



**oceanic**  
SAUNA + STEAM

**Sauna Owners Manual**

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# Introduction

Thank you for choosing to purchase an Oceanic sauna cabin. You can call us on +44 (0)1902 450550 or email [sales@oceanic-saunas.co.uk](mailto:sales@oceanic-saunas.co.uk) / [technical@oceanic-saunas.co.uk](mailto:technical@oceanic-saunas.co.uk) for after sales queries and technical support. The following document contains important information about your sauna, please take some time to read though it and keep it somewhere safe for future reference. This document is also available for download on our website: [www.oceanic-saunas.co.uk](http://www.oceanic-saunas.co.uk)

## A short history

The word “sauna” is an ancient Finnish one, however the ritual of sauna bathing has existed in every corner of the world for many hundreds of years and in a variety of different fashions. Nowadays we break them down into three categories: traditional Finnish saunas, infrared saunas, and steam rooms. Very early examples of the sauna include the Finnish Smoke Sauna (savusaunas), the Mesoamerican Sweat Lodge (Temazcal), the Roman Thermae, the Turkish Hammam, and the Japanese Sentō. Archaeologists have discovered evidence of Bronze Age saunas in Scotland. Historically using a sauna cabin was not only a bathing activity but also a social one, and that social aspect of sauna bathing is still a very prominent part of Nordic culture today.

The health benefits of sauna bathing are often studied by academics who have proven that not only can sauna bathing improve athletic performance, cardiovascular health and endurance, but also a number of health conditions can be avoided through regular sauna bathing.

## Finnish saunas

Today most traditional Finnish saunas use an electric heater with very dense Peridotite rocks placed on the heating elements. Before taking a sauna the cabin is heated for around 30 minutes allowing the air temperature to rise to 80°C or more and for the benches to become comfortably warm. At the same time the air is dried to a very low humidity of 10° or less. It is this very hot desert dry condition that gives rise to the unique sauna bathing experience. Splashing water onto the sauna rocks gives a short lived burst of extra humidity and the experience of the temperature rising very quickly to induce copious perspiration.

## Infrared saunas

Infrared sauna cabins operate in a different way to the traditional Finnish sauna, traditional saunas heat the bather via convection; by heating the air and walls around them, whereas infrared is experienced as radiant heat. Infrared emitters heat the body without having to heat the air in between. Put simply when we stand in the sun we can feel the warmth, however when we stand in the shade we instantly feel cooler even though the air temperature remains the same. Infrared saunas operate at much lower temperatures with a maximum of around 60°C. The infrared spectrum is broken down into three segments determined by wavelength, IRA (short wave), IRB (medium wave) and IRC (long wave), the longer the wavelength the deeper the penetration into the body. Oceanic IR lamps are full spectrum but produce most of their output in medium to long wave infrared.

# Running In Your Sauna

## First use

All the sauna timber has been kiln dried but will continue to lose moisture in the high temperature and dry air conditions. To avoid sudden shrinkage and possible distortion start with temperatures around 80°C for the first few uses and increase gradually to no more than 85°C during the first 20 uses. Also avoid leaving the heater on for unnecessarily long periods during these first few uses. Although low resin white wood or Hemlock has been selected for your sauna, some small pockets are inevitable. During the first few uses some leakage of resin may occur, this may be removed with a sharp knife while still hot or otherwise left to harden and will then give no further trouble.

## Treating the timber

Treating the sauna timber is not necessary, however you can apply a coat of sauna wax SATU SAUNAVAHA to all areas of the sauna cabin including the interior walls and benches of the cabin. This is a specially developed water-borne protective coating containing natural wax for wooden surfaces in saunas. It forms a dirt and water repellent but breathable waxy coat. Once applied it will make keeping your cabin clean easier, preventing the ingress of dirt especially around the door and door handle. Apply as directed on the can. SATU SAUNAVAHA is available to purchase directly from Oceanic Saunas in various colours, as well as a clear coating to preserve the natural colour of the timber. If you prefer you can treat your benches, backrests, floor mats and head rests with SATU LAUDESUOJA which is a paraffin oil for wooden surfaces. It forms a dirt and water repellent but breathable coat.

Test all surface treatments on a small discrete area of the sauna beforehand, we recommend the underside of a bench for example.

## Important warnings

Included with your sauna, you will receive a “Sauna Safety Precautions” encapsulated card along with a metal “Caution” plate, please make yourself and anyone using the sauna, familiar with the precautions before commencing use. The caution plate should be fixed to an interior wall of the sauna cabin. Commercial operators should post a notice of the sauna safety precautions in a prominent position outside the sauna.

### Do not use the sauna if:

- You are under the influence of alcohol
- You have just eaten a heavy meal
- Leave the sauna room at once if you feel sleepy, sick or uncomfortable.

### Do not use the sauna without prior medical advice if you have any of the following:

- You are pregnant
- Skin disorder that is aggravated by heat
- Any other complaint which you are unsure about taking a sauna
- Heart or Blood pressure disorders
- Diabetic or suffer from excess fluid retention

### Cautions

- Do not touch the sauna heater or rocks, they will be very hot
- Do not cover the sauna heater as this could cause a fire
- Do not touch the infrared emitters, they do get very hot
- Sit upright and do not lie down in the infrared sauna
- Do not cover the infrared emitters as this could cause a fire
- Do not use back rests as arm rests in an infrared sauna as you could touch the heater with the side of your arm
- Do not smoke in the sauna cabin
- Ensure there is good ventilation for the sauna cabin
- Always dilute Saunaroma with water as instructed on the bottle. Never pour undiluted aromas directly onto the sauna rocks as this could cause a fire

### Other Warnings

- Remove all jewellery and metal objects from your body, these will heat up quickly and could burn you
- Please read the Running In instructions before using the cabin for the first time
- Never allow children under the age of 16 to use the sauna unless accompanied by an adult
- This appliance is not intended for use by persons, including children, with reduced physical, sensory or mental capabilities or lack of experience unless they have been given a supervisor or instructions concerning the use by a person responsible for their safety.

## Rules of Sauna Bathing

The Finns have a saying which implies “There are as many ways of using the sauna as there are Finns”.

The procedure outlined below is intended as a guide, you will no doubt find the method that suits you best as you proceed.

### Preparation

If you're planning to take a sauna it is important to drink more water during the day, we recommend increasing your water consumption by 500ml to 1 litre, during your sauna session you will sweat and lose fluids. Increasing your water intake just before your sauna session will also ensure you don't become thirsty.

Eat a light meal around 2 hours before your sauna session, eating causes blood to accumulate in the abdomen during digestion.

Don't sauna bathe whilst hungry, it is important that your blood sugars are not low.

Allow at least 15 minutes of rest after exercise before entering the sauna.

Don't rush, sauna bathing should be a relaxing experience for the body and the mind, stress can cause our blood vessels to constrict, restricting the body's ability to react to heat.

## Heating the sauna

Switch on the isolator and set your heater to the desired temperature.

For traditional Finnish sauna cabins, allow 20 to 30 minutes for the cabin temperature to rise. This can be varied by the airflow vents, which should always allow some fresh air to flow through the cabin while in use. It is important that the temperature is comfortable, as a novice bather this is probably around 80°C, more experienced bathers may prefer temperatures of 90+°C.

Infrared saunas can be used immediately after switching on, however you may prefer to wait 20–30 minutes for the benches to become warm, especially during the winter months if the cabin is an outdoor model or is situated in a cooler environment such as a garage or out building. Please note, once the air temperature in the infrared sauna has reached the desired temperature the heaters will cut in and out to maintain that temperature. Setting a higher temperature (60 °C maximum) will reduce the likelihood of the heaters turning off.

## Begin with a shower

Begin with a warm shower. It's not just good manners, cleansing your skin removes surface dirt and the layer of grease which naturally occurs on our skin. Don't skip drying off, dry skin produces more perspiration more rapidly than wet skin.

## First sauna session & 'heating-up' phase

A sauna session consists of 'heating-up' and 'cooling-down' periods.

**Finnish sauna bathing:** During your first sauna session avoid spending too long on the lower benches, our body reacts more intensely to a shorter more powerful stimulus than to a longer more moderate one. To begin with, aim instead to use the higher benches lying or reclining with the feet and legs raised so that your body is experiencing an even temperature. In a sauna, when sitting up, the difference between the temperature at the head and the feet can vary by as much as 30°C, lying provides a far more uniform heating which is more easily coped with by the body. The limit of the heating-up period is reached when you feel sufficiently hot and in need of cooling down. The skin temperature will have reached 39–40°C. Beginners may need practice to judge this, the feeling of 'I've had sufficient, I'd love some cold water', is not always experienced on the first occasions, we suggest 8–12 minutes is an ample length of time, listen to your body and shorten the session if you feel uncomfortable.

**Infrared sauna bathing:** The infrared sauna bathing method is different to Finnish sauna bathing. To receive the greatest benefits of infrared warming, sit upright directly in front of one of the infrared heaters. Sit with your back to the heater and your feet on the floor. There may be a heater positioned in front of you as well as below the bench to warm your legs and feet. This isn't a written rule, and you may prefer if you have space, to lie down or lean against a side wall. Please do not use the back rest as an arm rest as the heaters are very hot and may burn you if touched. The limit of the heating-up period is reached when you feel sufficiently hot and in need of cooling down. Beginners may need practice to judge this. The skin temperature will reach 39–40 C. The feeling - I've had sufficient I'd love some cold water - is not always experienced on the first occasions we suggest therefore 8–12 minutes, at most 15 minutes

## Leaving the sauna & 'cooling-down' phase

Sit as you would in a chair so that the circulatory system readjusts, avoid raising yourself quickly and jumping down, move calmly to the lower bench and out into open air. The cooling-down phase now begins and should last at least 12–20 minutes. Take care to breathe out deeply and in gently while your air passages cool. You may walk up and down but before you feel shivery you must use cold water, this will remove perspiration from your skin and is a powerful stimulus. Using a shower or a hosepipe, it is best to cool the areas farthest from your heart first. Feet, legs, hands, arms, trunk. Now, if you like, use a cold plunge. The use of cold water constricts the blood vessels, their re-dilation is hastened by sitting quietly with your feet in warm water, (3–5 minutes) and you will experience a comfortable sensation of warmth along the whole length of your back. Beginners repeat the process once, experienced bathers twice. More than 3 repetitions being of no further benefit and may overtire. It is extremely important to cool off properly after the final turn otherwise you may continue to perspire into your clothing which can cause a chill is heading out into cold air. Relax in a warm atmosphere around 24°C cover yourself with a blanket or dressing gown if desired.

# Steam Shock

## Sauna Bucket and Ladle

The sauna bucket and ladle provide you with the steam shock, which is such a traditional part of the Finnish sauna. Ladle a cupful of water over rocks on top of the stove and you will immediately feel a short lived wave of heat spread through out the sauna, probably causing you to seek refuge on the lower bench. The steam shock temporarily raises the humidity of the sauna, giving the effect that the air temperature has suddenly risen by as much as 10 or 20°C. In fact, the temperature does not rise at all, but probably drops around half to one degree. It is usual courtesy to ask your guests if they mind the steam shock before applying water to the stove. A few drops of Saunaroma in the sauna pail will impart a pleasant fragrance to the sauna. Note: Your sauna heater is designed to be splash proof! Please use some care when spooning the water onto the rocks.

## Finnish Saunarium and Infrared Saunarium

If you have purchased a Saunarium cabin, the steam generator supplied with your heater can be used to add steam to the sauna bathing experience in varying amounts dependent upon the setting you have selected. A few drops of Saunaroma may also be added to add fragrance to the steam.

## Herb Bowl

If you have purchased herb bowl, this can be hung above the sauna heater to provide a very small level of humidity to the sauna environment, mainly though it can be used to infuse the air with fragrance. In addition to Saunaroma or fresh herbs, himalayan salts can be added to the water in the herb bowl.

**CAUTION:** do not pour undiluted Saunaroma directly onto the sauna rocks as it may catch on fire. Always use specially formulated saunaroma and dilute it with water as instructed on the bottle.

# How often can I use my sauna?

The majority of regular sauna bathers aim to take one session each week usually on the same day. The benefits of a sauna session usually last around a week. The rhythm of a weekly cycle is in harmony with other body cycles. Twice a week is also acceptable. Some users may find too frequent use will give the opposite effect: Instead of good restful sleep, the pattern becomes disturbed. The moral is don't over do it!

# Helpful Hints

## Sauna textiles

Using a towel on the sauna bench is a good way to avoid getting lots of sweat on the benches, a sauna pillow can also be used to provide a little more comfort if desired.

## Timing

Unless a clock is situated such that it can be seen through the window in the sauna door you may not be able to judge time accurately and in this case we recommend you purchase a sauna sand timer.

## Dryness

When sauna bathing, some bathers, may find their nasal passages become dry. Placing a moistened face cloth to your nose may relieve this. You may find a drop or two of fragrance on the cloth refreshing too.

## After using the sauna

After using the sauna, leave the vent shutter open and the door ajar to keep fresh air flowing through the cabin and the sauna smelling fresh.

Switch off the stove at the controls and at the mains isolator.

The sauna is what you make of it, it cleanses the skin, improves the complexion, eases tired muscles, provides relaxation and that feeling of well-being which nothing else can give. Remember, take it slowly at first, don't stay in too long, do relax afterwards and don't forget to ask your friends round.

# Sauna Cleaning

## General

The essence of good sauna care is cleaning. This should be performed regularly to ensure the cabin is hygienically clean and ready for your next sauna bathing session. Always leave the sauna vents open when the sauna is not in use. Here we will provide details of how to clean each area of your sauna cabin. These are guidelines, and how regularly they are conducted will depend upon how often the sauna cabin is being used. Commercial operators should establish a regular and detailed cleaning schedule.

Cleaning should be carried out when the sauna is cold.

Sauna timber is extremely dry and is very sensitive to moisture. Once clean, the sauna cabin needs to be ventilated, to do this leave the door and vents open and allow the cabin can dry out entirely. After a deep cleaning session, you may find the most effective way to dry the sauna cabin is to turn the heater on for 30 minutes, open the vents and close the door.

Dark blue or black discolouration mean the timber has been left wet, this can happen if say the sauna bucket has been left on the bench.

Never use a steam cleaner, hose or high pressure cleaner to clean any part of your sauna. Excessive water and pressure can permanently damage the surface and structure of the timber. High pressure cleaning will void the guarantee of the sauna cabin.

## Cleaning Products

Using non-abrasive cleaners is crucial for preserving the quality of sauna surfaces and accessories. Abrasive products can damage wood finishes and harm the sauna's overall appearance. Opt for mild, sauna-safe cleaners that effectively remove dirt without causing any damage. Sauna cleaning products can be purchased directly from Oceanic Saunas. We offer a range of daily cleaning and deep cleaning products to effectively clean all areas of the sauna, steam room and spa area.

A soft sponge, or cloth can be used to clean the timber surfaces of the cabin, and a cloth can be used to clean any glass and the sauna accessories, and a soft brush or cloth can be used to clean the sauna heater. A mop can be used to clean the floor beneath the floor mat

## Sauna walls & door

Begin with the walls of your sauna. Using a mild detergent and warm water wipe the walls with a soft sponge or cloth. Rinse well to ensure that all cleaning products are removed.

Wipe over the glass in the sauna door with glass cleaner and a soft cloth.

## Sauna benches, back rests and floor mats

Next, using soft sponge or cloth, a mild detergent and warm water, wipe over the surfaces of the back rests, benches (don't forget to wipe underneath the benches) and floor mats. Follow the grain of the timber to avoid raising it and don't overly scrub the surface. Be particularly careful not to soak the benches or back rests especially in locations close to wiring for lighting. Rinse with clean water and sponge or cloth to remove all cleaning products.

## Sauna accessories

Ensure the sauna bucket is emptied after each use, and wipe over with a damp cloth to avoid the build up of water marks. If lime-scale builds up on the surface of the bucket and ladle, use a soft brush and mild detergent to remove it. Wipe over all other sauna accessories with a damp cloth or sponge and mild detergent and warm water, wiping over again with clean water to remove the cleaning products.

## Sauna floor

Lift the slatted wooden floor mat (if supplied) and use a dustpan and brush or vacuum to remove any debris from the floor, next, mop the floor of the cabin paying particular attention to the areas directly beneath the benches where perspiration may have dropped onto the floor. If you have purchased a sauna cabin with bench in-fills, remove the bottom slat to provide access under the benches.

## Sauna heater and saunarium steam generator

Note: please ensure the heater is completely cold before cleaning.

The exterior case of the Finnish heater and/or saunarium steam generator may become watermarked with lime-scale over time, this can be removed with a soft brush and mild detergent. If required, use a small amount of citric acid



dissolved in warm water or lemon juice to help remove it. Wipe the surfaces of the heater/ steam generator with a damp cloth and mild detergent, and rinse to remove all cleaning products.

## Sauna textiles

Oceanic Sauna towels and pillows should be machine washed on a gentle cycle and hung up to dry naturally.

# Warranty

## Basic warranty – domestic and commercial saunas

All Oceanic sauna cabins have a 12 month warranty. The warranty excludes consumable items. Consumables will fail depending on the intensity and frequency of use and are therefore not covered under a warranty. Consumable items include; heating elements, lighting, light bulbs and rocks.

## Heating Elements

Typical lifetime for a heating element is around 2500 hours under normal use. For commercial operators it is normal to replace the elements once a year.

The lifetime will be reduced by packing rocks too tightly around the elements, reducing the airflow.

Pouring excessive amounts of water directly onto the elements when they are hot will cause them to shrink and expand too quickly making them crack.

When an element fails it will typically create a short circuit and trip the RCD. To identify which element has failed a multimeter can be used to test for an open circuit across the Live and Neutral terminals of each element. An open circuit normally means the element has failed and should be replaced immediately.

Running the sauna without the correct number and power of elements will also reduce the working life of the elements as they will be forced to work harder to try and reach and maintain temperature.

Incorrect wiring of the control system will also reduce the life of the elements and control system hardware also resulting in poor performance of the heater.

## Sauna rocks

All sauna heaters are provided with peridotite rock. This special rock acts as a heat store in the same manner as electric night-storage heaters and is a type of granite which will not burst or splinter under the extremes of temperature. Before placing the rocks in position on the stove, they **MUST BE WASHED** to remove surface dust. If this is not done, the dust will burn off during the first heating up of the stove and fill the sauna with an unpleasant odour, to wash the rocks simply scrub them in warm water and a soft brush.

Once dry, inspect each rock for signs of marble, these can be obvious white lumps of hard white stone, or less obvious white lines running all the way across the rock, if you find any rocks containing marble discard them as the marble can expand and cause the rock to explode when heated. You can find a detailed video for rock positioning on our website which highlights how to check the rocks for marble. Divide the rocks into large, medium and small rocks and place them into the heater as described in the manual for your heater. Put the larger rocks into position first and finish with the medium and smaller pieces. Do not force the rocks against the heating elements. Do not over or under fill the rock basket.

**WARNING:** An inadequately filled rock container causes fire risk.

Note: in behind bench heater, the rocks are placed inside the heater NOT on top of the drip tray. See manual for full details of how to open the heater and position the rocks.

Whilst the heater is cold, sauna rocks should periodically be removed, washed and repositioned in the heater, this is because the structure of the rocks will change over time due to the extreme thermal conditions they are exposed to, they may move, become more compacted, and crumble in the heater which will restrict proper airflow causing the elements to overheat which can reduce the service life of the heater and cause a fire risk.

Depending upon usage, the peridotite rock will eventually crumble and will need to be replaced. In domestic situations it is usual for the rock to last five years or more, although commercially operated saunas may require new rock in as little as twelve months or even less if the heater is being used regularly. In order to maintain the efficiency of your sauna stove, the rock should be replaced as soon as you notice pieces are beginning to crumble. You can obtain replacement peridotite rock from Oceanic Saunas. Do not use stones or pebbles from the garden or the beach as these may be unsuitable and could explode with the heat.

## Examples of rocks containing marble



Large marble deposit



Line of marble running across the rock

## Light Bulbs

Light bulbs fail at different rates depend on their type and use, some LEDs are stated to operate up to 50,000 hrs but the high temperatures inside a sauna will reduce the lifetime of most LEDs.

## Timber Warranty – Domestic saunas only

All Oceanic domestic sauna cabins include a 5 year timber warranty.

### What does this timber warranty cover?

The warranty covers any defects to timber materials used within the sauna under normal use. This includes the internal cladding, external cladding, benches, bench supports, backrests and floor mats.

### What will Oceanic do to correct a problem?

In the rare event that a warranty claim is required Oceanic Saunas will provide a replacement for any confirmed broken piece of timber. This will not necessarily require the entire part to be replaced, e.g. an individual bench slat rather than the entire bench. Oceanic Saunas may offer a replacement but the customer may be required to return the product to Oceanic Saunas at the customers expense. The customer should follow the claims procedure as described below.

### How long does the coverage last?

The timber warranty covers all the timber parts mentioned above for five years commencing from the point of sale/purchase by the customer. No certificate is required and there is no need to activate the warranty, all records of the purchase are kept by Oceanic Saunas.

### What does this warranty not cover?

- Use of domestic equipment in a commercial environment
- Loss or theft
- Damage resulting from negligence
- Damage resulting from unauthorised modification
- Damage caused by natural disaster
- Consequential and indirect damage caused
- On site installation, fitting or removal of items

### What do you have to do?

To make a warranty claim, the customer is required to:

Provide all information required by Oceanic Saunas to assess the issue

Oceanic Saunas may request detailed photographs

Oceanic Saunas will make a judgement based on this information as to what replacement parts may be needed or if items need to be returned and replaced. Where a replacement is granted, the customer must first return the initial product to Oceanic Saunas or the product manufacturer, this will be confirmed by Oceanic Saunas during the claims procedure. The return shall be at the expense of the customer and should be sent via a recorded courier service. Oceanic Saunas holds no liability for items lost or damaged in transit.

# Sauna Maintenance

## General

**Please note: Unless specified, all maintenance checks should be performed whilst the sauna cabin and heaters are cold and disconnected from the mains.**

Regular sauna maintenance is essential. Home saunas should be inspected regularly (every 6 months).

Commercial operators MUST keep a maintenance schedule and detailed records of all checks and repairs. As a basic guide, we recommend these checks are carried out bi-weekly for smaller establishments (light use <15hs per week) and weekly for larger establishments (heavy duty use >15 hrs per week). Any defects during and between checks should be immediately noted and rectified before continuing use of the product.

Oceanic Saunas supply spare parts and replacement materials during and beyond the warranty period. We are happy to provide help, advice and technical support. Our technical helpline is available Monday-Friday, 9am-5pm.

Oceanic home and commercial sauna cabins have been designed to withstand general wear and tear expected of their intended use, and are covered by our manufacturers warranty.

## Sauna Rocks

See full details regarding sauna rocks in the section entitled "Sauna Rocks"

As a basic guide for commercial operators, sauna rocks should be removed, inspected, cleaned and re-stacked into the heater as many times in a year as the sauna is used in a week. I.e. if the cabin is used 3 days per week, the rocks should be re-stacked 3 times per year. Domestic operators should remove, inspect, clean and re-stack rocks once per year.

## Sauna Accessories

Ensure that all sauna accessories are correctly positioned within the cabin. Positioning the accessories too high up in the sauna or too close to the sauna heater can damage the working parts, check for any staining or warping, this could be a sign of incorrect placement. See the respective manual for accessory positioning.

Visually check each accessory item for signs of wear and tear or damage. Ensure all fixings are secure and that each item is functioning correctly.

Over time the thermometer may begin to inaccurately measure the temperature in the sauna, this can also be affected by atmospheric pressure, to correct this adjust the bi-metal coil on the back of the thermometer. If you have a sauna with a temperature sensor and a digital control panel, place the thermometer next to the sensor inside the cabin until the cabin temperature has stabilised. The thermometer will be hot, use heat protective gloves to handle the thermometer and adjust the temperature shown on the thermometer to that shown on the digital controls by adjusting the coil. You will either require a flat head screwdriver, or a spanner depending on the type of thermometer purchased.

Check that the sauna heater guard surround is securely fixed in position around the sauna heater. Ensure that the heater guard conforms to the relevant clearance distances as stated in the specific sauna heater manual. Ensure that any flammable components retrofitted within the sauna also comply with the clearance distances stated in the respective manual. Perform a visual check of any surrounding timbers looking for any signs of charring or discolouration. Replace the sauna heater guard as soon as possible if it is showing signs of disrepair.

## Clearance Distances & Timber

It is essential that clearance distances within the sauna cabin are maintained, flammable parts that come into close contact with the sauna heater can cause a fire risk.

Whilst the sauna cabin is cold, check each measurement shown in your respective manuals with those inside your sauna cabin. If any parts have been retrofitted to your sauna ensure that any flammable parts comply with these clearance distances.

Inspect the timbers surrounding your sauna heater to ensure they have not become charred.

Dark spots may indicate an excessive exposure to temperature, often due to poor filling of sauna stones.

Directly visible heating elements can cause burns on wooden surfaces. Any offending timber slats should be replaced as soon as possible.

Avoid drying wet clothes or towels inside the sauna as this can trap moisture inside. Use a hygrometer to monitor the humidity inside your sauna. Ideally you want to keep the humidity level between 10-30%.

When the sauna is new, some sap seepage is expected, it's also completely harmless. Whilst still warm, it can be removed using a sharp knife, or it can be left to harden and will then give no further trouble TIP: If you get sap on your hands, olive oil is more effective than soap for removing it.

Commercial operators should expect to replace timbers surrounding their heater every 5-7 years.

## Internal Components & Sauna Door

Check that all the screws and brackets of the internal components such as the benches and back rests of the sauna cabin haven't become loose, are secure and are in a good condition. Check over the timbers for splintering or damage and replace any timbers where necessary. If there are any splinters on the bench area, or discoloration, these can be removed by using a fine sandpaper until smooth. We recommend starting with an 80 grit sandpaper for larger imperfections, before slowly working your way up to a 120 grit sandpaper for a smooth finish, benches can then be sealed with bench protector if required. To keep your benches looking new, you can lightly sand your benches once a year to lighten them closer to their original condition.

The sauna door is subject to frequent use and should be inspected and maintained regularly. Ensure that the sauna door closes tightly to prevent heat loss and maintain efficiency. Check the sauna door hinges and door handle periodically for proper function. If there are any loose screws, tighten accordingly at the earliest opportunity. The sauna door hinges can be adjusted if necessary. As wood has a tendency to expand upon exposure to humidity, there could be occasions where it may be necessary sand off the expanded portions of the door to an extent where it closes well while also not letting heat out.

## Functionality and Electrical Connections

Check that the sauna is fully operational, does the sauna switch on, are the lights functioning, check the functionality and if there are there any errors shown on the keypad, are all safety devices operational. Visually inspect cables, switches and controls to ensure they are secure and free from corrosion. Check all electrical supplies and connections for signs of visual damage. Complete a visual check for any staining or warping to the temperature sensor. This could be a sign of incorrect sensor placement, either too high up in the sauna and/or too close in proximity to the heater. All sauna heaters are fitted with a thermal cut-out that trips automatically if the temperature of your sauna rises above a safe level. The reset button is located in the temperature sensor inside the sauna. Any damages should be rectified by a qualified electrician.

For commercial operators, we recommend wiring is checked by a qualified electrician yearly.

## Air Supply

A fresh air supply into the cabin is essential in order to create the ideal sauna environment and maintain the correct temperatures. Ventilation is vital to performance and longevity. Ensure proper ventilation in the sauna to control humidity levels, prevent moisture build-up and mold growth. Check that all vents are operating; opening and closing correctly. Remove any build up of lint or debris from the vent grills and ensure the vents are not blocked.

## Heating Elements

See details regarding heating elements in the section entitled "heating elements"

Turn the sauna cabin on, wait 10 minutes for the heater to warm up and check that all heating elements are glowing. Replace any expired elements promptly.

## Saunarium Steam Generator

All saunarium users must ensure a regular maintenance routine to descale their mini steam generator. Visually check for limescale deposits. Clean and descale as necessary at regular intervals with suitable cleaning agents such as citric acid which is available to purchase from Oceanic Saunas. Check your local water hardness level. The frequency will vary according to the water hardness in the local water supply:

For high levels of water hardness, descale once every 50-100 hours of operation.

For medium levels of water hardness, descale once every 100-250 hours of operation.

For low levels of hardness, descale once every 250-1000 hours of operation.

For more information on the descaling procedure, please consult the relevant manual. Faults arising from a failure to descale the generator are not covered by warranty.

## Cleaning

Ensure that all aspects of the sauna cabin are clean, including all accessory items, sauna heaters, and the floor area, look for signs of rocks crumbling below the heater as this could be a good indicator that the rocks require attention.

## Example Maintenance Schedules

The following pages include examples of maintenance schedules that can be used to check and maintain the sauna cabin, these are intended as guides and can be adapted to suit your individual circumstances.

# In-house Sauna Operators Check List

Carry out all checks when the sauna cabin and heater are cold | Maintain records of checks and repairs  
Reference respective manuals | Please have your sauna serviced regularly

## Sauna Rocks

- Visually inspect the sauna rocks, if the rocks have settled remove them from the heater,
- Inspect the rocks for signs of deterioration; brittleness, spalling and crumbling.
- Remove any damaged rocks and replace them with new ones of the correct size for the heater.
- Clean out the rock basket, wash and then loosely re-stack the rocks to provide adequate airflow.

## Sauna Accessories

- Check all fixings (screws / brackets) are secure
- Thermometer / Hygrometers can be recalibrated if necessary by adjusting the coil on the back of the unit.
- Check the bucket and ladle is clean and free from residue and mould.
- Check heater guard is secure and free from charring or discolouration

## Clearance Distances & Timber

- Ensure the heater hasn't moved and is still in the correct location.
- Check all safety clearance distances between the heater and any flammable parts,
- Ensure no parts that have been retrofitted to the cabin are within the clearance distances.
- Check timbers for signs of charring or discolouration.

## Internal Components & Sauna Door

- Check the fixings (screws / brackets) of the internal components of the sauna cabin
- Ensure all timbers are in good working condition.
- Check the sauna door for functionality

## Functionality

- Ensure that everything is operating correctly,
- Does the sauna switch on correctly.
- Check for faults on the keypad
- Visually** inspect cables, switches, controls and lighting.

Note: all electrical connections should only be physically examined by a qualified electrician, any visual damage should be reported to a technician immediately.

## Air Supplies

- Ensure that all vents are operating.
- Remove any build up of lint or dust from the vent grills.
- Ensure the vents are not blocked.

## Safety Devices

- Ensure that all safety devices are operational.

## Cleaning

- Ensure the sauna cabin and sauna heater / saunarium heater are clean.

Follow a regular cleaning schedule as detailed in the sauna owners manual.

# Technicians Maintenance & Service Check List

Unless specified, carry out all checks when the sauna and heater are cold and disconnected from the mains. Maintain records of checks and repairs | Reference respective manuals. Any damaged components should be replaced, spares can be purchased by contacting Oceanic technical department.

**Electrical testing must be carried out by a qualified electrician**

## Electrical Connections

- Visually inspect the internal cable connections inside the control system housing for any sign of damage or discolouring from overheating, arcing etc. Systems that are connected to a single phase 230V input may use copper bridges to link L1,L2,L3 inputs. Incorrect positioning of the copper links can cause arcing. Incorrect cable size will cause overheating. Check the heater manual for correct cable size
- Inspect cable connections on the heater for any signs of arcing or overheating.
- Inspect the terminals of the heater elements for any any loose connections which will cause arcing/overheating. Replacement wiring and connectors are available from our sales/technical department.

## Control System Checks

- Visually inspect the relays inside the control system box, discoloured relays from overheating may be due to incorrect wiring to the heater. If a relay is damaged a new relay board can be ordered and replaced on site.
- Test the transformer on the main circuit board for correct output voltage.
- Check communication to keypad. Problems may arise from a poor connection between the cable plug/socket. Electrical cleaner can be used to remove any debris. Damaged cables can be replaced. Manually extended cable over the recommended length can cause volt drop which result in errors. The 'test' button on the main circuit board can be used to check the function of the heater without the keypad cable connected.
- Check correct function of the temperature sensor and check cable connection within control box.
- Check wiring, connections and transformers connected to any accessories such as lighting or speakers.
- Ensure control system housing is free from dust or debris and the lid is screwed shut after inspection.

## Heating Elements

- Check for any failed elements. Continuity test each heating element across the positive and negative terminals using a multimeter. An open circuit typically identifies that an element has failed and must be replaced.

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