EVALUATION CATALOGUE - SAUNA HERBAL CUP - 2025

HERBAL RITUAL IN SAUNA

Total duration of the ritual is 16 minutes, including the opening speech inside the sauna.

HERBAL & AROMATHERAPY / 20 points

ESSENCE	FRAGRANCE HARMONY	ART OF HERBS	INNOVATIONS	DOSAGE & USAGE	DOCUMENTATION DEDUCTION
6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	2 POINTS
Use 100% natural herbal products (synergy of essential oils, hydrolates, natural products, smokes, herbs etc.) in each round. It is recommended to use different fragrances in each of three/four rounds. Aim for simplicity and ensure fragrances flow cohesively from one round to the next one.	Is there harmony and cohesiveness of chosen fragrances, considering their thematic alignment and overall impact? The fragrances must form a harmonizing accord together.	Usage of natural products, fresh or dried, such as flowers, whisks, leaves, products for smoke rituals, macerates, etc., with a focus on handmade production. Is there a meaningful and diverse use of these elements?	Produce innovative, creative herbal products or unique blends of essential oils. Show off your creativity and innovation.	Provide the proper dosage and usage of the herbal products or essential oil mix, according to the stove and the size of sauna. Work with ice and water while pouring the stove.	The competitors must follow the deadline (given by the organizer) for filling the chart of the essences.

Atmosphere, theme and performance of Herbal ritual / 20 points

ATMOSPHERE	THEME & INSPIRATION	ORIGINALITY	MUSIC	LIGHTS	DECORATION	SHOW / NOISE DEDUCTION
5 POINTS	6 POINTS	2 POINTS	3 POINTS	2 POINTS	2 POINTS	up to 7 POINTS
What was the atmosphere? The jury watches visitors. Do the visitors leave with a good feeling? Was the ritual pleasant?	How did you work with the topic overall? How was the topic handled and processed?	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. Enrich the performance by creating points of light.	How is the decoration, does it set an atmosphere? Are 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.	≤ 3 points if the ritual incl. a noticeable storyline. ≤ 1 points for extravagant costumes or props. ≤ 1 point for overly dramatic or theatrical effects, including music and lighting. ≤ 1 point for show elements unrelated to the ritual's theme or disrupting its therapeutic aspects. ≤ 1 points for disturbing noise

SAUNA - working with heat / 10 points

INCREASE OF THE HEAT	DISTRIBUTION OF THE HEAT	THERMAL COMFORT & FRESH AIR	HEAT DEDUCTION
4 POINTS	4 POINTS	2 POINTS	up to 2 POINTS
The temperature curve. Gradual increase in heat - increase of temperature in each round	How are you ensuring that the heat spreads evenly throughout the sauna space? How do you monitor and adjust for any hotspots or cooler areas, ensuring a consistent thermal experience for all participants? Does the airflow really reach every visitor?	Is there a balance between providing a warm and relaxing environment without making it too overwhelming for participants? Does the ritual end on a comfortable note? If fresh air (sauna ventilation) is used, is it meaningful and balanced? Is the temperature comfort adequate?	Too hot, audience leaving the sauna

Air moving techniques / 10 points

AIR DISTRIBUTION TECHNIQUES	INNOVATIONS	MUSIC SYNC & HARMONY	ELEGANCE & CHARM	DROPPING DEDUCTION
4 POINTS	2 POINTS	2 POINTS	2 POINTS	1-4 POINTS
Use of waving techniques: focus on moving air. Possibility to use different tools for air distribution (fans, whisks, herbs, towels etc.). This category evaluates how the competitor applies different techniques to move air effectively in the sauna. It also assesses what tools are used and how appropriately and creatively they are integrated into the performance.	Use of Non-Traditional Tools for Waving and New Techniques This category assesses the use of inventive and non-standard tools for moving hot air in the sauna. Special attention is given to hand-made tools that are original, creative.	Synchronization with music: is the participant on beat, aligned with the music? Are the movements, actions, and waving techniques connected to the music?	Elegance in using various waving techniques and their alternation. Is the movement smooth? Is the sauna master's performance pleasant, fluid, and calm?	Dropping of towel, fan etc. = 1 pt deduction. Max 4 pt.

Professionalism and total impression / 15 points

PREPARATION	OPENING / CLOSING	PROFESSIONALISM	PERFORMANCE	TOTAL IMPRESSION	HYGIENE DEDUCTION	SAFETY DEDUCTION	TIME DEDUCTION
2 POINTS	2 POINTS	4 POINTS	4 POINTS	3 POINTS	up to 2 POINTS	up to 5 POINTS	0,5 - 5 POINTS
Preparation, introduction (name of competitor, name and theme, fragrances and reason for use), presented clearly and understandably. Also includes assessment of how the space is prepared at the beginning of the performance.	How is herbal ritual opened? How is herbal ritual closed? How does the competitor enter and leave the sauna? How is the behavior after ritual, including the farewell to guests?	Performance of competitor, hygiene and professionalism, security during the herbal ritual	Communication with visitors (eye contact etc.) Is the competitor present for the audience? How is the competitor´s stamina (tired/exhausted), the tone and speech level of competitor?	Overall impression (feeling) of the ritual (personal evaluation of each jury)	Are the waving tools touching the body? Is competitor using a "dirty" tools 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 ritual exeded < for each single 0,5 minute = 0,5 pt deduction, more than 2,5 minutes = 5 pt deduction or disqualification

PEELING PROCEDURE & PRESENTATION

Maximum 15 minutes inside the steam bath and 5 minutes in front of the sauna; the duration may be shortened by the organizer depending on local conditions. Table presentation: 5 minutes.

PRESENTATION OF PEELING - Presentation, Display, Design & Theme of the Peeling

PRESENTATION	DOCUMENTATION & INGREDIENTS´ DESCRIPTION	CLARITY & VISITORS´ ORIENTATION	DESIGN	THEME
3 POINTS	2 POINTS	2 POINTS	5 POINTS	3 POINTS
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 graphics used for better understanding? Is the presentation clear and easy to understand?	Evaluation of how clearly the peeling presentation communicates its purpose and components to visitors. Is the display easy to understand at a glance? Can visitors quickly identify what each ingredient and element is?	How is the creativity, visual elements, thematic integration, color palette and originality? Do the visual aspects effectively present the intended theme? Is the use of colors cohesive? Does the presentation work well as one complete artwork?	Is the chosen theme well-developed, appropriate, creative and original? Is there a clear connection between the individual parts and components of the peeling and the theme?

PRESENTATION OF PEELING - Product Focus & Concentration * TOTAL 25 POINTS

PRODUCTS	AROMA & TEXTURE	PEELING & HERBAL RITUAL INTEGRATION	SAFETY DEDUCTION
6 POINTS	3 POINTS	1 POINTS	up to 3 POINTS
How are the products utilized in terms of their composition, coherence and originality?	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... 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?	Is there a clear connection between the themes in both parts of the competition? Does the content flow logically from one to the other? Does it fulfill the set objective?	Evaluation of the presentation setup (e.g. electrical devices, water elements, unstable decorations). Also includes the safety of products and ingredients used, considering possible allergies or skin sensitivity

PEELING PROCEDURE IN STEAM BATH WITH AUDIENCE * TOTAL 50 POINTS

INTRO PRESENTATION	PROFESSIONALISM & HYGIENE	PERFORMANCE	MUSIC & LIGHTING	CREATIVITY & INNOVATIONS	USAGE IN WELLNESS	PEELING DEDUCTION
5 POINTS	5 POINTS	5 POINTS	2 POINTS	4 POINTS	2 POINTS	up to 5 POINTS
Presentation and introduction before entering the steam bath. The introduction must include a description of the used ingredients, the name of the procedure, its theme, purpose of use and possible allergy warnings.	Competitor´s performance, hygiene, professionalism and safety during the peeling procedure.	Execution of the steam bath procedure, including verbal clarity, atmosphere, and client care. Communication with visitors (eye contact, presence) and stamina are assessed, along with appropriate clothing and a clear start and end.	Is the music appropriate for the purpose of the procedure? Is the volume set correctly? Is any additional lighting used in the steam bath?	Is the steam bath procedure innovative and creative? Does it offer a new approach? Are the ingredients and tools inventive?	Can the peeling procedure be applied in the regular operation of a wellness center, considering economic and practical aspects? Also evaluated is the availability of the used products and ingredients.	Usage of glass products. Lack of hygiene. Peeling includes products that irritate the skin.

PEELING PROCEDURE IN STEAM BATH WITH AUDIENCE - About Product, Quality, Distribution & Execution

PEELING PROCEDURE STRUCTURE	DISTRIBUTION OF STEAM	DISTRIBUTION OF PEELING	AROMA	TEXTURE	TOTAL IMPRESSION	TOUCH DEDUCTION
6 POINTS	4 POINTS	6 POINTS	4 POINTS	4 POINTS	3 POINTS	up to 5 POINTS
Organization and balance of the peeling procedure, focusing on how each part contributes to a harmonious and comfortable experience for the client. The evaluation includes how well the individual parts are connected and flow together, as well as the overall structure and progression of the procedure.	Distribution of steam, style of waving, harmony with space and amount of steam in cabine, considering visitors' comfort (avoiding drops of hot water).	The distribution of individual parts of the peelings and materials to guests must be safe, hygienic and appropriately done. Time management during the procedure is also evaluated.	How does the steam room smell during the ritual? How do the presented products smell? Does the aroma have a strong and distinct presence? Note: This is not about the jury personal preferences but about the intensity, clarity and consistency of the aroma.	How is the texture characterized regarding viscosity and smoothness? Does it have a specific viscosity level? Is the smoothness a notable feature? Is the product pleasant to touch?	Overall impression (feeling) of the peeling and scrub (personal evaluation of each jury)	Are the waving tools touching the body of visitors or aufgussmaster? 0,5 pt /touch

SAUNA HERBAL CUP®

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 natural products offer in the sauna setting. Our aim is to create an enriching experience, highlighting harmony between humans and nature, all while embracing a creative and innovative approach to the sauna journey.

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 event, where we come 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 rejuvenation and tranquility.

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