

# INVITATION

## **NORDIC CHAMPIONSHIP** in Classical Aufguss

August 7-9, 2026  
Kallis Helsingborg, Sweden





## Dear colleagues and partners,

Swedish Aufguss Society and Dansk Saunaselskab have the great pleasure of inviting you to the Nordic Championships in Classical Aufguss 2026 – a gathering point for the Nordic region’s most dedicated and talented Aufguss Masters.

We look forward to welcoming representatives from: **Sweden, Denmark, Norway, Finland, Iceland, Greenland, Åland and the Faroe Islands**

The championship marks a shared elevation of classical aufguss, where the focus is on pure craftsmanship and the sensory experience. Here, it is the details, precision, and the ability to create presence that take center stage – setting the highest level apart from the rest. When the best of the Nordics come together, it is not only about competing, but also about developing, inspiring, and strengthening the community that carries the aufguss culture forward. We look forward to welcoming you to a championship defined by quality, dedication, and powerful experiences.

### **Nichlas Rasmussen**

Chairman, Swedish Aufguss Society

### **Jamie Wøhlk Pedersen**

Chairman, Dansk Saunaselskab

## Participation Allocation

The number of competitors per country/region is allocated as follows:

- Sweden – 2 participants
- Denmark – 2 participants
- Norway – 2 participants
- Finland – 1 participant
- Iceland – 1 participant
- Greenland – 1 participant
- Åland – 1 participant
- Faroe Islands – 1 participant

In countries or regions with established national sauna or aufguss organizations, participant selection is handled by the respective organization.

In regions without formal representation, participants may be invited through established contacts and networks within the Nordic aufguss community.

## Event Program (Preliminary Program)

### Friday, August 7, 2026 – Arrival & Practice

12:00 – Kallis opens for preparations and participants

13:00 – Kallis opens for external guests wishing to attend the practice sessions

14:00–20:00 – Practice sessions in the competition sauna:

14.00, 14.30, 15.00, 15.30, 16.00, 16.30, 17.00, 17.30, 18.00, 18.30, 19.00

## Saturday, August 8, 2026

- 07:00 – Sauna heating begins
- 08:30 – Opening ceremony
- 09:00 – Opening aufguss by invited Aufguss Master
- 10:00 – Classical 1
- 11:00 – Classical 2
- 12:00 – Classical 3
- 13:00 – Lunch
- 14:00 – Classical 4
- 15:00 – Classical 5
- 16:00 – Classical 6
- 19:00 – Shared dinner



## Sunday, August 9, 2026

- 07:00 – Sauna heating begins
- 08:00 – Opening aufguss by invited Aufguss Master
- 09:00 – Classical 7
- 10:00 – Classical 8
- 11:00 – Classical 9
- 12:00 – Lunch
- 13:00 – Classical 10
- 14:00 – Classical 11
- 15:30 – Results and award ceremony



## Competition Format and Rules

The competition will be conducted in classical aufguss format, emphasizing traditional techniques and authentic sauna experiences.

### Allowed

- Water and crushed ice
- Essential oils (participants must bring their own)
- Towels for waving and hygiene

Participants will have access to buckets and ladles provided by the organizer.

### Not Allowed

- Show elements (costumes, music, lighting effects)
- Performance-oriented props or equipment

Only the following elements will be evaluated: **heat, humidity, scent, storytelling, and towel technique**

### Requirements for Aufguss Masters

Each participant must demonstrate:

- At least three two-handed waving techniques
- At least one one-handed technique

All techniques may be used, but the primary purpose must be the effective movement of heat and air. Scoring will prioritize this purpose.

## Judging Criteria

Each performance is evaluated on a scale from 1 to 10 in the following categories:

- Professionalism and overall impression
- Humidity and perceived increase in heat
- Towel technique
- Scent
- Theme and storytelling

No items may be distributed to guests during a classical aufguss.

## Competition Execution

The competition will take place in one of two saunas Each session includes:

- 5 judges,
- up to 15 guests.

No reserved seating for participants.

## Timing and Procedure

Duration: minimum 10 minutes, maximum 12 minutes

- A signal will be given at 11th minute
- Exceeding time limits results in point deductions

Between sessions:

- Minimum 5 minutes ventilation
- Minimum 10 minutes reheating

Maximum one assistant allowed for preparation.

## Organizer Responsibilities

The organizer will appoint a timekeeper responsible for:

- Managing guest entry (5 minutes before start)
- Ensuring safety and hygiene regulations
- Keeping designated areas clear
- Informing guests of rules (including mandatory use of towels for seating)
- Monitoring and enforcing time limits

## Dress Code

Allowed attire:

- Swimwear
- T-shirt
- Shorts
- Hamam towel

Clothing must not be costume-like or performance-oriented.

## Use of Water and Essential Oils

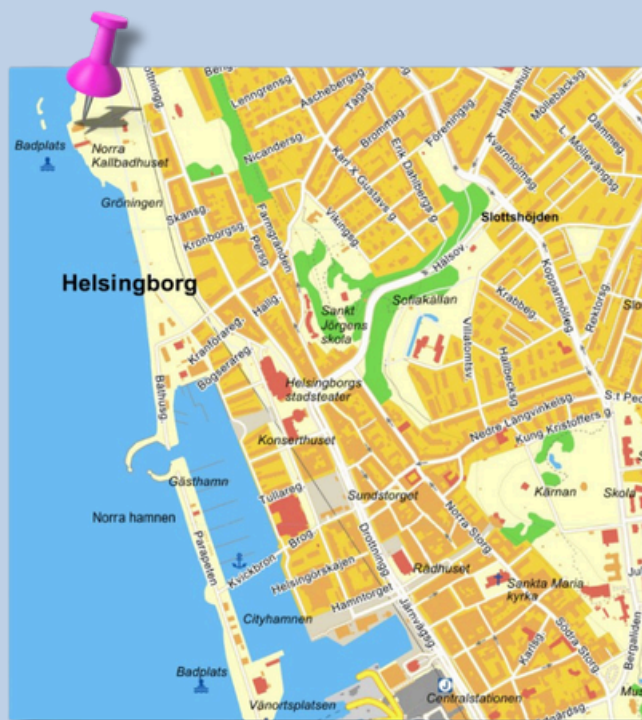
- Participants are responsible for the amount used. Overuse may result in point deductions.
- Only pure essential oils in liquid form are permitted. Documentation (e.g., bottle labels) must be provided upon request.
- Materials or scents that prevent the sauna from returning to a neutral state within 5 minutes of ventilation are not allowed.

## Awards

- Prizes will be awarded to 1st, 2nd, and 3rd place
- All participants receive a diploma
- Individual scoring sheets will be shared after the competition

# Travel, Accommodation and Meals

- Participants are responsible for arranging and covering their own travel and accommodation to Helsingborg.
- For accommodation options, please visit - Visit Helsingborg - <https://visithelsingborg.com/>
- The venue for the championship is Kallis (Norra Kallbadhuset). Several hotels are located within walking distance of the venue.
- Meals are at participants' own expense.
- A shared dinner will be arranged on Saturday evening. Participation is optional, and all food and beverages will be at each participant's own expense. Participants will be able to indicate their interest in joining the dinner during registration. The restaurant and final arrangements will be decided based on the number of attendees.



## Registration

Registration will take place via the Swedish Aufguss Society website  
<https://swedishaufguss.se/nordic-championship-in-classical-aufguss/>



Registration opens on **June 8 2026 and closes no later than July 3, 2026**, or once all eleven competition spots have been filled. After registration has closed, the starting order will be drawn and communicated to all participants together with updated practical information. Additional information regarding the championship will continuously be published on the website, including details about ticket sales for guests. Ticket sales will be managed by Helsingborg City.

### Registration fee:

SEK 1,000

The registration fee contributes to covering expenses related to the organization and execution of the championship.

### Questions:

Nichlas Rasmussen - [info@swedishaufguss.se](mailto:info@swedishaufguss.se)  
Jamie Wøhlk Pedersen - [info@saunaselskab.dk](mailto:info@saunaselskab.dk)

