

RentaSauna User Manual

- Please read this entire manual before using or operating any part of the equipment

WARNING High Temperatures: Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. Symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness. It is a good idea to take sauna baths with others present.

WARNING Substance Use/Abuse: The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia. Do not take a sauna if using alcohol or illicit drugs. Pregnant women, anyone taking medications and/or persons in poor health should consult their physician before using any sauna.

WARNING Caution Fire and Burn Injury Hazard: Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above heater or place any object, other than the rocks supplied, on the heater. The heater, rocks and flue pipe heat up to extremely high temperatures during operation and should not be touched or serious burns may result. Minors should be adequately supervised whenever near a hot or warming sauna.

WARNING Caution Falling Snow/Ice Hazard: The roof of the sauna structure has no snow guards. Any accumulation of snow and/or ice on the roof may suddenly dislodge and cause injury to persons located in the vicinity of the equipment's exterior. The RENTER must clear all snow and ice off the roof before anyone approaches the equipment for any reason. Please use ONLY the snow-removal tool provided for this purpose in order to avoid injuring yourself and damaging the roof.

EQUIPMENT SET-UP AND RETRIEVAL

Please provide good access to a clean open level space with solid ground in all weather conditions where the sauna is to be parked for the duration of the rental term. The trailer measures 8-feet in width, 20-feet in length, and 14 1/2-feet in height once installed (transport height is 13-feet.) RENTER is responsible for snow removal to within five feet of the equipment on all sides throughout the rental term and particularly by the time of scheduled retrieval at the end of the rental term. Cottages to Castles will set up the sauna unit at your chosen location and make sure that all parts are in good working order. Please make sure to point out, note in writing and have signed off by our staff any defects, damage and/or blemishes before signing the delivery confirmation. You may be held liable for any damages noticed by our staff upon retrieval of the equipment from your possession at the end of the rental term.

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INTRODUCTION TO FEATURES

Our staff will give you an overview of all features of the sauna unit and explain how they work, so you and your guests, customers and/or clients can enjoy the sauna experience to the fullest.

HEATING THE SAUNA

Only wood can be used for heating the stove. Avoid heating the stove so that the passage in the rock well remains red heated for more than 10 minutes, as this would overextend the capacity of the firebox and shorten the lifetime of the stove. Allow at least 30 minutes to pre-heat the sauna before use. Only after the stove and the entire interior of the sauna room are at operating temperature will you be able to enjoy even heat. The sauna is heated by a commercially produced sauna stove, which has been appropriately sized for the sauna room. Our staff will instruct you on how to set up the tinder and firewood in the stove's firebox for your first sauna burn. Please pay close attention, so you may replicate the fire-starting process for subsequent sauna sessions. We have devised a stacking system for the tinder and the wood that makes it easy for anyone without prior wood stove operation experience to start a fire. By design, there is a damper in the stove pipe to allow for a full or partial draft. For the first five minutes, leave the stove door open slightly to create a draft. This will ensure that the bigger logs in the firebox will catch on fire quickly and evenly. Don't forget to close the stove door all the way after this short start-up phase. An ample supply of firewood and tinder for starting a fire for subsequent sauna sessions can be found in the wooden box on trailer. If you need more wood when the sauna is hot, PLEASE heed the warning signs inside the wood storage compartment. Exposed screw heads and bench hinges may be very hot and could cause burn injury. You may provide your own firewood. Please make sure NOT to burn any fresh cut wood (firewood must be split and dried for at least one year). Also, do NOT burn any soft woods (i.e. conifers, such as pine, fir, spruce, and other cone-bearing trees and shrubs) as the combustion of these is less clean and hot than that of hard woods and cause increased creosote build-up in the flue pipe. Commercially available firewood in bundles or by the cord is always a safe bet.

ADJUSTING THE TEMPERATURE

You can adjust the temperature inside the sauna room by adding wood (small pieces will burn hotter than large pieces) and by opening or closing damper on the stove pipe inside. If you feel that you have heated the sauna up too much or just want a quick burst of fresh air you may go to the outside left side of the sauna structure.

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MAINTENANCE AFTER EACH SAUNA SESSION

Let the fire in the stove die down – DO NOT extinguish the embers with water or by any other means! If the stove door is closed, you may leave the stove unattended while the embers die down. Wait several hours before you clean the stove and empty out the ashes. This ensures that all ashes and remaining coals (if any) have cooled down to ambient temperature and don't pose a risk of starting a fire or burning you while you clean out the ashes. Cleaning the stove and emptying the ashes must be done after every sauna session before another fire is started for a subsequent session. Failure to clean out the ashes from the stove between sauna sessions constitutes a breach of the Rental Agreement. TIP: Open the stove's door and scoop the ashes out.

WHAT NOT TO BRING

Food, drink (other than drinking water for personal consumption), creams, lotions or other substances, which may affect the appearance, hygiene and/or fragrance of the facility. Some people are very sensitive to smell and Cottages to Castles wants to guarantee the full enjoyment of the sauna to the patrons in your party, as well as to all future patrons. Creams, body lotions, etc. not only run with your sweat and make an oily mess, but they will clog up your pores and keep your skin from breathing and sweating. A full belly. It is advised not to eat at least one to two hours prior to your sauna session.

FIRE EXTINGUISHER

Please familiarize yourself with the instructions for use of the fire extinguisher, which is in the changing room.

SAUNA PROCEDURE – AN INTRODUCTION TO SAUNA BATHING

Time. Reserve enough time. It is common for sauna bathers to spend two hours or more on a session comprised of several rounds inside the sauna.

Minors

All patrons under the age of 18 are to be supervised by a parent or guardian.

Hygiene

Please take a shower with soap before going in the sauna structure. Body odors or personal fragrances of any sort do not belong in a sauna.

Drink water

It is recommended that you drink several glasses of water before and after each sauna round to stay properly hydrated.

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Clothing

In Finland, as well as in many other countries, sauna is traditionally done in the nude. Finnish sauna has nothing to do with sex and suggesting it will not score points with Finns or Finnish style sauna enthusiasts anywhere in the world. It is a place for physical and mental cleansing. Unfortunately, the Puritans have shaped the moral code in this country lastingly and made many of us perceive the human body as something shameful and worthy of hiding. However, for all guests to enjoy the sauna bath to the fullest you may want to discuss your preferred clothing policy with your guests/host before the sauna bath. One way of addressing the situation that works for most people is to simply let everyone decide for themselves, and not for others, whether they want to cover up with a bathing suit/towel/bathrobe or not. In any case, it is not advisable to wear synthetic materials, fabrics that are not colorfast, nor anything containing metal (e.g., bra support wiring, clasps etc.)

Undress (to whatever degree you decided.) Leave your clothes in the dressing room. Remember to take off your eyeglasses, jewelry, watch, etc. as these items may get damaged by the heat or become very uncomfortably hot against your skin. Bring a clean set of clothes to wear after the sauna. Take a towel to sit on(!) in the sauna. This towel should be big enough to cover all areas where your body would touch the bench (i.e., if you want to lie down then your towel/-s should be as large as your body.) Bring another towel or bathrobe for use during your resting periods. Cottages to Castles may provide towels for rent. Please pay in cash for towel use and leave used towels in the marked receptacle.

Enter first round

Enter the hot sauna room for the first round. Some sources recommend that you remain in an upright sitting position for the first round. There is a thermometer located on the wall inside the sauna room. The recommended temperature is 170-190°F, at most 194°. The North American Sauna Society states:

In order to guarantee the relaxing effects of a sauna, the temperature must be at least 150°F (65.5°C), measured where sauna bathers sit. Saunas below this temperature do not offer a beneficial, traditional sauna experience.

If you are new to taking sauna baths it is a good idea to ease into the experience at the lower-to-mid range of the recommended temperature spectrum.

Exit from first round. Leave the hot room when you feel sufficiently hot. Many people enjoy a sauna round for approximately 15 minutes at the higher end of the temperature range. It is not recommended to stay for more than 30 minutes at a time. Leave the sauna immediately if you feel dizzy, drowsy, short of breath or uncomfortable in any way. If a sauna mate suggests that you don't seem healthful, please take their advice and leave the sauna room immediately.

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Cool down period

Cool off by taking a shower, go for a dip in open water or just by sitting outside or inside at room temperature. We highly recommend a cold plunge or cold shower after every sauna round for a full therapeutic effect! Drink plenty of fluids, ideally water. Avoid alcohol. Rest for at least as long a time as you just spent in the hot room before you enter the sauna again.

Subsequent sauna rounds. The sauna should already be more humid than during the first round and may not require making as much steam as in the first round. After warming up you can use the whisk if you please. It feels best with adequate humidity and temperature. Cool off again. Repeat the hot-cold cycle as many times as you feel comfortable with. For many people around three rounds feels right, though the “right” number varies between individuals. Feel it out for yourself.

Steam vs Dry Sauna

Cottages to Castle's sauna facility is a dry sauna, not a steam room and not a washing room. Moisture causes rapid deterioration of the equipment. Due to the restrictions inherent in the facility being a mobile sauna, there is no floor drain and the presence of excessive moisture, spills and puddles, and/or the practice of bathers dousing themselves or each other with water are all strictly prohibited and would constitute a breach of the Rental Agreement. Please mop up any spills, immediately.

Some people enjoy a strictly dry sauna (often at higher temperatures.) Others prefer some humidity to be present (often in combination with temperatures at the lower end of the spectrum.) The amount of steam/humidity that feels comfortable varies from person to person. If you like steam, there is a 1-gallon bucket in the sauna room, which you may fill with clean tap water ONLY (no salt, lake or stream water, etc., please) and bring into the sauna room. No other liquids of any kind are allowed in the sauna. To increase the humidity in the sauna room, use the ladle provided to SLOWLY pour one or two ladle-full of water at a time onto the heated rocks in the top of the stove, in a circular motion. All water should turn into steam immediately upon contact with the rocks. If water drips onto the stove base, then you are pouring too fast. You may add a few drops of essential oils to the steam-making water. Do not pour undiluted oil directly onto the rocks.

Whisks

Using whisks (commonly made from young birch, oak, or eucalyptus branches) is not recommended during the first sauna round since the skin has not yet softened adequately. Pressing the whisks onto your skin or gently whipping one another with them softens and cleans the skin considerably and promotes blood circulation. Depending on their age and condition, it may be beneficial to soak the whisks for 15 minutes or more in cold water and then, right before use, for another 5 minutes in hot water (please bring a separate bucket or pot for this purpose.) Cottages to Castles may be offering whisks for sale for your convenience.

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Finish up

After your final sauna round wash yourself and cool off. You can return to the hot room for a while, now at a lower temperature as the fire is going down. Or you may choose to keep the sauna door to the changing room open while you get dressed. Before putting on clean clothes allow enough time for cooling off, otherwise you may continue to sweat. Leave the sauna and the dressing room in as tidy a condition as you found it, so you and/or others may enjoy the facility again later. Have a refreshing drink, fruit or a salty snack according to your personal taste to replace liquids and minerals you just shed from your body.

Enjoy post-sauna peaceful bliss!

Perhaps you can hear the universe ringing in your ears...

Om Shanti Om

We wish you a pleasant sauna experience!

Please submit any comments or suggestions at info@rentasauana.biz