

Oceanic

Sauna & Steam

Infra Red Sauna Operation Manual



Contents

1.Important Warnings	3
2.Introduction	3
3.Rules of Sauna Bathing	3
3.1. Begin with a shower.	3
3.2. The first sauna session	3
3.3. Before leaving the cabin	3
3.4. Steam Shock.	4
3.5. How often can you use the sauna	4
4.Helpful Hints	4
4.1. Timing	4
4.2. Dryness.	4
4.3. After using the sauna	4
4.4. Drying Room	4
5.Care and maintenance of your sauna	4
5.1. CAUTION - Running In	4
5.2. General	4
5.3. Timber Floor.	5
5.4. Stone, Ceramic or PVC floor	5
5.5. Benches	5
5.6. Timber Door.	5
5.7. Ventilation	5
5.8. Running Costs	5
5.9. Sauna Stove	5
5.10. Thermostat	5
5.11. Peridotite rock	5
5.12. Overheating cut-out	5
5.13. Light fitting	6
5.14. Electrical faults	6
5.15. Sauna Pail	6
5.16. Sauna Thermometer.	6
6.Safety	6

1. Important Warnings

Do not use the sauna if you are under the influence of alcohol or have just eaten a heavy meal. Do not use the sauna without prior medical advice if you have any of the following:-

- Pregnancy
- Skin disorder that is aggravated by heat
- Any other complaint which you are unsure about taking a sauna
- Heart or Blood pressure disorders
- Diabetic or suffer from excess fluid retention
- Remove all jewellery and metal objects from your body. These will heat up quickly and could burn you.
- Please read the Running In instructions before using the cabin for the first time.
- Never allow children unless accompanied by adults to use the sauna.

2. Introduction

The Finns have a saying which implies "There are as many ways of using the sauna as there are Finns".

The procedure outlined below is intended as a guide, you will no doubt find the method that suits you best as you proceed.

3. Rules of Sauna Bathing

Switch on the sauna and change the temperature to your desired setting - Allow 20 to 30 minutes for the cabin temperature to rise. This can be varied by the airflow vents, which should always allow some fresh air to flow through the cabin while in use. It is important that the temperature is comfortable as a Novice bather, this is probably around 50°C, more experienced bathers 60°C.

3.1. Begin with a shower

Begin with a warm shower to remove surface dirt. Drying yourself afterwards as dry skin produces perspiration much more quickly once you enter the cabin

3.2. The first sauna session

The limit of the heating up time is reached when you feel sufficiently hot and in need of cooling down. Beginners may need practice to judge this. The skin temperature will reach 39-40 C. The feeling - I've had sufficient I'd love cold water - is not always experienced on the first occasions we suggest therefore 8-12 minutes, at most 15 minutes.

3.3. Before leaving the cabin

Sit as you would in a chair so that the circulatory system readjusts, avoid raising yourself quickly and jumping down, move calmly to the lower bench and out into open air Now take care to breathe deeply out and gently in while your air passages cool. You may walk up and down but before you feel shivery you must use cold water this will remove perspiration from your skin and is a powerful stimulus. Using a shower or a hosepipe, it is best to cool the areas farthest from your heart first. Feet, legs, hands, arms, trunk, now if you like use a cold plunge. The use of cold water constricts the blood vessels their re dilation is hastened by sitting quietly with your feet in warm water, (3-5 minutes) and you will experience a comfortable sensation of warmth along the whole length of your back. Beginners repeat the turn once, experienced bathers twice. More than 3 turns being no further benefit and may overtire. It is extremely important to cool off properly after the final turn otherwise after perspiration can occur into your clothing and if going out immediately afterwards a chill may be experienced. Relax in a warm atmosphere around 24°C cover yourself with a blanket or dressing gown if desired.

3.4. Steam Heat Boost (mini steam generator only)

The mini steam generator will create a temporary heat boost, similar to ladling water over a traditional Finnish sauna heater. Fill the mini steam generator with water and switch to any of the three power settings, you will immediately feel a wave of heat spread throughout the sauna, as the humidity rises the conduction of heat to your skin is increased, which give the effect of a rise in temperature of about 10-20°C. Too high temperature and too much steam together can make a uncomfortable experience, getting this mix right for you is the key. A few drops of essence in the mini steam generator will impart a pleasant fragrance to the sauna.

3.5. How often can you use the sauna

The majority of regular sauna bathers aim to take one session each week usually on the same day. Certainly the benefits of a sauna session usually last about a week. The rhythm of a weekly cycle is in harmony with other body cycles. Twice a week is also acceptable. No harm would be sustained, by more frequent use the benefits will not increase. Some users may find too frequent use will give the opposite effect: Instead of good restful sleep the pattern becomes disturbed, irritable and subsequent bad temper. The moral is don't over do it!

4. Helpful Hints

4.1. Timing

Unless a clock is situated such that it can be seen through the window in the sauna door you may not be able to judge time accurately and in this case we recommend you purchase a sauna sand timer

4.2. Dryness

When bathing, some bathers, may find their nasal passages become dry. Placing a moistened face cloth to your nose may easily relieve this. You may find a drop or two of cologne on the cloth refreshing too.

4.3. After using the sauna

After using the sauna, leave the ventilator shutter open to keep the sauna smelling fresh and sweet. Switch off the heaters at the controls and at the 13amp socket. The sauna is what you make of it: it cleanses the skin, improves the complexion, eases tired muscles, provides relaxation and that feeling of well-being which nothing else can give. Remember, take it slowly at first, don't stay in too long, do relax afterwards and don't forget to ask your friends round.

4.4. Drying Room

Your sauna makes an excellent drying room for your laundry. You can also dry your washing in the residual heat after the sauna has been used. NOTE: Never place anything on top of the heater and always check that everything has been removed before turning the sauna on again.

5. Care and maintenance of your sauna

5.1. General

The essence of good sauna care is cleanliness.

5.2. Timber Floor

(Not Floor Mats) Keep well varnished. Clean with dustpan and brush or vacuum cleaner. Occasionally wash with soap and wipe dry.

5.3. Stone, Ceramic or PVC floor

Use dustpan and brush or vacuum cleaner. Wash with soap and water or proprietary cleaner

5.4. Benches

Scrub with soap and water and rinse with clean water. Wipe down to dry. Some discolouration (darkening) will take place over a period of time. Dark blue or black discolouration means that the timber has been left wet and not allowed to dry. This can happen if, say, the sauna pail is left standing on the bench.

5.5. Timber Door

The door may shrink slightly with use and age. To overcome this problem, the ball catch may be adjusted. Don't allow the door to get wet such as might happen if the sauna is installed too near a shower or plunge pool. Water will cause the door to swell and possibly warp. This problem would not be covered by the guarantee.

5.6. Ventilation

Leave the ventilator open when the sauna is not being used.

5.7. Running Costs

The largest infra red model 5 sauna will on average consume 1.5kw per hour (~20p) including heating and bathing time. Figures for commercial saunas are available upon request.

5.8. Overheating cut-out

All saunas are fitted with a built-in thermal cut-out that trips automatically if the temperature in the sauna rises above a safe level. The reset button is located in the remote thermostat. If you cannot ascertain what caused the increase in sauna temperature, do not attempt to reset the sauna, but either notify Oceanic Saunas Ltd, or call in a qualified electrician.

5.9. Electrical faults

If an electrical fault develops, turn off power and unplug sauna, then notify Oceanic Saunas Ltd or call in a qualified electrician.

6. Safety

We recommend that sauna operators should regularly check the safety and security of the following items:

Benches Make sure that these are in good condition and securely fixed. Always bear in mind the number and the weight of the bathers that might use your sauna at one time.