

## Finish Wood Burning Sauna Instructions:

When it is cold, plan to start the sauna 2 – 3 hours before you want to use it.

To start a fire,

- open the ash pan door for max air when starting. This is only to get the fire going. Do not burn with the ash pan door open for long periods because the stove will overheat.
- open the air controller by moving the lever to the full up position and
- make sure that the flu damper is open.
- Use kindling from the wood box in the changing room. Put a lit fire starter on top of the kindling. These are made of paraffin and saw dust. As they burn, the paraffin drips onto the wood. They are very effective and one will usually do the trick.
- Stack smaller pieces of dry firewood over the kindling.
- Close the fire box door. Note: close the fire box door lightly because the stove will expand as it heats up making it damn difficult to open the door. This needs to be adjusted...
- Usually, within 5 - 10 minutes, you have a good fire going. At that point, close the ash pan door, adjust the draft lever arm to normal burn position (see diagram) and close the flu damper.  
**IMPORTANT: do not leave the ash pan door open or the stove will overheat.**
- Once, you have a good fire going, fill the fire box with bigger sticks of firewood and close the door.
- The stove is hot during operation. Use the fire gloves and be careful of touching hot surfaces.
- Move the air controller to position D and close the flu damper as needed. This will give you the most efficient burn and will keep more heat in the room. Running things wide open sends more heat up the chimney.

You will need to add wood in about 45 minutes. Before you open the fire box door, open the flu damper so that you don't get too much smoke in the room. Before you add wood, pull the hot coals to the front. The stove uses a front-to-back burn. There are insulated fire gloves (use them) and a tool for pulling ashes forward.

Leave the hot room door open for the first two hours with the ceiling fan on. This will warm up the changing room so that you can relax there between sauna rounds. The temperature of this room is a matter of preference. I like it on the cool side. Close the hot room door 20 minutes or so before you want to use the sauna. Ideal hot room temperature is 175 – 180 degrees. When you put water on the rocks, it uses energy to convert it to steam so it is typical to see 15 – 20-degree temp drops over a couple of hours. Below 160 – 165, you don't get good steam. It takes a little finesse to know how big of a fire to maintain, once things are hot. Experiment and plan ahead. I like to get a good bed of hot coals and add one bigger log of dry fire wood at a time.

When you are ready to sauna, light candles and oil lamps. Turn off the lights. The soft illumination is more flattering than the harsh electric lights. **Please do not leave candles or lamps burning unattended.**

Pour water over the stones as much as you like. I recommend going slowly with this. There is a big temp difference between upper and lower benches so you can take a lower bench, if it is too hot for you.

Typical sauna rounds are +/-15 minutes with long cool downs in-between rounds. We usually do three or four rounds. You will keep sweating for the first half of your cool downs. Be sure to drink a lot of water before, during and after. Do not overdo it. It is easy to get dehydrated and that overshadows all of the good feelings. I recommend not eating too much right before sauna. Avoid too much alcohol, especially if you are feeling dehydrated. This is different for everyone. The heat has amazing benefits. Just pay attention to your hydration. Getting dehydrated really diminishes the experience and makes you feel crappy.

If you like, you can warm water in the stainless steel water tank on the left side of the stove. I like to mix with cold water for bathing after the final round.

The authentic sauna experience is all about slowing down and really enjoying a relaxing, sensual experience. Get clean from the inside out. Find your own sweet spot for time and temperature. This usually stimulates good conversation. Relax and do not overdo it. We usually spend 2 – 3 hours altogether – most of it in relaxing conversation. ENJOY!



Flu Damper

Fire Box

Air Controller

Ash Pan

