

15th Austrian Sauna State Championship in healthy feel-good infusion and
Styrian Aufguss- Award
sponsored by Wurzelstock

From July 31 to August 2, 2026, the 15th Austrian National Aufguss Championship in healthy feel-good infusion and the presentation of the Styrian Aufguss Award will take place.

Event Date:

31.07-02.08.2026

Venue:

Auster Sport- und Wellnessbad in Graz

Permission to participate:

All sauna infusers who have completed a valid sauna attendant or sauna master training program in accordance with national or international standards are eligible to participate.

Sign up:

Registration for the event is now possible using the enclosed registration form.

Please register by email to: gesunderaufguss@aon.at

The entry fee is € 125,00

After receipt of the transfer to the account:

IBAN: AT56 3939 0000 0007 0086, BIC: RZKTAT2K390

the starting position is fixed.

Please register as soon as possible, as the number of participants is limited.

General Conditions:

Participants are responsible for arranging and paying for their own travel and accommodation.

The Auster Sport- und Wellnessbad can assist with accommodation arrangements through its hotel partnerships if needed. Please contact kathrin.jarz@icloud.com.

All participants receive free admission to the Auster Sport- und Wellnessbad in Graz. The entry fee also includes meals (one meal per day), soft drinks, and light snacks.

There is also the option, by arrangement, to train at the Auster Sport- und Wellnessbad in Graz prior to the National Championships. If interested, please contact Kathrin Jarz directly. (kathrin.jarz@icloud.com, +43 676 4771780)

Prize:

1. Place	€ 900
2. Place	€ 600
3. Place	€ 300

Conditions of competition

The 15th National Championships in Healthy Wellness Aufguss aim to celebrate an Aufguss that focuses on a harmonious, cohesive overall concept comprising classic and modern towel-waving techniques, scents, music, and the personal presence of the Aufguss practitioner.

The Styrian Aufguss Award shares the same thematic focus as the National Championships and aims to provide international Aufguss practitioners with a platform, recognition, and honor for their skills and artistry, as well as to promote global exchange and collaboration.

1.) General

- Each participant performs one competition Aufguss
- The winner, selected from among all participants, is awarded the title of Styrian Aufguss Award winner.
- The highest-ranked Austrian participant holds the title of Austrian National Champion in Healthy Wellness Aufguss (see definition of "Austrian" under "General Information").

- The title of Austrian National Champion in Healthy Wellness Aufguss cannot be awarded to international participants.
- The same scoring system applies to both titles.

2.) Content Orientation

- The Aufguss should be performed as a classic-modern Aufguss (no show Aufguss, no costumes). In the context of the Austrian National Championships, “classic-modern” refers to a combination of classic Aufguss elements (e.g., the use of ice/water and essential oils on hot sauna stones, application of the four basic waving techniques, gradual build-up of heat, etc.) with modern sauna elements (use of new scents/combinations/methods, integration of modern fan techniques, infusion dramaturgy, etc.)

3.) Preparation

- Preparation inside the sauna cabin must be carried out by the Aufgussmaster alone.
- The preparation time is 10 minutes inside the sauna cabin and begins 20 minutes before the scheduled Aufguss (the preparation time outside the sauna cabin is not included in the time calculation).

4.) Aufguss

- The infusion must begin promptly at the scheduled start time and may last between 12 and 15 minutes. The time begins when the sauna cabin is closed and ends when the sauna cabin is opened.
- At the start of the infusion, the participant must announce the theme, the duration of the infusion, the use of essential oils/scents, and the number of sauna rounds.
- 3–4 infusion rounds are recommended.
- Safety warnings must also be announced.
- The presentation should be in German or English. During the infusion, the participant’s native language may also be used.
- Particular emphasis is placed on safety and hygiene.
- The amount of water and ice is freely selectable but should be adjusted to the sauna’s volume.
- Smoke infusions are not permitted.
- Fresh herbs, homemade organic infusion ingredients, and hydrosols will be awarded bonus points.
- Only 100% pure essential oils are permitted. Synthetic infusion ingredients are prohibited.

5.) Equipment

- Only 100% pure essential oils are permitted. Synthetic infusions are prohibited.
- The organizer will provide two buckets, ladles, ice, and water.
- Participants must bring any additional items they need themselves.
- The organizer will provide a Bluetooth speaker.

6.) Evaluation

- The evaluation focuses primarily on the Wedel techniques (see attached evaluation checklist), the selection of scents, the sense of well-being experienced by guests, hygiene, cleanliness, and safety, the cohesive overall concept, and the presence of the Aufgussmaster

7.) Other

- Fan assistance is optional and may be used for a maximum of one round of the infusion.
- The following are not permitted: throwing ice or spraying water during the infusion, the use of fire, and serving food or drinks inside the sauna cabin.
- Assistance from helpers with preparation outside the sauna cabin, operating the music, and follow-up tasks (serving drinks after the infusion, etc.) is permitted.

- The judging will be conducted by a qualified panel of experts.
- Jury feedback will be provided after the competition.
- The minimum age for participation is 18.

Participants must comply with the safety regulations set forth in the Bathing Hygiene Ordinance and the house rules of the Auster Wellness Bath. Failure to comply with these requirements may result in a point deduction or disqualification at the discretion of the jury.

General Information

- o To be eligible to compete as an Austrian, participants must have completed a sauna attendant training program in accordance with the Ö-Norm standard that includes customer service, and must have been registered with their primary residence in Austria for at least 3 years.
 - o All individuals who have completed international or national training as a sauna master are eligible to compete for the Styrian Aufguss Award.
 - o The registration deadline is May 31, 2026, at 10:00 a.m.
 - o Starting slots will be allocated live via Teams on May 31, 2026, at 12:00 p.m.
 - o The link to participate in the drawing will be sent to each participant via email.
 - o The start times will be published on www.gesunderaufguss.at and on social media following the drawing.
 - o Participants will also receive an email confirming their start time.
 - o For organizational reasons, it is not possible to swap start times.
 - o During the competition, photos and videos will be taken for press and marketing purposes. By registering, participants acknowledge this and explicitly grant their consent.
 - o Failure to comply with the competition criteria may result in the participant's disqualification.
 - o For participants competing in an Austrian National Championship for the first time, we request that you submit your Sauna Attendant/Sauna Master certificate along with your registration, as well as provide proof of registration.
- The title, theme of the infusion, scents, and a photo must be submitted to gesunderaufguss@aon.at by May 31, 2026.

The organizer reserves the right to make minor changes to the rules and schedule.

Please direct all inquiries regarding the competition, etc., exclusively via email to gesunderaufguss@aon.at

Registration form

15th Austrian Sauna State Championship in healthy feel-good infusion and Styrian Aufguss-Award 2026

from the 31.07-02.08.2026 in the Auster Sport- und Wellnessbad in Graz

Information about the participant:

Firstname:

Lastname:

Address:

Nationality:

Email:

Phone:

Date

Signature Participant

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