



Barrel Sauna Care Guide

Surface preparation:

- Soil beneath the sauna should be removed and replaced with a well-drained and load-bearing material.
- It is important to ensure that the surface is stable and load-bearing. In addition, it is important to inhibit the growth of vegetation beneath and around the sauna to prevent damage from moisture.
- Bring the power cable to the sauna in accordance with the heater manufacturers' manual and local regulations.

During sauna use:

- When using the heater and the control unit refer to the operation manual provided by the heater manufacturer.
- Throw water only on the stones and not on the walls or the platform.
- To keep the benches looking fresh, we advise using seating pads or a towel on the bench.
- Avoid sitting on benches in wet swimwear.
- Sauna stones will naturally erode over time. Replace old stones with new ones or add new stones.
- Avoid use of non-approved cleaning agents. For example, bleach on the wood surface will discolor it.

After sauna use:

- After using the sauna, ventilate the room well to allow the surfaces to dry.
- Wipe benches with a clean, damp cloth. Keep excess water from pooling on wood surfaces. Do not use a stream of water to wash the platforms.
- After cleaning the sauna, ventilate the room and allow surfaces to dry. Remove seating pads from the benches.
- When not using the sauna, the door should remain closed.

Annual maintenance:

- The wood in the sauna should be treated with an approved cleaning solution (sauna cleaner).
- Wash all surfaces exposed to wear with a specialized sauna cleaning solution (sauna cleaner), using a soft brush and/or cloth. Follow the directions of the cleaning solution manufacturer.
- For stronger stains and soiling, the platform surface can be cleaned gently using fine-grade sandpaper. The platform or sanded surface should then be re-treated with protectant.

Avoid the following:

- Drying textiles such as carpets and clothing etc. as this may pose a safety hazard. Excessive moisture may also damage the surface of the wood.
- Do not heat the sauna to a temperature beyond the specifications of the heater manufacturer. Excessive heat may cause the wood to warp or pose a safety hazard.
- Avoid pressure washing or using a stream of water to clean the sauna, as excess moisture may permanently damage the wood surface and structures.

Protecting your barrel sauna after construction is key to its longevity and enjoyment.

Interior Treatment:

- o Generally, the interior requires minimal treatment: The high heat and humidity inside the sauna naturally help to preserve the wood.
- o A sauna wax or paraffin oil will help by creating a water repellant layer and further protecting the wood surface.
- o Avoid harsh chemicals: Do not use any sealants, varnishes, or paints inside the sauna, as they can release harmful fumes when heated.
- o Safety: High quality sauna waxes and paraffin oils are specifically formulated for high heat environments and won't release harmful fumes.

Exterior Protection:

To best protect the outside of your spruce barrel sauna from the elements and prevent fading, we recommend choosing one of the following options, depending on your personal preferences.

- o Oil-based stains penetrate deeply into the wood and provide longer-lasting protection, durability, and rich color. These stains can require more effort to apply but are a popular choice for their ability to repel water and resist mold and mildew.
- o Water-based stains are an environmentally friendly option and offer good protection against the elements. These stains retain their color well and emit less volatile organic compounds (VOCs) than oil-based stains but may not penetrate as deeply.
- o Natural stains, such as those made from plant extracts, linseed oil, and beeswax are non-toxic and environmentally friendly. These stains will offer protection while enhancing the wood's intrinsic beauty.
- o You may also opt to paint the exterior of your barrel sauna if you prefer the look of a painted surface over the appearance of natural wood.

Stains and paint are for the sauna exterior only. We recommend repeating this process every one to three years, depending on the type of stain and as recommended by the manufacturer. As part of your regular maintenance this will keep your sauna well protected and looking new for years to come.

