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*Wellness leaders, spas
and brands to watch*

The case for renewable energy

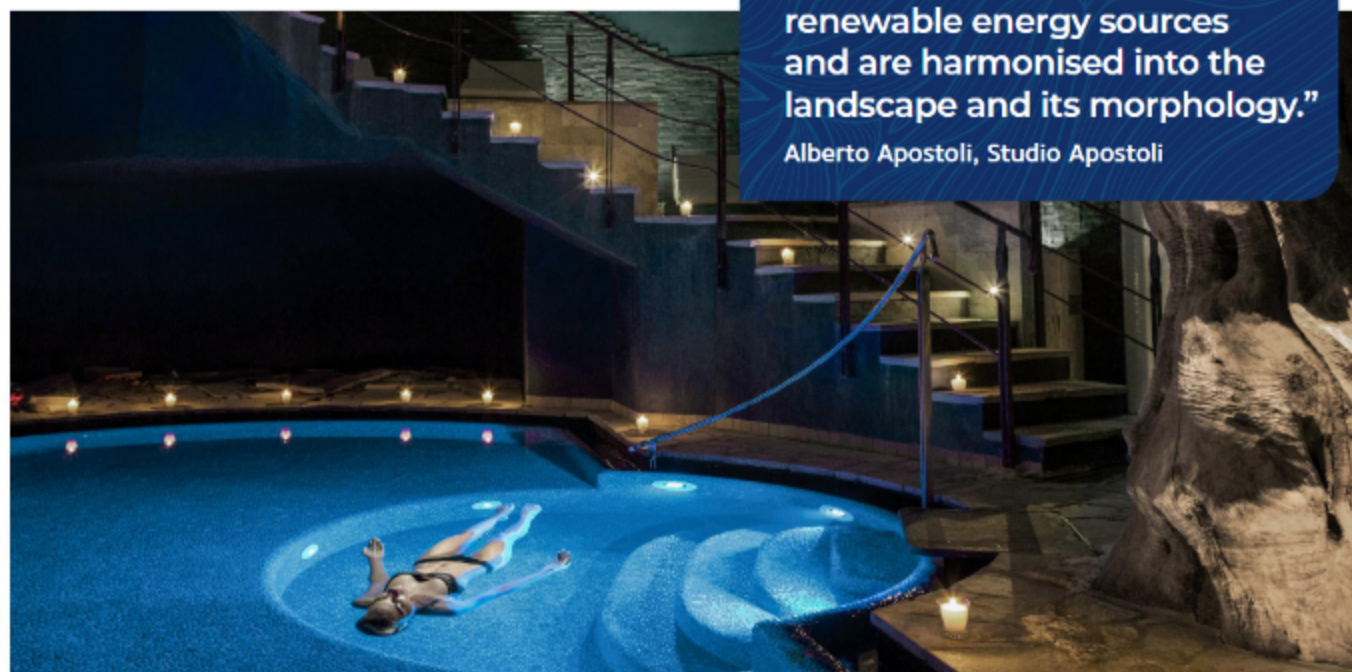
By utilising the power of often abundant local natural resources, spas can pioneer higher eco standards while also saving money in their operation



Alberto Apostoli
founder, Studio Apostoli

Architect Alberto Apostoli has long been at the forefront of spa design, creating numerous sustainable projects including Lefay Resort & SPA Lago di Garda.

"My design philosophy is rooted in holism, which considers the individual to be closely connected to their surroundings," he explains. "Every place of wellness, to be conceived as such, must take into account the needs of the individual – considered in the body-psycho-soul triad – but also of the environment. A deep respect must be had for its ecosystem, landscape and traditions."



From above: the salt-water pool at Lefay Resort & SPA Lago di Garda; sustainable design at Casa Cipriani, Milano, Italy

Apostoli believes that the solution is biocompatible wellness centres, which employ renewable energy sources and are harmonised into the landscape and its morphology.

"I designed Lefay Resort & SPA Lago di Garda in Italy according to these principles," he says. "It is equipped with biomass, cogeneration and photovoltaic panel systems, combined with rainwater harvesting tanks. Modern technologies such as biomass generators, water source heat pumps and photovoltaic systems should now be standard systems for supplying electricity and heat to spas."

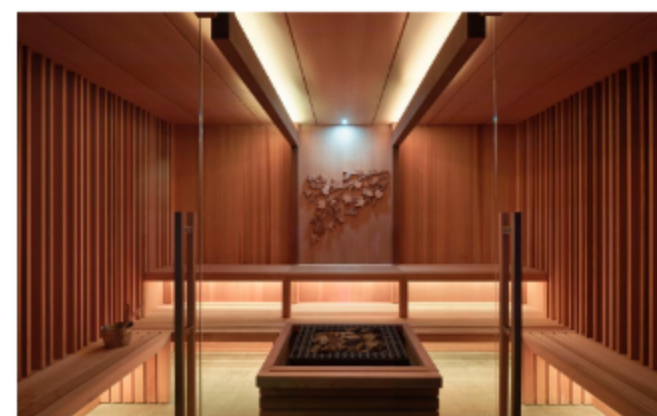
Alternative energy at work

"Sourcing heat from biomass boilers avoids the combustion of methane gas, and does not involve the extraction of resources from the subsoil," explains Apostoli. "Therefore they have a lower carbon footprint."

He points out that water basins, such as seas or nearby lakes, can also be exploited

"The only possible future of the field is biocompatible wellness centres, which employ renewable energy sources and are harmonised into the landscape and its morphology."

Alberto Apostoli, Studio Apostoli



as a heat source for heat pumps. "The refrigeration cycle can generate heat for winter and air conditioning in the summer, as well as domestic hot water," says Apostoli. "The limited temperature fluctuations in the fresh or saltwater basin over the year make this energy source more stable than air."

"These technologies, when combined with photovoltaic systems for electricity production, constitute an ideal solution with zero-emission operation and easy realisation."
www.albertoapostoli.com

Green certifications you need to know

B Corp

B Corp Certification is a designation that a business is meeting high standards of verified performance, accountability and transparency on factors from employee benefits and charitable giving to supply chain practices and input materials.
www.bcorporation.uk

EarthCheck

EarthCheck specialises in benchmarking, certification and advisory services, focusing on the environmental and scientific dimensions of the travel and tourism sector.
<https://earthcheck.org>

Green Key

The Green Key certificate is a leading standard for excellence in the field of environmental responsibility and sustainable operation in the tourism industry.
www.greenkey.global

Leadership in Energy and Environmental Design (LEED) Certification

LEED certification provides a framework for healthy, highly efficient and cost-saving green buildings, which offer environmental, social and governance benefits.
www.usgbc.org/leed

The Passive House Institute

Passivhaus is a leading international design standard, delivering high levels of comfort and health, and reducing energy use in buildings.
www.passivehouse.com

How to make an existing spa more sustainable



Christine Hartigan

Head of spa and wellness design, Space & Place

Review your energy use

Have a clear understanding of your energy bills. Use specific consumption meters on the kit – this is the first

step towards identifying areas where energy consumption can be reduced.

Implement practical measures

Switch from fossil fuel boilers; buy power from a decarbonised electricity supplier; adjust heat settings; implement chemical-free cleaning regimes; and find solutions for washing robes, towels and sheets using less water and chemicals.

Hire a sustainability consultant

They will create a whole-life carbon assessment and an energy strategy, with suggestions for implementing green technologies and upgrading to more energy-efficient equipment. They can recommend on-site energy generation and storage options, and can examine your building's fabric and insulation.

www.space-place.com