



SAUNA USER'S MANUAL

It is recommended to impregnate the outside of the sauna with a wood preservative for external use and the inside with wood oil before first use.

We recommend that doors are impregnated with a wood preservative, both inside and outside, to protect them from deformation.

The sauna should be installed on a level and paved surface.

All electrical connections should be carried out by a qualified electrician in accordance with current regulations and the stove manufacturer's instructions.

GENERAL RULES:

- Before using the sauna, please make sure that your health condition permits you to use the sauna freely; if there are even the slightest indications that you should not use it, please contact your physician.
- Do not use the sauna under the influence of alcohol, intoxicants or strong medicines. The sauna should also not be used on an empty stomach or after a heavy meal or after mental or physical exhaustion.

USING THE SAUNA

- Do not use the sauna alone. To ensure your own safety, use the sauna in the company of at least one other person. Do not leave sick individuals, persons with disabilities or children unattended
- Remove metal ornaments and jewellery – risk of burns
- Before using the sauna, wash your body in the shower and dry thoroughly with towel
- Pour water over the stones during the bath (pouring other substances is not advisable)
- Be careful – the sauna floor can be slippery
- Bathing time depends on individual wellbeing, nevertheless the recommended duration is between 8 and 15 minutes
- After leaving the sauna, cool down the body by taking a cold shower starting from the feet towards the heart
- After cooling down, rest and replenish fluid levels in the body with mineral water.





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OPERATING INSTRUCTIONS FOR THE SAFE USE OF A GARDEN SAUNA

The garden sauna comes as a basic version without the following equipment:

- a wood burning sauna stove or a 400 V electric heater
- a 230/400V electrical system
- safety equipment to ensure the safe use of the sauna.

In order to use the sauna safely, the User must carry out the following steps before using the sauna, depending on the type of stove installed. The sauna should be used in accordance with the instructions for use including the following guidelines.

It is the responsibility of the User of a garden sauna intended to be equipped with a wood burning stove to comply with the following requirements for its safe use before it is put into use. The User of the sauna must, prior to commissioning, carry out the following:

- gravity ventilation when equipped with a wood burning stove (inlet holes in the bottom of the door, outlet holes in the upper part above the wood burning stove)
- a carbon monoxide detector must be installed in a garden sauna equipped with a wood burning stove
- a safety switch, connected to an acoustic signal, must be installed in a garden sauna equipped with a wood burning stove, to be activated in the event of the sauna User's fainting
- a socket for the connection of an external 230V power supply must be provided in a garden sauna equipped with a wood burning stove
- a 24V DC power supply from an electric battery installed in the sauna can be provided in a garden sauna equipped with a wood burning stove
- in a garden sauna equipped with a wood burning stove, the smoke ducts must be thermally insulated by draping insulating padding to protect bystanders from burns. The passage of the pipe through the wooden wall must be secured in a special way to protect it from ignition and causing a sauna fire.
In the region of the wood burning stove, the floor should be fitted with a metal sheet to protect it from burning pieces falling out of the stove.

It is the responsibility of the User of a garden sauna intended to be equipped with a 400 V electric heater to comply with the following requirements for its safe use before it is put into use. The User of the sauna must, prior to commissioning, carry out the following:

- a safety switch, connected to an acoustic signal, must be installed in a garden sauna equipped with a 400 V electric heater, to be activated in the event of the sauna User's fainting





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- a three-phase 230/400 V electric sauna supply system must be installed in a garden sauna equipped with a 400 V electric heater.

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