

A Greener Spa Experience

By Jack Poles

Creating a stress-free environment is one of the most important things you can do when designing a medical space. With tensions already running high, whether from an ailing sickness, impending treatment, or fear of the unknown, a client should be welcomed into a space that encourages a sense of **tranquility** and **relaxation**. More importantly, the space should promote health and wellness, and the best way to accomplish this is with an eco-sensitive interior.

According to the Environmental Protection Agency (EPA), our indoor air quality is five times more polluted than outdoor air. Contributing to that distressing statistic is the toxicity of gases from paints, stains, synthetic fibers, glues and adhesives. As an eco-sensitive designer, I proactively eliminate these health hazards by sourcing all natural, non-toxic products. This was essential to the design of *Première Essence MedSpa* and the health of every client who walks through the door.

Creating a “breath-easy” space to maximize the enjoyment of the spa experience, I relied on paints and wall coverings that contained little to no Volatile Organic Compounds (VOC’s), which are major contributors to air pollution and health related issues like headaches and upper respiratory illnesses. I also incorporated flooring options like eco-friendly vinyl flooring that are not only made from recycled materials, but are naturally resistant to bacteria and that do not harbor harmful bacteria.

Along with creating a space that is a benefit to our personal health, *Première Essence MedSpa* is also sensitive to the health and wellness of our planet. Sourcing local products, using reclaimed materials, and insisting upon low voltage lighting keeps fossil fuel emissions to a minimum, landfills free from unnecessary burdens, and our energy usage at a responsible level.

Keeping our planet happy and thriving allows us to be the same and enjoy the finer things in life..... like a day at the spa.

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