

RASUL MUD TREATMENT

CATEGORY

Wellness

SUMMARY

Rasul is a thermal treatment in which enriched muds are self-applied, usually in groups of 2-4 in a specialized room featuring steam vents and a rain roof. The treatment appears to be very popular in the UK and many of the top spas in England feature Rasul treatments. The treatment is fairly uncommon elsewhere.

TOP SPAS OFFERING TREATMENT

Name	Ranking (5)	Location
<u>Monastero Santa Rosa Hotel & Spa</u>	5	Italy
<u>Lakeside Spa</u>	4.5	UK
<u>Fairlawns Spa</u>	4.5	UK
<u>Champneys Henlow</u>	4.5	UK
<u>Landmark Mandarin Oriental</u>	4.5	Hong Kong
<u>Cleopatra's Spa</u>	4.5	United Arab Emirates
<u>Saxon Boutique Hotel, Villas & Spa</u>	4.5	South Africa
<u>Twelve Apostles Hotel and Spa</u>	4.5	South Africa

TREATMENT OVERVIEW

The Rasul treatment lasts for about 45mins and begins with the participants entering the Rasul Treatment Chamber, a small thermal room, usually featuring Turkish tiles and a table in the center of the room for the muds.

Some Spas offer a salt-rub to exfoliate before the treatment to ensure that the skin absorbs all minerals, but this treatment is not essential to the experience.

The treatment specialist leads the participants to the chamber and leaves them to self-apply the muds after walking them through the procedure.

Once the mud has been applied, the room is heated from 34 C (93.2 F) – 40 C (104 F) in order to dry the mud. The chamber is then filled with steam (increasing humidity from 50% - 100%) in order to soften the mud and allow the skin to absorb the minerals. The participants are kept in this state for about 25 mins. A gentle “rain” begins to fall from a specialized “rain roof” from which small droplets of water are emitted to wash the applied mud away. Some Spas use a rain shower, but all the top destinations feature this specialized system. Participants are then led to shower and attend another treatment of their choice.

Guests can participate in this treatment up to 3 times a month.

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TECHNICAL SPECS

Once source* suggests that at minimum, the room should be 7m² for 2 people.

Heated seats (2-4 people)

Steam vents

Heated room

Rain roof system

Muds

Up to six muds can be used, though most Spa's supply between 3-5

- Alpha Mud (Face)
- Beta Mud (Upper Body, Neck, Bust)
- Delta Mud (Feet & Elbows)
- Epsilon Mud (Back & Legs)
- Gamma Mud (Abdomen)
- Zeta (Arms)

SOURCES & FURTHER READING

Spa Finder

Nola 7 Wellness and Spa Consultants

Aroma Leisure Spa Suppliers (muds)

* Willow Stream Treatment Room Datasheet

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