


# RULES OF SAUNA HERBAL CUP 2024

## EVALUATION CATALOGUE - SAUNA HERBAL CUP - 2023

HERBAL RITUAL IN SAUNA						PEELING PROCEDURE & PRESENTATION				
HERBAL & AROMATHERAPY / 20 points						PRESENTATION OF PEELING / 25 points for the whole category				
ESSENCE	FRAGRANCE HARMONY	HERBOLOGY	INNOVATIONS	DOSAGE & USAGE	DOCUMENTATION DEDUCTION	PRESENTATION	OVERVIEW - FUNDAMENTAL LIST	DESIGN		
6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	2 POINTS	3 POINTS	3 POINTS	8 POINTS		
Essences like Essential Oils or herbs in each round, more are allowed with simplicity and ensure fragrances flow to the next.	Is there harmony and cohesiveness of chosen fragrances, considering their thematic alignment and overall impact?	Is herbs used in the sauna ritual? Is there a point of its usage? How is it used?	Produce innovative, creative herbal products or unique blends of essential oils. Embrace innovation and creativity	Provide dosage for the herbal product or essential oil mix. The usage and handling too?	The competitors must present samples and a list of sets and herbs to the jury before the competition.	How is the idea of peeling introduced in verbal communication? Is it read from a paper? Is the person presenting it confident in their verbal explanation? Verbal presentation of the peeling is not mandatory, it can be decided by the organizer according to the place / conditions of the event.	How is the fundamental list introduced? Is all the necessary information included? Are the interests covered comprehensively? Are graphics used to enhance understanding? Is the clarity of presentation ensuring that the presentation is clear and easy to understand?	How is design approached concerning creativity, visual elements, thematic integration, color palette, and originality? Is there an emphasis on fostering creativity? Do the visual aspects effectively convey the intended theme? Is the use of colors cohesive? Is there a focus on achieving originality in the design?		
Atmosphere, Theme and performance of HERBS aufguss / 20 points						PRESENTATION OF PEELING - PRODUCTS				
THEME & INSPIRATION	ORIGINALITY	RELAX & MUSIC	LIGHTS	THEATRICALS	NOISE DEDUCTION	SHOW DEDUCTION	PRODUCTS	TEXTURE	AROMA	
5 POINTS	3 POINTS	3 POINTS	2 POINTS	2 POINTS	2 POINTS	up to 10 POINTS	5 POINTS	3 POINTS	3 POINTS	
How did you work with the topic overall? Was the chosen theme seen and felt?	Is your topic new, unprecedented or created in a new way? Did you use the original concept?	Volume, appropriateness, theme-aligned, music selection	Working with light in the procedure - Utilizing lighting elements, even a small light, as an aesthetic addition to the theme or ritual. Enhances the performance by creating points of light	How is the decoration, does it set an atmosphere? Is the requisites useable? Is the costume fitting the theme? Is the use of decorations appropriate and reasonable? Think about the expenses, creativity is more important.	Disturbing elements, noise	For show or theatre aufguss, too many show elements etc.	How are the products utilized in terms of their composition, coherence, and originality?	How is texture characterized in terms of viscosity and smoothness? Does it have a specific viscosity level? Is the smoothness of the texture a notable feature? Is the product nice to touch?	How is the aroma in relation to its coherence, clarity, and presence? Is there a noticeable consistency in the aroma? Is the scent clearly identifiable? Does the aroma have a strong and distinct presence? Does it fit the theme/ritual	
SAUNA - working with heat / 10 points						PROCEDURE IN STEAM BATH WITH AUDIENCE - Atmosphere, Theme and performance <small>10 - 12 minutes inside the sauna, 3 - 5 minutes in front of sauna (can be decided by the organizer)</small>				
DISTRIBUTION OF THE HEAT			THERMAL COMFORT		HEAT DEDUCTION	PRESENTATION	PERFORMANCE	FEELING	USAGE IN WELLNESS	
4 POINTS			2 POINTS		up to 2 POINTS	2 POINTS	5 POINTS	7 POINTS	2 POINTS	
How are you ensuring that the heat spreads evenly throughout the sauna space? Are there specific techniques or strategies you employ to achieve this distribution? How do you monitor and adjust for any hotspots or cooler areas, ensuring a consistent thermal experience for all participants?			Is there balance between providing a warm and relaxing environment without making it too overwhelming for participants? How do you align the sauna's temperature rise with the herbs? How often do you infuse water, and do you avoid excessive heat? Does the ritual end on a comfortable note?		Too hot, audience leaving the sauna	Presentation and introduction before entering steam bath	Procedure in the steam bath - including additional elements such as speech, ambient music and attentive client care when necessary	Products of the peeling - evaluation peeling, scrub, face mask, aroma, viscosity	Can the peeling procedure be applied in the normal operation of the wellness center (for economic and practical reasons)	
Air, steam, smoke, aroma and heat distribution techniques (towel, fan, herbs...) / 10 points						PROCEDURE IN STEAM BATH WITH AUDIENCE - Working in the steam / 30 points for the whole category				
TECHNICAL TECHNIQUES		INNOVATIONS	MUSIC SYNC & HARMONY	SMOOTH TRANSITION	DROPPING DEDUCTION		DISTRIBUTION OF STEAM	DISTRIBUTION OF PEELING	EVALUATION	TOTAL IMPRESSION
4 POINTS		2 POINTS	2 POINTS	2 POINTS	1-4 POINTS		2 POINTS	3 POINTS	6 POINTS	3 POINTS
Techniques: Focus on moving air. Things for Distribution Air (Fans,		Use of non-traditional tools for waving and new techniques	Synchronization with music, is the participant on beat, aligned with the music.	Smooth transition between the techniques & possible combinations	Dropping of towel, fan etc. = 1 pt deduction. Max 4 pt.		Distribution of steam, style of waving, harmony with space and amount of steam in cabine	Distribution of peelings, hygiene and performance	Total evaluation of procedure, creativity, originality, professionalism	Overall impression (feeling) of the peeling and scrub (personal evaluation of each judge)
Professionalism and total impression / 15 points						SAUNA HERBAL CUP®				
OPENING / CLOSING	PROFESSIONALISM	PERFORMANCE	TOTAL IMPRESSION	HYGIENE DEDUCTION	SAFETY DEDUCTION	TIME DEDUCTION	 <p>Sauna Herbal Cup, a celebration of nature's finest. Immerse yourself in wellness and sensual delight as we connect with nature's gifts. Explore the possibilities that nature has to offer. Our aim is to create an enriching experience, highlighting harmony between humans and nature, all while embracing a creative and innovative approach to wellness.</p> <p>Join us in the Sauna Herbal Cup, where we unite our passion for nature with the healing essence of sauna infusion and exfoliation. Be part of this unique and inspiring journey together to rediscover nature's magic, finding inner peace and serenity within the sauna's comforting embrace. We eagerly await to welcome you to an unforgettable journey of tranquility.</p> <p>Visit us at <a href="http://www.saunaherbalcup.eu">www.saunaherbalcup.eu</a></p>			
2 POINTS	4 POINTS	4 POINTS	3 POINTS	up to 2 POINTS	up to 5 POINTS	0,5 - 5 POINTS				
How is the sauna ritual opened? Is there presentation or actions? How is the Sauna ritual ending? How do the participant enter and leave the sauna?	Performance of participant, hygiene and professionalism, security during the sauna ritual	Communication with visitors (eye contact etc.) Is the participant present for the audience? How is the participants stamina (tired/exhausted), the tone and speech level of participant?	Overall impression (feeling) of the aufguss (personal evaluation of each judge)	Is the towel touching the body? Is participant using a "dirty" towel after drop? forgetting to dry sweat so it is all over?	Is there lot of water on the floor? Items dropped? Usage of glass products?	Length of the ceremony exceeded < for each single 0,5 minute = 0,5 pt deduction, more than 2,5 minutes = 5 pt deduction or disqualification				