



----- NORTH SHORE SAUNA -----

INSTRUCTION

M A N U A L

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SETUP AND SECURE TENT

1. Remove from bag and place metal ends on the ground, allowing the tent to unfold, exposing one side fully. The poles remain on the inside of the tent, never the outside when set up.

(If this is the first use and the Prism Tent, open the flap on the roof and roll it up, securing it with the strap. Place the grey chimney jack onto the open hole, securing the Velcro.)

2. To pop up the tent, pull on the strap in the center of the wall, popping it out. Expose adjacent wall fully by pulling up on corner of top of tent. (Two people are helpful here to hold down the skirt on the bottom of the tent while unfolding the tent further.)

3. Continue popping out adjacent tent walls until all walls are set in the outward position.

4. Enter the tent and push up on the roof to fully extend it upwards.

5. If using the Nova tents, install vertical poles on either side of the door on the inside of the tent.

4. Secure tent on stable and level surface using provided ground stakes and rope.

(If using rope to tie out walls, secure the rope to the center of the outside of the wall.)

Rain Cover.

If using the rain cover, drape it over the top of the tent, align the chimney hole with the chimney hole on the tent and attach the elastic cordage to the center of the tent walls (Prism and Nova) or attach the included cord to stakes at the base of the tent (Dome).



SETUP STOVE (INCLUDING CHIMNEY AND ROCKS)



1. Unfold the four legs on the bottom of the stove after removing from packaging.
2. Attach side heat shields using included Allen key.
(If using, assemble and place rock basket on the top of the stove before inserting the first chimney piece.)
3. Stack chimney through the roof and ensure it is plumb.
4. Open chimney damper.
5. Place rocks in rock basket.

To assemble the rock basket, align the end of one short panel at a 90 degree angle to the end of a long panel. Use the included screws and allen key to attach them together. Repeat with remaining side panels to create the rectangular box. Place the tray on top of the stove with the chimney hole over the chimney hole on the stove. Place the box into the tray and proceed to installing the chimney into the stove. When the tray is placed on the stove and the chimney is installed, fill the rock basket with sauna stones.



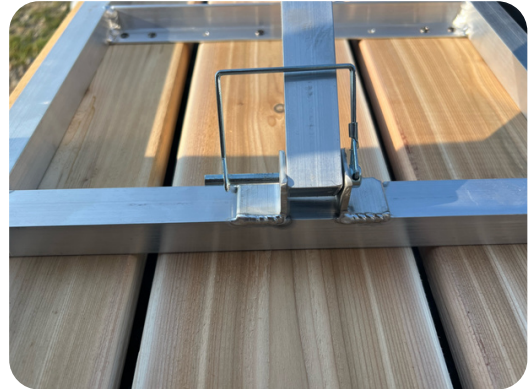
SETUP SEATING AND LIGHTING (IF USING)

Setup North Shore Sauna Bench

1. Unfold the legs and secure cross brace using the pin.
2. Attach foot rest by folding out the legs and sliding the foot rest outer tubes onto the smaller tubes protruding from the upper bench until the buttons are in place.
3. Ensure bench is on a secure, stable surface.

Lighting

If you are using lighting inside your sauna tent and its susceptible to overheating, keep the light closer to the ground where its cooler.





BURNING IN THE STOVE

Lighting a Fire

1. Use small pieces of wood and place a small pile inside the stove. (If using a Fire-starter, place the Fire-starter underneath the kindling or other small pieces of wood.)
2. Light the Fire-starter and wait a few minutes for the kindling to catch.
3. Progressively add larger pieces of wood for a longer/hotter burn.



Seasoning your Sauna Stove

----- **FIRST TIME USE** -----

Prior to taking your first sauna, get a hot fire going in your sauna stove to ensure all manufacturing oils are burned off.



PREP YOUR SAUNA EXPERIENCE

Gather Water

1. Acquire water for Loyly: Fill your sauna bucket with warm water for throwing steam. Warm water takes less energy out of the rocks when poured on them.
2. Take time for reflection as sauna heats: While waiting for the sauna to finish heating, it is a great time to chat with friends, notice surrounding nature, think of what you are grateful for, or call your mother.
3. Enter and experience lampomassa: The rocks will take longer than the sauna space to heat so the first round usually has less steam. Enter the sauna and begin to experience the heat, allowing it to soak into your bones and wash away the cares of the day.
4. Once hot enough, step out and cool down: Repeat as preferred and be sure to drink water.





TROUBLE SHOOTING TIPS/TRICKS

CAUTION

Please use gloves when handling the stove, especially when hot. Always make sure the sauna tent is setup on a stable surface and is secure against wind. If leaving the sauna tent up during potential snowfall, put a pole in the inside to hold up the center of the roof or the roof may collapse from the weight of the snow.

“It’s my first time and something smells, I got a headache, or my eyes burn.”

The stove is almost certainly not burned off enough. If the stove did not get hot enough to burn off all of the oils, there may be some residual that is hard to see burning off now. Reburn the stove with a hot fire and try it again after that.

“Smoke is coming out of the front of the stove.”

This almost certainly means the damper in the chimney is closed, preventing the smoke from escaping through it. Turn the handle 90 degrees to open the damper.



TROUBLE SHOOTING TIPS/TRICKS

“Sauna is not getting hot enough.”

This is usually caused by one of two things; there is not enough wood or the wood is wet. If you are confident that the wood is dry, put more wood. It is possible to put enough wood such that the stove will begin to glow red. We have used this sauna tent and stove at negative 15 degrees Fahrenheit and are confident you can get enough heat in just about any conditions, barring extreme circumstances. If there is water bubbling out of the end of the firewood while it is in the stove, it means it is wet wood and will not provide as much heat. Kiln dried hardwoods are best but many other species work as well, provided they are properly seasoned.

“Stove is getting so red that I am concerned.”

Close the inlet damper on the stove door and ensure the ash pan is fully inserted to restrict air supply to the fire. Close the chimney damper partially to slow the flow of gases. If smoke begins to come out the front of the stove, open the chimney damper back up just a bit until it stops.

“Sauna hats?”

Sauna hats help prevent your head from becoming overheated, allowing you to soak up more heat and gain more benefits.



TROUBLE SHOOTING TIPS/TRICKS

“Using Essential Oils in the sauna.”

This is a great way to add some aromatherapy to your sauna session. Just place a few drops into your bucket of water and then ladle onto the stones. Never place oils directly onto the rocks.

“Does the sauna tent need a floor?”

The Prism and Dome both come with an optional floor but it is generally not necessary for sauna use. The floor is better suited for camping or ice fishing applications. If you are going to use the floor, put some barrier such as cement board or ceramic tile under the stove to prevent the floor from getting too hot.

“General Maintenance”

1. If needed, wipe the sauna tent with a soft rag, mild soap and warm water. If storing your sauna tent for more than a couple days, make sure it is completely dry.
2. Keep away from rodents.
3. Periodically clean your chimney pipes to prevent creosote buildup from suddenly coming loose and creating a large cloud of embers that could melt the sauna tent roof or igniting other nearby combustibles. Be safe, enjoy your steam, and live well!



TROUBLE SHOOTING TIPS/TRICKS

We highly recommend drinking a minimum of 4 oz. of water prior to entering the sauna and a minimum of 16 oz. of water after sauna per hour of use. It is always important to maintain proper hydration levels while using a sauna. SAUNA AGREEMENT/ ACKNOWLEDGMENT 1. The use of drugs, medication, or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness. 2. Please consult your physician if you are in doubt of your ability to use the sauna for health reasons. 3. No minors should be permitted in the sauna unless accompanied by a supervising adult. 4. Discontinue the use of the sauna if you feel light-headed, dizzy, or heat exhausted. 7. Clients using any medications should consult a physician or pharmacist prior to the use of the sauna. 8. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy. 9. For safety reasons, there is a weight limit of no more than 400 lbs. on the bench. 10. This sauna involves handling metal with sharp edges, high temperatures, and the creation and maintenance of a live fire, which should be performed with caution. It is recommended that gloves are used.

I understand that I will be charged for any damage above and beyond regular wear and tear that occurs to the products I am renting. I understand that I will be charged for the cost to purchase the product that is damaged, including shipping, if it is not repairable.

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CONTRAINDICATIONS • Medications: Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms.



TROUBLE SHOOTING TIPS/TRICKS

Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

- **Children:** The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.
- **The Elderly:** The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes to maintain core body temperature. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.
- **Cardiovascular Conditions:** Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.
- **Alcohol / Alcohol Abuse:** Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.
- **Chronic Conditions / Diseases Associated with a Reduced Ability to Sweat or Perspire:** Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.
- **Hemophiliacs / Individuals Prone to Bleeding:** The use of saunas should be avoided by anyone who is predisposed to bleeding.
- **Fever:** An individual who has a fever should not use a sauna until the fever subsides.
- **Insensitivity to Heat:** An individual with insensitivity to heat should not use a sauna.
- **Pregnancy:** Pregnant women should consult a physician before using a sauna.
- **Menstruation:** Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.