

Instructions for care and maintenance

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:

- * 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.
- * 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 its 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, or in a sauna with infrequent use, according to best judgement on the state of the rocks.
- * 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. If your water contains calcium or other deposits will start to cover the stones, they will need replacing sooner. A calcium deposit acts as an insulator on the stones and the sauna steam quality will be different.
- * Check if the stones have packed down into the heater. If the heater resistors are showing, either add stones to cover them up, as you should not pour water directly on the resistors, not for their durability but because the calcium etc will deposit on the resistors. When a deposit

layer appears on the resistor, it will act as an insulator, and the resistor will overheat, and eventually be damaged.

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. Cover any electrical items from washing water.
- * 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, often only after 5-10 years.

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. The heater resistors are consumable parts.
- * Inspect the heater power cables and other electrical cables, inspect the lamps and lighting.
- * Inspect the bench frames, the attachments, the screws, etc.
- * You may 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 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 after 1-2 years in a public sauna that is used over 10 hours per day every day.