

# CARE & MAINTENANCE

## FOR OUTDOOR SAUNAS

### TREATING LUMBER

The lumber we use is naturally resistant to the elements. Left untreated, the exterior of the sauna will weather naturally, and that's fine. At any point in the future you can pressure wash (low pressure only) your sauna to bring back most of the original color.

If you wish to retain the natural color of the lumber, your local paint store can recommend a suitable exterior stain. Be sure that it has a UV inhibitor so that it will best resist the effects of sunlight. Follow the manufacturer's instructions for application. NEVER TREAT THE INTERIOR OF THE SAUNA AND NEVER USE VARNISH OR PAINT ON THE EXTERIOR.

### MINIMIZING WATER SEEPAGE

Substantial or driving rain may cause water to seep into the joints between the staves; this will not hurt the sauna. When assembling your sauna, it is important that the staves are tight and the bands are snug to minimize gaps between the staves. When constructing the Barrel Sauna, put as many staves and filler stave pieces under the bands as possible so the bands can pull the staves tight without leaving gaps. Over time the wood will swell into the bands when it gets wet. Eventually you may need to add additional filler staves into the sauna to fill any gaps caused by shrinkage, and extra staves have been provided for this purpose. Add staves by loosening the band brackets, inserting the additional filler staves, and then tightening the brackets again. Be sure the wood is dry before inserting more staves and tightening the bands.

### CLEANING THE LUMBER

You should vacuum or brush out your sauna periodically to remove loose dirt. Over time the floor and seats of your sauna may discolor due to perspiration, dirt and general wear. You can remove dirt or stains with a solution of baking soda and water, lightly scrubbing the wood with the solution and then rinsing. Heavier stains or scuffs can be sanded out with fine grit sandpaper. Alternatively, pressure washing the interior of the sauna with a low-pressure, wide pattern nozzle will remove stains and dirt very effectively.

### LOCATION AND GEOGRAPHY

Climate and temperature affect the lumber in different ways and to varying degrees. The effects of swelling and contraction as well as fading from sunlight will vary depending on the intensity of the sun and the levels of humidity and amounts of moisture in your area. The degree of these effects will not affect the quality or performance of your sauna, but may require you to tighten bands or re-stain your sauna more or less frequently. It is a good idea to check the tension of your bands and examine the degree of fading every few months, especially in the first months of owning your sauna so that you can respond accordingly.

### REPLACEMENT OF SAUNA STONES

Over time your sauna stones may crack and split due to the fluctuations in temperature the stones experience. If you ever need to replace stones, only use sauna stones designed for use in your sauna heater. You can purchase replacement stones from Almost Heaven Saunas at any time.

### REPLACEMENT PARTS

If you ever damage the exterior of the sauna, you can purchase replacement staves, doors, and components from Almost Heaven Saunas at any time. Also, we sell spruce, hemlock-fir, and red cedar boards to people wishing to build matching accents to their sauna. Contact us at any time for prices on any lumber you may need to customize your sauna setting.

### ACCESSORIES

Almost Heaven Saunas offers a full line of accessories to compliment your sauna. From red cedar leg rests, back rests, drink holders, robe hooks and magazine racks to eucalyptus fragrance and more, visit [www.almostheaven.com](http://www.almostheaven.com) for all of your sauna accessory needs!

