



Dear all,

this documents is a supplement to the Evaluation catalogue for Sauna Herbal Cup. In Evaluation catalogue, you can find all the categories with description, number of points, deduction etc. But this document will help you to answer some additional questions we have heard in previous years, so we hope you will find them helpful.

You can also find some answers and inspirations on web pages <https://saunaherbalcup.eu/> and on Facebook <https://www.facebook.com/herbalcup> .

Yours,

Sauna Herbal Cup team

## *Q&A / Tips and tricks*

### **HERBAL RITUAL**

#### **Which essences/products for smell can I use?**

You can use a wide portolio of products - essential oils, fresh or dried herbs, leaves, branches, flowers, smokes, make your own infusions etc. Get the inspiration in the nature! Be creative and bring nice smells and news!

Think about the safety – be careful what you use, test your products before the competition, this will help you to avoid mistakes directly during your competitive ritual (overdose, allergies....)

### **What atmosphere is proper for herbal ritual?**

Relaxing, calming with nice feeling. Help yourself with the proper music and lights.

### **Story / storyline - very frequented question**

Your ritual can be inspired by an environment, history, country, topic etc. but you mustn't tell the concrete storyline. So your topic is your framework of your ritual. Don't work with the storyline.

Example: You can become Santa Claus (use winter essences, decorations, costume) but you mustn't tell the story how you pack the presents and distribute them under Xmas trees.

Make sure that your costume and decoration don't overwhelm your herbal ritual.

Don't use too dramatic or theatrical effect which could disturb from the main idea of your herbal ritual.

Don't make an excessive interaction with the visitors which could be disturbing, keep in mind that herbal ritual is relaxing.

### **Is heat shower requested?**

It is necessary to have smooth increase of the temperature but heat shower at the end is not needed. And in case that sauna becomes too hot, you can even get negative points.

But don't forget to pour, water is important.

For herbs and its smells it is also better when the temperature is not too high, it is better to have more water with lower temperature.

Thermal comfort is really important.

### **Can I open the door during my herbal ritual to enter fresh air into the sauna?**

Yes, you can. It is not obligatory but if you feel that it is too hot or you need to refresh the air, you can open it for a while.

### **Do I have to wave with the towel?**

No, you don't. You can wave with the fan, flag, whisks, some special waving products you have made e.g. from whisks etc. There is no difference in points if you decide to use the towel or not.

If you decide to wave with the towel, use it just for the distribution of the air/smells but not for show techniques.

### **Can I prepare any food or drinks and offer it to the visitors after my herbal ritual or peeling?**

If you decide to prepare it, you have to be EXTREMELY careful which products you use (certification, allergies). And provide the visitors detailed information about the composition. You are responsible for what you have prepared.

## **PEELING PROCEDURE**

### **What questions can I expect at peeling presentation?**

Where did you get the inspiration, why you have chosen this topic, which health aspects come from the products you have used, why you have used e.g. red clay and not green clay, where do the products come from...

### **What shall I say in the introduction speech in front of the steambath?**

Describe the visitors, what you have prepared, which products you have used, inform them about potential allergens.

### **How many products shall I use?**

It is not specified how many products you shall use. Be as much as creative, use the products for different part of the body but be careful - you have time limit!

Make sure that your peeling procedure is not chaotic, you are not in a rush and you/visitors have time to enjoy the products.

### **Can I go to the forest, collect any nature products and use them?**

Yes, you can. But be careful about the usage - e.g. are you sure that the forest was not fertilized before? If yes, there is a potential danger in usage these products e.g. for face masks.... You are responsible for what you have prepared.

## OTHERS

Be creative - don't wave only with one tool during the whole ritual. Use different tools, change them, so it is interesting to watch you and people don't get bored.

Think about the smells - people have different preferences but are you sure you want to use any too strong/aggressive smells? Once we experienced garlic, too strong smoking bundle of sage distributed directly into our noses.... and it was not good.

Don't be chaotic, Sauna Herbal Cup is about relax, so make nice relaxing atmosphere, be organized, have nice contact with the audience, be sure, you are there for people and they can feel it.

The standard for herbal ritual is three rounds but you can have more rounds, so you can use more than 3 different essences/smells if you want, it is not limited.

Show people what you do - when you prepare something inside sauna, don't turn back to the audience but show them your preparation!