Whisking in SPA: to be or not to be?

BIRUTĖ MASILIAUSKIENĖ

Photos by: SPA "Saulėja", Giedrius Gervys, Audra Staskevičienė, Rimas Kavaliauskas

What is whisking?

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?..

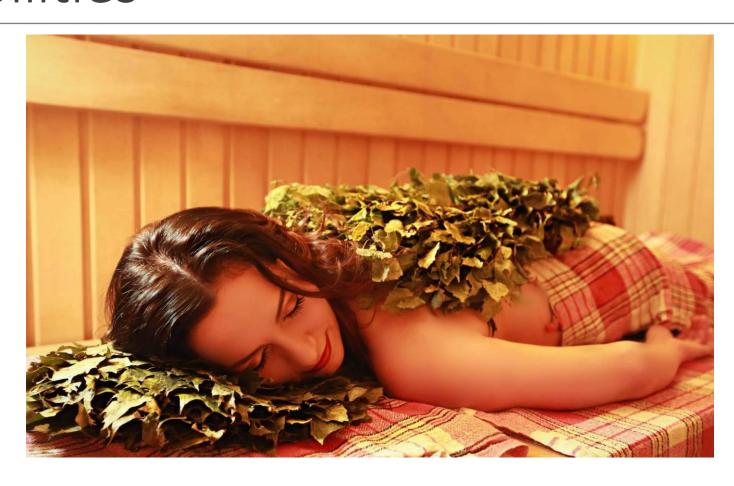
Whisking is usually performed in a traditional steam bath (pirtis, banya, sauna).

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



Benefits of whisking



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



Why whisking is problematic for SPA?



- 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?



- ➤ 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 seriuos problem, which stops SPA from offering whisking?

Thank you!

Special thanks to:

Lithuanian Bath Academy
Association of Professional Bath Masters
SPA "Saulėja"