



Wood Fired Sauna User Guide

Please take the time to read the following User Guide prior to first use. This User Guide covers both the Haapa & Therme Saunas.

Installation

The Sauna arrives fully assembled with the exception of the following:

- 1 Unpack the Sauna Stones (packaged in a box underneath the internal benches) and distribute them evenly in the recess across the top of the boiler. **DO NOT PLACE THE SAUNA STONES WITHIN THE BOILER.**
- 2 Place the Chimney Cowl (packaged underneath the internal benches) on top of your external chimney.
- 3 Following delivery, placement & initial heat up, the door may require slight adjustment. This is done via the hinges.

We strongly recommend the use of suitable machinery to manoeuvre your Sauna. We provide delivery on the strict basis of the customer having the means to unload the Sauna. We cannot be held responsible whatsoever for any damage to the sauna/property or injury that may incur during the manoeuvring of your sauna.

Due to road spray (especially notable during the wetter months), your Sauna may arrive needing a quick external clean. We recommend soapy water. Every effort will be taken to minimise this.

We recommend only removing the external packaging once your sauna is in the intended final position to help minimise the transfer of dirt from machinery etc.

Positioning your Sauna

IMPORTANT - Do not place your Sauna near anything flammable!

Your Sauna is around 850kg, and heavier once in use with bathers. Preferable to ground, having a concrete pad already constructed and measured would be ideal. It should also be noted that due to this heavy weight you shouldn't under any circumstance attempt to move the Sauna by hand - a machine is required. In most cases a level stable base either the gravel or paving slabs is fine but please note the Sauna will weigh in the excess of a tonne when in use.

If your Sauna is placed too near to buildings, or trees, this can cause some interference with the chimney. You can always check with a stoves specialist in your area who may be better able to help

you with this.

Temperature

The Finnish Sauna Society recommends that the temperatures in the sauna should be from 80 – 90 C, with a maximum of 100c.

Any hotter and you run the risk of damage to your Sauna. Any damage caused by overheating will void your warranty.

IMPORTANT - Ensure you remain hydrated. We recommend starting use of your Sauna in shorter increments of time until you have become used to the temperatures. Always take breaks.

NOTE: If you continue to burn in the stove; you are going to continue to heat up your Sauna. While this seems straightforward it does carry risk, as well as damaging the equipment. Always check your thermometer to assess whether the sauna is getting too hot for your liking, and stop adding wood to the stove once it has. Open the door, stop feeding the fire & take a break from the Sauna if temperatures become too hot. Your target temperature should not exceed 100C degrees.

Cleaning

After every use, ensure to clean the benches to keep your sauna to a good standard of hygiene.

Maintenance

Clearing ash from the stove before each use is necessary; as well you should periodically disconnect the chimney and clean any built-up soot.

Soot should also be removed from the stove if it builds up.

If this isn't something you're comfortable with you can always contact a stove specialist if necessary.

The sauna's exterior is already treated properly with oils meant to protect it from UV damage; waterproofing and helping it to resist fading. We recommend applying some wood treatment at least once a year. However, over the life of your sauna, it will begin to silver; you can continue to maintain it with oils to keep up the appearance, but you should not use a pressure washer from too close as it can damage the wood. As your Sauna is a natural product, it will age over time. Re-oiling will help preserve the appearance of the wood. The Sauna can also be painted or varnished to your pleasure as well.

The interior of your sauna should be scrubbed thoroughly with warm water once or twice a year.

Safety

- 1 The stove door will be very hot during use.
- 2 The flu and boiler will also be very hot – ensure supervision of children at all times.
- 3 Never burn coal in the stove – use dry or kiln-dried logs. Burning Coal will void your warranty.
- 4 You should NOT use a Sauna if you are pregnant, very young, diabetic, in poor health, under the influence of alcohol or drugs or any medical conditions without prior advice – please consult your doctor first.

5 For your own safety, bathing alone isn't recommended.

6 IF YOU FIND YOUR SAUNA IS TOO HOT FOR YOU – GET OUT.

7 It is recommended to only use a hot tub for short periods of around 15 minutes initially. If you become dizzy, sleepy or nauseous you should get out immediately.

8 Use care when loading the fire to avoid any burns, do not leave the stove door open while unattended, quickly extinguish any embers that fall out of the stove, and empty the ash drawer only when ashes are cold. Keep a fire extinguisher nearby.

9 We recommend the removal of jewellery before bathing. Metals can get extremely hot during bathing and can cause a burn risk.

Bathing is taken entirely at your own risk.

The Cotswold Leisure Group Limited (t/a Cotswold Saunas) take no liability whatsoever for any damage to property or injury whatsoever.

Contact us

If you have any queries, please don't hesitate to contact us

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Alternatively, contact your stocking dealer