

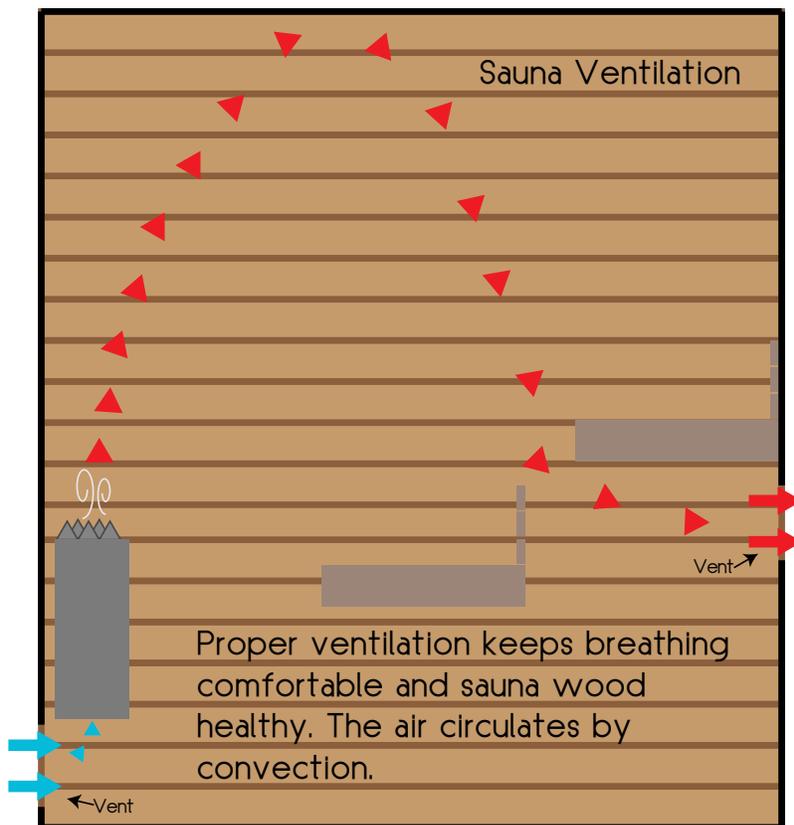


# SUPERIOR SAUNA & STEAM

## Sauna Heater Tips, Maintenance, & Rock Information

Before using your new sauna heater, verify proper rock placement, wall sensor placement, and the wall thermometer is placed no more than 12" from the ceiling near the seating area.

**Ventilation:** Proper ventilation will provide fresh air into the sauna room and will circulate the heat in the room more evenly, resulting in a more consistent heat throughout the sauna. The air intake should be near the sauna heater to heat incoming air. The outlet vent should be placed on the opposite side about 1/3 up from the floor to minimize heat loss.



**Steam:** Your new sauna heater is designed to have water ladled on the rocks. Proper use of water in the sauna is important. One cup of water will produce about 1,600 cups of steam. One to two cups of water every 3 to 5 minutes will be sufficient. Only use clean water. Do not use water with any pool/spa chemicals or water that has been treated with chlorine, as this **WILL** damage the sauna heater and can be **HARMFUL** to your health. Over usage of water will only cool down the rocks, thus producing less steam. This will also allow water to pass through the rocks and out the bottom of the heater, ending up on the floor of the sauna.



# SUPERIOR

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## SAUNA & STEAM

### Loading Rocks into the Electric Sauna Heater

Only the proper type of rocks should be used. Check your heaters manufacturer to find out which rocks to use. Rocks should have been provided when the heater was purchased.

1. Start by rinsing the rocks off with water
2. Small and cracked rocks should be left out
3. Please take into consideration when loading the rocks into the heater that the air should circulate between the rocks
4. Place rocks between element rows so the distance between the elements remains constant. Elements should not be forced together or apart. Save the largest rocks for placing over the top of the elements before the rock guard goes on
5. The heating elements should be covered with rocks. Normally 2 to 3 inches on top of the elements

## Rock Replacement

**Sauna Heater Maintenance:** Taking care of your residential or commercial sauna heater is easy and will make it last for many years. For heaters with internal rocks between heating elements, simply removing, inspecting, and resetting rocks will help avoid costly element replacement, excessive use of high cost energy, and sauna down time. After many heating/cooling cycles and having water poured over them, the sauna heater rocks will shift, compacting closer together in the rock bay. Rocks will also eventually crack and crumble which causes further compaction.

Compacted sauna rocks limit proper air circulation which supplies most of the heat in a sauna through convection. Because air flow is stifled, the sauna may take much longer to heat up to temperature than it used to, resulting in excessive energy consumption and higher operating costs. At the same time, moisture is trapped next to heating elements that can cause corrosion and eventually element failure.

**How to Re-Set Sauna Rocks:** Put up a "Sauna Maintenance" sign if needed and turn off the circuit breaker for the sauna heater. While the heater is cold, remove top wire rock guard and take out all the sauna heater rocks. Discard broken and crumbling rocks and replace with new high quality stones of proper type and size. Heater warranties are voided and damage to the heater can occur if rocks other than the type specified by the manufacturer. These rocks are crushed to optimum size for airflow through heating elements and are of proper type for safety. Rinse with water to remove any sediment and re-insert the rocks, stacking loosely and evenly between heating elements. Replace wire guard and you should notice a difference in how quickly the sauna gets up to temperature.

**As a general rule, the rocks should be removed and checked about every 100 hours of use for residential saunas. Constant commercial saunas should have the rocks remove and checked every 1 to 3 months.**



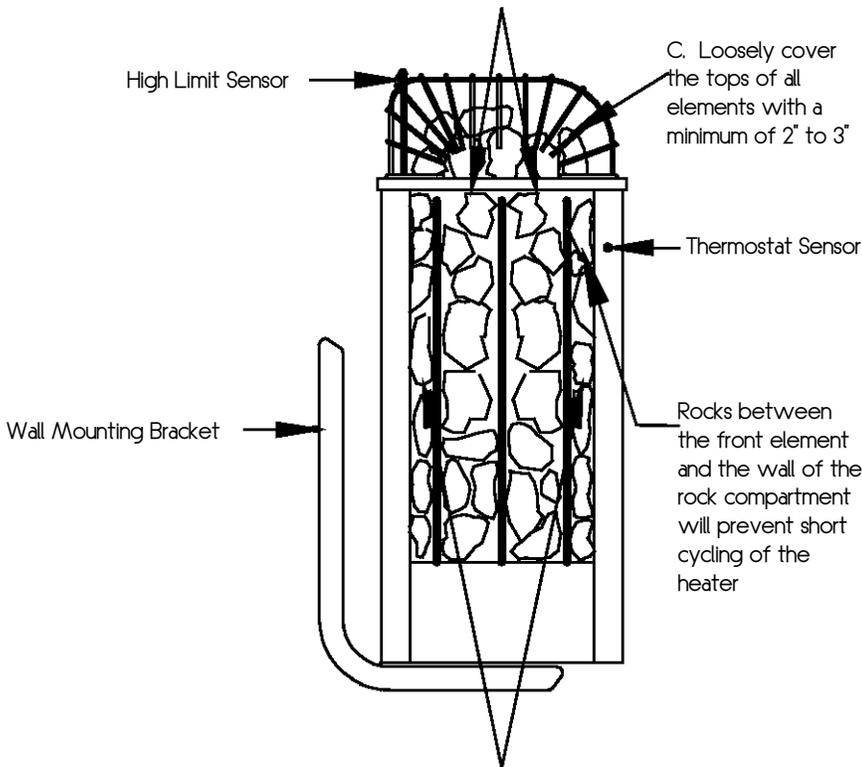
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## Proper Rock Placement Ensures Sauna Heaters Will Heat Properly

**NOTE:** Diagrams show a typical wall mounted sauna heater

### Correct

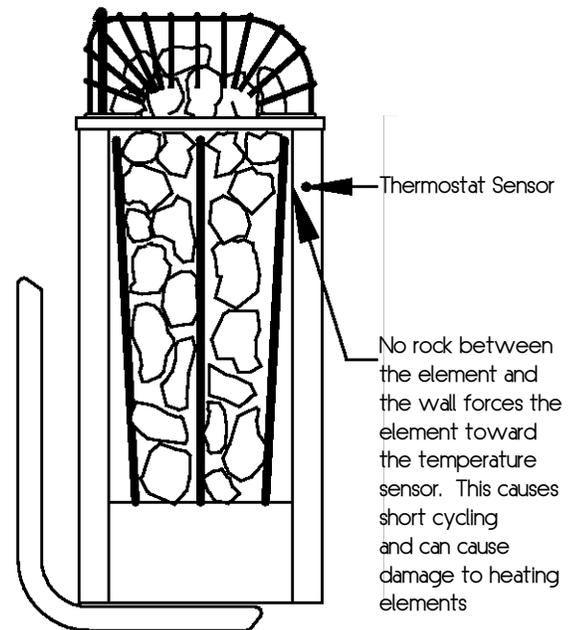
A. Loosely place rocks between the elements so air flow is not restricted



B. Rocks must be placed between the elements and the wall of the rock compartment

C. Loosely cover the tops of all elements with a minimum of 2" to 3"

### Incorrect



## Instructions for Placing Rocks

1. Put smaller rocks in first around the outer perimeter of the heating chamber.
2. Completely fill all four sections (front, 2 center sections between elements, and back). In the outer sections, use smaller rocks place more tightly (see note B). Place rocks loosely in the 2 center sections (see note A).
3. Be sure rocks completely cover the elements (see note C).
4. If a lot of rocks have been discarded, more rocks can be ordered from [www.SuperiorSaunas.com](http://www.SuperiorSaunas.com)

**Note:** For large floor heaters, set larger rocks in the bottom half of heater between elements.