

SAUNA INSTRUCTIONS

Before first use, you should impregnate the external side of the sauna with a wood impregnation agent for external use, and the internal one with wood oil. The door should be impregnated with a wood impregnation agent, on both internal and external sides, to protect it from deformation.

The sauna should be placed on a level and hardened surface.

All electrical installations should be carried out by a qualified electrician in accordance with current regulations and the instructions of the heater.

General rules: Prior to using the sauna, make sure that your health condition allows you to use the sauna safely, if there are even the slightest reasons not to use it, contact your physician. Do not use the sauna under the influence of alcohol, drugs or other psychoactive substances. Furthermore, you shouldn't use the sauna on an empty stomach or after a heavy meal, as well as after mental or physical exertion.

SAUNING

- Do not use the sauna alone. For your own safety, use the sauna in the company of at least one person. People who are sick, disabled and children must not be left unattended,
- Take off metal ornaments and jewelry – They may cause burns,
- Before starting the sauna session, wash your body in the shower and then dry it thoroughly,
- While bathing, sprinkle the stones with water (sprinkling with other substances is not recommended),
- Be careful – the sauna floor can be slippery.
- Bath time depends on how you feel, but the recommended stay should be from 8 to 15 minutes,
- After leaving the sauna, take a cold shower starting cooling from the feet towards the heart,
- After cooling down, you should rest and replenish the body fluid levels with mineral water.

Exploitation notes regarding the safe use of the garden sauna

The garden sauna is the basic version without:

- a tree-fired sauna heater or an electric heater with a voltage of 400V
- 230/400V electrical installations
- security measures ensuring the safe use of the sauna.

In order to use the sauna safely, the User must perform the following requirements before using it, depending on the type of heater installed in the sauna. The sauna should be used in accordance with the instructions for use including the following guidelines.

The User should equip the garden sauna with a wood stove before it is handed over for use and the following requirements for its safe use must be met. Before starting the sauna, the user must do the following things:

- gravitational ventilation when equipped with a wood stove (inlet holes in the lower part of the door, outlet openings in the upper part of the door, above the wood stove),
- A carbon monoxide detection sensor should be installed,
- A safety switch should be installed, which will be activated in the event of the user collapsing. The switch should be connected to the sound signaling,
- A socket should be installed for connecting an external electricity supply with a voltage of 230V,
- It is possible to obtain 24V DC power from an electric battery installed in the sauna,
- Thermal insulation of the smoke pipes should be made of insulation wool to protect accidental people from burns. Particularly, the passage of the pipe through a wooden wall should be secured in order to protect it against ignition and sauna fire. In the area of a wood-fired stove, the floor should be protected with a sheet to protect the floor against burning chips falling out of the stove.

The User should equip the garden sauna with an electric heater with a voltage of 400 V. Before it is put into use, the following requirements for its safe use must be met. Before starting the sauna, the user must perform:

- A safety switch should be installed, which will be activated in the event of the user collapsing.
The switch should be connected to the sound signaling,
- It is necessary to install a three-phase power supply to the sauna with 230/400 V voltage.