

Regulations of the Natural Aufguss Art Cup 2026

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Official Regulation: Natural Aufguss Art Cup 2026

Introduction

The Natural Aufguss Art Cup is an international competition focusing on infusion with a nature-oriented approach. It blends various elements such as music, lighting, animation, decoration, choreography, storytelling, and more, while incorporating both classic and show infusion components like water/ice, scents, and waving techniques. Natural elements and creativity play a significant role, including homemade infusions, homemade essential oils, fresh and dried herbs, smoke, and other elements. This provides sauna guests with a special, unforgettable experience. Participation is only as individuals, and the winner of the Natural Aufguss Art Cup 2026 holds the title for one year. The Natural Aufguss Art Cup 2026 will take place at the Lindau Thermal Spa, which is organized and copyrighted by Natural Aufguss.

Terms of participation

Only individuals who are employed as sauna masters in a wellness facility (proof of employment required), have completed a course in waving techniques and are proficient in classic waving methods are eligible to participate.

Minimum age requirement: 18 years.

Disciplines

Individual infusion competition with a focus on nature. Art - allows room for personal ideas connected with nature. Natural Aufguss Art Cup is *more than just a show*.

The infusion takes place in the sauna room and is performed by the participant alone without assistants. Preparation with one helper before the infusion is allowed.

Theme of the infusion

The name of the infusion and a photo of the participant must be submitted to the organizers by **April 15, 2026**, at the latest.

The participant must ensure that the infusion name, the performance of the infusion, and the use of aids during the infusion do not infringe upon any third-party trademarks or copyrights. In this regard, the participant releases the organizer from any responsibility. The organizers reserve the right to remove the infusion from the competition if there is a violation of trademark and copyright laws.

Use of scents, infusions, etc. during the infusion:

Essential oils, self-made infusions, smoke, fresh/dried herbs, and individual infusion elements used during the competition must be communicated to the organizers in writing no later than **April 15, 2026**. Failure to provide this information prior to the performance will result in point deduction in the "Professionalism" category.

Duration and Conduct of the Infusion

The infusion lasts a minimum of 12 and a maximum of 15 minutes. The participant can greet the audience and provide information about the content of the infusion. If the participant opts for a speech, it must not exceed 90 seconds. The speech time counts towards the infusion duration.

The infusion begins when the participant enters the sauna and closes the door to the cabin. The conclusion is marked by a farewell greeting and the participant leaving the sauna.

Exceeding the Time Limit: Exceeding the maximum 15 minutes by up to one-minute results in one point deduction per jury member in the "Professionalism" evaluation criterion. Exceeding by up to two minutes results in two points deduction per jury member. Exceeding by more than two minutes leads to disqualification. During the infusion, the participant may not leave the cabin for longer than 45 seconds.

Equipment

The participant must prepare and organize their equipment at their own responsibility. Buckets, ladles, water, and ice are provided by the host. Towels, fans, decorations, costumes, music, lighting, and special effects are chosen and brought by the participant. This also applies to scents and other natural elements. **The use of synthetic scents is not allowed.**

The light script and music must be submitted in time for the Natural Aufguss Art Cup by **April 15, 2026**, at the latest and brought to the event on a USB stick. The music must be in MP3 format. The music and lighting system already installed in the sauna can also be used by the participant. There is an option to indicate this during registration.

Items/installations brought into the sauna by participants must not violate common fire safety and security regulations. In such cases, the organizer reserves the right to prohibit them. **Infusion with saltwater is not allowed. The use of fire is also prohibited. Smoke rituals in the sauna are permitted after consultation with the organizer. A written request to the organizer must be submitted in a timely manner.**

Doors and exits must remain clear in the sauna cabin. The preparation for the infusion (setting up decorations, equipment, ice ball, etc.) must not exceed 15 minutes. One person is allowed to assist. The participant must notify the responsible person from the Natural Aufguss team of their presence promptly half an hour before the participant's infusion. The responsible person monitors the compliance with the 15-minute limit. The post-infusion cleanup takes 10 minutes, and assistance is optional. Exceeding the preparation and cleanup time will result in a deduction of one point per jury member in the "Professionalism" evaluation criterion.

Any changes that affect the sauna structure and the usual bathing process must be communicated to the jury and the organizer in writing and approved in advance.

Disqualification

In case of violation of any of the mentioned rules or rules communicated before the start of the competition, the participant will be immediately disqualified at the discretion of the jury. Consumption of alcohol or other drugs before the infusion also results in disqualification.

Evaluation Criteria for Infusion

1. Professionalism & overall impression of the participant (maximum 60 points)

- The participant should convey a sense of safety to the guests through their appearance and manner of interaction, while also inspiring enthusiasm for the infusion.
- The infusion can be presented personally. Speech time counts towards the total duration of the infusion.
- The infusion must be clearly concluded.
- The total duration of 15 minutes for the entire infusion must not be exceeded.

2. Theme, Implementation & Infusion Elements (maximum 60 points)

- The infusion theme should be integrated into all elements of the infusion (natural elements, scents, infusions, music, lighting effects, decorations, dress code) and be clearly recognizable.
- If the participant chooses a story and it is clearly identifiable, they will receive up to 1 additional point from each jury member.
- Creativity and innovation should support the chosen theme.

3. Wedel techniques (maximum 60 points)

- The participant must demonstrate good handling of the utensils and harmonization of the waving techniques. The following points are to be considered:
- Large towel: additional points.
- The following waving techniques with a small towel will be evaluated: at least four classic techniques, throwing techniques (two-handed and one-handed show techniques), special techniques, also in combinations, smooth transitions.
- Fans, flags, and other waving utensils are allowed and contribute points for heat distribution.
- The waving techniques must be effective for heat distribution.

4. Used Scents & Application (maximum 60 points)

- The scents should match the theme of the infusion and its progression, positively influencing the well-being of the guests. At least 3 different scents must be used.
- Specifically made natural essences (e.g., birch essences) are also recognized as scents and additionally appreciated.
- The use of menthol crystals is not allowed in the competition.
- The infusion aromas must be safely dosed. When using multiple scents, care must be taken to use them in a thematically sensible order. It is also important that the scents do not overshadow each other.

The use of synthetic scents is not allowed and leads to disqualification. Each participant must declare and present the scents and essences to the jury in advance.

5. Heat increase & heat distribution (maximum 60 points)

- The perception of warmth by the guests must be clear during the infusion, and the distribution of warmth can be intensified.
- The participant must ensure that the infusion does not become too hot and that the guests are not endangered by the increase in heat.
- In the final round, guests should experience a clear "heat shower."

6. Atmosphere and emotions (maximum 60 points)

- The presentation should be creative, atmospheric, and emotionally engaging for the audience. This is reflected in the applause or empathy of the audience. The infusion should convey a positive feeling to the guests and inspire them.
- The above aspects also apply to the individual evaluation of each jury member.

Jury

The participant receives points from the official jury. At least four jury members must be present at each infusion.

The jury members are published on social media Natural Aufguss.

Each jury member can award a maximum of 70 points in the individual competition.

In the final tally, a maximum of 420 points can be achieved. The winner is the participant with the highest score.

Finale

The order of the starting list is determined in advance by Natural Aufguss through a draw.

The draw determines the starting order and is documented. The draw can be conducted without the presence of the participants.

Tickets for the infusion

Participants have the opportunity to attend the infusions of the competition. However, this depends on the availability of seats in the sauna. Visitors/tickets of the organizer's venue have priority.

Use of music

In the sauna area, there is a music system. During the infusion, a technician takes control of the music.

All participants bring their music for the infusion performance in the form of an MP3 file on a USB stick and submit the files according to the deadlines published online.

The artist must declare the use of the music and any associated fees (e.g., GEMA) in compliance with copyright regulations. The organizer is not responsible for and does not collect/bear any fees.

Filming and photo shoots

During the Natural Aufguss Art Cup, filming and photo shoots will be conducted. These will be published on the website www.natural-aufguss.com and other social media.

By registering, the participant agrees to be recorded and for the material to be published.

General Conditions of Participation

The registration fee must be paid to the rights holder promptly upon receipt of the invoice. In case of event cancellation or non-participation, registration fees will not be refunded.

As part of the event, participants receive free admission to the venue.

The registered assistant accompanying the participant on the day of their infusion also receives free entry.

Participants and their assistants receive 1 meal and 1 drink on the day of the participant's infusion at the Natural Aufguss Art Cup.

Free access to provided water, snacks, and soft drinks for participants on the event days of the Natural Aufguss Art Cup.

Additional Rules

Sauna infusion structures must be clarified in advance with the organization team of the Natural Aufguss Art Cup.

To bring children along, inquire at the sauna if they can be brought along.

Participants or their sponsors are not allowed to advertise on the event premises. Self-promotion before the competition is permitted.

Registered assistants must be named in writing by **April 15, 2026**.

Participants and their assistants must adhere to the house rules on-site. Violations may lead to disqualification.

Cash prizes in the individual competition:

1st Place: 400 CHF

2nd Place: 200 CHF

3rd Place: 100 CHF

Responsible: Natural Aufguss 9220 Bischofszell, CH

*The management reserves the right to change or adapt the regulations if necessary.