

Whisks in Lithuanian bath: plants, types, conservation

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Using many different whisks is one of the features of Lithuanian bath (*pirtis*). They are made of different plants, used in many different ways, have many purposes and forms. Also, there are several ways of conservation to have whisks all year round.



Most popular plants for whisks (1)

Trees:

- ▶ Birch (*Betula pendula*, *Betula pubescens*);
- ▶ Oak (*Quercus robur*);
- ▶ Red oak (*Quercus rubra*);
- ▶ Maple (*Acer platanoides*);
- ▶ Linden (*Tilia cordata*);
- ▶ Bird cherry (*Prunus padus*);
- ▶ Hazelnut (*Corylus avellana*);
- ▶ Rowan (*Sorbus aucuparia*);
- ▶ Aspen (*Populus tremula*).



Most popular plants for whisks (2)

- ▶ Juniper (*Juniperus communis*);
- ▶ Fir (*Abies balsamea*, *Abies sibirica*).

Herbs:

- ▶ Wormwood (*Artemisia absinthium*);
- ▶ Mugwort (*Artemisia vulgaris*);
- ▶ St. John's wort (*Hypericum perforatum*);
- ▶ Meadowsweet (*Filipendula ulmaria*);
- ▶ Camomile (*Matricaria recutita*);
- ▶ Nettle (*Urtica dioica*);
- ▶ Mint (*Mentha x piperita*, *Mentha spicata* etc.).



For whisks, we can use almost all plants, which are not thorny or toxic!

Time of making whisks

For a perfect whisk, choose the plant at the peak of its biological maturity. This time is when:

- ▶ leaves are already firm enough;
- ▶ leaves are fragrant and not fall down from the branches.

This time is different for different plants in different countries.



Evergreen plants can be used for making whisks all year round.

Forms of whisks

- ▶ Round;
- ▶ Flat.

No matter what is the shape of the whisks, they should be:

- ▶ Safe (no dry or sharp branches);
- ▶ Compact (no branches, which are loose, not fit to form).



Sizes of whisks

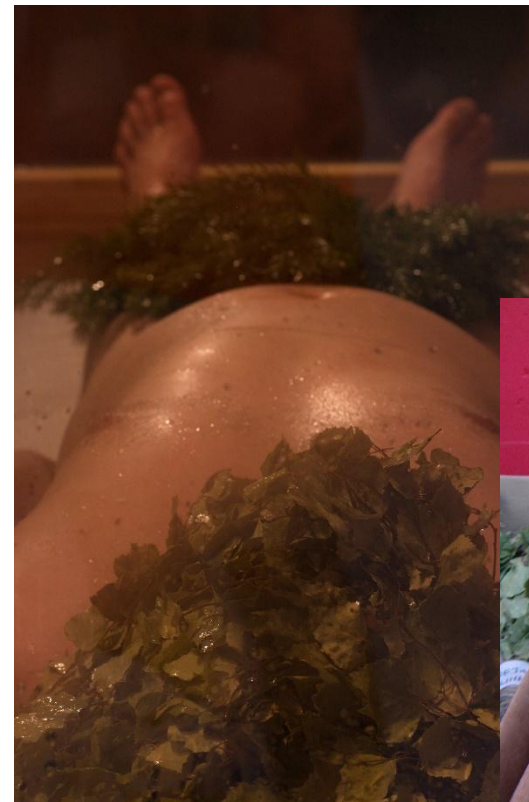
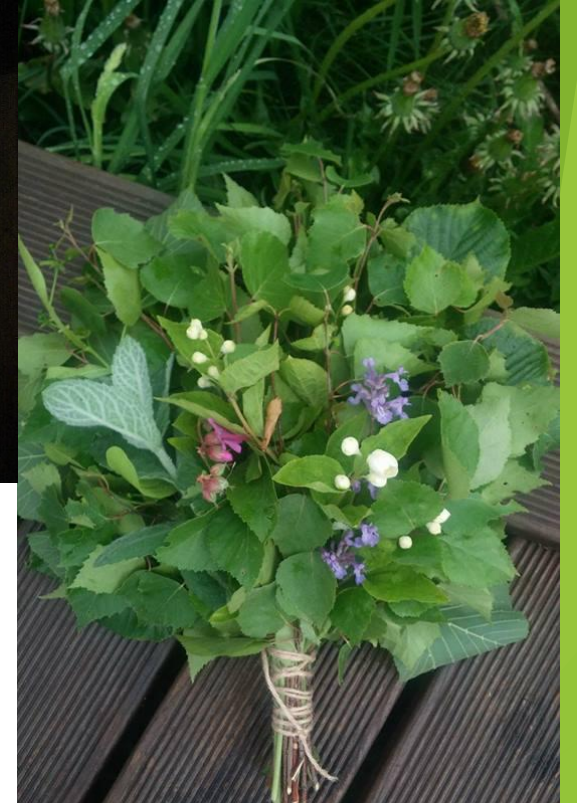
- ▶ Standard size (~45-50 cm);
- ▶ Extra big;
- ▶ Extra small;
- ▶ Special whisks (e.g. small with a long handle).



Purposes

- ▶ Whisking;
- ▶ Steaming;
- ▶ Washing and scrubbing;
- ▶ Aromatic;
- ▶ Heat protection;
- ▶ Ritual;
- ▶ Special techniques.

The same whisk can be often used for different purposes. E.g. whisking-scrubbing, aromatic-heat protection, special techniques-ritual etc.



Conservation

- ▶ Keeping fresh;
- ▶ Drying;
- ▶ Freezing;
- ▶ Salting.



Thank you!



Special thanks to:

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