

# **UP NORTH SAUNA LLC**

## **MOBILE SAUNA USER MANUAL**

**- Please read this entire manual before using or operating any part of the equipment -**

### **WARNING**

**High Temperatures:** Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. Symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness. It is a good idea to take sauna baths with others present.

### **WARNING**

**Substance Use/Abuse:** The use of alcohol, drugs, or medication increases the risk of fatal hyperthermia. Do not use the sauna if using alcohol or illicit drugs. Pregnant women, anyone taking medications and/or persons in poor health should consult their physician before using any sauna.

### **WARNING**

**Caution Fire And Burn Injury Hazard:** Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above heater or place any object, other than the rocks supplied, on the heater. The heater, rocks and pipe heat up to extremely high temperatures during operation and should not be touched or serious burns may result. Minors should be adequately supervised whenever near a hot or warming sauna.

### **WARNING**

**Caution Falling Snow/Ice Hazard:** The roof of the sauna structure has no snow guards. Any accumulation of snow and/or ice on the roof may suddenly dislodge and cause injury to persons located in the vicinity of the equipment's exterior. The RENTER must clear all snow and ice off the roof before anyone approaches the equipment for any reason.

## **EQUIPMENT SET-UP**

Driveway and site need to be spacious enough for OWNER to navigate the tow vehicle and equipment trailer to the installation site and to exit with the tow vehicle from the site after installation is complete. The driveway at all points must measure, at minimum, ten (10) feet in width (more if turns exist in the driveway) and twelve (12) feet in height. Adequate parking space for the trailer must be provided by RENTER. The installation site and any driveway must be level solid ground in all weather conditions, and free of snow and ice during delivery and retrieval.

## **INTRODUCTION**

Our staff will give you an overview of all features of the sauna unit and explain how they work, so you and your guests can enjoy the sauna experience to the fullest.

## **HEATING THE SAUNA**

Only wood can be used for heating the stove. Before heating, the stove grate **MUST** always be cleaned and the ash pan **MUST** be emptied. Allow at least 45-60 minutes to pre-heat the sauna before use. Our staff will instruct you on how to set up the tinder and firewood in the stove's firebox for your first sauna burn. Please pay close attention, so you may replicate the fire-starting process for subsequent sauna sessions. When first starting the fire it is easier to pull out the ash pan two inches to allow air to catch the fire. Leave the ash pan pulled out for approximately 5 minutes. Don't forget to push in the ash pan all the way after this short start-up phase. You should check the fire roughly every 20 minutes to check whether you need to add more wood or not. Also, keep an eye on the temperature, once the temperature hits 150 degrees you're good to use!! If using your own firewood please make sure **NOT** to burn any fresh cut wood (firewood must be split and dried for at least one year). Also, do **NOT** burn any soft woods (i.e. conifers, such as pine, fir, spruce, and other cone-bearing trees and shrubs) as the combustion of these is less clean and hot than that of hard woods and cause increased creosote build-up in the pipe. Firewood in bundles or by the cord is always a safe bet.

**Fire Tip:** Use kindling first to get the fire started, then you can use bigger pieces.

## **ADJUSTING THE TEMPERATURE**

You can adjust the temperature inside the sauna room by adding wood (small pieces will burn hotter than large pieces) and by opening or closing the vent by the sauna door. If you feel that you have heated the sauna up too much or just want a quick burst of fresh air you may go outside or open the sauna door.

## **MAINTENANCE AFTER EACH SAUNA SESSION**

Let the fire in the stove die down – **DO NOT** extinguish the embers with water or by any other means! As long as the ash pan and glass door are closed you may leave the stove unattended while the embers die down. Wait several hours before you clean the

stove grate and empty out the ash pan. This ensures that all ashes and remaining coals (if any) have cooled down to ambient temperature and don't pose a risk of starting a fire or burning you while you clean out the ashes. Cleaning the stove grate and emptying the ash pan has to be done after every sauna session before another fire is started for a subsequent session.

### **WHAT NOT TO BRING IN SAUNA**

Food, drink (other than drinking water for personal consumption), electronics, creams, lotions or other substances, which may affect the appearance, hygiene and/or fragrance of the facility. A full belly. It is advised not to eat at least one to two hours prior to your sauna session.

### **SAUNA PROCEDURE**

**Time:** Everybody is different, but saunas are typically enjoyed in rounds. The average session consists of 3 rounds with 7-20 minutes intervals in the hot room. The first round will be the most intense as your body adjusts to the high temperatures of the sauna. Come out for a break between rounds. Cool down in the outside weather, dip into the lake, have a cold shower, or drink water then re-enter for round two! Listen to your body and decide when enough is enough then leave the sauna and cool down.

**Minors:** All people under the age of 18 are to be supervised by a parent or guardian.

**Clothing/Hygiene:** Please wear at least a bathsuit when using the sauna unit. Towels are also recommended to lay out on the benches for hygiene purposes. We provide sauna hats to help regulate body temperature (we wash them after every rental) feel free to use.

**First Round:** Some sources recommend that you remain in an upright sitting position for the first round. There is a thermometer located on the wall inside the sauna room. The recommended temperature is 170-190°F. If you are new to taking sauna baths it is a good idea to ease into the experience at the lower-to-mid range of the recommended temperature spectrue. The first round will be the most intense as your body adjusts to the high temperatures of the sauna, therefore your first round should be shorter.

**Cool down period:** Cool off by taking a shower, go for a dip in open water or just by sitting outside or inside at room temperature. We highly recommend a cold plunge or cold shower after every sauna round for a full therapeutic effect! Drink plenty of fluids, ideally water. Avoid alcohol. Rest for at least as long as you just spent in the hot room before you enter the sauna again.

**Subsequent sauna rounds:** The sauna should already be more humid than during the first round and may not require making as much steam as in the first round. For

many people around three rounds feels right, though the “right” number varies between individuals. Feel it out for yourself.

**Finish up:** After your final sauna round wash yourself and cool off. You can return to the hot room for a while, now at a lower temperature as the fire is going down. Before putting on clean clothes allow enough time for cooling off, otherwise you may still continue to sweat. Leave the sauna as tidy a condition as you found it. Have a refreshing drink, fruit or a salty snack according to your personal taste to replace liquids and minerals you just shed from your body.

## Relax & Enjoy!!!

If you have any further questions, comments or concerns please don't hesitate to call/text/email us at

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