

# Whisking in SPA: to be or not to be?

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# What is *whisking*?

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The English term “whisking” was accepted only 5 years ago (April 7, 2013, *Vilnius Whisking Conference*), though the phenomenon existed for hundreds, or maybe even thousands of years. Nations, which know this type of bodywork, also have names for it. E.g. *vanojimas* (LT), *vihtaminen* (FIN), *парение* (RU).



Whisking can be described as special **phyto-thermo massage**, performed in stream-bath or “a special form of sauna massage, which requires the presence of hot steam and whisk”.

Article about whisking:

<http://saunainternational.org/en/experience/whisking>



# Whisking in SPA?.. Why?..

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Whisking is usually performed in a traditional steam bath (*pirtis, banya, sauna*).

However, more and more SPA centers are interested in whisking as an attractive group procedure or a powerful individual bodywork technique, which could be integrated into different SPA scenarios.

This idea has many benefits and opens new possibilities - on the other hand, it brings some challenges and problems.





# Possibilities

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# Benefits of whisking

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Whisking can have very different scenarios, so the effects and benefits can be very different, too. Main benefits of whisking:

- Physical and emotional **relaxation**;
- **Heats** muscles, joints, and tissues;
- **Releases** pain;
- **Detoxifies**;
- Gives **energy**;
- **Cleans** the skin, has an **anticeliulitic** effect;
- Helps people who are **depressed**, overtired.

*More about whisking scenarios and benefits – in the Lithuanian Bath Academy whisking program, Kukkolaforsen.*

# What can we offer in SPA?



## Group programs:

- **Short programs** with whisking elements and aromatic whisks;
- Group **self-whisking** programs;
- **Group whisking** programs;
- **Ethno-SPA** programs, combining whisking and other traditional bath techniques;
- **Rituals** for special occasions (e.g., Christmas, wedding etc.).

## Individual programs:

- Whisking as **preparation** to other SPA treatments (e.g., scrubs, massages etc.);
- **Special whisking** and individual **ethno-SPA** programs (relaxing, soft, intense, ritual etc.)
- Intense **antistress** and **antidepression** programs;
- Programs and rituals **for couples**.



# Problems and challenges

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# Why whisking is problematic for SPA?

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- **Cleaning** (using whisks is not allowed in most SPA centers);
- **Microclimate** (too dry, too hot, not enough air);
- **Construction** (not comfortable to lie down or reach the clients);
- **No possibility to using water** (water is an important element of many whisking programs);
- **Too big saunas** (for individual programs, a small intimate space is needed);
- **Whisks** (supply, storing, preparing);
- **Lack of creative ideas, knowledge and cooperation** (most SPA people do not know the possibilities of whisking, and most whisking masters do not understand specifics of SPA).



# Why whisking in SPA is problematic for a whisker?

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- It is **not a common** and natural space for whisking;
- Hard to work because of **bad ventilation**;
- No **possibility to** rest after a session;
- Work is **too intense** (most SPA owners treat whisking the same as massage, but for the master it is very different);
- **Routine**, keeping strict rules, no creativity.

# How to solve the problems?

Most of these problems are just technical and can be solved rather easily.

Also, there are a lot possibilities to solve them using creativity and various techniques (e.g., special “clean” whisking styles or special whisks).

## But do we REALLY need to have whisking in SPA?

- De facto, whisking already exists in many SPA centers;
- Whisking is a quick and very effective method for people who do not have much time to rest;
- It is an easy and comfortable way for clients to get the procedure;
- It is a good opportunity for SPA centers to offer “something new and exotic”.

**Is cleaning THE ONLY serious problem, which stops SPA from offering whisking?**



# Thank you!

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