

Introduction

Welcome to your Yakia Outdoor Sauna. Designed with Scandinavian precision and a focus on wellness, your sauna offers a restorative experience that blends relaxation with craftsmanship. This guide provides essential instructions for safe use, health precautions, and long-term maintenance to ensure every session is both enjoyable and sustainable.

1. Safe Sauna Use

To enjoy your sauna responsibly, follow these guidelines:

- Limit sessions to 15–20 minutes, taking breaks to cool down and rehydrate.
- Avoid alcohol before or during sauna use, as it increases dehydration and health risks.
- Remove jewellery or any metal objects, which can heat up and cause burns.
- Keep electronic devices out of the sauna; humidity can damage phones and other gadgets.
- Always sit or lie on a towel to prevent slipping and protect benches.
- Avoid heavy meals before sauna use; choose a light snack instead.
- Never leave the sauna unattended. Always switch off the heat source before leaving.
- Keep water nearby to stay hydrated and cool down when necessary.

2. Health Precautions

Your wellbeing is the priority. Please avoid sauna use if:

- You are pregnant, have a heart condition, or any medical issue affected by high temperatures.
- You are feeling unwell, as heat can worsen symptoms.
- You experience dizziness or light-headedness. Exit immediately and cool down with a shower or rest in a cool area.
- If unsure, please seek medical guidance.

3. Preparing for Your Sauna Session

- Ensure the heater and controls are correctly set before entering.
- Allow the sauna to pre-heat for 30–40 minutes to reach optimal temperature.
- Keep fresh water available for hydration and, if desired, gentle steam generation by sprinkling water over sauna stones.
- Wear light, breathable clothing or use the sauna unclothed with a towel for comfort.

4. After Your Sauna Session

- Cool down gradually with a shower or by resting in a cooler environment.
- Rehydrate with water or electrolyte drinks to restore balance.
- Avoid strenuous activity immediately after; allow your body to recover.
- Store towels and mats in a dry area to prevent mildew.

5. Routine Care

- Wipe down the benches, floor, and any sweat-exposed surfaces with a damp cloth to remove sweat and impurities.
- Avoid using cleaning agents that are unsuitable for saunas – for example, disinfectants bleach the wood and can spoil its surface.
- Ensure the sauna is dry and ventilated after use to prevent mould and mildew by leaving the door open.

6. Seasonal and Timber Care

- Yakia Saunas are made from Thermowood. To preserve its appearance and ensure long term performance, all external timber must be treated with a high-quality wood preservative immediately after installation.
- Please note that failure to carry out this treatment will invalidate the warranty.
- Schedule annual inspections of electrical connections and heater performance.
- Replace sauna stones periodically to maintain even heat distribution. Replace every 12- 18 months.