

14th Austrian Sauna National Championship in Healthy Wellness Infusion

Evaluation Guidelines

4 Jury Members – 85 Points Each

➤ Overall Concept (Professionalism & Overall Impression) 15 Points

Preparation 3 Points

- Does the sauna master follow the event guidelines?
- Timely submission of the theme.

Opening & Closing 2 Points

- Impressions & professionalism of the opening and closing of the infusion.
- How did the infusion begin? Was there a recognizable conclusion?

Organization & Hygiene 5 Points

- Are all materials in their designated places?
- Does the sauna master use a separate towel for themselves?
- **Deductions for:**
 - Drying off with the same towel.
 - Whisk towel touching the body.

Performance 5 Points

- Charisma and performance of the sauna master.
- How does the sauna master present themselves? (Eye contact, connection with the audience, clear voice, confident performance, physical fitness).
- **Deductions for:**
 - Exhaustion / Poor physical condition.

General Deductions:

- Dropping equipment.
- Risk from equipment (glass, etc.).
- Time Overrun:
 - 1 minute = -1 point
 - 2 minutes = -2 points

- More than 2 minutes = Disqualification

➤ Whisking Technique

22 Points

Classic Techniques

8 Points

- Four well-executed classic techniques must be demonstrated (whisking with two hands + helicopter, difficulty based on towel size).

Smooth Transitions

6 Points

- Seamless transitions between techniques and possible combinations.

Special Techniques

8 Points

- New and complex techniques, special combinations, innovations, and varied variations.

General Deductions:

- Dropping a towel: -0.5 points per instance.
- Continuing to whisk with a towel that has fallen to the floor: -1 point.
- Evaluation based on professionalism/organization & hygiene criteria.

➤ Use of Oils & Application

20 Points

Perception

6 Points

- At least three distinct scents must be noticeable during the infusion (essential oils, sauna infusion, smoke, etc.).

Self-Made Scents

6 Points

- Oils, hydrosols, fresh herbs, etc.

Water & Ice Usage

4 Points

- Professional use of water, fragrances, and ice (cooling the stones, applying oils).
- Deductions for:
 - Unclear or insecure use of water, fragrances, and ice.

Creativity, Quality & Order

4 Points

- Does the scent match the theme? Use of special combinations/sequences? Consideration of potential scent layering? Creative scent application?

General Deductions:

- Poor-quality scents (Note: This is not about personal preference).
- Deductions for scents not being perceived as described, scent overuse, or burnt scents.

➤ **Heat Increase & Heat Distribution**

18 Points

Heat Increase

9 Points

- Progressive heat increase throughout the infusion rounds. Final round with a clear 'shower' effect. Note: Do guests leave the sauna due to excessive heat?

Heat Distribution

9 Points

- Particularly relevant for classic techniques. Heat increase must be perceptible with each technique and impact.

➤ **Atmosphere & Emotions**

10 Points

Atmosphere

6 Points

- Each jury member assesses the general atmosphere and audience engagement during the infusion.

Jury Atmosphere

4 Points

- Individual perception of the jury members regarding the infusion, theme, and message.