

american spa

THE SPA & WELLNESS AUTHORITY

APRIL/MAY 2019

REMOTE *rejuvenation*

DEPLAR FARM
(ÓLAFSFJÖRÐUR, ICELAND)

www.americanspa.com

GREEN STORIES

Discover four companies that are embracing green initiatives throughout their business models. Learn how simple green approaches, like minimizing single-use plastics, are helping companies succeed and connect with customers.

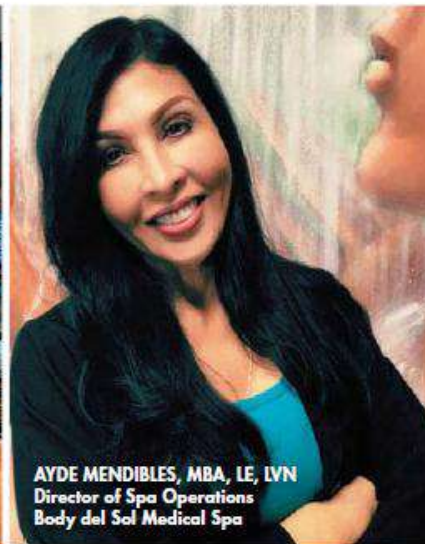


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ADVERTORIAL



GREEN STORIES



AYDE MENDIBLES, MBA, LE, LYN
Director of Spa Operations
Body del Sol Medical Spa

BODY DEL SOL MEDICAL SPA

FRESNO, CA | (559) 432-7222 | WWW.BODYDELSOL.COM

ABOUT THE COMPANY: Body del Sol Medical Spa first opened its doors in 2010, with a vision to be the recognized leader in skin health and aesthetic treatments in Central California. Body del Sol Medical Spa changed the model of the traditional "MedSpa" to encompass medical-grade cosmetic treatments in an earth-friendly atmosphere of luxury and relaxation. We offer a wide variety of the most advanced non-surgical cosmetic procedures and newest technology that provide patients with amazing results. We recognize each patient is unique in needs and in desires. We analyze those needs and desires to customize treatments that deliver realistic results. We believe in patient education and will always provide our patients with detailed information of their treatment options, protocols, progress, and pre- and post-instructions. We are Central Valley's first "green" medical spa, bringing nature and science together for a more naturally beautiful you and a more beautiful planet.



Q&A

What green initiatives does your company support?

When we were preparing to open, the first thing on my list was to replace all the fluorescent fixtures with LED lighting. LEDs are much more energy-efficient, and the bulbs last much longer, too, offsetting the higher cost of the bulbs. We also used zero-VOC paint in all the treatment rooms and lobby mural. All forms, business cards, flyers, and file folders are on recycled materials. We carry Eminence Organic Skin Care. We partner with medical product lines that use recycled packaging or are green-conscious. We recycle

all backbar and product containers. We use green cleaning products when cleaning the lobby. All appliances are high-efficient Energy Star rated. The carpet was ripped out to place bamboo wood flooring in the lobby and cured concrete in most of the treatment rooms. Our spa water drinking cups are compostable PLA corn plastic. We try to incorporate green business practices every way we can. Even our website is green web hosting.

How do sustainability issues and the green movement shape your business model?

Everyone knows that sustainable and social practices are better for the environment

and for employees, but as it turns out, sustainability is also good for business! At first, making something green or sustainable involved higher costs. For example, the cost of installing a bamboo wood floor was expensive, but in the long run it saved me the cost of having the carpet professionally cleaned every month. Installing LED lighting and eco-friendly ballasts are a huge initial expense, but I'm saving hundreds of dollars every month on the utility bill. Every year, we try to incorporate a new green practice. This year, we are incorporating electronic medical records, which will save us thousands on the expense of paper and printer cartridges.