

# PRECAST OY

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## USING THE SAUNA

- **Don't forget to use a bench cloth.**
- **Only throw water onto the stones - don't get the wall wet.**
- **Don't bring dirt into the sauna with you.**
- **Always dry the sauna after use. Leave the stove on for a while after use so that the sauna dries more quickly. If possible, turn the bench boards to dry.**
- **Empty out water containers and turn them upside down, preferably outside of the sauna.**
- **Ensure good ventilation in the sauna by keeping the vents open as stated in the instructions.**
- **Follow the stove manufacturer's instructions when using the stove.**
- **Colour from copper buckets and scoops may seep into the benches.**
- **Check the screws which keep the benches attached to the wall by looking underneath the benches. Early on they may become loose as they dry. Be careful to avoid overtightening them.**
- **Do not dry laundry in the sauna.**
- **Leave your worries outside of the sauna; relax and enjoy.**

**ENJOY YOUR SAUNA!**

## How to care for your sauna

The sauna must be washed and maintained regularly. The sauna benches should be washed 1-4 times per year, depending on how much they are used. It is not advised to spray panelled walls or benches with water after each sauna visit, because frequent and continuous wetting of the wood causes it to stress and it will be more likely to crack. There is also the risk that the moisture will not dry quickly enough, which creates prime conditions for bacteria to thrive.

Follow the stove manufacturer's instructions when cleaning the sauna stove.

### HOW TO WASH WOOD SURFACES IN THE SAUNA

Wash the benches as necessary using a neutral cleaning agent, such as soft pine soap. Avoid the use of chlorine-based cleaning agents in the sauna, since chlorine evaporates at low temperatures and is harmful to health. It is easy to detach parts of the bench and wash them in the bathroom, where they can be left to dry. Always use a soft brush to wash the benches. A brush that is too hard may lift the grain of the wood, making it coarse.

A steam cleaner can also be used to wash the sauna. There are also bench washers on the market to allow for cleaning the gaps between the bench panels.

The walls of the sauna can also be washed in the same way as the benches, using a soft brush and neutral cleaning agent. After washing, ensure good ventilation in the sauna and take care that the sauna dries completely. After washing and drying the benches, we recommend treatment with paraffin oil. New benches ARE NOT PARAFFIN OIL-TREATED.

### TREATING BENCHES WITH PARAFFIN OIL

Paraffin oil is a colourless, odourless and non-toxic oil which protects wood from dirt and makes it easier to clean. The oil can be purchased from hardware stores. The oil can however make the colour of the wood slightly darker and keeps the wood looking its best. Dark materials and the dark spots in the wood become darker, while the lighter spots remain unaffected by the oil. The contrast in the colours of alder and aspen in particular may be enhanced after treatment, but this is normal. If you are unsure, test the oil on a detached part of bench to find out the difference between untreated and treated wood.

Treat cleaned sauna benches once or twice a year with paraffin oil. Before the treatment, protect the floor with plastic as the oil can be difficult to remove from grouting. A low heat in the sauna helps to absorb the oil. The oil should be completely absorbed by the wood before the sauna is used. Follow the instructions on the bottle of paraffin oil.

**Bench structure:**

