

## SAUNA USER MANUAL

### Before installation

- Read this user manual and sauna installation guide.
- Make sure there is adequate ventilation in the room where the sauna is to be installed (including as directed by the manufacturer of the sauna heater).
- Make sure the sauna's wooden parts are not constantly in contact with water during installation (such as the bottoms of the walls).
- Make sure that the external surfaces of the sauna do not remain directly exposed to water and moisture upon installation.
- Read the user manuals and installation guides for all electrical devices to be used in the sauna.
- Make sure that the work is performed by a licensed electrician (including the installation of the electric sauna heater).

### Finishing wood details

- So the wood lasts longer in the sauna over use, treat all wooden components with a breathable protectant compound. Before assembling sauna components, treat walls and ceilings on the interior and exterior with products designated for that purpose (e.g. Tikkurila SUPI Saunasuoja). Treat all sides of seating platforms before assembly and use with a designated compound (e.g. Tikkurila SUPI Laudesuoja). Wood protectants give the wood resistance to soiling and moisture, and an attractive appearance. Treated wood surfaces are also easier to clean.
- In applying treatment to wood details, first read the user manual for the respective products.
- Note: Do not use paints and varnishes! The wood must be able to breathe.

### Installation of heater stones and first use of the sauna

- The heater must be installed as indicated by the heater manufacturer.
- The heater stones must be installed as directed by the heater manufacturer, advisably so the internal heating elements do not remain visible. Pouring water directly on to the heating elements may reduce their lifespan.
- To allow for removal of any production chemicals, the heater stones should be washed. When heating the sauna for the first time, heat the sauna under supervision to about 100° C over a period of 2 hours, keeping the sauna ventilated both during and after the heating. During the first heating, the wood treatment compounds will be absorbed by the wood and form a protective layer. **Do not take a sauna during the first heating!**
- Depending on the intensity of use of the sauna, keep an eye on how the heater stones are holding up (they may crack over time). If necessary, heater stones can be added or replaced all at once.

### Regular use and maintenance of the sauna

- To keep the platform looking fresh, we advise using seating pads or boards.
- To clean the platform and other wood components, use the designated cleaning compounds, reading the instructions first.
- After each sauna session:
  - Wipe off the platform with a clean, damp cloth. Keep excess water from pooling on wood surfaces. Do not use a stream of water to wash the platforms.
  - After cleaning the sauna, ventilate the room and allow the surfaces to dry.
  - If possible, lift up the platforms so they can dry better.
- At least once a year and/or if the protective layer wears away (and if necessary, more frequently):
  - Treat the sauna's wood surfaces once again with a special sauna wood protectant (see the section on Finishing wood details).
  - Wash all parts of the platform on all sides with a special cleaning compound (such as Tikkurila SUPI Saunapesu), using a soft brush and/or cloth. Follow the directions of the cleaning compound manufacturer. For stronger stains and soiling, the platform surface can be cleaned gently using fine-grade sandpaper. The platform or sanded surface should then be re-treated with protectant (see the part on Finishing wood details). Avoid use of non-compliant cleaning agents. For example, disinfectants bleach the wood surface and may ruin it.
  - Avoid pressure washing and streams of water when cleaning the sauna.
  - Clean the walls and ceilings in the same way as the platform.
  - Check the fastenings of the platform structures.

**The following is forbidden in the sauna:**

- Drying textiles such as carpets and clothing etc as this may pose a fire hazard. Excessive moisture may also damage the surface of the wood.
- Heating the sauna to a temperature beyond the specifications of the sauna and heater manufacturer. Excessive heat may cause the wood to warp or pose a fire hazard.
- Pressure washing or using a stream of water to clean the sauna, as excess moisture may permanently damage the wood surface and structures.

**Properties of the wood used in the sauna**

- Wood is a natural material and temperature changes may cause its surface to crack or bend. This risk varies according to material and intensity of use (it is minimal in the case of heat-treated material and home use).
- The wood material used in the part of the sauna exposed to steam may darken due to heat over the long term or from intense use.
- Heat-treated material may give off a particular smell when a new sauna is heated, but this phenomenon will fade over time.