

## OPEN EUROPEAN MASSAGE CHAMPIONSHIP

### GUIDELINES

#### 1. PARTICIPATION REQUIREMENTS

The participant should have at least two years of practical masseur's experience (medical education is not required) and/or holds an undergraduate diploma in Biomedicine science (practical experience not required in this case).

1. Additional aid (books, cell phones, etc.) are not allowed during the theory exam;
2. Participants are not allowed to choose their own music;
3. During the Compulsory programme, the participant may not choose the model (the model is chosen randomly);
4. During the Freestyle programme, the participant may have their own model, or may request the model from the organizers (should be noted in the participant's application);
5. Participants have to perform in their designated areas (3 x 2.5 meters);
6. Every participant must mind the standards of hygiene and ergonomics;
7. Every participant must follow the time constrictions for each stage;
8. Every participant must perform honourably throughout the championship.

#### 2. CHAMPIONSHIP STAGES

**The Championship consists of three stages: theory exam, compulsory programme and freestyle programme.**

##### Stage I – Theory exam

The exam will be in the form of a test on anatomy, the classical massage principles and philosophy of SPA. The exam will be held on the 18th of May at 10 o'clock in the morning in the hotel „Vanagupė“ in Palanga, the same hotel, where the rest of the championship is going to take place.

##### Stage II – Compulsory programme

During the Compulsory programme a classical massage will be performed for the duration of 30 minutes.

The models will be assigned randomly (may be asthenic, hypersthenic or sthenic body type). Participants will have to respond to their model's intention (e.g. "I would like to have a relaxing classical massage..."), while demonstrating only the classical massage techniques, which should incorporate the four key methods (stroking, rubbing, kneading and vibration). Every participant is going to receive a unique assignment, to simulate routine work situations.

For the compulsory programme organizers will assign the following to each of the participants:

1. A workspace (3 m. x 2.5 m.);
2. A model (selected randomly);
3. A massage table (may bring your own – please note that in the application);
4. Two white blankets (bringing your own blankets is not allowed), a roller and towels;
5. Massage cream/oil, containers for work and hygiene accessories;
6. A white shirt.

Participants have to make sure that their body and apparel meet hygienic standards: clothes and shoes should comply with the requirements (clothes should be tidy, unconstricted; shoes should be closed and clean; hair should be tied; fingernails trimmed etc.).

##### Stage III- Freestyle programme with a SPA concept

The duration of the Freestyle programme - 45 minutes.

It is required that a thorough description of the Freestyle programme is provided in the participant's application, which should include the following information (length – under 500 words):

1. The name of the treatment. It's philosophy/idea/intention;
2. The concept of SPA space;
3. The purpose of the treatment;
4. The combination of selected techniques (**at least 2 different techniques are required to be demonstrated**) to achieve the purpose;
5. Applying the selected SPA treatment in the real world situations (the time of the day, the duration, the frequency of the treatment etc.).

For the Freestyle programme **participants have to take care** of **all** the necessary supplies needed: decorations, clothes (for the participant and the model), blankets and the model (**if the model is required, please note so in the application**). Organizers provide the possibility to use the same massage table and cosmetics trolley (if needed).

### 3. EVALUATION CRITERIA

#### I. Theory exam (20 % of the total score)\*

#### II. Compulsory programme (30 % of the total score)\*

1. Masseur's hygiene and ergonomics;
2. Client's – model's hygiene and ergonomics;
3. The performance of different massage methods (stroking, rubbing, kneading and continuous and intermittent vibration);
4. The performance of possible combined massage methods (combining them together);
5. The implementation of a given task (consistency, rhythm, speed, direction of movements, duration).

#### III. Freestyle SPA treatment programme (50 % of the total score)\*

1. Empathy and SPA etiquette – the usage of “5 senses system”:
  - ✓ Smell (does the selected odour composition reflects the philosophy and purpose of the selected treatment);
  - ✓ Sound (this attribute will not be evaluated, as the participants will not have an option to choose their own music);
  - ✓ Vision (colours, decor elements, symbols and their applicability to the selected SPA treatment);
  - ✓ Taste (beverages and refreshments offered and their compatibility with the philosophy of the chosen programme);
  - ✓ Touch (the gradation of touch, ethics and hygiene).
2. The clarity of the programme's description;
3. The ergonomics of the therapist;
4. Client's ergonomics (depending on the treatment technique, appropriate client's ergonomics are required);
5. The applicability of the chosen SPA technique to reach the intended purpose;
6. Compatibility with the time constraints (start, process and ending);
7. The applicability of the chosen SPA treatment in the real world situations.

\***TS= 0,2TE+0,3CP+0,5FP** (TS – total score, TE – theory exam, CP – compulsory programme, FP – freestyle programme)

### 4. REGISTRATION

Participants may register for the championship by sending an e-mail application to [aira@spalietuva.lt](mailto:aira@spalietuva.lt) before the 4<sup>th</sup> of May 2016. Documents outlined in the application should also be attached.

**The registration fee is to be paid before the 4<sup>th</sup> of May 2016.**

#### Banking details are provided below:

**Name:** National Spa Association

**Company code:** 300664762

**Address:** Vytenio 9/25, LT-03113 Vilnius

**Account number:** LT30 7300 0101 0072 1697

**Bank name:** Swedbank AB

**SWIFT code:** HABALT22

A participant is considered to be registered **only** after the application is confirmed and the registration fee is paid.

The participant will receive full information about the championship and personal identification number after registering.

#### For further inquiries, please contact:

**Aira Pakštytė**

E-mail: [aira@spalietuva.lt](mailto:aira@spalietuva.lt)

Tel.: +370 659 19160