

## Spa / Massage

As part of our commitment to sustainable tourism, we provide activity participants with the sustainability savvy travel tips below.

- ✓ Be **selective** – choose tourism businesses that share how they benefit people & planet
- ✓ Tread **lightly** – choose activities & transport options with a reduced environmental impact
- ✓ Be **informed** – learn a bit about local nature, history & culture beforehand to enrich your experience
- ✓ Respect your host's **instructions** regarding safety, local etiquette & dos and don'ts, particularly regarding local cultural norms & appropriate clothing to wear during the experience
- ✓ Be respectful of **privacy**; obtain permission before taking photos / videos of people
- ✓ Respect **others** using the area so that their experience & access are not compromised
- ✓ Be **sensitive to the inequalities** of our world and avoid displays of wealth, particularly in less privileged contexts
- ✓ **Ask questions** – your local host will happily share their knowledge
- ✓ **Take part** – if you are invited to try a local custom or treatment typical of the local area, go for it!
- ✓ If you want to **give**, ask us how to do so responsibly; offering sweets or money to individuals, for example, can often do more harm than good
- ✓ **Buy** from local, small &/or community-owned businesses, especially if they feature local nature or culture
- ✓ Be cautious about **buying from children** – you could unknowingly be supporting their exploitation
- ✓ Refuse to buy **souvenirs**, food & beverages that harm the environment, people, or wildlife, especially those that are illegal to buy / sell
- ✓ Respect customary **tipping & trading** practices – such as bartering – and pay fair prices
- ✓ **Reduce waste** – from food to paper, remember to take only what & as much as you need, and bring **re-usable items**, e.g., water bottle, coffee cup, carry bag
- ✓ **Dispose** of waste responsibly & use local **recycling** facilities where available
- ✓ Be **waterwise** – your participation shouldn't place additional stress on water-scarce environments
- ✓ **Save energy** to reduce your carbon footprint & your impact on local supply challenges
- ✓ Support **climate change** action, e.g., offset or regeneration programmes
- ✓ Provide **feedback** about what you liked or how we can do better