

Supporting Statement

The house is a three-bedroom mid-terrace property, with a proposed use of one bedroom for complimentary and holistic therapies. The house is occupied by one adult married couple with no children or lodgers. There is only one vehicle for the property. The vehicle is used by the husband, which will always be at a work address during the hours of 07:00am – 17:00pm.

The business will only have one employee who is one of the resident adults living at the property. As such, there will be no vehicles parked on the highway in regard to the single employee. To confirm, there is only one employee for the business (Mrs LJ Hunt).

There would be no alterations to the building and that the business would operate between 10am to 5pm Monday to Friday with a maximum of 5 appointments per day. There would be a one in and one out policy operated with no customers waiting on the premises.

Waste Generated

The complimentary and holistic therapies to be carried out will be massage, aromatherapy, reflexology and reiki.

The practice of reiki promotes relaxation and wellbeing through gentle non-invasive touch. There are no oils, lotions or any products used in this practice. As such, there will be no waste generated.

The practice of reflexology involves gentle pressure applied to reflex points in the feet. Wax is used during this therapy, which is supplied in cardboard pots. The cardboard pots contain 300 grams of wax, approximately 5 grams of wax is used during the treatment. In a worst-case scenario, if each client was being treated with reflexology, one pot would last sixty treatments. As there would be a maximum of five clients per day, one bio-degradable pot would be generated as waste in 12 days. This is unlikely due to the nature of the business.

The massage and aromatherapy incorporate the use of essential oils for their therapeutic benefits. Carrier oils and essential oils are used for the treatment. Carrier oils are supplied in 500ml recyclable plastic bottles, and the essential oils are supplied in 10ml bottles. For each treatment 20ml of carrier oil is used and 0.24 of essential oil is used. In a worst-case scenario, if each client (max 5 per day) was being treated with massage and aromatherapy, The carrier oil bottle would last five days and the essential oil bottle would last one and a half weeks. This again is unlikely since an aromatherapy is a blend of three different essential oils mixed with the carrier oil.

Expected waste from the business would be one-biodegradable pot from reflexology every twelve weeks, one carrier oil bottle every three weeks, and one essential oil bottle every two months.

The waste generated will be stored at the property in small quantities and then removed using a local waste company such as GD environmental. All permits for GD environmental are available on their website.

Sustainability

Cotton linens such as treatment sarongs are used to cover the massage bed and client. Where possible, organically grown cotton linens have been used. By using sarongs as apposed to towels, there is less material. This reduces the time to wash and dry the linen using less electricity.

All light bulbs used in the property are energy efficient.

All forms which are used in the business are digital, reducing raw material use and in turn generate no recycling waste.

The carrier massage oils used in the business are manufactured by Naissance. Naissance are part of the Bumble Bee Trust and the Organic Soil Association. They are also not tested on animals (cruelty free).

The essential oils used in the business are manufactured by Nikura. Nikura oils are sourced, bottled and manufactured in the UK. They are vegan and cruelty free with none of the products or ingredients tested on animals, and none of them sourced from those who do. The oils are certified organic and ethically harvested to ensure responsible cultivation to minimise the impact on eco-systems. The oils are highly concentrated to ensure only what is needed is used.

All linens and oils are purchased from companies in the UK to help to reduce carbon footprint.

To help promote a reduction in carbon, clients who would use bicycles can secure them within the property. Additionally, there are bus stops on Victoria Avenue and Christchurch Road both within 200m of the house.

Expected vehicle trips would be a maximum of 5 trips per day.