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## Rasul Detail

### What is a Rasul?

The Rasul spa treatment is an ancient Arabic bathing ritual that has become popular among spas. The treatment uses mineral-rich mud along with heat and steam. Some Rasul rooms are decorated in the Turkish Ottoman style to lend atmosphere and authenticity to the treatment. The cleansing ritual, or ceremony, is meant to be therapeutic in several ways. It targets all five senses; light and sound effects are used.

### A Little bit of history:

The Rasul spa treatment is based on an ancient ritual used by sultans in their harems. Medicinal mud from the Greek Isle of Limnos originally was used. It was called "terra sealilata." This mud can no longer be used because its pH is too acidic. Today, the muds used in the ritual come from all over the world, according to "The Spa Book: Official Guide to Spa Therapy," written by Jane Crebbin-Bailey.

### **Some Technical information**

- The Rasul typically has 3 stages
  - Mud application stage which starts the process.
  - Steam stage and finally
  - The Rain stage, nozzles we install in the ceiling spouts a temperature controlled "rain" into the room.
- Our control has the following stages:
  - Mud application
  - Mud drying
  - Steam
  - Transition and
  - Rain-controlled by thermostatic mixer so the temperature can be set.
- You have control over the duration of each stage via time setting on the control
- Another great point on our Rasul are that the control has a dual function, you run it as a Rasul or just a steam room.
- There are two light sources inside the Rasul chamber
  - The main down lights, these can be incorporated to go on and off at various stages and
  - The optic fibre lights or star lights, these stay on all the time.
- The Rasul comes in different shapes and sizes, mostly tiled but there are a few other options one can use.
- We've had them from 6m x 3.5m with 2 "brick and tile Beds"
- We've had small ones of 2m x 2m
- The great thing is that you can build almost any size and shape you want, it really is an issue of budget and imagination.
  - The size of the room directly affects the size of the Rasul generators required to run the Rasul

- 3 phase power is a requirement
- What is pretty much standard, is the steam, rain, optic fibre fairy/star lights and a black ceiling.
  - You will either install a full shower or just a hand shower rose
  - Tiling is only limited by imagination, but generally the room is kept on the darker side.
- What we do and don't do:
  - The client does all designing, building, wet works, 1<sup>st</sup> fixings as far as plumbing and electrical is concerned, water proofing and tiling.
  - The client also installs the shower section
  - We supply and install the generator/s, digital control, sensor, final fix plumbing and electrical connection to our generators.
  - We also install the ceiling, rain nozzles, thermostatic mixer and lights.
  - We also install the glass door or shop front
  - We advise on size, shape and even finishes
- Requirements
  - Site meetings will be held to discuss all the requirements and we help monitor the process as the builder progresses
  - There a few but for now what we want to mention is that you need to have a plant room close to the Rasul chamber to house the generator/s, plumbing, a few plug points and isolators, you do not need a lot of space for this and in some cases even a cupboard can be used for this.
    - The Rasul generator dimensions are:
      - 600mm(H) x 650mm(w) x 350mm(d)
- Quotes are done on the size of the room.
  - We need a floor plan or simple hand drawn sketch will do, indicating the size and the opening for the door or glass front.
  - We use Steamflo generators and the controls, these are the best around for this purpose. The Rasul chamber is a specialised room and requires the best equipment to maintain a great Rasul and operate commercially for many years
    - Some Pitfalls
      - 2 of the most common causes of problems with the generator and controls are, electrical supply, power surges
      - Quality of water, we know Johannesburg, Pretoria and surrounds have very hard water, places like Cape Town does not have the same problems concerning water.
        - Water softeners help control this problem to s degree
        - We have found that the type of generator used also helps, the Steamflo units has a self-purging operation that help get rid of the water inside the tank on a regular basis, this helps prevent the build-up of calcium and other minerals around the elements and inside the tank.
  - Our ceilings are special aluminium sheets and water proof.
  - Prices range from R 80 000 to R 180 000, depending on what is required and size of the room etc.

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