

14th Austrian Sauna State Championship in healthy feel-good infusion and  
Austria Trophy 2025  
sponsored by Wurzelstock

The Austria Trophy 2025 and the 14th Austrian Sauna State Championship  
in healthy feel-good infusion will take place from the 08<sup>th</sup> of August to the 10<sup>th</sup> of August.

**Event Date:**

08<sup>th</sup> August until 10<sup>th</sup> August 2025

**Venue:**

Therme NOVA Köflach

**Permission to participate:**

All sauna infusers who possess a valid sauna attendant-/sauna master training are permitted to participate.

**Sign up:**

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

Please register by email to: [gesunderaufguss@aon.at](mailto:gesunderaufguss@aon.at)

The entry fee is € 100,00

After receipt of the transfer to the account:

*Alen Pikon, Winkl 39, 9194 St. Jakob*

*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:

Travel must be organized and paid for by the participants themselves. It is possible to stay overnight directly at the Therme NOVA. For further information or questions about prices for overnight stays, please contact me directly.

There is also the possibility, by arrangement, to train at Therme NOVA before the championships. If you are interested, please contact me directly.

### Prize:

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

### Conditions of competition

- Each participant has one competition infusion.
- Best placed Austrian is also state champion, i.e., there is only one evaluation.
- The infusion must be performed as a classic-modern infusion (no show infusion, no disguise, no sauna deco)
- The infusion must start punctually at the start time and may last between 10 and 15 min.
- At the beginning of the infusion the participant must announce his theme and the duration of the infusion as well as the number of sauna sessions. 2-4 rounds of infusion are allowed.
- The hazard statements are to be announced as well.
- The announcements should be in German and English. During the infusion the respective mother tongue may also be used
- Special emphasis is placed on safety and hygiene.
- The amount of water and ice is freely selectable but should be adapted to the sauna volume.
- An incense infusion is also allowed (only if it was announced in advance)
- Fresh herbs, self-produced organic infusions and hydrolats are awarded with additional points.
- Main focus for the evaluation are the waving techniques and the well-being effect on the audience.
- Wedel aids are optional and can be used indefinitely.

- In the case of musical accompaniment, attention must be paid to the comprehensibility of the speaker's speech.
- Not allowed: Throwing ice and spraying water during the infusion, as well as serving drinks and food in the sauna!
- Support in the preparation, operation of the music and in the post-production (serving drinks after the infusion, etc.) by assistants is allowed.
- The evaluation is carried out by a qualified jury of experts.

The safety regulations acc. to the bath hygiene ordinance must be complied with! Failure to comply with the general conditions may result in a deduction of points or disqualification by jury decision!

### General Information

- Deadline for nominations is the 18<sup>th</sup> of July 2025, 24.00 o'clock.
- The starting places will be chosen live via teams on 20<sup>th</sup> September 2025 at 12 o'clock.
- The link to participate in the draw will be sent to each participant by email.
- The starting times will be published on [www.gesunderaufguss.at](http://www.gesunderaufguss.at) after the draw!
- Each participant will additionally receive a confirmation of his starting time by e-mail.
- An exchange of the start times is not possible due to organizational reasons.
- During the competition photos/films will be taken for press and marketing purposes. With the registration I take note of this and agree.
- I have taken note of the announcement. In case of non-compliance, the participant may be disqualified.
- For participants who take part in an Austrian State Championship or Austria Trophy for the first time, we kindly ask you to submit the sauna warden / sauna master certificate with the registration.

The organizer reserves the right to make minor changes to the rules and procedures. Please send inquiries about the competition etc. exclusively by mail to [gesunderaufguss@aon.at](mailto:gesunderaufguss@aon.at).

## Registration form

# 14th Austrian Sauna State Championship in healthy feel-good infusion and Austria Trophy 2025

from the 08<sup>th</sup> of August to the 10<sup>th</sup> of August in Therme NOVA Köflach

Information about the participant:

Firstname: .....

Lastname: .....

Address: .....

Nationality: .....

Email: .....

Phone: .....

Date  
.....

Signature Participant  
.....