

Indoor Traditional Sauna

Owner's Guide

Congratulations on your purchase! Your indoor traditional sauna is designed to provide you with a relaxing and rejuvenating experience. This guide will help you get the most out of your sauna.



1 Installation Guidelines

- Location: Choose a dry, well-ventilated room with sufficient space around the sauna for air circulation.
- Electrical Setup: Ensure a dedicated circuit with the appropriate voltage is available. A licensed electrician should handle all electrical work.
- Ventilation: Proper ventilation is crucial for maintaining air quality and heat. Ensure that the room has an exhaust vent to allow fresh air circulation.



2 Operating Your Sauna

- Preheating: Turn on the sauna heater and allow it to preheat for about 30-45 minutes until the desired temperature (usually 150-195°F) is reached.
- Using Water on Rocks: Pour a small amount of water on the hot rocks to create steam. Use a sauna bucket and ladle for this purpose. Be careful not to use too much water at once.
- Session Duration: Start with 10-15 minutes for your first session, gradually increasing as you become accustomed. Always listen to your body and exit the sauna if you feel uncomfortable.

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3 Maintenance and Care

- **Cleaning:** Wipe down benches and walls after each use with a damp cloth. Use mild soap if necessary. Avoid harsh chemicals that could damage the wood.
- **Wood Treatment:** Apply a wood preservative recommended by the manufacturer to keep the wood in good condition. Do not paint or stain the interior wood. Sitting on a towel during a session is the best preventative maintenance.
- **Heater Maintenance:** Check the sauna heater periodically for any wear or damage. Replace sauna stones as needed, ensuring they are evenly distributed around the heater elements.



4 Safety Precautions

- **Stay Hydrated:** Drink water before, during, and after your sauna session to prevent dehydration.
- **Temperature Control:** Never exceed the recommended temperature for your sauna. Always use the built-in thermostat to monitor the heat level.
- **Supervision:** Never allow children to use the sauna unsupervised. Always ensure that someone is nearby in case of emergency.



5 Troubleshooting

- **Sauna Not Heating Properly:** Check the electrical connection and thermostat settings. Ensure that the sauna stones are correctly placed and not blocking airflow around the heater.
- **Excess Moisture:** Ensure the room is adequately ventilated. If condensation forms on the walls, increase ventilation or reduce the amount of water used on the rocks.

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Warranty and Support

- Stay Hydrated: Drink water before, during, and after your sauna session to prevent dehydration.
- Temperature Control: Never exceed the recommended temperature for your sauna. Always use the built-in thermostat to monitor the heat level.
- Supervision: Never allow children to use the sauna unsupervised. Always ensure that someone is nearby in case of emergency.
- The Waterworks provides warranty service as directed by manufacturer. Destination fee, fuel and technician labor may not be included in warranty coverage.

Need Service or Have Questions?

We are here to help.

Phone: 907-563-3848

Text: 907-563-3848

Email: service@alaskaspa.com

*The Waterworks makes no written or oral representations for warranty or service. Warranty is between owner and manufacturer. Please see your manufacturer owners manual for full warranty details. R.Q3.2024

