



SAUNA BATHING GUIDE

The Finns favour bathing at 70-80°C. To make the sauna feel hotter, they increase the humidity by pouring water onto the sauna rocks - this is called LÖYLY. Helo sauna heaters have a large store of rock for better LÖYLY. Please allow at least 30 minutes for the rock to heat up before bathing.

The heater is controlled by 2 knobs - power ON/timer and a thermostat.

If controls are on the heater the timer has a delay function. If you turn the timer knob to the maximum position there will be a delay of 8 hours before the heater turns on for 4 hours. For normal use therefore turn the knob only within the first scale of 0-4 hours.

If controls are on a separate panel the delay function may be overridden by moving the rocker switch from A to B, allowing a maximum of 12 hours running time.

Turn the thermostat knob to approximately $\frac{3}{4}$ of its travel and fine tune with use to suit your own taste.

Take a warm shower before using the sauna. After a short time in the heat you should perspire freely - only stay in the sauna as long as you feel comfortable. Take a cool shower and sit to rest for a while before re-entering. Repeat this cycle as desired.

Taking a sauna should be a relaxing experience, keep the temperature at a reasonable level. If you want to feel hotter, pour a small amount of water on the sauna rock to increase the humidity, or move to a higher bench.

When you have finished using the sauna take a final shower then rest for at least 15 minutes with a long cool drink.

Health & Safety

CAUTION - to prevent accidental operation always ensure the mains isolator is switched off after use.

Drink plenty of water to prevent dehydration and avoid excessive alcohol consumption.

Do not use the sauna if you have any serious illness such as a heart condition, high or low blood pressure, a respiratory condition, if you are taking medication, have a contagious disease, an infectious skin condition, open sores or wounds, or have an illness that affects perspiration.

Do not use the sauna immediately after a heavy meal or under the influence of alcohol or drugs. If you have recently exercised, allow your body to return to its normal temperature before using the sauna.

If you feel in any way unwell, faint or nauseous leave the sauna immediately and seek medical advice.

The sauna heater and rocks are very hot - stay well clear to avoid injury. Water poured on the sauna rock will create an immediate blast of steam, stand well clear to avoid injury. Do not place anything combustible on or near the heater as this may result in fire.

Wet floors can be slippery - be careful when entering, leaving or moving around the sauna.

Contact lenses will dry out in the heat. Jewellery or anything metallic (including glasses) will get hot in the sauna and can cause discomfort or burning.

- Children get hotter quicker than adults - shorten bathing times with adult supervision.
- Elderly people are more prone to cardiovascular stress - excessive sauna use may be dangerous.
- Pregnant women should not use the sauna.
- Diabetics should check with their doctor before using the sauna.