

STØRVATT®

MEGÈVE - FRANCE

LE VOYAGE IMMOBILE



USER & INSTALLATION MANUAL – SAUNA

Congratulations !

You are now the proud owner of a traditional Storvatt sauna.
We hope it becomes a place of relaxation, conviviality, and well-being for many years to come.

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SAFETY INSTRUCTIONS

The sauna is not a toy. Never leave children unattended inside. This product is designed for sitting and relaxing, not for playing. It is recommended to use the sauna in short sessions of 15 to 20 minutes.

! Stay hydrated during your session.

! It is not recommended to enter the sauna with metallic objects, jewelry, or even a mobile phone.

1. INDICATIONS

1.1 Benefits

Originally, the sauna was a method intended to improve personal hygiene. Due to its very high heat, it was an excellent way to eliminate all parasites present on the body (fleas, lice, crab lice, etc.).

Today, its use is motivated by the search for well-being, the need for revitalization, recovery, or relaxation. The sauna helps, on one hand, to improve the elimination of toxins and, on the other hand, to cleanse and regenerate your metabolism so as to stimulate it throughout the day.

The indications are numerous :

- Calm the nerves, eliminate or reduce stress, relax the body.
- Eliminate fatigue, combat overwork.
- Stimulate blood circulation and improve exchanges.
- Eliminate toxins from the body (lactic acid, urea, etc.).
- Relieve muscle soreness and tension.
- Improve certain painful conditions (rheumatism) and help prevent certain winter ailments (colds, nasopharyngitis, bronchitis).
- Strengthen the body's natural defense system.
- Improve sleep quality.
- Soften and cleanse the skin.

! Restriction :

- Children and elderly persons.
- Taking medication: possible alteration of effects under high heat.
- Hemophilia, fever, inflammation.
- Heart and coronary diseases.
- Pregnancy and menstruation.
- Alcohol or drug consumption.

! If in doubt, consult your physician for medical advice.

1.2 Our Recommendations

There is no specific "ideal" time to enjoy a sauna session. Whether in the morning to start your day in a good mood, in the afternoon to recharge after a long day of work or following a workout, or in the evening to relax before bed — each moment offers its own benefits and provides a pleasant sense of relaxation.

Frequency of sauna use :

To fully enjoy the benefits of the sauna, it is recommended to go regularly. Ideally, two to three sessions per week are advised.

Duration of a sauna session:

A session of 15 to 20 minutes is recommended to obtain the full benefits of the sauna. Extending the session beyond this duration is discouraged, as it increases the risk of dehydration.

Alternating hot and cold:

Alternating hot and cold is an ancestral practice, particularly in Nordic countries. This method involves taking a sauna session of approximately 15 to 20 minutes, then stepping out to take a cold shower or immerse yourself in cold water for 1 to 3 minutes.

2. USE

2.1 Method of Use

The ideal sauna temperature varies according to individual preferences. Some people prefer moderate heat, between 70 and 75 °C, while others opt for a more intense heat, reaching up to 90 °C or higher. It is also possible to choose «low temperature» sessions, between 45 and 55 °C, which are gentler on the body.

We recommend entering the sauna with a clean body (after a shower) and thoroughly dry. Use a dry towel to place on the benches to protect yourself from the hot wood. Caution: the natural tannin in Red Cedar can stain towels.

It is advisable to alternate sauna sessions with rest periods (outside the sauna), interspersed with cold (or even ice-cold) showers or baths. In general, these periods should be of equal duration; three repetitions are recommended.



Tip:

If cold or cool showers seem difficult, start with your feet, then your calves, thighs, and gradually move up the rest of your body.

Example Session:

Over the course of an hour, alternate three sauna sessions of 10 to 12 minutes with three rest periods of 10 to 12 minutes lying down, in a calm environment, with a cold shower (or immersion in a cold bath — we recommend water at around 5 °C) after each sauna session, followed by drying off. During the rest period (lying position — legs slightly elevated), wrap yourself in a dry bathrobe or a blanket, and hydrate thoroughly (preferably with water). The final rest period should be slightly longer (20 minutes).

! Water loss through perspiration can reach up to one liter per hour, and body temperature can rise to as much as 40 °C.

The sensation of heat is even more intense when water is poured over the stove's stones: moisture-laden air tends to irritate the mucous membranes of the upper respiratory tract and becomes harder to tolerate. This is due to increased humidity, not temperature.

In general, a sauna bath is a time for calm and serenity. Use it as an opportunity to relax, away from disruptive noises and loud voices (it is best to whisper in a sauna to maintain a soothing atmosphere).

3. THE STOVE

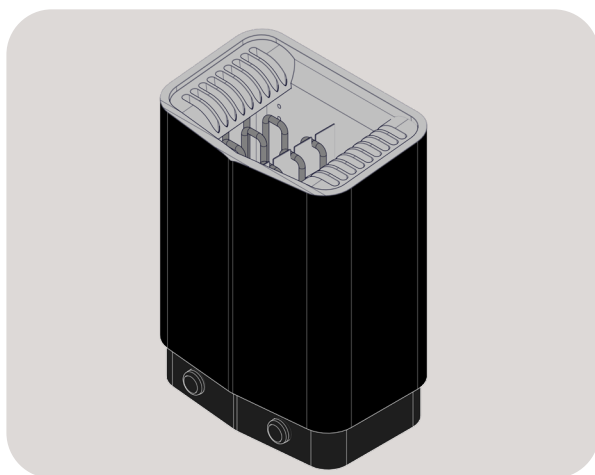
3.1 Models

The time required to heat up depends on the interior volume of the sauna, the power of your stove, and the outdoor temperature. Only pour water on the stones when they are very hot, and do so sparingly. Usually, one ladle is enough.

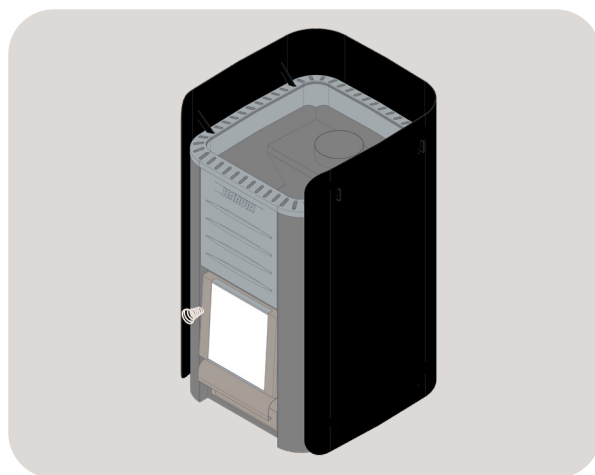
You can also use special essential oils for the sauna to enhance your sensory experience. Many scents are available, the most popular being eucalyptus or mint.

Depending on the stove installed in your sauna, refer to the corresponding manual for information on using its various features.

! Do not leave anything on the stove to avoid fire hazards.



> **Fournneau TYLO** : Power may vary depending on the chosen sauna configuration.



> **Fournneau HARVIA** : Power output of 16.5 kW. This model is a traditional wood-burning stove.

! The stove's warranty will not be valid in case of excessive or improper watering of the stones.

4. MAINTENANCE

4.1 Sauna Maintenance Routine

Your sauna is made from Western Red Cedar, a naturally rot-resistant wood that requires no special maintenance.

However, the interior of the sauna can be cleaned regularly to "refresh" the space. Since people sweat in a sauna, the wood absorbs this perspiration and should be cleaned from time to time. Be sure to protect the stove and clean the area thoroughly using a sponge and slightly bleached water.

For optimal heating performance, volcanic stones should be cleaned once a year, and any broken stone debris should be removed before being put back in place.

! Do not pack the stones too tightly when inserting them into the stove. They must be placed loosely to ensure optimal air circulation around the heating elements. Stones packed too tightly can cause overheating, permanently damage the heating elements, and void the warranty.



> Sauna Vision



> Sauna Horizon

If you own a Sauna Vision, with a PMMA (polymethyl methacrylate, or plexiglass) half-dome, clean it using a microfiber cloth after dusting.

This method also applies to the Sauna Horizon, which features a half-moon-shaped window.

The ideal approach is to rinse thoroughly with water to remove as much dust as possible, followed by a warm water wash with a little dish soap and a soft sponge.

Do not use any other cleaning product. Using unsuitable cleaners could permanently damage the dome and void the warranty.

Hoops :



> When heating your sauna, the temperature may rise to 90 °C or higher.

In dry conditions, the wood can shrink considerably; therefore, it becomes necessary to retighten the hoops. This phenomenon is especially noticeable following a prolonged period of intense heat and dryness.

To perform this adjustment, please use a 19 mm ring wrench.

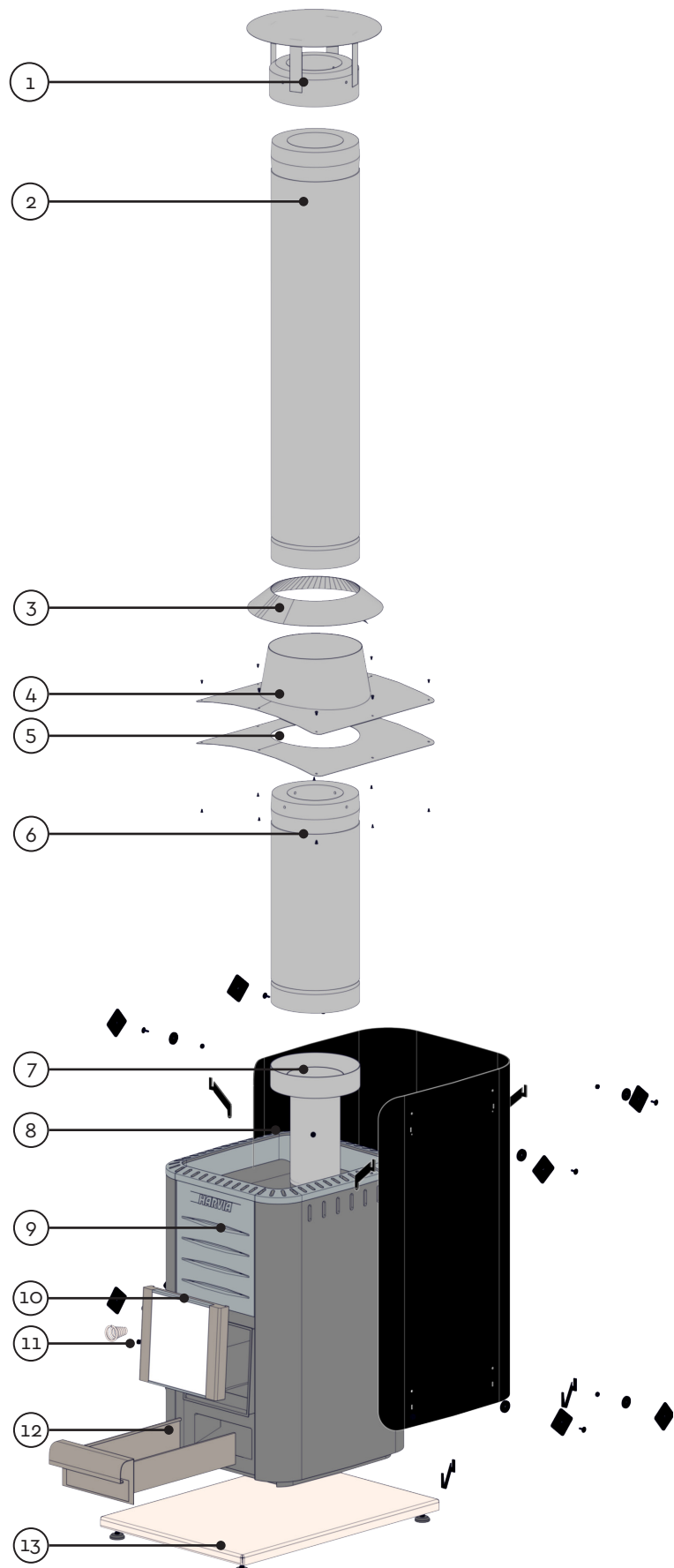
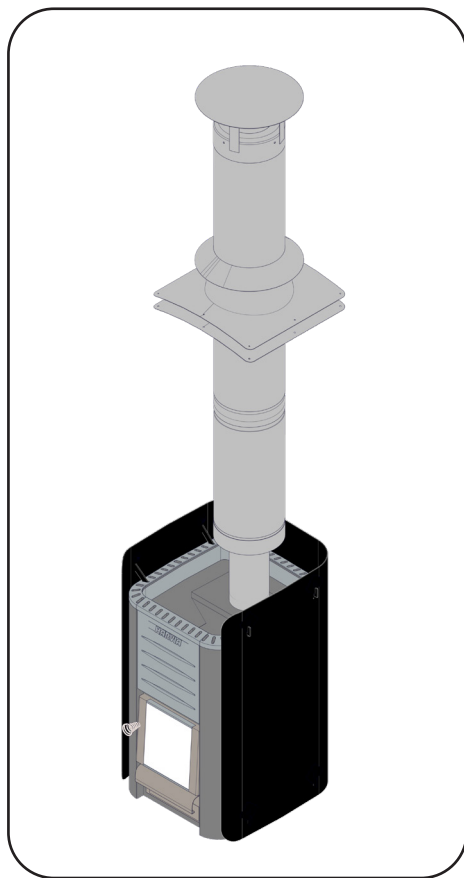
! Western Red Cedar may develop damp patches both inside and out owing to capillary action. Over time, the wood will weather to a silver-grey patina and its coloration will gradually even out.

5. INSTALLATION

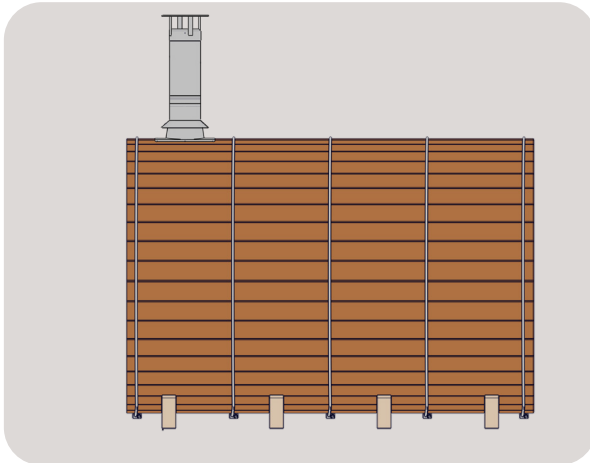
5.1 Installation of the Wood-Burning Stove

> Parts List:

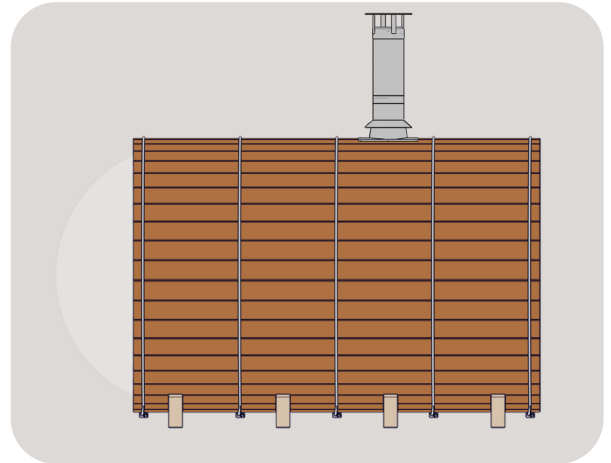
- 1 – Chimney Cap
- 2 – Flue Pipe L 100 cm
- 3 – Flashing Collar
- 4 – Roof Flashing
- 5 – Finishing Plate
- 6 – Flue Pipe L 50 cm
- 7 – Single/Double Wall Adapter
- 8 – Lateral Heat Shield
- 9 – Stove
- 10 – Stove Door
- 11 – Handle
- 12 – Ash Drawer
- 13 – Floor Protection Plate



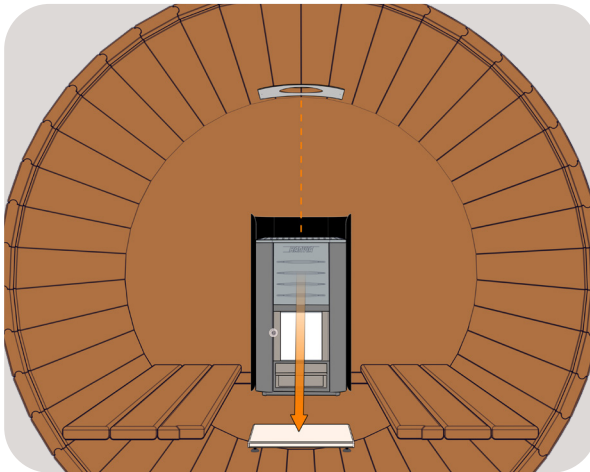
> Depending on your sauna's configuration, the chimney position will vary.



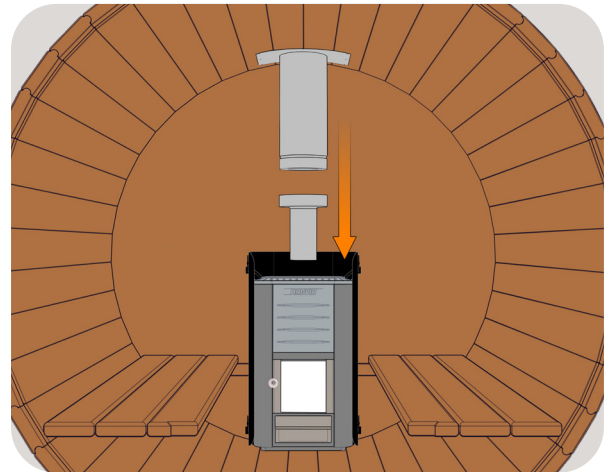
> **Sauna Tradition / Casquette:** Located at the rear of the tub.



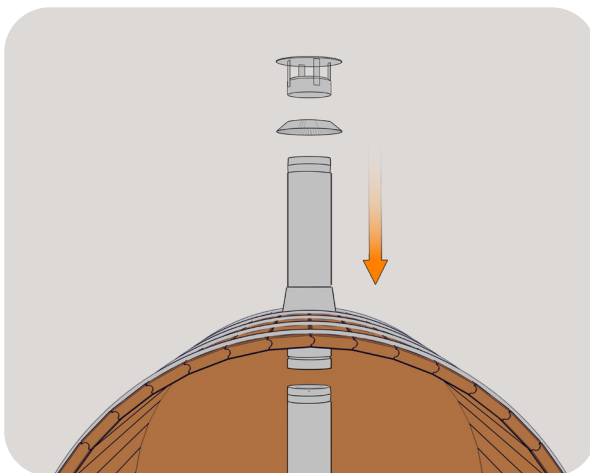
> **Sauna Vision:** Positioned at the center of the tub.



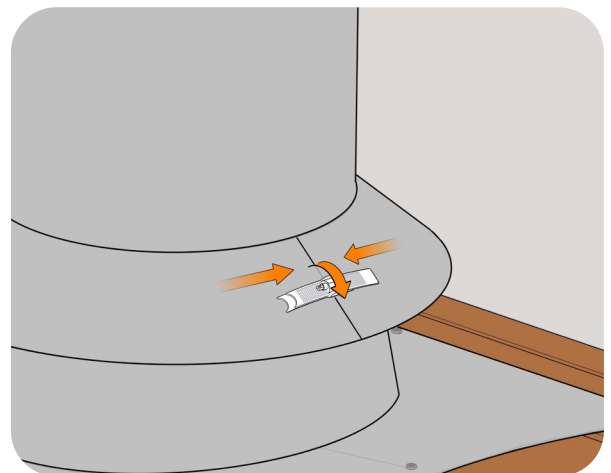
1 > Position the wood-burning stove with its base aligned to the pre-drilled hole intended for the chimney flue.



2 > Insert the single-to-double wall adapter into the stove, then fit the 50 cm flue pipe into place.



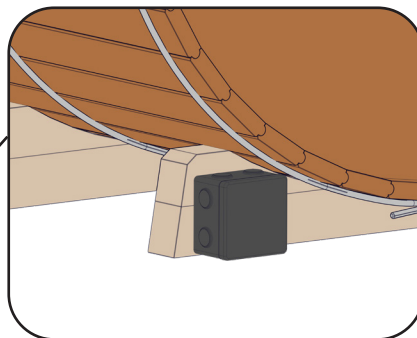
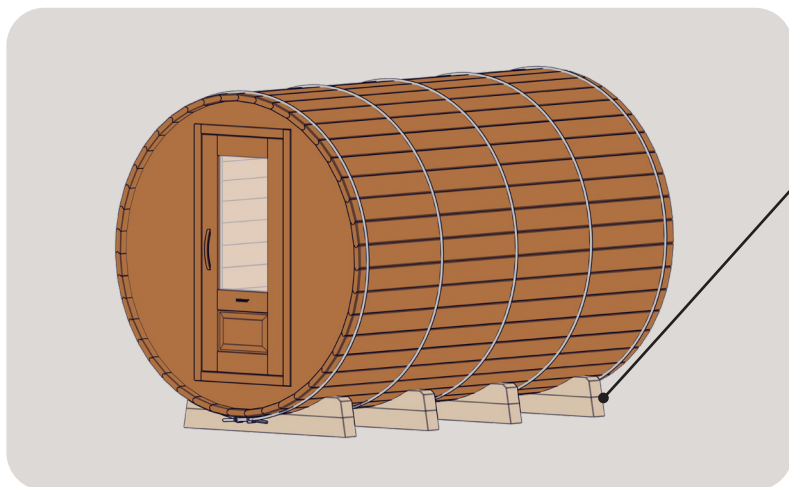
3 > Next, insert the second section of the 100 cm flue pipe and fit it securely onto the first. From the outside, position the flashing collar over the roof flashing. Finally, install the chimney cap.



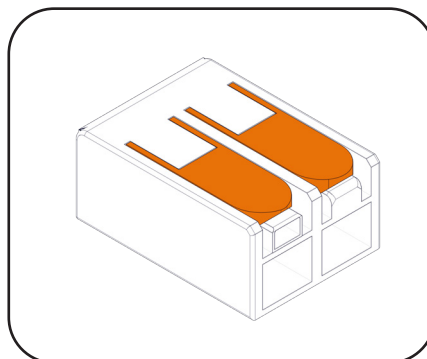
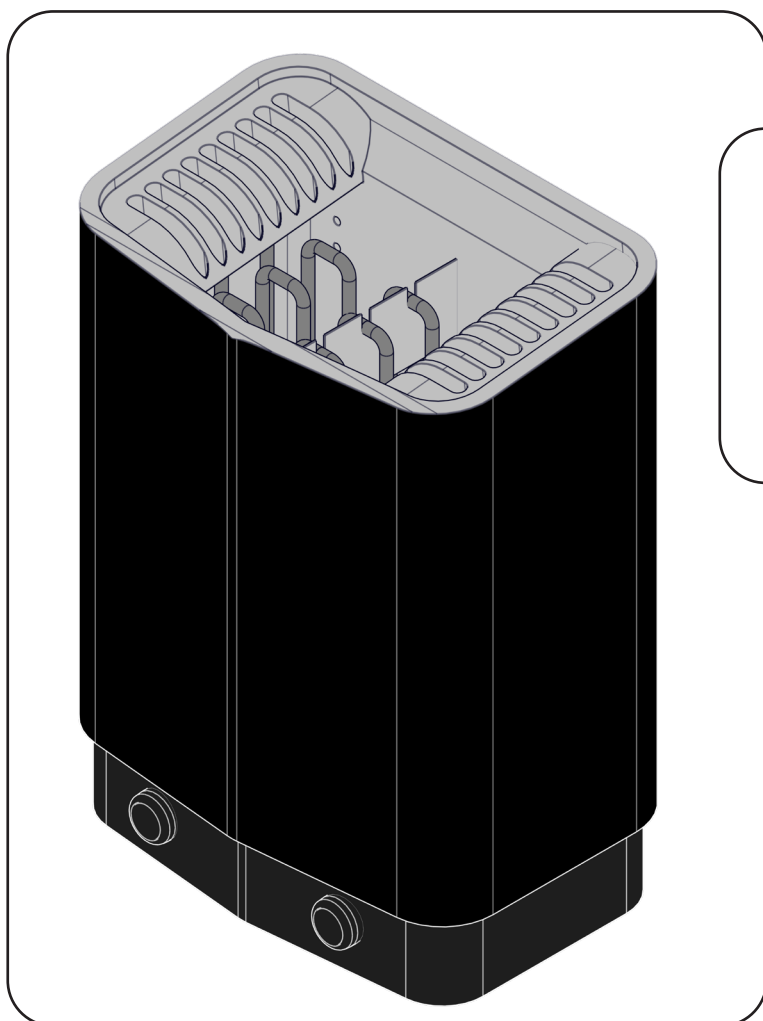
4 > Tighten the notched fastener by screwing it clockwise. Apply a silicone seal between the roof flashing and the chimney flue.

6. APPENDIX

6.1 Connecting the TYLO Stove



> Access the rear of the sauna, at the base, where a junction box is located and ready for connection.







> Then, connect the power supply inside the junction box using the provided WAGO connectors.

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