



Sauna Safety Guidelines

Congratulations on your new sauna! To fully enjoy its benefits and ensure safe usage, please follow these guidelines:

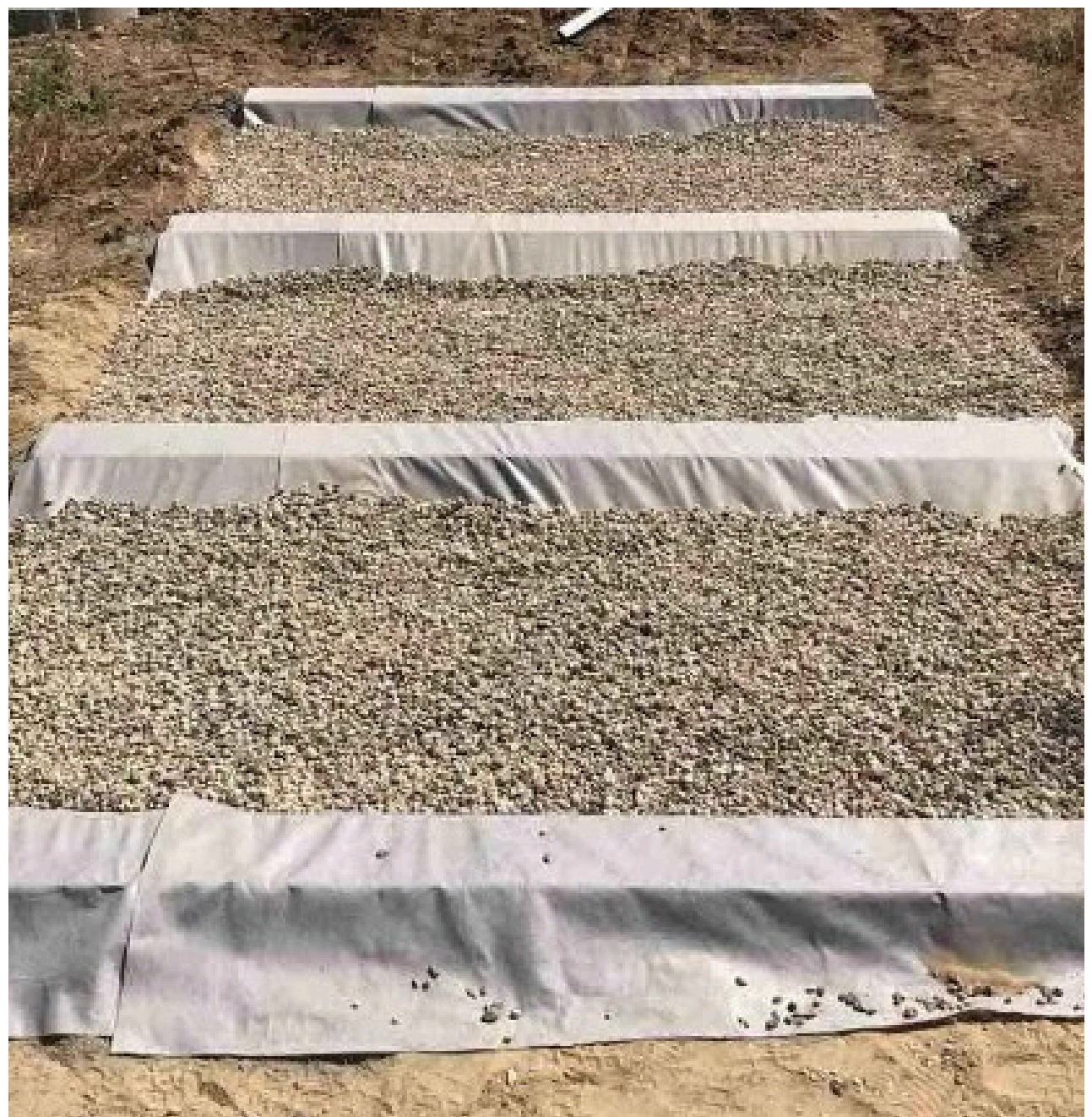
1. Sauna location and foundation setup:

Location: install the sauna in a well-ventilated area. It is not recommended to install the sauna under trees or in a humid area.

Foundation: sauna requires a stable, level base of appropriate dimensions.

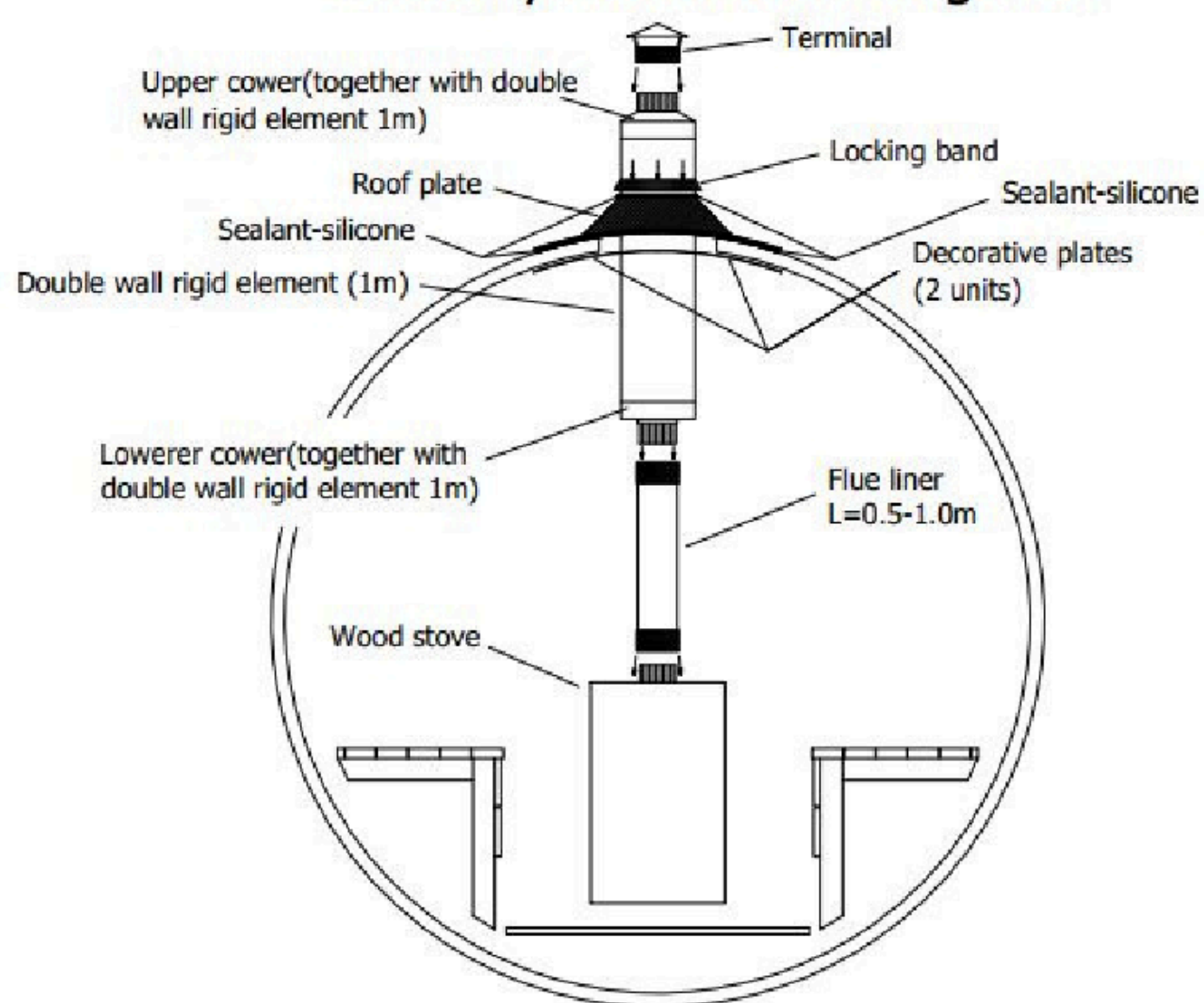
Before placing Your sauna on the ground, you should follow these steps:

1. Remove the sod (a layer of grass with roots);
2. According to the provided drawing (diagram) of the product base, install the piles. The piles can be bored, screw, or concrete. The top of the piles must be above ground level, ensuring free air movement under the sauna.
3. Lay geotextile between the piles to prevent grass from growing. To enhance the aesthetic appearance and prevent the wind from blowing the fabric, cover the geotextile with crushed stone. Alternatively, instead of laying geotextile, you can use concrete, pavers, or completely cover the area with tiles, among other options.
4. Apply a waterproof coating to the tops of the piles and then position the product.

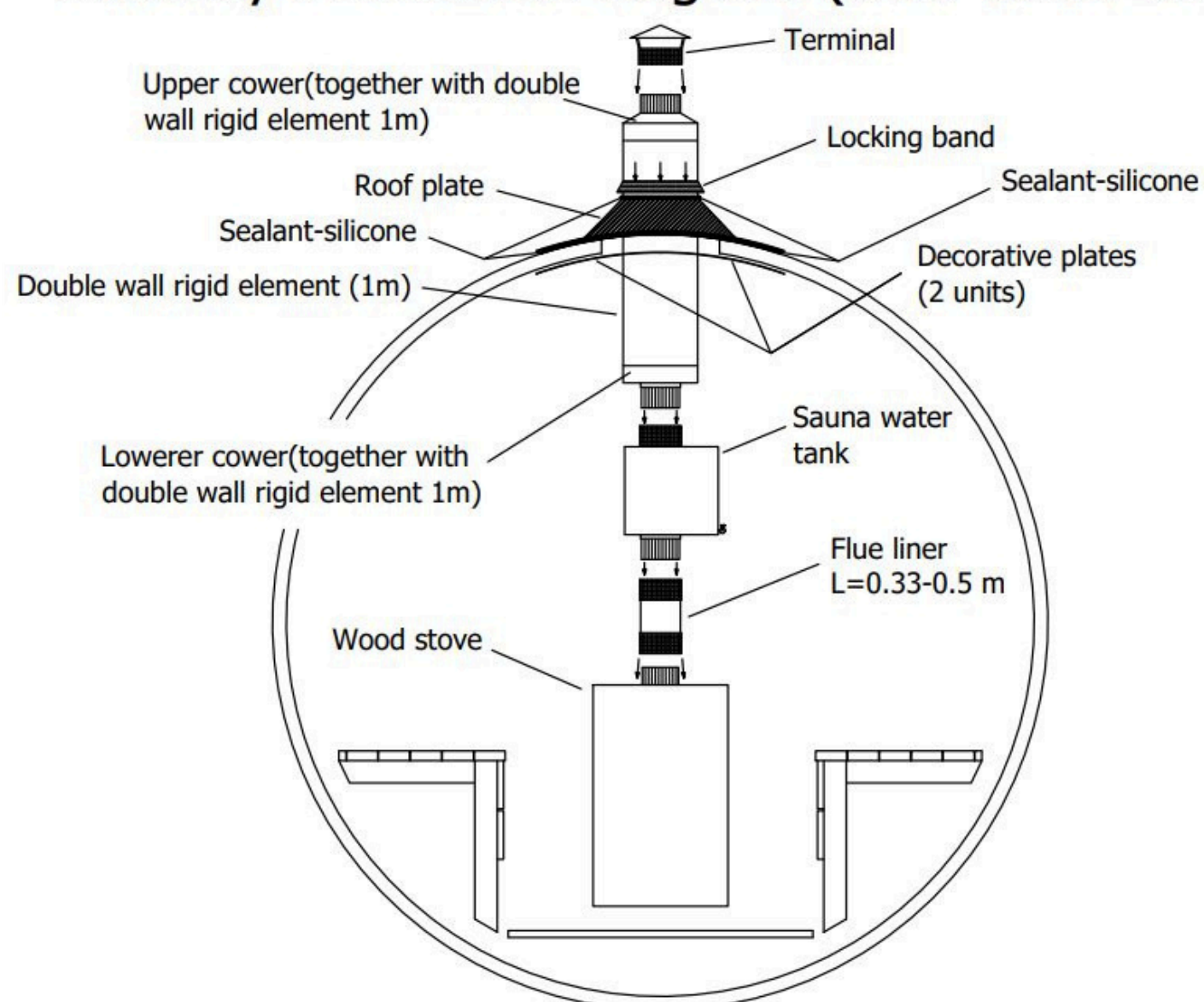


5. Properly install the chimney according to local regulations. See the chimney installation diagrams to see the correct chimney parts installation order.

Chimney installation diagram



Chimney installation diagram (with water tank)



2. Before the first use: 1. Remove the protective films from the heater. 2. Ensure that the electrical input is securely connected. **3. Upon purchasing a product with a water tank installed on the chimney, it is necessary to fill it with water. Never fire a wood-burning stove with an empty tank.** 4. During the initial connection/setup of the heater, **gently** heat it without stones. This process burns off factory protective oils and freshly applied paint. Ensure the sauna is well ventilated during this stage. 5. Unpack the stones and clean/wash them. 6. Once the heater has heated up and extraneous odors have dissipated, place the stones in the heater, maximizing their coverage area. It's crucial to leave air gaps for free oxygen movement, especially for electric heaters. Without proper ventilation, the temperature sensor near the stove may trigger prematurely, preventing the room from reaching the required temperature.

3. Safety Precautions:

Consult a doctor: pregnant women and individuals with health concerns should consult a doctor before using the sauna.

Children: children should only use the sauna under adult supervision and for limited durations at lower temperatures.

Hydration: drink plenty of water before and after sauna use to prevent dehydration.

No alcohol or drugs: avoid using the sauna under the influence of alcohol or drugs.

4. Preparing for Sauna Use: Shower: take a shower to remove lotions, oils, and sweat before entering the sauna. Attire: enter the sauna with a towel or a lightweight robe made of natural fabric for hygiene and comfort. Heating: when using an electric heater, set the desired temperature using the control panel or thermostat. Wait until the set temperature is attained and the sauna surfaces are adequately heated before entering.

5. Firing Up a Wood-Burning Heater: Wood Selection: use dry, seasoned wood for the best heating results. **Do not use flammable liquid.** Loading the Stove: place wood inside the stove, ensuring proper airflow for efficient burning. Lighting the Fire: ignite the wood using appropriate fire-starting methods, following safety precautions, and then close the door. Adjust the draft by pulling out the ash drawer. Do not use the heater with the door open. Temperature: use a thermometer to monitor sauna temperature, avoiding excessive heat buildup. The ideal ratio is 60°C heat and 60% humidity.

6. During Sauna Use:

Time Limits: limit sauna sessions to recommended durations (10-15 minutes) to avoid overheating. If you feel dizzy, faint, or unwell, exit the sauna immediately and seek medical help if necessary.

Safety Measures: avoid direct contact with the hot heater or surfaces. Use caution when moving around.

Cooling Off: if you feel uncomfortable or too hot, step outside for fresh air or take a quick cool shower.

After the sauna session: relax for a few minutes to allow your body to cool down gradually. Allow your body to rest before engaging in strenuous activities. Drink water or hydrating beverages to replenish fluids lost through sweat.

7. Sauna Maintenance:

Cleaning: wipe down the interior surfaces with a soft cloth and mild detergent after each use. Regularly impregnate the external wooden parts.

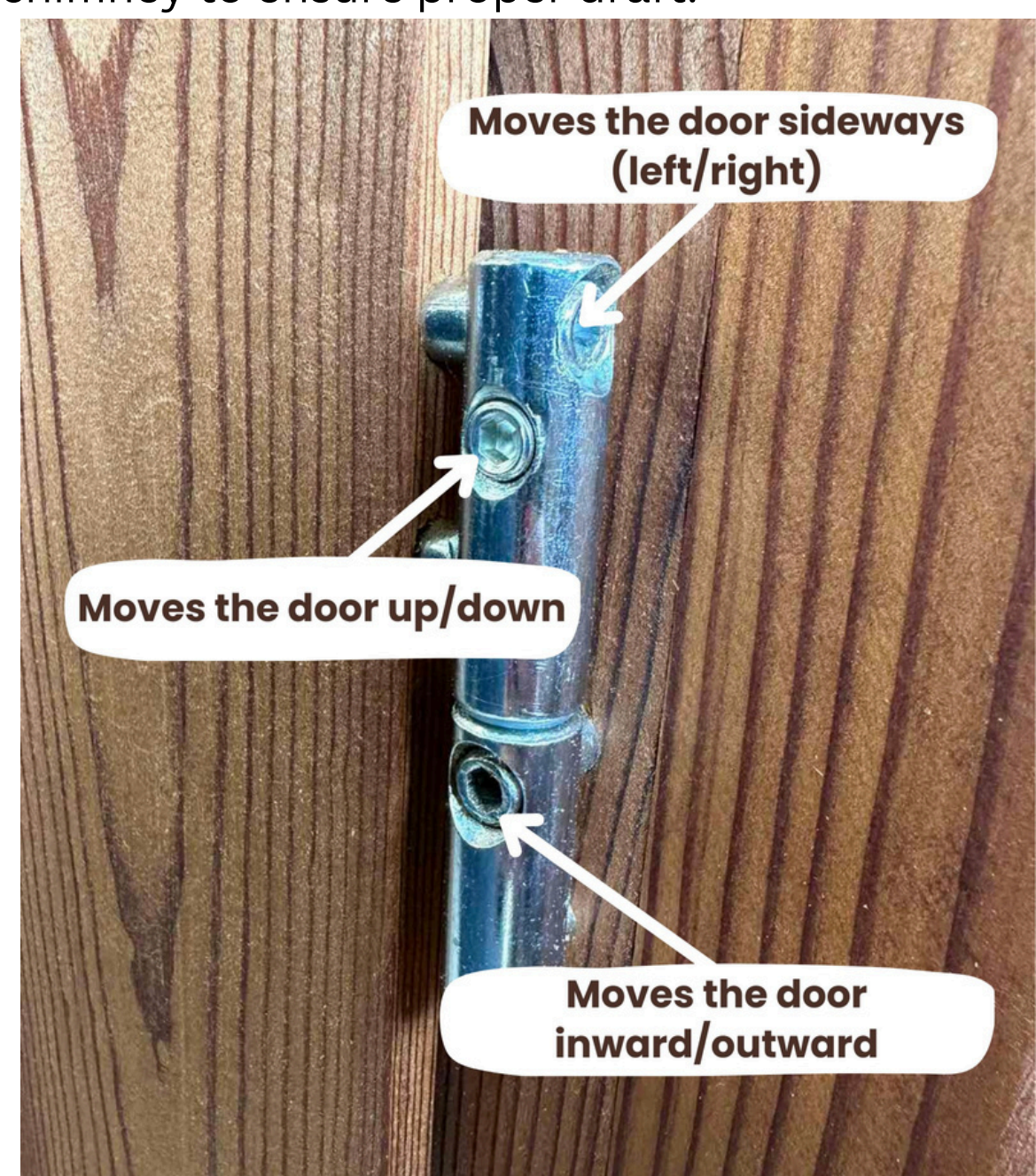
Ventilation: ensure adequate ventilation to prevent moisture buildup and ensure a dry environment.

Chimney Inspection: periodically inspect and clean the chimney to ensure proper draft.

Sauna wood: as wood is a natural material, it responds to environmental changes by expanding or contracting over time. Consequently, you may observe slight gaps forming between the boards. If this occurs, simply tighten the metal bands on the exterior of the sauna. However, exercise caution not to over-tighten them; it's crucial to allow space for the wood to expand.

Resin: spruce wood may exude resin when subjected to heat. If you observe resin formation, allow it to dry completely before gently scrubbing the surface or using a small cloth dampened with unscented white spirit to remove it.

Doors: the wooden doors installed in our products are susceptible to expansion or contraction due to weather conditions. As a result, you may encounter instances where the door becomes stuck or too loose as the seasons change. If this happens, you can easily rectify the door's position by adjusting the hinges with a screwdriver, following the provided instructions.



Remember, while saunas offer numerous health benefits, using them safely and responsibly is essential. Enjoy your relaxing sauna experience!