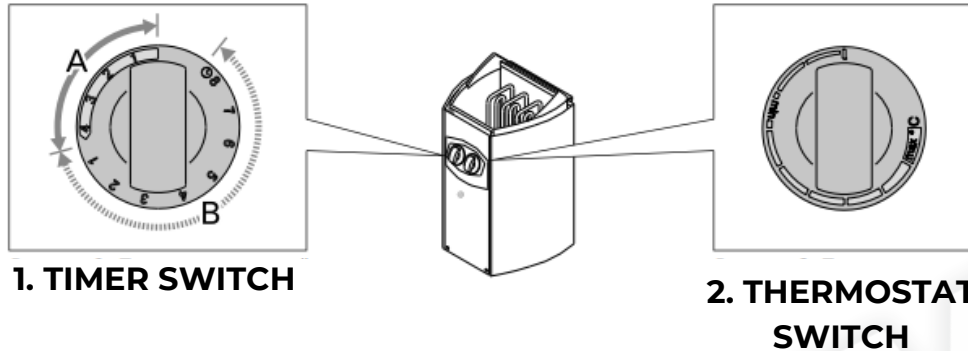


USING THE SAUNA HEATER

Before switching the heater on always check that there isn't anything on top of the heater or inside the given safety distance.

Heater is equipped with a timer and a thermostat. The timer is for setting the on-time for the heater and the thermostat is for setting a suitable temperature.



HEATER ON



Turn the timer switch to the "on" section (section A in figure 1, 0–4 hours). The heater starts heating immediately. The indicator light glows when the heating elements are on.

PRE-SETTING TIME (TIMED SWITCH-ON)



Turn the timer switch to the "pre-setting" section (section B in figure 1, 0–8 hours). The heater starts heating when the timer has turned the switch back to the "on" section. After this, the heater will be on for about four hours.

EXAMPLE:

You want to go walking for three hours and have a sauna bath after that. Turn the timer switch to the "pre-setting" section at number 2. The timer starts. After two hours, the heater starts heating. Because it takes about one hour for the sauna to be heated, it will be ready for bathing after about three hours, that is, when you come back from your walk.

HEATER OFF



The heater switches off, when the timer turns the switch back to zero. You can switch the heater off at any time by turning the timer switch to zero yourself. Switch the heater off after bathing. Sometimes it may be advisable to leave the heater on for a while to let the wooden parts of the sauna dry properly.

NOTE! Always check that the heater has switched off and stopped heating after the timer has turned the switch to zero.

SETTING THE TEMPERATURE

The purpose of the thermostat (figure 2) is to keep the temperature in the sauna room on a desired level. By experimenting, you can find the setting that suits you best.

Begin experimenting at the maximum position. If, during bathing, the temperature rises too high, turn the switch counter-clockwise a little. Note that even a small difference within the maximum section will change the temperature of the sauna considerably.

THROWING WATER ON HEATED STONES

The air in the sauna room becomes dry when warmed up. Therefore, it is necessary to throw water on the heated stones to reach a suitable level of humidity in the sauna. The effect of heat and steam on people varies – by experimenting, you can find the levels of temperature and humidity that suit you best.

The maximum volume of the ladle is 0.2 litres. If an excessive amount of water is poured on the stones, only part of it will evaporate and the rest may splash as boiling hot water on the bathers. Never throw water on the stones when there are people near the heater, because hot steam may burn their skin. Only special aromas designed for sauna water may be used.