

**Cron4 Aufguss Trophy 2020**  
**Classical Aufguss**  
**from 18<sup>th</sup> to 19<sup>th</sup> July 2020**  
**at Cron4 – Riscone/Brunico (BZ-Italy)**

For us at Cron4 Wellness, the classic aufguss ritual continues to be the basis for wellness and relaxation in the sauna.

We would like to reiterate once again that there will be no jury or ranking, so that the contest will take place without any performance pressure.

Qualified aufguss masters and experts from all over the world will perform classic aufguss sessions, accompanied by relaxing music and delightful scents, so that guest can enjoy complete relaxation.

**Participation:**

Each participant will compete individually performing a classic aufguss. Although no ranking system will apply, a participant may be disqualified by the jury if the certification is found to be inadequate, or if the aufguss master's performance and/or presentation is deemed as unprofessional.

**Definition of 'Classic Aufguss'**

A classic Aufguss is performed using water, ice balls, essential oils, relaxing music, a towel and simple ventilation techniques (preferably the 4 basic techniques).  
The use of one fan is allowed.

**Eligibility requirements:**

- Sauna supervisor for at least 2 years (with certificate from a facility)  
or
- Title of Cron4 Aufguss Master, with certificate of attendance of a Cron4 course
- Title of Aufguss Master with sauna supervisor training obtained at similar institutions, e.g. AISA, German Sauna Federation (Deutscher Saunabund) and so on,  
or
- Participation in at least one of the Aufguss Championships held since 2010

**Duration of the aufguss**

The classic aufguss lasts a maximum of 15 minutes, including the presentation in the native language and in English. The hourglass in the sauna cabin, which can be activated after entering the sauna, helps to keep the time.

3 rounds with progressive temperature increase but without time indications for each round.



## **Tools**

Maximum 9 ice balls (max. diameter 12 cm) + 5 litres of water, essences, ventilation tools.

## **Limitations**

No decoration, no show elements, no audience involvement, no extras, no costumes (the audience will be prompted to only cheer at the end of the aufguss).

**Simple light scenery** with no effects (to be agreed with the organizer before the start of the aufguss)

Clothing: suitable for the Aufguss (saunakilt or trousers and tanktop, applied for women and men)

## **Music**

Music may be chosen by the master himself: However, it should be suitable both for a classic aufguss and for the aufguss master himself. The music shall be supplied in MP3 format on a USB stick (no mobile phones or other devices).

## **Additional information:**

The organizer will provide:  
bucket, ice, water, ladle.

## **REGISTRATION OF PARTICIPANTS:**

**By sending the fully completed attached registration form to [info@cron4.it](mailto:info@cron4.it) before 31/05/2020**

Participation limited to 47 participants; if a higher number of applications is received, the organizer will draw lots in order to select participants.

**It is strictly forbidden to use mobile phones, cameras, video cameras, etc. throughout the sauna area. No video recordings allowed during the aufguss performances.**

