

Sauna Herbal Cup 2018

Information for visitors and competitors

Visitors

Wellness Hotel Frymburk (WHF) offers: one-day tickets, tickets for the whole festival and stay-packages. Tickets available: <https://www.hotelfrymburk.cz/sauna-herbal-cup>

Competitors

Competitors - foreigners

The best ones from foreign qualification's rounds organized by the members of SAUNA HERBAL EVENTS (2-3 competitors according to the size of the competition – special conditions for network's members, stay of competitors will be paid by organizers and SHE network)

The best ones from other qualifications and competitions abroad (1-2 competitors according to the size of the competition and other rules, stay of competitors will be paid by organizer of qualification)

Already qualified to participate : 1. place 2017 peeling - Tímea Végh

Competitors - Czechs

From last year: 1. place Pavel Horák

The best competitors from Czech qualification's rounds (1 person from the competition up to 5 participants, 2 people from the competitions with more than 6 participants) – the competitions are approved by SHC

SAUNIA 8/9 - 1. place Jan Putera, 2. place Václav Jarolím

Others – see the chart below

Special „green cards“ given by organizers/jury:

1x green card for co-organizer Wellness Hotel Frymburk

1x Eliška Blažková and Jiří Žákovský (the best ones from SaunaFest 2018)

It is possible to add other saunamasters according to the decision of the organizer (depending on the capacity and the presentation of each saunamaster – will be chosen from the application forms)

Conditions for the competitors

(the charges for competitors are, in many cases, paid by the organizer of qualification's round)

Starting fee for the members of ČAS, SHE: 750,- Kč / 30 EUR
Stay (Thursday-Sunday): 1.900,- Kč / 75 EUR

To calculate shorter stay: 500,-/1 night = 1.500, 400,- Kč contribution for food and drinks, includes service for competitors, drinks – fountain, entrances

Starting fee for non-members of ČAS a SHE: 1.500,- Kč / 60 EUR
Stay: 2.500,- Kč / 100 EUR

All qualification's rounds can use the name – brand etc. during the round, they have to respect the jury's representative, evaluation and rules of SHC.

Championship in relaxing procedures/ceremonies

Relaxing ceremony is more quiet, it's atmosphere, aromatherapy and design is very important. Special tricks and towel techniques are neither required, nor evaluated, ceremony does not have the concrete story but it can have a theme (e.g. saunamaster can choose a theme „Africa“ but not to show fights among its tribes). Ceremony is not storytelling, saunamaster can have a costume but it is not recommended to change the costumes during the show. Any elements which could disturb the relax are inappropriate: comments, loud music, strong light show etc. The behaviour of saunamaster should be quiet, his work should not disturb the atmosphere with loud sounds (such as manipulation with properties). Concerning professionalism and hygiene, the evaluation is very similar to AWM, wiping is very important during SC and also not to touch the body or clients with the towel.

The presentation of saunamaster – introduction is very important. Saunamaster will prepare a presentation (format A4 + A3) of his/her ceremony for jury and audience. The presentation has to include: name of saunamaster, name of sauna (where he/she works), theme and description of SC, used essential oils and other ingredients. Picture or photography can be added (in terms of the format A4 and A3).

Ingredients - it is absolutely necessary to use 100% natural essential oils, herbs and any other natural ingredients. What is ideal – when synergie (harmonic mixture of EO) is used at least in one round. The dosage and application by ice-ball on the stones is also very important.

Towel techniques - there is a lower roof in the sauna where competition will take place. It is not recommended to throw the towels and use many effects. Steam impact and relaxing techniques with towels will be evaluated the most.

It is forbidden to use free fire. Blowers only under supervision of the organizer (preparation works and usage as well).

Championship in peeling procedures

The evaluation will consist of two parts:

1. Visual evaluation of peeling and its accompanying comment. This year, each saunamaster will introduce his/her peeling during the first social evening where all the peelings will be also exhibited.
2. Competition – performance in steam bath.

Planned qualifications and competitions with qualification for SHC 2018

Place	Member SHE		competitors	Qualif.	
ITALY – 25.-26.9.	YES	QUALIFICATION	10	2	
HUNGARY – 19.10.-22.10.	YES	QUALIFICATION	15	2	
NORWAY - august				1	
POLAND – 20.-21.10.	YES	QUALIFICATION	10	2	
GERMANY – Eibenstock?		PREPARATION 2019			
SLOVAKIA – 2.11.-4.11.	NO	QUALIFICATION	10	2	
SAUNASPOT		CZ PREROUND			
SAUNIA – 8.9.		CZ PRESELECTION	7	2	
AQUAPALACE - 7.11.		CZ PRESELECTION	8	2	

Shortcuts in the document:

*ČAS – Czech Association of Saunamasters, SHE – European network of Sauna Herbal Events,

* SHC – Sauna Herbal Cup, SC – sauna ceremony, WHF – Wellness Hotel Frymburk