Sarah Woodhouse Therapy: My Commitment to Holistic Environmental and Sustainable Practices

**Date**: 1st April 2025

**Review**: Ongoing + 1st April each year

**Responsibility:** Sarah Woodhouse

I believe sustainability isn’t just about reducing waste or choosing eco-friendly products - it’s about embracing a more holistic approach to life and, in my case, to my business. I’ll be honest - sometimes it’s incredibly challenging (financially and mentally!), and sometimes I don’t get it right. But my commitment is real, and here’s how I’m doing my best:

**Energy Efficiency**

* Our household energy comes from **Octopus Energy**, a 100% green supplier.
* The treatment room is only heated when in use. During colder months, I use a heated blanket (where appropriate) to heat the person, not the room, allowing for a lower thermostat setting.

**Responsible Business Travel**

* I’m actively working on **reducing travel miles** between my two locations by better appointment.
* When I need to travel for training or business meetings, I will prioritise **public transport where feasible**.

**Reducing Waste**

* I’m more committed than ever to reducing unnecessary consumption and waste.
* I will only **buy what I need, when I need it**, and reuse or recycle wherever possible.

**Sustainable Product Choices**

* I strive to purchase only **eco-friendly and sustainable products**, from companies with a genuine environmental commitment. This includes B-Corp Certification (with a strong score), zero waste closed-loop systems, and the avoidance of plastic / single use plastic.
* I will be re-evaluating some of my current product choices as I am aware there have been some issues raised about potential greenwashing, and / or that they could, quite frankly, be doing better!

**Printed Materials**

* My leaflets and business cards are produced in **small runs** to avoid excess waste. I currently use VistaPrint but will be reassessing my company choice the next time I need to preprint my leaflets and business cards.
* I will only use paper that is **recycled, carbon-balanced, or FSC/PEFC Certified** as a minimum.
* I will minimise at-home printing.

**Treatment Essentials**

* **Couch Roll:** I use couch roll made from recycled beverage cartons.
* **Linens:** I minimise linen use in my treatments and where they are used, I source from companies which focus on sustainable business practices and materials (see above). Any non-sustainable linens will be used for as long as possible and if then donated to animal charities.
* **Lotions & Potions:** Aside from grapeseed oil I use [**Neal’s Yard Remedies**](https://sarahwoodhousetherapy.co.uk/holistic-facials/) products. I will ensure my next purchase of grapeseed oil adheres to my sustainable product choices commitment.

**Cleaning & Laundry**

* I avoid the use of harmful chemicals in cleaning products whenever possible
* I use [**Dew**](https://www.dewproducts.com/collections/home-care) products (which use electrolysed water) for cleaning, and damp dust instead of using furniture polish.
* I use [**Delphis**](https://delphiseco.com/) toilet cleaner for the client bathroom.
* For laundry, I currently use **Smol**non-biological tablets and avoid fabric conditioner. However, due to the chemical element of their product I will be trialling a laundry detergent from the [Fill Refill Co](https://www.fillrefill.co/).
* I don’t own a tumble dryer. In winter, I use an **air-dryer** for efficiency and warmth, and in good weather, I **dry linens outside**.

**Client Bathroom**

* I use [**Who Gives a Crap**](https://uk.whogivesacrap.org/) for toilet rolls and toilet tissue.
* I currently use Method hand soap, but this will be changed to **Fill Refill Company** products in future.
* **Neals Yard Remedies** Hand Sanitiser is available in the bathroom and treatment room.

**Electronic Equipment**

* I used to replace electronic devices every 3-4 years, but now I **commit to using them for as long as possible**.
* When they reach the end of their lifespan, they will be **recycled responsibly**.

**Future Goals**

I’m currently exploring membership with [**1% for the Planet**](https://www.onepercentfortheplanet.org/). If that’s not feasible, I plan to **pledge 1% of my profits** to environmental causes through them.

## **Help Me!**

This journey isn’t about perfection- it’s about progress, and I’m always looking for ways to do better. **If you have ideas or suggestions, I’d love to hear them.**Email me at sarah@sarahwoodhousetherapy.co.uk.

**Transparency Note:**This applies in whole to my treatment room in Elmswell. At the Self Centre I use my own products for treatments, my own linens and provide my own printed materials. While I have no control over any other elements, I do know the staff are committed to being as sustainable as possible, given their operating constraints.