

How To Enjoy Your Sauna

These instructions are intended as a general guide. If you have your own way to enjoy the sauna, we are sure you will be equally pleased with your purchase.

- Close the vent on the back wall of the sauna. This will reduce the time taken for the sauna to reach the desired temperature.
- Turn on the sauna heater. Allow 30-60 minutes heat-up time, plus plenty of time to enjoy the sauna. If more time is needed, simply reset the timer when it expires.

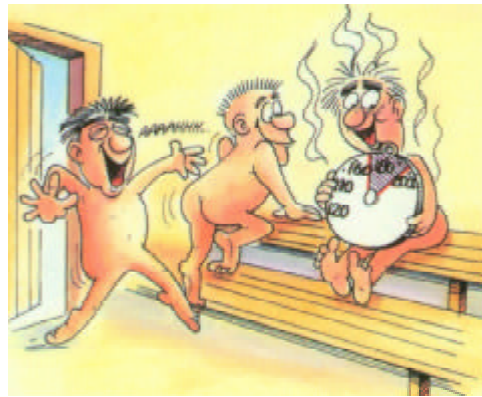
The thermostat knob determines the temperature of the sauna. Turn this knob about two thirds round the dial. Experience will show at which position the sauna reaches the heat which is most comfortable to you. Normal operating temperatures range from 155 to 175 degrees Fahrenheit at head-height.

- Insure there is water in the sauna bucket. Use fresh tap water each time. Do not use spa or pool water; the chemicals are harmful to the heater and bather.
- Wait for the sauna to reach the desired temperature (usually 30 to 60 minutes).

- Remove jewelry, take a warm shower, and enter the sauna without drying. Open the sliding vent to ensure a good passage of air throughout the sauna.

The ventilation system, with the outlet vent positioned beneath the benches, prevents extreme variations in temperature between the upper and lower level benches, and it keeps heat loss to a minimum. Most importantly, it brings in a continuous supply of fresh oxygen, making the sauna feel more open and comfortable.

- Sit or lie on the sauna bench. **Don't overdo it!** Remain in the sauna long enough to warm up and stimulate a mild perspiration. Then take a shower to cleanse the skin; sit



and cool down before reentering the sauna. Length of time in the sauna, and cool-off periods depend on your own comfort level. 5 minutes is recommended for "beginners"; 10-15 minutes

for those accustomed to sauna. Cool-off time should equal the time in the sauna.



- Re-enter the sauna when you feel comfortable. This is the time when you completely relax. Have the temperature at a level which is comfortable for you; use water from the sauna bucket to create steam. Ladle it on the rocks to adjust the humidity to your liking. With no water added, the humidity level in the sauna can be less than 10%. Most people prefer to add water, creating steam,

to raise the humidity to the 20 to 25% range. Adjust to your liking.

- When you are finished, turn the sauna heater off by turning the thermostat off. If there is time left on the timer let it run itself out. Do not force the timer to the OFF position, it can damage the timing mechanism! Have another shower, cool enough to close your pores. Relax, enjoy the special "after sauna glow" enjoy an after-sauna snack of a healthful, cold drink, and something salty to eat. Enjoy the company of the friends you shared the sauna with.

- **Avoid large meals and excessive alcohol before taking a sauna.**
- **Never smoke, use alcohol or exercise in the sauna!**
- **People who suffer from heart disease, diabetes or other ill health, or are pregnant should consult their physician before taking a sauna.**
- **See Sauna Heater Installation Instructions for additional safety warnings.**