

# SAUNA ETIQUETTE

## *Villa Armas*

Check that  
nothing in the  
sauna room  
could catch  
fire !

1

### Preparing the sauna

**Open the chimney hatch (damper) from inside the villa near the beds!**

Fill the hot water tank with water (1). Leave abt 2 cm room for boiling.

Open ash hatch (2) about n. 5 cm.  
Empty cold ashes.

2

### Now you can light

Fill the sauna stove with logs and start the fire from the top. More tips from cottage Info folder.

3

### When fire has started

Close the ash hatch a little. With good fire sauna is ready in 30-40 mins. When sauna is ready, add 1-2 logs at the time. It is enough to keep sauna hot. Pleasant bathing temperature 60-80 °C.

4

### Rinse before bathing

Sit on seat cover. Use fresh water to throw onto sauna stove.

Hot water tank (3) can be used for extra water.



**Water in the tank is boiling hot - add it always to cold water - never vice versa.**

5

### Afterwards

Empty the water bucket. Dry the floor and open sauna window and door, to remove moist air. Close window and door after 30 mins. In winter earlier.

6

### Chimney hatch (damper)

When there are no glowing embers in the sauna stove or ash hatch (2), then is the right time to close the chimney hatch near the beds and the ash hatch (2).

**Close the chimney hatch at the right time - CO2 poisoning danger.**



**Pro tip** Bring tomorrow's logs in today, they'll burn better.

