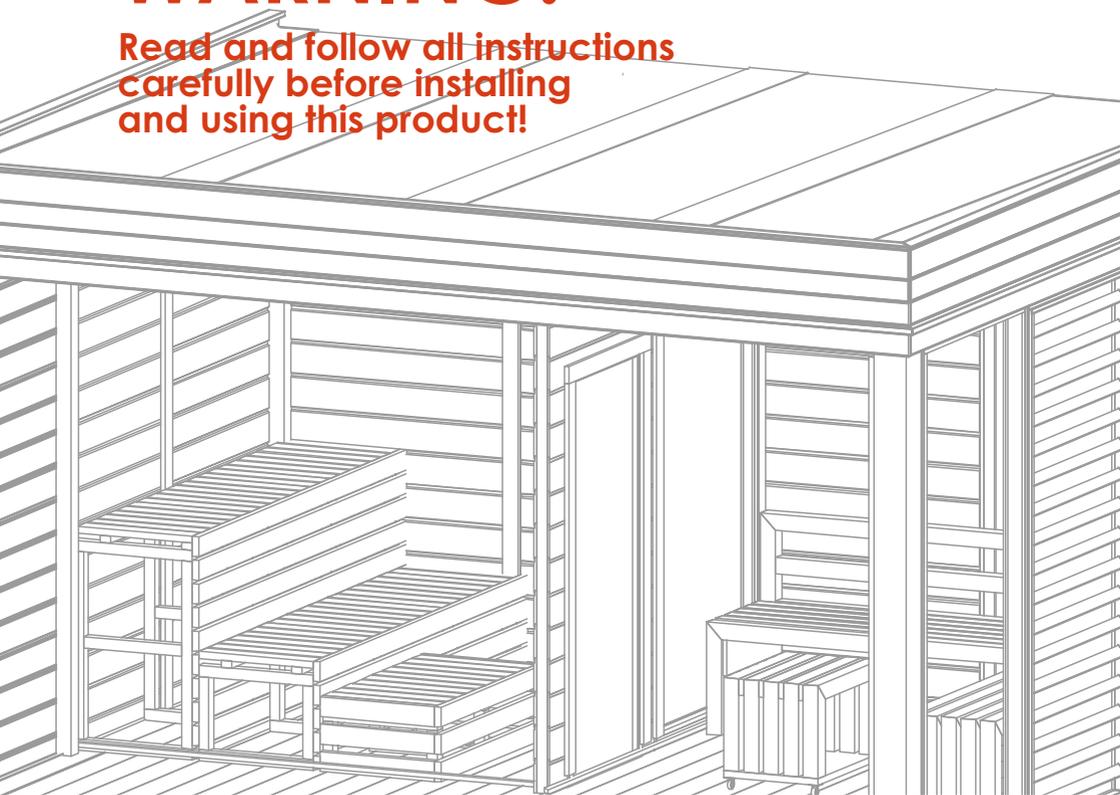


# INSTALLING, USING AND MAINTAINING YOUR SAUNA

## WARNING!

Read and follow all instructions  
carefully before installing  
and using this product!



VIKING  
INDUSTRIER

Misko 25, LT-85302 Venta, Lithuania  
Tel.: +370 425 40030  
E-mail: [info@vikingindustrier.com](mailto:info@vikingindustrier.com)  
[www.vikingindustrier.com](http://www.vikingindustrier.com)



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# With minimal maintenance you can keep your Sauna looking perfect!

Read and follow all instructions carefully before installing and using this product:

## INSTALLATION

### BASE/FOUNDATION

It is very important to have a proper base for your Sauna. Therefore, we recommend following our sketches and consulting a qualified local builder or engineer. Making sure that the base for your Sauna fits the location is of utmost importance.

Due to an improper base, the structure may crack. If the product is unevenly seated, the geometric shape of the building may change, which can result in the door/windows twisting, and/or gaps. In the worst-case scenario, the product may even collapse.

- Before building the base, make sure you take into account the landscape and the ground conditions on which the Sauna will stand.
- The base under the product must be prepared specifically for the Sauna.
- The base must be homogeneous, tight and level.
- Make sure that the properties of the base do not change over time. We recommend making the base out of concrete and water-proofing it before installation.

***If you do not follow recommendations for building the base, the product will lose its warranty!***

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### ASSEMBLY

Please refer to our assembly guide for instructions.

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### PAINTING AND IMPREGNATION

**!** We strongly recommend impregnating the exterior part of the door and windows using a wood impregnator because otherwise the door and windows can become twisted. In general, we recommend consulting a specialist about paints suitable for unprocessed softwood and following the instructions of paint manufacturers. Properly painting and impregnating the Sauna will extend its lifetime. We also suggest thoroughly inspecting the Sauna every six months and checking whether it requires re-painting.

It's NOT advisable to paint the walls of the Sauna before assembling it – this is best done in good weather and after it has already been assembled. However, if you wish to use different colors, then it may be a good idea to paint before assembling the Sauna.

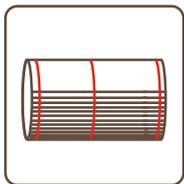
**Do not paint, varnish or stain the interior portions of your Sauna.** The wood needs to breathe (absorb and slowly release heat and humidity). To protect the interior of the Sauna from damage, you can treat it with a water-based sealant.

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## TIGHTENING THE BANDS OF YOUR BARREL SAUNA

If you have purchased our Barrel Sauna, make sure you tighten the bands of the barrel. This is particularly important after first assembling your Barrel Sauna: the wood will be adjusting to your climate and air temperature, so check to be sure everything is snug. If the bands are loose, you may need to tighten the bands to ensure the exterior is tightly sealed.



**TIGHTENING BANDS  
MUST BE TIGHTEN  
BEFORE USING  
THE BARREL FOR  
THE FIRST TIME.**

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## HEATERS

**The use of sauna heaters may be subject to state regulations, which may vary from country to country.** For example: in Switzerland, you are only allowed to install 1 wood burning heater in your sauna. In Germany, special wood burning heater adaptation and certification is required. Therefore, before ordering a heater make sure that it fits your needs, as well as the laws and regulations of your country.

! *To choose the right heater power and type, please do not hesitate to contact a sales manager for recommendations (power needed depends of Sauna size, specification and options).*

**It is highly recommended to use the heater installation instructions provided by the Sauna heater manufacturer and to comply with safety requirements.** All heaters must be installed and serviced by professional, authorized electrical engineers or other knowledgeable persons and in compliance with regulations.

! *USE of Sauna heater must be followed by Sauna heater manufacturer use manual. Please read it carefully.*

Keep in mind that when heater is heated up for the first time, the residual protective and other agents accumulated in the heater during different work stages will be removed. This can cause unpleasant smells and even smoke, which is why the Sauna should be well-ventilated during the initial heating. Because of the possible unpleasant smells, bathing in the Sauna during the first heating is not necessarily recommended.

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# USING YOUR SAUNA

## PREPARING YOUR SAUNA FOR USE

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- If you have wood burning heater, make sure to remove the protective film of the heater chimney before heating.
- Check the Sauna before heating. No flammable objects must be left on or near the heater.
- Check that there is water in the water tank (if you are using it).
- Ensure that the Sauna door is unlocked and easy to open before using it. If necessary, sauna door must be adjusted by the customer.
- Do not mount any additional accessories or shelves above the heater.
- Turn the Sauna heater on.
- The thermometer should be located at head level in the Sauna. It should be further away from the heater, so it does not give a false reading.
- Wait for the Sauna to reach the required temperature (**normally 80-90° C**).

**All users should be aware of the potential dangers and requirements prior to participation in the Sauna!**



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## SAUNA STONES

Correctly loading the sauna stones is of vital for providing the best steam production and prolonging the life of the heater.

- Only use stones accordingly Sauna heater producer recommendations. Please follow Sauna heater manufacturer recommendations.
- Ensure that the stones are not packed too tightly around the various parts of the heater to ensure good airflow.
- Do not bend the parts.
- The stones should be checked annually, and small or broken pieces should be replaced.

**You can pour water on the stones ONLY if your heater is designated for that. This you must check at your Sauna heater use manual.**

Pouring water on the stones of heaters is an essential part of the traditional Sauna experience. However, never throw water on the stones when there are people near the heater, because hot steam may burn their skin.



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## MATERIALS FOR BURNING

Dry deciduous wood is the best material for the heater. You can start the fire using birch bark or paper.

### Do not burn the following materials in the heater:

- Materials that have a high thermal value (such as chipboard, plastic, coal, brickets, pellets);
- Painted or impregnated wood;
- Waste (such as PVC plastic, textiles, leather, rubber, disposable diapers);
- Garden waste (such as grass, leaves);
- Liquid fuel.

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## THINGS TO NOTE WHEN USING THE SAUNA

Enjoy the many health benefits of the relaxing heat of your Sauna. But remember: being inside the hot Sauna for long periods of time raises your body temperature, which may be dangerous, especially for those with a heart condition or other health risks. **Generally, the recommended time inside a Sauna is from 10 to 15 minutes.** After a period of heating, take a five-minute break and then repeat. Also:

- Familiarize yourself with the safety instructions and keep away from the heater when it is hot.
- Be very careful when moving in the Sauna, as the benches and floors may be slippery!
- The Sauna should not be used by pregnant women or very young children.
- Remove all jewellery before entering the hot Sauna.

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## MAINTENANCE

Wood is a natural material and can change through time. Cracks of various sizes, structural or color changes are not the defects – rather, they are features of the wood. Natural wood (not impregnated) becomes grayish after being left untouched for a while. Later it can turn blue and get covered with mold.



### WHEN NOT IN USE, DURING THE SUMMER KEEP A BUCKET FULL OF WATER IN SAUNA.

- Impregnate and paint the wood to protect the product from outside. We recommend to inspect Sauna every 6 month and evaluate need of re-impregnation, re-painting.
- When not in use, keep a bucket full of water in the Sauna during summer.
- Doors of the Sauna must be adjusted regularly.

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- You should keep the sauna ventilation open all the time, to allow it time to dry and air out to avoid mold.
  - To remove bench stains, use a mild soapy water and a soft cotton cloth. This can also be used on the heater itself - just make sure it's off and completely cool when you clean it.
  - Don't use harsh or abrasive chemicals on benches, as these can bleach and warp the wood, ruining the grain and turning it grey.

With these simple maintenance tips your Sauna will stay inviting, fresh, and enjoyable.

**AS ALWAYS, THE MAIN RULE IS - ENJOY!**



**IF YOU HAVE ANY  
QUESTIONS PLEASE  
CONTACT US**

Misko 25, LT-85302 Venta, Lithuania  
Tel.: +370 425 40030  
E-mail: [info@vikingindustrier.com](mailto:info@vikingindustrier.com)  
[www.vikingindustrier.com](http://www.vikingindustrier.com)