

Spa Fleet

Mobile Sauna Rental

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 is capable of greatly increasing the risk of fatal hyperthermia. Do not take a 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 flue 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. Please use ONLY the snow-removal tool provided for this purpose in order to avoid injuring yourself and damaging the roof.

EQUIPMENT SET-UP AND RETRIEVAL.

Please provide good access to a clean open level space with solid ground in all weather conditions where the sauna is to be parked for the duration of the rental term. The trailer measures 8-feet in width, 20-feet in length, and 14 1/2-feet in height once installed (transport height is 13-feet.) RENTER is responsible for snow removal to within five feet of the equipment on all sides throughout the rental term and particularly by the time of scheduled retrieval at the end of the rental term. Spa Fleet will set up the sauna unit at your chosen location and make sure that all parts are in good working order. Please make sure to point out, note in writing and have signed off by our staff any defects, damage and/or blemishes before signing the delivery confirmation. You may be held liable for any damages noticed by our staff upon retrieval of the equipment from your possession at the end of the rental term.

INTRODUCTION TO FEATURES.

Our staff will give you an overview of all features of the sauna unit and explain how they work, so you and your guests, customers and/or clients 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.

Avoid heating the stove so that the passage in the rock well remains red heated for more than 10 minutes, as this would overextend the capacity of the firebox and shorten the lifetime of the stove.

Allow at least 30 minutes to pre-heat the sauna before use. Only after the stove and the entire interior of the sauna room are at operating temperature will you be able to enjoy even heat.

The sauna is heated by a commercially produced sauna stove, which has been appropriately sized for the sauna room. 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. We have devised a stacking system for the tinder and the wood that makes it easy for anyone without prior wood stove operation experience to start a fire.

By design, there is no damper in the stove pipe to allow for a full draft. This ensures that no combustion gases nor smoke will accumulate in the sauna room. For the first five minutes after lighting a fire in the stove, please keep the ash pan (located beneath the stove's glass door) pulled out about two inches. This will ensure that the bigger logs in the firebox will

catch on fire quickly and evenly. Don't forget to push in the ash pan all the way after this short start-up phase.

An ample supply of firewood and tinder for starting a fire for subsequent sauna sessions can be found under the lower sauna bench. The bench top lifts up for easy access. It is best to take out all the wood that you will need for your sauna session and stack it in the receptacle under the short bench when starting up the stove. If you need more wood when the sauna is hot the PLEASE heed the warning signs inside the wood storage compartment. Exposed screw heads and bench hinges may be very hot and could cause burn injury.

You may provide your own fire wood. 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 flue pipe. Commercially available fire wood in bundles or by the cord is always a safe bet.

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 above the sauna door. By design, there is a gap between the bottom of the sauna door and the threshold to supply fresh air to the bathers and to the stove for proper combustion. If you feel that you have heated the sauna up too much or just want a quick burst of fresh air you may go to the outside left side of the sauna structure and open the hatch to the firewood storage compartment under the lower sauna bench. Please do not keep this hatch open for more than a couple of minutes.

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 located beneath the stove's glass door. 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. Failure to clean out the ashes from the stove between sauna sessions constitutes a breach of the Rental Agreement.

TIP: Open the stove's glass door and brush the ashes through the grate into the ash pan beneath the grate, before removing the ash pan to empty it.

WHAT NOT TO BRING

Food, drink (other than drinking water for personal consumption), creams, lotions or other substances, which may affect the appearance, hygiene and/or fragrance of the facility. Some people are very sensitive to smell and Spa Fleet wants to guarantee the full enjoyment of the sauna to the patrons in your party, as well as to all future patrons.

Creams, body lotions, etc. not only run with your sweat and make an oily mess, but they will clog up your pores and keep your skin from breathing and sweating.

A full belly. It is advised not to eat at least one to two hours prior to your sauna session.

ELECTRONIC EQUIPMENT

The sauna unit comes with a "shore power" connection. This is a male 110Volt inlet mounted on the right side exterior of the sauna structure. If the sauna location is within reach of a 110v outlet by way of an extension cord, please connect the sauna to a power source. This will assure that the 12V battery system will remain charged and in good operating condition throughout the rental term. All lights and the radio are run by the 12Volt battery, which should provide 12-15 hours of operation with all 12V lights running and the radio playing at low volume.

There also is a 110V light inside the sauna room above the door. This light will ONLY work when the sauna is connected to a 110V circuit. The dimmer switch is in the changing room, on the wall to the right of the sauna room door.

To activate any of the 12V components you must first switch on the 12V circuit by way of the battery master switch, located inside the changing room next to the top of the entrance door. The switch for the exterior light above the entrance and the dimmer switch for the changing room lights are located beneath the battery master switch. The under-trailer lights, as well as the changing color light fixture inside the sauna room, are operated by remote control. The radio has a Bluetooth connection (device name: "BT MP3") and an Auxiliary-In port through which you may connect a mobile audio player or phone.

FIRE EXTINGUISHER

Please familiarize yourself with the instructions for use of the fire extinguisher, which is located in the changing room.

SAUNA PROCEDURE – AN INTRODUCTION TO SAUNA BATHING

Time. Reserve enough time. It is common for sauna bathers to spend two hours or more on a session comprised of several rounds inside the sauna.

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

Hygiene. Please take a shower with soap before going out to the sauna structure. Body odors or personal fragrances of any sort do not belong in a sauna. In temperatures above 35°F, Spa Fleet provides an outdoor shower head, which can be attached to the exterior of the structure. You may, at your own discretion connect a garden hose to it. This makes for a fine cold rinse after each sauna round, but you may not find it suitable for cleaning yourself with soap, shampoo, etc.

Please DO NOT bring any water other than for personal consumption and for steam making/whisk soaking (see sections **Steam** and **Whisks**) into the changing and sauna rooms. The sauna does not have a drain and standing/pooling water inside the sauna structure must be avoided at all times (see Rental Agreement.)

Drink water. It is recommended that you drink several glasses of water before and after each sauna round to stay properly hydrated.

Clothing. In Finland, as well as in many other countries, sauna is traditionally done in the nude. Finnish sauna has nothing to do with sex, and suggesting it will not score points with Finns or Finnish style sauna enthusiasts anywhere in the world. It is a place for physical and mental cleansing. Unfortunately, the Puritans have shaped the moral code in this country lastingly and made many of us perceive the human body as something shameful and worthy of hiding.

However, in order for all guests to enjoy the sauna bath to the fullest you may want to discuss your preferred clothing policy with your guests/host before the sauna bath. One way of addressing the situation that works for most people is to simply let everyone decide for themselves, and not for others, whether they want to cover up with a bathing suit/towel/bathrobe or not. In any case, it is not advisable to wear synthetic materials, fabrics that are not colorfast, nor anything containing metal (e.g., bra support wiring, clasps etc.)

Undress (to whatever degree you decided.) Leave your clothes in the dressing room. Remember to take off your eye glasses, jewelry, watch, etc. as these items may get damaged by the heat or become very uncomfortably hot against your skin. Bring a clean set of clothes to wear after the sauna. Take a towel to sit on(!) with you into the sauna. This towel should be big enough to cover all areas where your body would touch the bench (i.e., if you want to lie down then your towel/-s should be as large as your body.) Bring another towel or bathrobe for use during you resting periods.

Spa Fleet may provide towels for rent. Please pay in cash for towel use and leave used towels in the marked receptacle.

Enter first round. Enter the hot sauna room for the 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, at most 194°. The North American Sauna Society states:

In order to guarantee the relaxing effects of a sauna, the temperature must be at least 150°F (65.5°C), measured where sauna bathers sit. Saunas below this temperature do not offer a beneficial, traditional sauna experience.

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 spectrum or by sitting on one of the lower benches where the temperature is lower compared to the upper bench. See

Exit from first round. Leave the hot room when you feel sufficiently hot. Many people enjoy a sauna round for approximately 15 minutes at the higher end of the temperature range. It is not recommended to stay for more than 30 minutes at a time. Definitely leave the sauna immediately if you feel dizzy, drowsy, short of breath or uncomfortable in any way. If a sauna mate suggests that you don't seem healthful, please take their advice and leave the sauna room immediately.

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 a time 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. After warming up you can use the whisk if you please. It feels best with adequate humidity and temperature. Cool off again. Repeat the hot-cold cycle as many times as you feel comfortable with. For many people around three rounds feels right, though the "right" number varies between individuals. Feel it out for yourself.

Steam vs Dry Sauna. Spa Fleet's sauna facility is a dry sauna, not a steam room and also not a washing room. Moisture causes rapid deterioration of the equipment. Due to the restrictions inherent in the facility being a *mobile* sauna, there is no floor drain and the presence of excessive moisture, spills and puddles, and/or the practice of bathers dousing themselves or each other with water are all strictly prohibited and would constitute a breach of the Rental Agreement. Please mop up any spills, immediately (the floor grates lift up

easily.)

Some people enjoy a strictly dry sauna (often at higher temperatures.) Others prefer some humidity to be present (often in combination with temperatures at the lower end of the spectrum.) The amount of steam/humidity that feels comfortable varies from person to person.

If you like steam, there is a 1-gallon bucket in the sauna room, which you may fill with clean tap water ONLY (no salt, lake or stream water, etc., please) and bring into the sauna room. No other liquids of any kind are allowed in the sauna. To increase the humidity in the sauna room use the ladle provided to SLOWLY pour one or two ladle-fulls of water at a time onto the heated rocks in the top of the stove, in a circular motion. All water should turn into steam immediately upon contact with the rocks. If water drips onto the stove base then you are pouring too fast. You may add a few drops of essential oils to the steam-making water. Do not pour undiluted oil directly onto the rocks.

Whisks. Using whisks (commonly made from young birch, oak, or eucalyptus branches) is not recommended during the first sauna round since the skin has not yet softened adequately. Pressing the whisks onto your skin or gently whipping one another with them softens and cleans the skin considerably and promotes blood circulation. Depending on their age and condition, it may be beneficial to soak the whisks for 15 minutes or more in cold water and then, right before use, for another 5 minutes in hot water (please bring a separate bucket or pot for this purpose.) Spa Fleet may be offering whisks for sale for your convenience.

Colored Light. Chromotherapy is the science of using colors to adjust body vibrations to frequencies that result in health and harmony. Each color possesses frequencies of a specific vibration. Color therapy works on various energy points to help balance your body via the full spectrum of visible light, each color addressing a distinct need. Or perhaps, you simply like to pick a color that suits your mood. The remote control allows you to set the light to one color or transition through all colors in various modes. DO NOT take the remote controller into the sauna room– it is not made to withstand high temperatures or steam.

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. Or you may choose to keep the sauna door to the changing room open while you get dressed. Before putting on clean clothes allow enough time for cooling off, otherwise you may still continue to sweat. Leave the sauna and the dressing room in as tidy a condition as you found it, so you and/or others may enjoy the facility again at a later time. 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.

Enjoy post-sauna peaceful bliss ! Perhaps you can hear the sound of the universe ringing in your ears...*Om Shanti Om*

We wish you a pleasant sauna experience!

Please submit any comments or suggestions at info@spafleetrental.com.