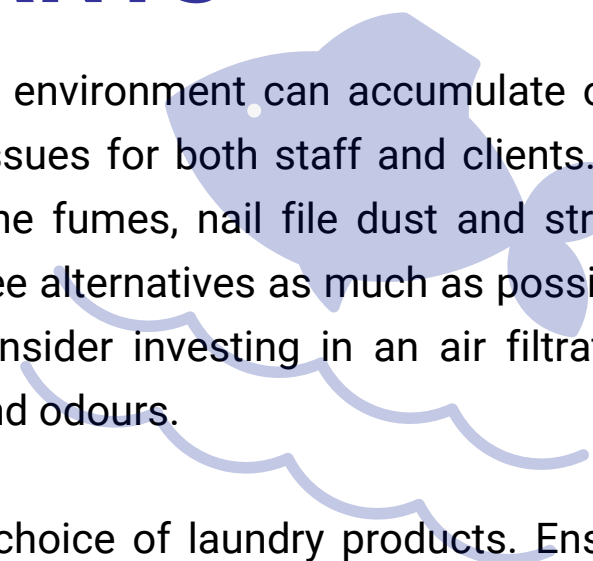
Have you spoken to your suppliers? Start the conversation and ask if there is a possibility that they can reduce the amount of packaging in their stock delivery. If this isn't feasible, it may be possible to give the packaging back to them so that they can re-use in future deliveries. Suggestions such as these should match your supplier's ethos and many will be happy to support you in your sustainable mission.

Ensure that you are identifying areas in which you can re-use products. If you are using disposable plastic cups or cutlery, can you replace them with glass or crockery? Not only will this cut down on waste, but it will also improve your client's experience!

Place a ban on providing plastic bags for your customers in your retail area. Don't assume that your clients will always need a bag but provide them with a biodegradable one if they ask for one!

Not only integrate recycling bins into your salon or spa but ensure that they are correctly and clearly labelled so that both your staff and clients can get involved with little confusion.

### 2. AVOID POLLUTANTS



Exposure to poor air quality in a salon or spa environment can accumulate over time and result in a variety of health-related issues for both staff and clients. Air quality can be affected by the likes of Acetone fumes, nail file dust and strong chlorine. Ensure that you are using chemical free alternatives as much as possible. However, to really improve the air quality, consider investing in an air filtration system that will remove all fine airborne dust and odours.

Ensure that you are eco-conscious with your choice of laundry products. Ensure that you are using biodegradable or natural detergents.

Micro-plastics such as glitter, when thrown away are an ecological hazard, particularly in the oceans, causing harm to marine life and often ending up in the stomachs of fish and birds. We advise our members to use glitter made from non-plastic alternatives.

### 3. INVEST IN STAFF TRAINING

If you are managing a team of therapists, make sure that you are constantly communicating sustainability to them. This must be an on-going conversation that will result in a team effort from every level of the business.

Ensure that you implement a rewards scheme where you can recognise members of the team who contribute to your resource saving efforts. This can be done through small incentives which can include discounts and monetary rewards.

Perhaps you could implement a points system to encourage your staff to cycle to work, use public transport or start a carpool.

## 4. SOURCE SUSTAINABLE SUPPLIERS

Ensure that you promote and use products that are packaged in biodegradable or recyclable materials. Furthermore, always ensure that you educate your clients on the importance of recycling the packaging once they are finished with the product at home.

If you are looking to invest in interior decorations for your spa or salon, why don't you source some natural potted plants? The oxygen produced by them can help to balance out carbon dioxide emissions – plus they look great!

Where possible, try to avoid using any disposable materials by making small changes such as replacing couch role with organic sheets an disposable cotton wool with washable mitts.

## 5. CONSERVE WATER

Switch to using cold water in washing machines, this can reduce carbon emissions by millions of tonnes every year!

It sounds simple, but ensure that you only use the washing machine when you have a full load. This requires some organisation but avoiding having constantly running laundry loads will save a huge amount of energy and water. It will also reduce your CO2 emissions.

During treatment time, ensure that the water tap is closed between any treatment steps that require a fresh flow of water. Alternatively, invest in a flow reducer tap for the treatment rooms.

## 6. CONSERVE ELECTRICITY

Are you using LED light bulbs in your spa or salon? These last 10 times longer and use 66% less energy that standard bulbs.

Consider installing lights that are activated by motion sensors in less busy areas of the spa or salon such as, back of house, break out rooms or storage rooms.

Ensure that your staff are trained and acutely aware of the energy that they are using throughout their day. Remind them to turn off lights in vacant treatment rooms and unplug appliances when not in use.

**TO FIND OUT  
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INTERNATIONAL IN ITS  
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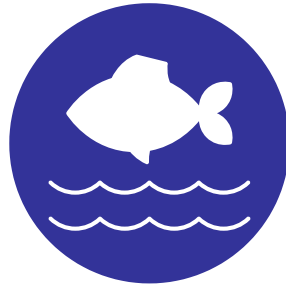
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THE WORLD  
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### Reduce Waste

Consider packaging, ditch single-use products, avoid plastic bags, label your recycling bins



### Avoid Pollutants

Reduce fumes by using chemical free alternatives, invest in an air filtration system, use biodegradable/natural detergent, ban micro-plastic glitter



### Train Your Staff

Make sustainability an ongoing conversation, implement a rewards scheme for staff's eco-efforts

# Six Steps to Sustainability

## CIDESCO International



### Source Sustainably

Look out for recyclable product packaging, use natural potted plants for interior decoration, avoid using disposable materials



### Conserve Water

Switch to cold water washes, only wash with a full load, invest in a flow reducer tap in treatment rooms



### Conserve Electricity

Use LED light bulbs, install motion sensor lights, unplug appliances when they are not in use

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