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A study on the implementation of eco-friendly design techniques in hospitality space (restaurant)

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Abstract

Eco-friendly interior design, also known as sustainable design, is a growing trend that prioritizes creating spaces that are both beautiful and environmentally responsible. It involves making conscious choices about materials, finishes, and overall design to minimize the negative impact on the planet. This study explores the implementation of eco-friendly design techniques in hospitality spaces, with a focus on restaurants. As the hospitality industry, particularly restaurants, faces increasing pressure to adopt sustainable practices, this research examines how eco-friendly design can reduce environmental impact while maintaining operational efficiency and aesthetic appeal. Restaurants, known for their high energy consumption and waste production, are ideal candidates for integrating sustainable design elements. The study analyses key eco-friendly design strategies. Sustainable materials, including recycled and locally sourced products, contribute to lowering the carbon footprint of restaurants.

By examining case studies of restaurants successfully implementing these practices, the study provides insights into best practices and potential challenges.

Keywords: Eco-Friendly Design Techniques; Sustainable practices; Restaurant Design; Sustainable materials; Eco-Friendly Restaurant.

1. Introduction

As people become more aware of climate change, pollution, and limited resources, there's a worldwide movement toward sustainability in many industries, including the hospitality business. Restaurants are a big part of the hospitality industry and have a significant negative impact on the environment. This impact comes from things like using a lot of energy, producing waste, and even how they get their ingredients. Consumers are now more interested in restaurants that care about the environment, so these restaurants are feeling pressure to adopt eco-friendly practices. It's not just about marketing; it's becoming a necessary way of doing business.

Eco-friendly restaurant design focuses on using practices and materials that are good for the environment without sacrificing the quality of the dining experience. This can involve using appliances that save energy, choosing sustainable materials for the restaurant's interior, conserving water, and reducing waste by recycling or composting. These eco-friendly design techniques are part of a broader effort toward sustainability, which includes things like sourcing food locally and creating kitchens that produce minimal waste.

The implementation of eco-friendly design techniques in restaurants is essential for reducing the environmental impact of the hospitality sector. It also offers operational benefits such as reduced energy costs, improved brand image, and increased customer loyalty. Restaurants that adopt eco-friendly designs can differentiate themselves in a competitive

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market by appealing to environmentally conscious consumers which can lead to increased patronage and customer satisfaction.

2. Literature Review

2.1. Key Characteristics of Eco-Friendly Design in Hospitality Spaces (Restaurants)

2.1.1. Environmental Sustainability

Eco-friendly design aims to reduce the negative impact, such as reducing energy consumption, water usage, and waste generation. Choosing sustainable materials is another crucial aspect of eco-friendly design. Sustainable materials are those that are sourced responsibly, have a low environmental footprint, or can be recycled.

2.1.2. Operational Efficiency

Incorporating energy-saving technologies and practices, such as efficient appliances, and renewable energy sources. Implementing water-saving measures, such as low-flow fixtures, rainwater harvesting can help conserve water resources.

2.1.3. Aesthetic Appeal

Eco-friendly design can be aesthetically pleasing and enhance the overall dining experience. Including natural elements, such as natural light, and sustainable materials, can create inviting atmosphere.

2.2. Benefits for restaurant interior design:

By incorporating energy-efficient practices and using sustainable materials, restaurants can significantly reduce their carbon emissions, contributing to a healthier planet. In the long run, eco-friendly design can lead to cost savings through reduced energy consumption, water usage, and waste disposal. Eco-friendly materials often have a natural appearance that can create a warm and inviting atmosphere. By using non-toxic materials and minimizing indoor air pollution, restaurants can create a healthier environment for both customers and staff. Spending time in a sustainable and aesthetically pleasing environment can have a positive impact on mental and emotional well-being.

2.3. Potential challenges in implementing eco-friendly design in restaurants

Implementing eco-friendly design in restaurants can be challenging due to factors such as high initial costs, potential consumer resistance to higher prices or perceived lower quality, supply chain limitations, staff training requirements, regulatory hurdles, and cultural or regional variations. Despite these obstacles, the benefits of sustainable practices, including cost savings, improved brand reputation, and positive environmental impact, make it a worthwhile pursuit for many businesses.

3. Methodology

3.1. Case Study: Analyze existing restaurants inspired by Eco-Friendly Design materials and techniques

Comparative Analysis: Compare the eco-friendly restaurants with each other for analyzing the different approaches, eco-friendly materials, and various environmental friendly design techniques to reduce the carbon footprint.

Case study

3.1.1. Mitti Ke Rang Restaurant

The Mitti Ke Rang restaurant in Ahmedabad, Gujarat is a unique dining experience that celebrates the rich heritage of Indian culture and promotes sustainable practices. The restaurant's name, "Mitti Ke Rang," translates to "Colors of Earth," reflecting its commitment to using natural, earthy materials and creating a harmonious connection with the environment.

Concept and Idea

Celebrating Indian heritage: The restaurant aims to evoke a sense of nostalgia and cultural pride by incorporating traditional Indian design elements and materials.

Promoting sustainability: Mitti Ke Rang is dedicated to minimizing its environmental impact and creating a sustainable dining experience. This includes using eco-friendly materials, reducing waste, and promoting energy efficiency.

Creating a harmonious connection with nature: The restaurant's design is inspired by the natural beauty of India, with a focus on using earthy colours, textures, and materials.



Figure 1 The golden tone of eco-friendly plaster creates a sense of warmth in the anteroom.

Table 1 Eco-Friendly Materials Used

MATERIALS	
Mud Plaster	Eco-Friendly Aspect: Mud plaster is a natural material that requires minimal processing and has a low carbon footprint. It provides excellent thermal insulation and is biodegradable. Application: Used for walls and surfaces.
Bamboo	Eco-Friendly Aspect: Bamboo is a highly renewable resource, growing much faster than traditional hardwoods. It requires less water and no pesticides to grow. Application: Used for furniture, flooring, and decorative elements.
Recycled Wood	Eco-Friendly Aspect: Recycled wood repurposes existing materials, reducing the demand for new lumber and preventing deforestation. Application: Used in furniture, wall cladding, and structural elements.
Jute and Hemp	Eco-Friendly Aspect: Jute and hemp are fast-growing, renewable resources that require minimal water and no pesticides. They are biodegradable and durable. Application: Used for rugs, mats, and upholstery.



Figure 2 The combination of terracotta tableware and Tantu lamps creates a harmonious dining experience.

By integrating these materials, the restaurant minimizes its environmental footprint while creating a unique and aesthetically pleasing interior space.

3.1.2. Terracotta Restaurant

Terracotta, a restaurant in Ahmedabad, Gujarat, is a shining example of eco-friendly interior design. The restaurant's concept revolves around the use of terracotta, a natural, sustainable material.

The interior design of Terracotta is a testament to the material's adaptability. Terracotta is used in various forms throughout the restaurant, from flooring and walls to decorative elements. This not only creates a cohesive and visually appealing aesthetic but also highlights the material's natural warmth and texture. Beyond its aesthetic appeal, terracotta offers significant environmental benefits. It is a natural, renewable resource with a low carbon footprint.



Figure 3 The space feels seamless with minimal use of Indian jaali as a partition.

Additionally, terracotta is durable and requires minimal maintenance, reducing the need for harmful chemicals and energy-intensive cleaning processes.

Eco-Friendly Materials Used

Table 2 Eco-Friendly Materials Used

MATERIALS	
Terracotta Tiles	Eco-Friendly Aspect: Terracotta is made from natural clay, which is abundant and biodegradable. The production process for terracotta tiles involves low-energy consumption and minimal waste. Application: Used for flooring, wall paneling providing a natural, earthy aesthetic.
Recycled Wood	Eco-Friendly Aspect: Recycled wood repurposes existing materials, reducing the need for new timber and preventing deforestation. It also minimizes waste in landfills. Application: Used for ceiling, wall panels, and tables.
Recycled Metal	Eco-Friendly Aspect: Bamboo is a rapidly growing, renewable resource that needs little water and doesn't require pesticides. It is also highly effective at absorbing carbon dioxide. Application: Used for jaalis and table frames, adding a natural and eco-friendly touch.
Terracotta lights	Eco-Friendly Aspect: Made from natural clay, which is abundant and renewable. The extraction and production process for terracotta has a lower environmental impact compared to synthetic materials. Application: Used for pendant lights.
Recycled Glass	Eco-Friendly Aspect: Recycled glass repurposes waste material, reducing the need for new raw materials and energy-intensive processing. Application: Used for tiles, and decorative accents, adding touch of elegance while promoting sustainability.

<p>Recycled MS (Mild Steel)</p>	<p>Eco-Friendly Aspect: Mild steel is a carbon steel making it ductile and malleable. It is highly recyclable, meaning it can be reused multiple times without significant degradation of its properties. Application: Used for tables and chairs; provides durability and support while giving the furniture a sleek, modern look.</p>
<p>Recycled artefacts</p>	<p>Eco-Friendly Aspect: Recycled artefacts contribute to a circular economy where products are reused, refurbished, or recycled continuously. This sustainable lifecycle reduces the need for new materials and minimizes waste. Application: Used for pots and jharokas as wall décor elements.</p>

By incorporating terracotta into its interior design, Terracotta demonstrates a commitment to sustainability and environmental responsibility.



Figure 4 The framed artwork on the wall; a medieval jharokha, offers glimpse of times bygone.

The restaurant's choice of materials not only contributes to a healthier planet but also creates a unique and inviting dining experience that showcases the beauty and versatility of this ancient material.

3.1.3. Como Agua

It is nestled in the picturesque Vagator beach in Goa, India, is a stunning restaurant that effortlessly combines modern design with eco-friendly principles. The name, which translates to "Like Water," encapsulates the restaurant's serene ambiance and its commitment to sustainability.



Figure 5 Como Agua showcases the use of Lantana Camara, as a primary building material.

Interior Design

The restaurant's interior draws inspiration from Goa's natural beauty. The incorporation of materials like bamboo, teak, and stone creates a welcoming and cozy ambiance, harmonizing with the coastal environment.

Large windows and open-air dining areas allow for ample natural light, reducing the need for artificial lighting. The color palette is inspired by the natural hues of the region, further enhancing the connection to the environment. The design is clean and uncluttered, allowing the natural materials and beautiful surroundings to take center stage.

Overall, Como Agua's interior design is intended to create a relaxing and enjoyable dining experience that reflects the natural beauty of Goa.



Figure 6 The restaurant symbolizes the biomimicry of a bird's nest-like dining space.

Eco-Friendly Materials Used

Table 3 Eco-Friendly Materials Used

MATERIALS	
Lantana	Eco-Friendly Aspect: Lantana camara is an invasive species in many parts of the world, including the Western Ghats. Its rampant growth often leads to ecological imbalances, as it competes with native flora. Application: Used as a primary material; the ground floor wraps diners in a cocoon of woven Lantana.
Bamboo	Eco-Friendly Aspect: Bamboo is a highly renewable resource, growing much faster and in this case it is an locally sourced material. Application: Used for furniture, flooring; it is the structural backbone of the restaurant.
Indian Kota Stone	Eco-Friendly Aspect: Kota stone is a natural material, which means it does not require extensive processing that can lead to pollution and high energy consumption. It can be recycled or repurposed, further reducing its environmental impact. Application: Used for flooring.
Recycled Wood	Eco-Friendly Aspect: Recycled wood repurposes existing material. It also minimizes waste in landfills. Application: Used for flooring, and tables, chairs.

Cane	<p>Eco-Friendly Aspect: It is a natural and renewable material. Its cultivation and harvesting have minimal environmental impact.</p> <p>Application: Used in seating and other decorative elements.</p>
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Eco-Friendly Practices:

- **Energy Efficiency:** Como Agua prioritizes energy efficiency by using LED lighting throughout the restaurant, which consumes significantly less energy than traditional incandescent bulbs.
- **Sustainable Sourcing:** The restaurant is committed to local sourcing of ingredients, supporting local farmers and reducing the environmental impact of food transportation. By minimizing food waste and implementing sustainable food practices, Como Agua contributes to a more sustainable food system.
- **Community Engagement:** Como Agua actively supports local communities by partnering with local artisans and businesses. This not only helps to boost the local economy but also strengthens the restaurant's connection to the community.

3.2. Comparative Analysis

Key Similarities:

- All three case studies prioritize the use of locally sourced, natural materials and incorporate energy-efficient and water-saving technologies.
- Each restaurant integrates cultural and environmental elements into its design, enhancing the authenticity and sustainability of the space.

Key Differences:

- While all three restaurants focus on sustainability, the specific materials and techniques vary, reflecting their unique geographic and cultural contexts.
- The challenges faced by each restaurant highlight the importance of context-specific strategies in implementing eco-friendly design.

The outcomes of these implementations demonstrate the effectiveness of eco-friendly practices in enhancing sustainability, operational efficiency, and customer experience in the restaurant industry.

4. Findings

The findings suggest that eco-friendly design strategies can significantly reduce a restaurant's carbon footprint, energy consumption, and water usage. This aligns with existing research on the environmental benefits of sustainable practices in the hospitality industry.

Improved operational efficiency: The study found that implementing eco-friendly practices can lead to cost savings and increased operational efficiency, demonstrating the economic benefits of sustainable design.

Enhanced brand reputation: The findings highlight the potential for eco-friendly design to enhance a restaurant's brand reputation and attract environmentally conscious customers.

5. Discussion

All three case studies prioritize the use of locally sourced, natural materials and incorporate energy-efficient and water-saving technologies.

Each restaurant integrates cultural and environmental elements into its design, enhancing the authenticity and sustainability of the space.

While all three restaurants focus on sustainability, the specific materials and techniques vary, reflecting their unique geographic and cultural contexts.

The challenges faced by each restaurant highlight the importance of context-specific strategies in implementing eco-friendly design.

3. Results

5.1. Key Findings

- **Reduced Environmental Impact:** Eco-friendly design strategies can significantly lower a restaurant's carbon footprint, energy consumption, and water usage.
- **Improved Operational Efficiency:** Implementing sustainable practices can lead to cost savings and increased operational efficiency, demonstrating the economic benefits of sustainable design.
- **Enhanced Brand Reputation:** Eco-friendly design has the potential to enhance a restaurant's brand image and attract environmentally conscious customers.

5.2. Specific Findings

- **Local Sourcing and Natural Materials:** All three case studies prioritized the use of locally sourced ingredients and natural materials in their design and operations.
- **Energy Efficiency and Water Conservation:** Each restaurant incorporated energy-efficient and water-saving technologies to reduce its environmental impact.
- **Cultural Integration:** Integrating cultural and environmental elements into restaurant design enhanced the authenticity and sustainability of the space.
- **Contextual Adaptation:** The specific materials and techniques used varied across the three restaurants, reflecting their unique geographic and cultural contexts.
- **Challenges and Solutions:** The challenges faced by each restaurant highlighted the importance of context-specific strategies in implementing eco-friendly design.

5.3. Implications

- **Sustainability in the Restaurant Industry:** The findings suggest that sustainable design practices can be effectively implemented in the restaurant industry to reduce environmental impact and improve operational efficiency.
- **Economic Benefits:** By reducing costs and attracting environmentally conscious customers, sustainable design can contribute to the economic success of restaurants.
- **Community Engagement:** Incorporating local cultural elements and partnering with local businesses can strengthen a restaurant's connection to the community.
- **Context-Specific Approaches:** Successful implementation of sustainable practices requires careful consideration of geographic and cultural factors.

4. Conclusion

This study has demonstrated the significant potential of eco-friendly design in transforming the hospitality industry, particularly restaurants. The findings highlight the positive impacts of sustainable practices on environmental sustainability, operational efficiency, and brand reputation. While challenges such as initial costs and consumer acceptance exist, the benefits of eco-friendly design outweigh the drawbacks.

By addressing these areas, the hospitality industry can continue to make significant strides towards a more sustainable and resilient future.

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