

# Oceanic

## Sauna & Steam

### SAUNA OPERATION MANUAL



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**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.
  - Never touch the rocks on top of the sauna whilst the heater is on. The temperature of the rocks will be between 400 - 500°C. Do not allow towel or any other flammable material to come into contact with the rocks as it could catch fire
  - Always switch the heater off at the Isolator when you have finished taking your sauna,
  - 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 isolator and then the heater, turn the thermostat to the 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 80°C, more experienced bathers 100°C or even more.

### 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

Avoid spending too long on the lower benches, to begin with aim instead to use the higher benches lying or reclining with the legs raised so that the feet are experiencing the same temperature. 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 Shock

The sauna pail and ladle provide you with the steam shock, which is such a traditional part of the Finnish sauna. Ladle a cupful of water over rocks on top of the stove and you will immediately feel a short lived wave of heat spread throughout the sauna, probably causing you to seek refuge on the lower bench. The steam shock temporarily raises the humidity of the sauna, giving the effect that the air temperature has suddenly been raised by as much as 10 or 20°C. In fact, the temperature does not rise at all, but probably drops around half to one degree. It is usual courtesy to ask your guests if they mind the steam shock before applying water to the stove. A few drops of essence in the sauna pail will impart a pleasant fragrance to the sauna. ~Note: Your sauna stove is designed to be splash proof! Not drench proof! Please use some care when spooning the water onto the rocks.

### 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 fragrance 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 stove at the controls and at the mains isolator. 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. CAUTION - Running In

The timber of your new sauna has been kiln dried but will continue to lose moisture in the high temperature and dry air conditions. To avoid sudden shrinkage and possible distortion, start with temperatures around 80°C for the first few uses and increase gradually to no more than 85°C during the first 20 uses. Also avoid leaving the heater on unnecessarily long during these first few uses. Although low resin white wood has been selected for your sauna cabin some small pockets are inevitable. During the first few uses some leakage may occur, this may be removed with a sharp knife while still hot or otherwise left to harden and will then give no further trouble. Treating the panels - If required coat the "outsides only" with Sauna Coat. This is a specially developed, water based, micro porous varnish which will allow the timber to continue to breathe and does not contain any harmful organic vapors. Once applied Sauna Coat will make keeping your cabin clean, much easier Preventing the ingress of dirt especially around the door and door handle. Apply as directed on the can.

## **5.2. General**

The essence of good sauna care is cleanliness.

## **5.3. Timber Floor**

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

## **5.4. Stone, Ceramic or PVC floor**

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

## **5.5. 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.

## **5.6. Ventilation**

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

## **5.7. Running Costs**

A family size sauna will on average consume 4kw per hour including heating and bathing time. Figures for commercial saunas are available upon request.

## **5.8. Sauna Heater**

A qualified electrician must install your heater. Wiring and installation instructions are supplied with the stove.

## **5.9. Peridotite rock**

All sauna stoves are provided with a quantity of peridotite rock. This special rock acts as a heat store in the same manner as electric night-storage heaters and is a type of granite which will not burst or splinter under the extremes of temperature. Before placing the rocks in position on the stove, they **MUST BE WASHED** to remove surface dust. If this is not done, the dust will burn off during the first heating up of the stove and fill the sauna with an unpleasant odour, to wash the rocks simply scrub them in warm water. When the rock has dried it may be placed on the top of the stove. Put the larger rocks into position first and finish with the smaller pieces.

Depending upon usage, the peridotite rock will eventually crumble and will need to be replaced. In domestic situations it is usual for the rock to last five years or more, although commercially operated saunas may require new rock in as little as twelve months or even less. In order to maintain the efficiency of your sauna stove, the rock should be replaced as soon as you notice pieces are beginning to crumble. You can obtain replacement peridotite rock from Oceanic Saunas Ltd. Do not use stones or pebbles from the garden or the beach as these may be unsuitable and could explode with the heat.

## **5.10. Overheating cut-out**

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

## **5.11. Light fitting**

The light fitting provided is specially designed to withstand the high temperature inside your sauna and should be installed by a qualified electrician. Read the instructions supplied with the light. The light may be positioned as desired, but generally we would advise you to place it away from the direct heat of the stove. It should be mounted about 300mm (12") down from the ceiling, in a vertical manner so as to allow free flow of air past it. If you have an Oceanic built in control heater it is usual for the light to be switched through a pull cord on-off switch (Always outside the cabin). Your electrician should supply this. Alternatively, the light may be switched by a conventional on/off switch positioned well

away from any shower or bath which may be in the vicinity of your sauna. If you have the Oceanic OCSB control box, there is a 230v lighting circuit which can then be operated via the keypad, or OSX touch screen controls.

#### 5.12. Electrical faults

If an electrical fault develops, turn off all switches including the switched fused isolator which controls the mains supply. Then notify Oceanic Saunas or call in a qualified electrician.

#### 5.13. Sauna Pail

The traditional “Kiulu” Finnish sauna pail is an attractive addition to any sauna, but it needs careful attention if it is to survive more than a few months.

- (1) Stand pail on the floor not on bench .
- (2) Remove pail from sauna after use.
- (3) Keep full of water, do not allow pail to dry out in heat or it will split. - This is not necessary if they bucket is supplied with a plastic insert.

#### 5.14. Sauna Thermometer

The thermometer should be positioned opposite the sauna stove usually on the back wall of the sauna and approximately 300mm (12”) down from the ceiling although the height may be varied to obtain a reading coincident with that set on the thermostat controlling the sauna stove.

If you suspect your thermometer is inaccurate, then take it outside the sauna and check it against your household or greenhouse thermometer To re-calibrate the sauna thermometer, loosen the central locking screw on its reverse, rotate the assembly until the temperature reading coincides with the known temperature and then re-tighten the locking screw.

### 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.

Electrical Marking: both the wiring to the sauna, together with their respective controls, Should be checked not less than once a year. The inspection should verify that the correct materials have been used and that the wiring and insulation is electrically safe

Heater Guardrail: check that the guardrail around the sauna stove is securely fixed.