

# Instructions for sauna users

---



**SpaDealers**



## Instructions for sauna users

A sauna is the perfect place for relaxation, and a sauna bath has many significant and positive effects on both health, sleep and overall well-being. The sauna offers a rest of rest, relaxation and focus. Harmony for both body and soul. Taking a sauna bath restores the balance and is a perfect end to the day, whether it's been a heavy day or if you want to celebrate something. Sauna bathing has many benefits, but it is also important that the sauna is used properly.

**Precautions:** Use only the sauna if you are in good health, avoid using, for example, strong medicines. Sauna bathing is considered safe for the vast majority but some people should take care, contact your doctor if you are unsure. Certain diseases such as cold can be improved after a visit to the sauna, others may worsen.

### Reconsider using the sauna if:

1. You have an unstable Angina pectoris, have poor blood pressure, abnormal heart rhythm, heart failure, recently had a myocardial infarction or severe Aortastenosis.
2. You have high risk of kidney disease, liver failure or other heart problems.
3. If you are a child, pregnant or trying to get pregnant. The sauna can affect the growing fetus, or reduce sperm production.
4. You suffer from nausea, have convulsions or suffer from heat stroke.
5. You take medicines that prevent you from sweating or causing you to overheat quickly.

**Drink two to four glasses of water before entering the sauna,** the sauna causes sweating and thus loss of fluid. It is also important to keep drinking a glass from time to time as you use the sauna, otherwise there is a risk of dehydration or heat stroke. Water is best to drink even though sports drinks can also be used. Be careful with alcoholic beverages while you are in the sauna as alcohol is diuretic.

**Bring a clean towel or other suitable cloth to sit on in the sauna.** This helps keep you clean as well as protect the benches from perspiration and skin deposits.

**Do not carry any dirty or tight joints into the sauna,** clothes and towels absorb a lot of dirt and bacteria that we can not see. The heat from the sauna will release dirty particles from clothes / towels drained in the sauna or on you. Below you will find things that are not suitable for joining the sauna.

1. Clothes that you have been wearing all day long
2. Shoes that you wear daily, shower sandals work well but should be removed before taking the benches.
3. Exercise clothing.
4. Clothing made of synthetic material. They prevent the skin from breathing and can in the worst case melt in the sauna.
5. Everything that is made of metal, because the metal is heated very quickly and can cause skin burns.

**Do not use creams, lotions and jewelry.** Jewelry also becomes very hot and can cause burns. Creams and lotions cling to the pores of the skin and prevent dirt and sweat from leaving the body.

**Be well rested when you are going to swim a sauna and avoid going straight after a big meal,** if you just ate, wait one to two hours before entering the sauna. This because your body needs a lot of energy to digest the food. If you just finished a workout then wait until your heart rate has slowly decreased to a normal level.

**Always read the sauna instructions.** Each sauna has different instructions, so take a look at them before you step in. Most public saunas have their restrictions and health risks outside the door. If you cannot see any questions then the staff responsible for the sauna will find more information.

**Limit your experience in the sauna to 15-20 minutes,** feel free to leave earlier if you feel uncomfortable. The human body is not made to withstand high temperatures for a long time.

**Leave the sauna immediately if you start feeling dizzy or nauseous,** do not try to "hold out". Headache, nausea, dizziness is a sign that something is not right. Signs like these should be taken seriously, so leave the sauna.

**Cool down slowly after a sauna bath.** Some people want a hot shower before dressing after a sauna bath, others like to jump in a cold pool or shower. Although this is a nice experience, it may put the body in shock, so be careful to do this especially if you have previously had a problem with your heart.

**Rest for at least ten minutes after leaving the sauna.** Do not jump directly into a workout, instead, look for a cool place where you can sit or lie for a while and rest. This will give the body some time to recover and cause the pulse to go down.

**Drink two to four glasses of water after you get out of the sauna.** Your body loses a lot of fluid through sweating.

**Take advantage of the sauna bath with a shower.** Start by showering away sweat and skin cells with warm water, then lower the temperature to a comfortable cool temperature. This will help your body cool down to your normal level. If you use soap during the shower then use a mild one because the time in the sauna has opened up your pores and made them more sensitive.

**Meal after the sauna bath.** Eat a salty snack. Salty crackers are good if they do not contain too much fat, the crackers will help you recover the sodium your body lost in the sauna. Other foods that are good are: - Cheese, which adds protein. - Fresh fruit, which restores vitamins and fibers.

## Maintenance

The heat treated wood trim used for the sauna is very durable and specially adapted for outdoor use. Because it is still a natural material, it also changes under different weather conditions. For the longest service life the material and components in the sauna must be maintained. The text below provides some tips and advice on different things.

**Door lock:** On the door edge there is a light-lockable latch that can be adjusted with a flat screwdriver for the desired voltage.

**Door and window frames:** Clean the frames with a damp cloth at behoc and clean the windows with suitable window cleaner.

**The saunas stainless steel straps:** Since the material of the sauna is heat-treated, the straps usually do not require adjustment. If the sauna is in a hot and dry climate for a long time, there may be a need for an adjustment. Do not tighten too hard. Just so that the nut and screw "meet each other".

**Sauna stones:** The appropriate size and quality sauna stones are placed on top of the sauna to cover the upper part of the stove. The amount of stone influences the amount of moisture they give off. Size 50-100 mm fits for power supply units and 100-150 mm is suitable for wood burning stoves.

**Ventilation:** After the sauna has been used and cooled down, the sauna can be left open for a while to allow the wood to "breathe". The material in the sauna will then have time to breathe.

**Hygiene:** Use handkerchiefs or the like to prevent discoloration and staining on the benches, which also makes it easier to clean. If the sauna is used regularly, the benches should be cleaned at least once a month. Clean the benches and walls with a suitable detergent dissolved in water, a brush or similar and rinse with clean water. A more accurate cleaning of the benches, walls and floors can be done as needed or preferably at least once a year and then with disinfectants.

**TIP!** If the benches, backrests and the rest are cleaned after each use with clean water, it drastically reduces the appearance of bacteria and contributes to a clean and healthy environment in the sauna. Rinse the floor with clean water to keep away the sand and the like.

**Surface treatment:** The wood surfaces on the outside must be treated with wood oil at least once a year to maintain the color. The oil shall be made for hard wood and contain UV protection. Also, a slight brown shade that provides better protection. If no treatment is done, the color will turn gray over the years. On the inside, mineral oil can be used or sauna oil specially made for internal treatment. **NOTE!** Never use oil intended for the outside on the inside of the sauna.

Properly maintained, you will be able to use SpaDealers sauna for many years. **We wish you a wonderful time.**



Lagervägen 4  
FIN-66200 Korsnäs  
Tfn: +358-(0)10-239 5600  
E-post: [info@spadealers.fi](mailto:info@spadealers.fi)  
[www.spadealers.eu](http://www.spadealers.eu)

Många människor har en tendens att leta efter mirakelpreparat och exotiska dieter i deras sökande efter förbättring av livskvaliteten. I verkligheten är nycklarna till ett gott hälsosamt liv ständigt inom räckhåll och bland våra dagliga val, som besök i bastun.