Sauna Barrel Maintenance Manual

General information

- In colder temperatures, it is necessary to release the pressure on the barrel using the adjustment unit. For this purpose, please loosen the screw nut by approx. 4-8 turns. (If the door is stuck, you may gently tap the outer planks outward with the help of a hammer and a piece of wood).
- In spring and summer, during the warmer seasons, the sauna must be tightened. To do so, lightly tighten the nuts. (Attention: It is best to clamp a piece of wood between the door frame to prevent it from being dented when tightening the nuts).
- We recommend freshening and painting the exterior woods with a wood preservative annually, depending on its condition.
- Please leave the interior room untreated.
- It is recommended to disinfect the interior areas, if necessary, after every use.
- Please always use towels on the sauna beds.
- If the door is jammed, it is necessary to loosen the barrel pressure via the adjustment mechanism.
- To ensure a certain level of humidity inside, we recommend placing a 10l bucket of water in the sauna after each use.

Regular Maintenance

Rinse out the sauna. Clean out your sauna with soap, diluted white vinegar, baking soda and a hose to rinse it down. You don't want anything stronger than a mild cleaner, so avoid stronger chemicals. Also, make sure that the cleaner is suitable for wooden surfaces in humid rooms and follow the instructions and never clean a sauna while it's still hot, let it cool.

Sand the benches annually. At least once a year, make sure to sand down your benches with fine sandpaper. This will help get rid of any impurities that may have gathered over the year, as well as smooth out the surface again. When you are finished, the wood should be a "like new" white colour.

Clean out mould. If you notice mould, go after it immediately.

Mop the floor. It can be beneficial to mop the floor with a deodorizing cleaner to eliminate any odours left over. Remember to avoid stronger chemical cleaners, and stick to soap and water.

Periodically pressure-wash the exterior. If your sauna is a separate building outdoors, use a pressure washer to clean off the outside. This will keep your sauna looking nice. Be very careful not to use a pressure washer on the interior. The wood inside the sauna is softer, and the pressure washer can damage it.

Perform general maintenance. Like any room or building, your sauna will probably also have little things that need work. Make sure to tighten any loose screws and brush out water spots as they appear. This will keep your sauna in good condition and prevent you from having to do more work later. If your sauna has a wooden door, the humidity may cause the door to swell. Keep an eye on the door's hinges to ensure it opens and closes properly.

Sauna Cleaning

Proper maintenance of the sauna will keep the environment clean, prevent bacteria and mould from growing, and make sure you get a great experience each time you use it.

Keep your sauna clean to prevent the build-up and spread of bacteria. Wash your feet before entering the sauna. As your sauna routine may include jumping into the lake and going back and forth many times, ensure you do not bring unnecessary debris.

Scrub the benches, walls, and backrests after use. If you have a personal sauna and use it regularly, you'll want to clean it once a week using a natural cleaning product, such as vinegar. Never use anything with chemicals. Here is what you should do:

- Vacuum the sauna to eliminate dust, hair, and dead skin cells.
- Dip a hand brush into a bucket of water and scrub down all the areas. To disinfect the sauna, wipe down the benches and backrests with diluted white vinegar.
- Use baking soda on stubborn stains, especially oil-based ones.
- Rinse the wood down with clean water when you are finished.
- If stains are particularly difficult to remove, use light sandpaper to sand down that part of the wood.

Also, make sure to clean the ashes from the wood-burning oven each time after sauna usage. Never clean it while it is still hot, let it cool down first.

Sauna Ventilation

Ventilate the sauna each time after usage. After usage, once you clean the sauna, leave the door open in the warm season and vent-hole in the cold season so that sauna can be aired out completely.

Empty the wooden bucket and place it upside down to dry, preferably outside the sauna.

Lit up the heater to make sure it is completely dry after sauna usage.

Sauna Exterior Treatment

Pinewood

Pinewood is a natural material that changes depending on weather conditions. Therefore, it is recommended to process a sauna exterior immediately after assembly with wood impregnations to protect it and prolong its service life. We definitely recommend that you process the door and windows with a wood impregnation agent and do it namely both inside and outside. In general, we recommend for the conclusive finishing a weather protection paint that will protect the wood from moisture and UV radiation after the product is assembled. Consult a specialist regarding paints suitable for unprocessed softwood and follow the paint manufacturer’s instructions. Sauna service life will be much longer after having been properly painted. We recommend that you inspect it thoroughly at least once a year.

Using Oil

Over time, the wood is affected due to sunlight, precipitation, and other weather conditions, therefore the outside of the sauna should be oiled at least twice a year to keep its colour and look. Linseed oil is one of our recommendations for the exterior parts as it is natural, forms a weatherproof layer,

thickens the wood and brings out its texture. We strongly recommend treating the door and windows with a wood impregnation agent, both the inside and outside, in order to protect them from twisting.

Thermo-wood
All timber products, including the ones produced from thermo-wood, it is mandatory to impregnate to protect them in different weather conditions. Semi-transparent oil, wax or pigment coating protects the thermo-wood from exposure to UV and maintains its natural appearance. Most often, brown pigments containing outdoor oil or paintings are used. After coating, the thermo-wood looks a bit darker.

Sauna Interior Treatment

Usage of different sauna wood oils for particular parts - will keep the natural wood colour, reduce moisture absorption and protect from dirt. Before start using the sauna, you should decide whether you are keeping your sauna natural or you are willing to use preservatives inside the sauna. You may also use it only for particular parts, like benches, floors or for the whole surface inside. Sauna wood oil will keep the natural wood colour, reduce moisture absorption of wood and protect it from dirt. Proper maintenance of the sauna will simply extend its lifetime.