

Instructions for care and maintenance

The wood surface on the benches and backrests can be treated with Paraffine Oil. This is a very thin colourless and odorless oil that will not leave a film on the wood. Cleaning will be easier.

Do not step on the wood parts with shoes.

We strongly recommend bathers use towels to sit on in the sauna.

A very important feature of an authentic Finnish sauna is its cleanliness. The sauna must be kept clean.

Never use salt water on the sauna heater. Only clean fresh water.

Do not put anything on the heater, or pour any other liquids into the heater.

The following instructions for maintenance intervals should be adjusted according to the frequency of use of the sauna. These instructions apply for a sauna that is used daily.

Maintenance actions for every day:

- * Clean the floor. Push back the lower bench or stepping bench, or raise the floor grids up so the floor can dry up.
- * Check the cleanliness of the benches and the backrests. If needed, wipe with a moist tight rag. Use only natural soap, like pine oil based natural soap, never chlorine or bathroom cleaning chemicals. Dilute it into water, so use very little of detergent in the water.
- * Check the wood parts for damages, splinters, loose parts. If splinters are found, they should be cut off with a sharp knife like a box cutter, and then sanded smooth with sand paper. The bench wood is very soft, so dents and damage can be caused very easily. Most can be fixed with sandpaper. In case of a dent, wait after several uses of the sauna before fixing it, as the moisture and time will rebound the dent. If you sand the surroundings down immediately, it will reappear as a bump later.
- * Check the operation of the heater, ventilation and the lamps.
- * Make sure the sauna dries thoroughly after use. It is critical to dry the sauna for longevity. If the sauna wood is constantly wet, natural wood can show discoloration or even grow mold.

Actions taken weekly:

- * Check the heater stones, are there any visible cracked stones? Remove cracked stones and replace with new ones. Depending on how quickly the stones are deteriorating, you can plan when to change all the heater stones. Normally they are changed once per year.
- * Check under the heater, clean any sand and cracked stone chips. Calcium deposits on the heater or on the rocks can be removed with vinegar-water solution.

Actions taken monthly or quarterly:

- * Depending on the level of use, judge the frequency for washing the sauna.
- * Lift the bench surfaces and stepping benches out of the sauna, and wash them there. Dry them outside of the sauna.
- * Wash any wood parts with a very soft brush and mild natural detergent as mentioned previously. Never put detergent directly on the wood. Always brush in the direction of the wood grain, never sideways.
- * To only rinse or spray water on the benches and walls will do no good.
- * When washing wall paneling, always start from the bottom. Otherwise the dirty soap and water will flow down on unwashed part that is dry and soak into the wood and leave a mark. Rinse off the soap quickly. We recommend removing the benches completely and disconnecting electricity from the sauna.
- * After washing the sauna, you can heat the heater a bit to help the sauna to dry.
- * Depending on the use of the sauna, the wood surfaces may need to be cleaned and smoothed with sandpaper. Use first 120 grid sandpaper and then grid 400. Along the grain. Likely this task is done yearly or even more seldom.

Actions taken yearly:

- * Change the heater stones. The stones will crack with age, and have calcium deposit.
- * Inspect the heater resistors for damage or potential upcoming damage, and change the damaged resistors.
- * Inspect the heater power cables and other electrical cables, inspect the lamps and lighting.
- * Inspect the bench frames, the attachments, the screws, etc.
- * Apply paraffin oil on the benches, with a sponge. A thin layer, so that there is not a thick wet layer or puddles, and after applying, wipe dry to make sure there is not too much. The oil must be impregnated into the wood. Be careful not to apply to the wall panels if they originally do not have the oil, as the colour will change and soon you will need to treat the whole sauna walls from ceiling to the floor. The bench surfaces can be oiled outside of the sauna. Protect the floor underneath.
- * Check if the benches and paneling need to be replaced, or if a maintenance of the parts is sufficient. Typically benches are due for replacing after 10-20 years of active use, and 1-2 years in a public sauna that is used over 10 hours per day every day.

Contact Saunastore for support and parts.