

Sauna

Heating an electric sauna

Before heating, check the sauna room. Make sure that there is no laundry or anything else on the heater and that the door and window are closed.

HEATING THE HEATER

The heater is controlled by a timer:

0 position

The power is off, the heater is not heating up.

1–4-hour range (A)

The heating elements are switched on, the heater starts to heat up immediately and stays warm for the selected number of hours (h).

1–8-hour range (B)

A preselected time after which the heater will switch on. For example, if you select 4, the heater will turn on after four hours and stay warm for four hours unless it is manually switched off earlier.

Turn the thermostat switch to set the desired temperature. Experiment to find the right level for you. Start with the maximum position of the control range. If the temperature gets too high during your bathing session, turn the switch slightly counterclockwise. Please note that even a small adjustment can cause a noticeable temperature change. A comfortable sauna temperature is 65–80 °C.

Electric radiators in the cottage/apartment may turn themselves off while the sauna is being heated. Please turn off the heater immediately after use so that the electric radiators turn on again.

THROWING WATER ON THE HEATER

The air in the sauna becomes dry when the sauna is heated. It is therefore necessary to increase the humidity by throwing water on the heater stones. Experiment to find the right temperature and humidity for you. Throw only water on the heater.

SWITCHING OFF THE HEATER

Turn the timer switch counterclockwise to the 0 position.

