



**DOLCE
VITA
HOTELS®**

SAUNA AROUND WEEK

Varied sauna program across all 5 Dolce Vita Hotels with former Sauna Aufguss World Champion Laura Lenders and the newcomer Katherine Wong from the Netherlands.

LAURA LENDERS

2024

3rd Place Netherlands Championship - Single

2022

1st Place World Championship - Single

1st Place Netherlands Championship - Single

2019

4th Place World Championship - Single

1st Place Netherlands Championship - Single

2018

5th Place World Championship - Single

3rd Place Netherlands Championship - Single

KATHERINE WONG

2024

In 2024, Katherine Wong achieved her first podium finish, securing 2nd place at the Modern Classic Cup in the Netherlands as a newcomer in only her second year of her Aufguss career. With her authentic style, creative storytelling, and passion for wellness, she impressed both the audience and the jury - marking a promising start to her journey in the world of competitive Aufguss.

SUNDAY, NOVEMBER 9TH

Diverse sauna program in all Dolce Vita Hotels with certified sauna masters.



ALPIANA: MONDAY, NOVEMBER 10TH

- 3:00 pm Music-Aufguss with Katherine - Latin music
- 4:00 pm Herbal Session with Laura
- 5:00 pm Modern Classic with Katherine - The dance of the desert wind
- 6:00 pm Aufguss with Laura and Katherine - Wanna make you sweat



FELDHOF: TUESDAY, NOVEMBER 11TH

- 3:00 pm Music Aufguss with Laura - Uplifting music
- 4:00 pm Themed Aufguss with Katherine - Barista café
- 5:00 pm Meditation Aufguss with Laura - Relax and recharge
- 6:00 pm Show-Aufguss with Laura und Katherine - Country Life



PREIDLHOF: WEDNESDAY, NOVEMBER 12TH

- 3:00 pm Show Aufguss with Laura and Katherine - Country Life
- 4:00 pm Show Aufguss with Laura and Katherine - About last night
- 5:00 pm Herbal Session with Laura
- 6:00 pm Show Aufguss with Laura - Two blue lines ★



JAGDHOF: THURSDAY, NOVEMBER 13TH

- 3:00 pm Herbal Session with Laura
- 4:00 pm Themed Aufguss with Katherine - Barista café
- 5:00 pm Music Aufguss with Laura - Chill Out
- 6:00 pm Aufguss with Laura and Katherine - Wanna make you sweat



LINDENHOF: FRIDAY, NOVEMBER 14TH

- 3:00 pm Show Aufguss with Laura and Katherine - Country Life
- 4:00 pm Show Aufguss with Laura and Katherine - About last night
- 5:00 pm Modern Classic with Katherine - The dance of the desert wind
- 6:00 pm Show Aufguss with Laura - Two blue lines ★

SATURDAY, NOVEMBER 15TH

Diverse sauna program in all Dolce Vita Hotels with certified sauna masters.

★ With this show aufguss, Laura won 1st place at the 2022 Sauna Aufguss World Championship.