How to use the sauna

A few simple steps to enjoy your sauna.

Before you start
Make sure there are no objects on or near the sauna heater.

Heater controls



LEFT KNOB
Timer
on, off and delayed start



RIGHT KNOB
Thermostat
sauna temperature

STEP 1
Switching on

Turn the timer to the **“ON”** section (0–4 hours). The heater starts heating straight away. The sauna warms up in **about an hour**.

STEP 2
Delayed start

Want the sauna ready for later? Turn the timer to the **“pre-setting”** section (0–8 hours). The heater switches on once the timer reaches the “ON” section, then heats for about 4 hours.

Example: Going for a three-hour walk? Set the timer to **2**. The heater switches on after two hours and the sauna will be warm by the time you are back.

We wish you a relaxing stay.

The Salutem Places Team

STEP 3

Setting the temperature

The **thermostat** (right knob) keeps the temperature steady. Start by setting it to maximum. If the sauna gets too hot, turn it back a little – a small change is usually enough.



STEP 4

Throwing water on the stones

The air in the sauna is dry, so pour water over the stones. Find the humidity and temperature that suit you best.

Pour **no more than 0.2 litres** at a time (one ladle). Use only clean water, or fragrances made specifically for saunas.

STEP 5

Switching off

The heater switches off automatically when the timer reaches zero. To finish earlier, turn the timer to **0**. Always switch the heater off after your sauna.

For your safety

- Do not pour water on the stones while anyone is near the heater – the steam can scald.
- Never pour more than 0.2 l at once – not all of it evaporates and the rest can scald like boiling water.
- After switching off, check that the timer is at zero and the heater is no longer heating.
- Never place anything on or near the heater.

We wish you a relaxing stay.

The Salutem Places Team