



Natural Aufguss Cup 2023

On the 26th and 28th of May 2023, all eyes will be on Switzerland. Natural Aufguss organizes an international championship in beautiful aquabasilea.

There are 31 starting places in the Natural Aufguss Cup. Sauna masters from all over the world will show their skills in individual and team Aufguss. Judged by an international jury.





Program

Friday 26. May 2023 Opening - Presentation

9.00	Opening door for participants and helpers
10.00	Welcoming in the sauna landscape by Agica Hrnčić Instruction of event, presentation of regulations and jury
11.00 – 22.00	Start of Aufgusses, hourly Aufgusses, 12 Aufgusses
From 15.00	Banja ritual, peeling, clay, Aufgusses Team aquabasilea

Saturday 27. May 2023 - Presentation

11.00 – 22.00	Start of Aufgusses, hourly Aufgusses, 12 Aufgusses
From 15.00	Banja ritual, peeling, clay, Aufgusses Team aquabasilea

Sunday 28. May 2023 - Presentation

11.00 – 17.00	Start of Aufgusses, hourly Aufgusses, 7 Aufgusses
18.00	Single and team classification
From 12.00	Banja ritual, peeling, clay, Aufgusses Team aquabasilea

Each Aufguss master has only one attempt, which will determine the ranking. The rules follow the criteria.

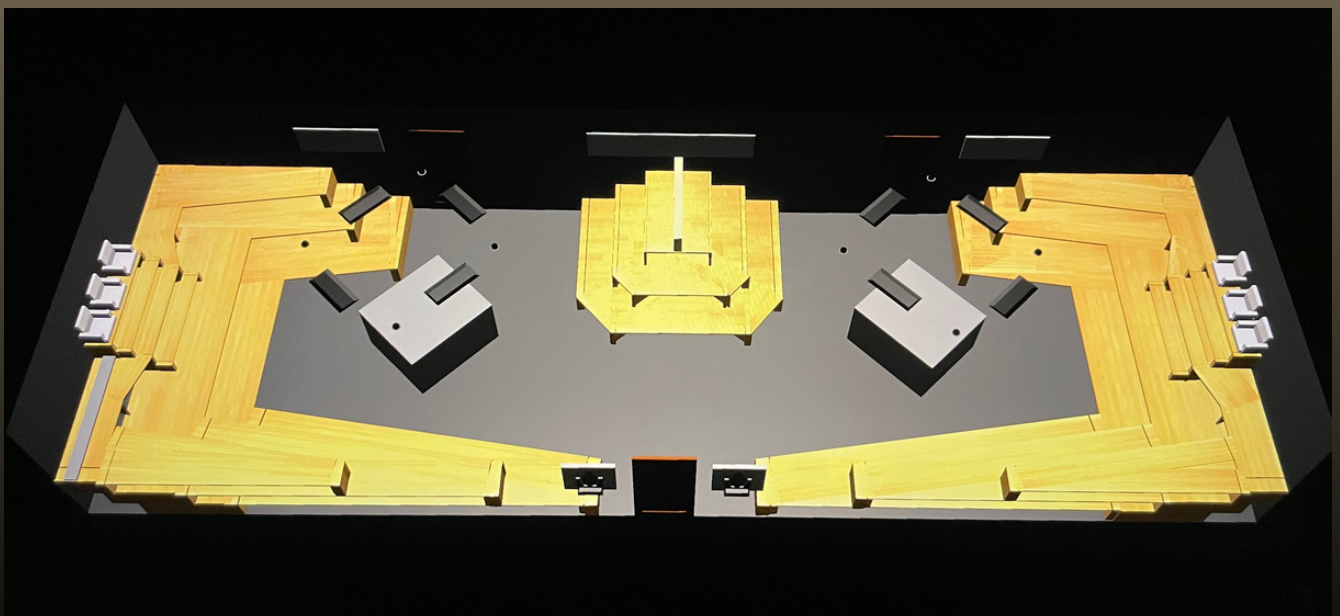


Top-class show stage

Sustainability in combination with energy efficiency. The event sauna is equipped with the latest technology and has a capacity of over 120 seats. The natural wood of event sauna creates a relaxed atmosphere. The event sauna has four heaters that are divided into two units that invite you to unforgettable infusions and celebrations.

The entire concept is rounded off with an integrated DMX lighting and music system. The selection of lights consists of different colors and the fog machine brings a special effect for every Aufguss master. Each participant can submit a lighting scenario.

Music in MP3 format must be sent to the email address info@natural-aufguss.com no later than April 30, 2023 and brought to the championship on a USB stick.





Evaluation criteria 2023

The evaluation criteria can be found in the Natural Aufguss Cup regulations.

The jury

The official jury consists of 6 people, who are represented internationally. The jury members will be announced on May 08, 2023.

The public jury

The number of audience juries is at least 2 people per Aufguss. These people will be selected by the official jury before the infusion. Participants/helpers have no voting rights.

Each official jury member and the public jury can award 0 to a maximum of 15 points for each category. Accordingly, each participant can receive a maximum of 70 points in the individual competition and 80 points in the team competition per jury/audience member. In the final calculation, a maximum of 480 points can be achieved in the team Aufguss and a maximum of 420 points in the individual Aufguss. The winner is the participant or team with the highest score.

Aufguss rules

- The entire Aufguss must take place in the sauna cabin. A maximum of two participants are allowed in the team Aufguss. No help from outsiders is allowed.
- The Aufguss lasts 12 to a maximum of 15 minutes including the presentation at the beginning and the farewell. The time starts running when the Aufguss master enters the sauna cabin and then turns the sauna hourglass (15 minutes).
- Only natural products may be used for the Aufguss. (essential oils, herbs)
- Basic Aufguss equipment such as buckets and ladles are provided by the organizer.
- The preparation and follow-up of Aufguss (assembly and disassembly of decoration, equipment, etc.) must not take more than 15 minutes. Two people can help.



- Only electrical lighting effects that have been submitted in the lighting script by the deadline are allowed.
- The infusion and the materials used for it must comply with fire safety and security regulations. It is not allowed to bring fire into the sauna cabin.
- Entrances and exits must be kept free.
- The pre-Aufguss speech must be in German, Italian, French or English.
- Violating any of the above rules can result in disqualification.

Requirements of the participants

Anyone who works as an Aufguss master in a wellness facility (proof of operation) or who can provide evidence of training in the area of Aufguss and therefore masters the classic Aufguss is entitled to participate. (proof of certificate)

Prizes

1. Place Single: Prize worth CHF 300.– 1. Place Team: Prize worth CHF 300.–
2. Place Single: Prize worth CHF 200.– 2. Place Team: Prize worth CHF 200.–
3. Place Single: Prize worth CHF 100.– 3. Place Team: Prize worth CHF 100.–

Participation fees

Single: CHF 149.- per person

Team: CHF 199.- per person

Single & team: CHF 199.- per person

The price includes participation in the championship, certificate, including meals/accommodation.

One accompanying person per Aufgusser receives free entry and food on the day of the Aufguss.



Registration and contact

Please register no later than Monday, March 30, 2023 at info@natural-aufguss.com.

The light script and music (MP3 format) must be submitted via email to info@natural-aufguss.com by April 30th.

For any questions, we are at your disposal:

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