

CenturaHeat

Sauna Use & Safety Guide

Read First – Before Use

Sauna Use Guide

Important:

- **Rinse sauna stones thoroughly with water before placing them on the stove.**
- Use **only half a spoon** of water at a time when adding steam.
- Do **not** sprinkle water on the stones until the sauna temperature reaches **75°C**.
- Do **not** operate the sauna above **90°C** for more than **2 hours**.

Hygiene:

- Wash your feet before entering the sauna.
 - Always **sit on a towel** to protect benches from sweat and maintain cleanliness.
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Sauna Health & Safety Advice Sheet

Please read carefully before using the sauna.

Health Considerations

Consult your GP before use if you:

- Have heart disease, high/low blood pressure, respiratory conditions, epilepsy, diabetes.
- Are pregnant or taking medication.
- Have any other condition that may be affected by heat.

General Safety Guidelines

- **Avoid alcohol or drugs** before or during sauna use.
- Limit your initial sessions to **10–15 minutes**. Do not exceed **30 minutes** per session.
- **Leave immediately** if you feel dizzy, nauseous, faint, or uncomfortable.
- Stay hydrated: **drink water** before, during, and after use.
- **Never touch** the heater or rocks.
- **Do not** pour water directly on heating elements.
- Wear appropriate clothing: **swimwear or a towel**.
- Remove jewellery and metal objects before entry.
- Avoid using **lotions, oils, or creams** inside the sauna.
- **Children must be supervised** at all times.
- Do not use the sauna if you are **feeling unwell**.

Sauna Use & Longevity Maintenance Guide

1. Ventilation is Key

- Leave the sauna door **slightly open** after each session to release moisture.
- Ensure the sauna and the room it is in has a vent or adequate airflow.

2. Moisture Management

- Avoid using excessive water on the Sauna Stove.
- Always **sit on a towel**.
- **Wipe down** benches and walls with a clean damp cloth after each use.

3. Regular Cleaning

- Clean interiors with **mild soap and water**.
- Avoid abrasive or harsh cleaners.
- Optionally use **safe disinfectants**.

4. Regular Inspection & Maintenance

- Check wood for warping or cracks.
- Inspect and maintain the **heater and stones** regularly.
- Replace cracked or damaged stones to ensure efficiency.

By following these practices, you ensure safe use and prolong the life of your sauna.

Stay Safe. Stay Warm. Enjoy Your Sauna!