

Voting card jury Sauna Herbal Cup 2018

jury aufguss

PROFESSIONALISM AND TOTAL IMPRESSION

Preparation, Introduction 4 points Conclusion, Termination 1 point

Doing show aufguss -5 points Touching the body with a towel -1 point

Not sweating -1 point

Hygiene and professionalism, communication, 5 points

Safety falling items, glass, ice -2 points,

or even to be disqualified. Length of the ceremony 1 min more = -2 points, more than 2 minutes = disqualified

DISTRIBUTION AND INCREASE OF TEMPERATURE, WORKING WITH HEAT

The temperature curve. Gradual increase in heat - increase of temperature in each round 3 points

Distribution of heat to the audience, attention to all in the sauna 3 points

Relaxation, pleasant thermal comfort 4 points

Fouls: Too hot, audience leaving the sauna - 2 points

TOWEL TECHNIQUE (fan, whisk etc.) & RELAX TECHNIQUE /// THEME

Innovation 2 points

Humidity impact 3 points

Relax waving 2 points

Touch, unclean towels, etc. → negative points in professionalism

THEME & implementation 3 points

ESSENCE AND DOSAGE

Essence - Essential Oils 100% 6 points in total (1-4 rounds. 3 rounds = 2 points for each essence in 4 rounds = 1.5 points for each essence)

Bio essence & herbs 2 points

Dosage and usage, under-pouring ice 2 points

fouls: Synthetic, chemical scents - 6 points

AROMATHERAPY AND TOTAL CHORD

Overall chord, tone, overlying essences, harmony 5 points

Competitors have to present essential oils/herbs used before aufguss to JURY

Explaining reason of used oils, appropriate to the sauna 3 points

Mixture of essential oils in each round & innovation 2 points

Without delivering the list of EO - 2 points

ATMOSPHERE AND PERFORMANCE OF RELAX AUFGUSS

Atmosphere 4 points

Music (volume, suitability, choice) 2 points

Lights, working with light 1 points

Originality 2 points

The requisites, costume, decoration 1 point

Fouls: Disturbing elements, noise - 2 points

notes

