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APRIL 29, 2009

green swap q + a: shobha of shobha threading



GREEN
SWAP

For this **Green Swap q + a**, I interviewed someone a little different. **Shobha** is not a green expert per se, but she is an integral part of my community. Without **Shobha Tummala** and her amazing team at **Shobha Threading** (hi Shashi!), I'd be a bit of a mess (literally and self-consciously.) At Shobha's salons, my eyebrows stay in check and any unwanted hair on face or body — begone. And for this half-Middle Eastern gal, that is no minor miracle. Threading + sugaring is also a much more natural way of removing hair, as opposed to standard waxing (which was too harsh on my skin) or stinky Nair. For **body sugaring** and **Shobha's special waxing**, the specialists use talc-free powder, since talc has been linked to cancer. I definitely recommend **threading** for the face if you're never tried it. This gentle chemical-free process dates back centuries and it pulls hair directly from the root. One part of me I feel super confident about are my eyebrows! Here's more from (soon-to-be-mom) **Shobha** on her personal quest to be greener.

1. three simple ways you've gone greener in your life

+ I use only my own reusable bags at the grocery store.
+ I converted to all compact fluorescents for my house and I am working on converting all of the salons to either LEDs or compact fluorescent lights to conserve energy as well as save on air conditioning and electricity costs.
+ I am working with a contractor to install a solar panel system for taking over a major load of my house's electricity.

2. last green purchase

Sham wow towels. :) I know this is funny because of the infomercial, but the truth is that it does reduce how many paper towels I use drastically.

3. one green initiative you'd like to see enacted in your community

Require solar panels or alternative energy systems to be installed for businesses/government buildings.

4. best green gift you've given, received, or coveted

Sham wow towels.

5. hardest habit to break to be more eco-friendly

Having all of my technology plugged in all the time: my wireless modem, computers, printers, etc.

6. three ways you want to be greener this year

+ To convert garbage bags that we use to biodegradable kind — this is cost prohibitive currently for the salons, but I hope to at least start at home and test it out.
+ (We are about to have a baby! So...) To figure out how to be green with the diaper issue — we are thinking of using cloth diapers at home and biodegradable ones when we travel. [Shobha, a past Green Swapper, Marisa of Plover Organic, is a mom who swears by **G diapers**.]
+ Installing a rainwater catchment system so we can use rainwater for all the landscaping needs.

[Thanks so much Shobha for being a part of Green Swap! And a special thanks to Jenn for coordinating.]

{green swap photograph by [charlotte jenks lewis](#)}

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