Sauna Usage Guide

Sauna is a great way to unwind, relax, and warm up during cold weather. Among many health benefits, the sauna is thought to be able to relieve pain, improve performance in sports, temporarily relieve cold symptoms, and reduce stress. However, it's important to use a sauna in moderation.

Avoid saunas if you have any high-risk medical conditions. Saunas are considered safe for most users, but some people need to take extra precautions. If you are taking medications or have any medical conditions, also if you are pregnant or trying to conceive - always check the sauna question with your doctor first. Some illnesses, such as a cold, might benefit from a short visit. Others might get worse. You should definitely avoid using the sauna if you have high blood pressure or heart disease.

In a steam bath, the air temperature reaches 70°C, and the humidity reaches 80-100%. Before going to the sauna room, you need to take a shower and stay in the sauna for the first 10-15 minutes. It is recommended to visit the sauna 2-3 times. Before you go to the sauna again, it is good to cool down to avoid stress on the heart. **Low temperatures and high humidity do not frustrate people, but they are pleasantly warming up and relaxing.**

Using a moderate temperature of around 70°C is beneficial not only for your health, but also for your sauna, which is important if you seek to prolong its service life. High humidity and moderate temperature prevent timber splits, gaps in walls and resin leakages, which may appear if extremely high temperature is used.

To prevent this from happening, make sure the sauna temperature does not exceed 80°C.

If this has already happened and resin leakage has appeared, the resin drops have to be removed by using sandpaper or a polishing device. Most of the time, the resin will appear first above the heater. To avoid skin burns, it is mandatory to remove the resin before it starts leaking. Do not perform this action while the sauna is still hot, let the sauna and the heater cool down first. If the resin is still liquid, we recommend cleaning it with a special cleaning agent, please refer to your Sales Manager for the cleaning product available.

To generate high humidity, water the benches and sauna walls before turning on the heater/kindling up the oven. This will not allow for the wood to dry out and prevent movement in the walls, which may appear for its natural origin put in extreme conditions. Therefore, we recommend watering the sauna before use and sticking to moderate temperatures of below 80°C and thus enjoying healthy bathing sensations. Moreover, the specialists say that the best health effects can be attained by using the sauna 4 to 7 times a week at a temperature of below 80°C, for approximately 20 minutes at a time.