

**15th Austrian Sauna National Championship in Healthy Wellness Infusion
&
Styrian Aufguss-Award**

Evaluation Guidelines

➤ **Overall Concept (Professionalism & Overall Impression) 15 Points**

Preparation 3 Points

- Does the sauna master follow the application criteria and the event guidelines?
- Have the topic, infusion title, and scent concept been submitted on time?

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

- Is the sauna cabin properly and clearly prepared?
- Does the sauna attendant use separate towels for themselves and for the ladle?
- **Deductions for:**
 - **Drying off with the same towel.**
 - **Whisk towel touching the body.**

Performance 5 Points

- The charisma and performance of the person conducting the infusion.
- The Art of the Aufguss
- How does the Aufguss master present themselves? (Eye contact, connection with the audience, communication in general)
- Clear voice, confident/controlled performance, physical fitness/stamina
- **Deductions for:**
 - **Exhaustion / Poor physical condition.**
 - **Lack of attention to guests after the infusion**

General Deductions:

- Dropping equipment.
- Risk from equipment (glass, etc.).
- Overtime/Under-time:
- 1 minute = -1 point
- 2 minutes = -2 points
- More than 2 minutes = Disqualification

➤ **Whisking Technique** **22 Points**

Classic Techniques 8 Points

- All 4 classic techniques must be demonstrated (propeller, backhand, side spin, fresh air)

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.

➤ **Use of Oils & Application** **20 Points**

Perception 6 Points

- At least three distinct scents must be noticeable during the infusion

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.
 - Water or ice on the floor

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.

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

- A generally positive, lively atmosphere and the audience's enthusiasm during the Aufguss

Jury Atmosphere

4 Points

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