



## SAUNA USAGE MANUAL





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***Congratulations! The wait is over; you're now the owner of a Størvatt sauna!***

***We hope that it will bring you plenty of enjoyment in the years to come.***

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## **1/ BENEFITS OF SAUNA USE**

**The sauna was originally used to improve personal hygiene.**

The sauna's high heat was an excellent way to eliminate any parasites present on the body (fleas, lice, pubic louse...). Today, it is used to promote wellbeing, rejuvenation, recovery and relaxation. The sauna contributes to the elimination of toxins, serving to cleanse and rejuvenate. It also boosts metabolism, serving a stimulatory function.

### The benefits of sauna use are numerous:

- Calms frazzled nerves, eliminates and reduces stress, relaxes the body.
- Eliminates fatigue, reduces burnout.
- Stimulates blood circulation and improves circulatory function.
- Eliminates toxins in the body (lactic acid, urea).
- Reduces soreness and muscular tension.
- Improves certain painful conditions (rheumatism) and keeps certain winter illnesses at bay (colds, upper respiratory infections, bronchitis).
- Strengthens the body's natural defences.
- Improves sleep.
- Softens and cleanses skin.



### CONTRAINDICATIONS :

- Children and the elderly.
- For individuals taking medications, there is the possibility of modified effects in high heat.
- Haemophilia, fever, inflammation.
- Cardiac and coronary illnesses.
- Pregnancy and menstruation.
- Alcohol and drugs.

Seek medical advice if questions arise.

## 2/ USE

Proper sauna temperature is different for every user. Some people enjoy a sauna that is not too hot, between 70° and 75°; others prefer it very hot, 90° or more. You can also try low temperature sessions, between 45° and 55°, which are gentler for the body.

You should be clean and dry when you enter the sauna (take a hot shower beforehand). Bring a dark coloured towel (clean and dry!) to place on the benches to protect yourself from the hot wood. Alternate between periods in the sauna followed by a cold (even ice cold) shower or bath, and periods of rest outside the sauna. Traditionally these periods are of the same duration. Three periods are recommended.



**Tip:** if the cold or cool shower seems difficult for you, start with your feet, then your calves, then move slowly up the rest of your body. Use a dark coloured towel, because the tannins in Red Cedar may stain light coloured towels.

**Example:** over an hour, spend three sessions of 10 to 12 minutes in the sauna, alternating with 3 periods of 10 to 12 minutes of calm rest, lying down. Each sauna session should be followed by a cold shower (or immersion in a cold bath, water temperature around 0°C). Dry your body after the shower or bath. Cover yourself with a dry bathrobe or blanket and lie down with your legs slightly elevated for the rest period. Drink plenty of fluids (preferably water). The final rest period can be a little longer (20 minutes).

Water loss from sweating may be as much as a litre per hour and body temperature may reach 40°.

The sensation of heat is greater when you splash water on the heater stones. Humid air tends to burn the mucous membranes of the upper airways and is thus more difficult to tolerate. The level of humidity increases but not the air temperature.

Generally, the sauna session is a moment of calm and tranquillity. Enjoy this time of relaxation, free from unpleasant noises and raised voices (whisper in the spa to preserve the calm atmosphere).

### 3/ THE HEATER

The heating time for your sauna will depend on its interior volume, the power of your heater, and the outside temperature.

Only splash water on the stones when they are very hot, and sparingly. In general, one ladle of water is enough.

You can also use special essential oils for your sauna, in order to enhance your sensorial experience. Many different types are available; the best-known ones are eucalyptus and mint.

Depending on the heater installed in your sauna, consult your specific user's manual to use the different functions.

#### CAUTION:

The heater is not guaranteed against damage caused by improper watering of the stones.

### 4/ MAINTENANCE

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

Nonetheless, the sauna can be cleaned regularly in order to refresh the interior. The body produces sweat that is absorbed by the wood in the sauna, so it should be cleaned from time to time.

Protect the heater and clean with a sponge, using a generous amount of water mixed with a little bleach.

For optimum heating, clean the lava rocks once a year. Remove debris from broken stones before putting them back in place.

#### Bubble sauna

If you have a Vision sauna with a PMMA (poly methyl methacrylate, plexiglass) bubble, it should be cleaned with a very soft cloth after the dust has been removed. The best method is to wash it with a generous amount of water to remove the maximum amount of dust, and then with a soft sponge and lukewarm water mixed with a little dishwashing liquid.

Do not use any other cleaning products; you risk permanently damaging the bubble. Such damage is not covered by the warranty.



#### The hoops

When you heat your sauna, the temperature can reach 90° or more.

If the air is dry, the wood can dry out significantly, making it necessary to tighten the hoops. This will be especially noticeable after a period of very hot, dry weather.

To tighten the hoops, use a 19 mm ring wrench.

#### NOTE:



Capillary action may cause damp areas to appear on the inside and outside of the sauna. With time, the wood will turn grey and the colour will become uniform.

