

House location: Vasikkasaarentie 167 18100 Heinola

Sauna and hot tub

Sauna

Please reserve 60-90 minutes to prepare the sauna. The heart of the sauna is the wood-burner stove. A comfortable temperature range in a Finnish sauna is **85-100** degree Celsius. While enjoying the sauna you can keep the fire in the stove to maintain comfortable temperatures. **Avoid overheating** the sauna above 100 degree Celsius.

Follow these steps below to prepare the sauna:

1. Ensure **all the ashes are removed** from the compartment underneath the stove. Place the ashes into the metal bin outside the sauna.
2. Keep the door to the terrace open while lighting up the fire. This ensures **sufficient air supply**. In addition, keep the compartment for ashes slightly open to improve the air flow underneath the fire.
3. Nothing in the chimney needs adjustment. It works as it is.
4. Use paper or bark for easy ignition. **Avoid chemicals**.
5. Use only **dry wood** for heating. All wood in the shed outside is dry enough. Avoid storing any wood inside the sauna building for fire safety.
6. Open the class outlet to add wood, otherwise keep it closed.

Important:

- The sauna building is equipped with a fan for moisture removal. It is pre-configured for optimal use and shall not be manually re-configured.
- In case the smoke alarms go on, ventilate the rooms by opening all doors.
- No fire can be left unattended by leaving the cabin area.

Ending the session

Follow these steps below;

1. Open the door to the terrace to ventilate the sauna room.
2. Close any windows and ventilation holes. Ensure no fire remains in the wood-burner.
3. You can dry your towels, swimsuits and other wet clothes in the sauna. There is a rack available for that use in the bathroom behind the showers.
4. In case of excess moisture in the building keep the main door open for a short moment.

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Hot tub

Please ensure you have received on-site guidance to self-operate the hot tub. This happens typically on the day of arrival. In extremely freezing weather conditions, **the hot tub can be put out of order to prevent permanent damage due to icing.**

Steps to follow:

1. The hot tub is typically pre-filled and pre-heated prior to your arrival.
2. Remove the hot tub cover. In the winter season, please keep it on top of the hot tub when the tub is not used. It reduces heat dissipation.
3. Empty the compartment for ashes. This improves airflow and makes heating more efficient. The removed ashes can be placed into the metal bin on the terrace.
4. Lit the fire in the stove by using paper or bark (for easy ignition). Please remember that the tub and stove shall be filled by water before any fire in the stove.
5. The water temperature feels comfortable at 38 °C (100 °F). Use a thermometer located at the terrace..

Important:

- **Never keep fire** in the stove if there is no water in the hot tub and in the stove.
- Sufficient water level is indicated in the tub.
- In case water refill is needed, please contact the cottage caretaker.
- **Never adjust or modify** something in the hot tub, stove or the heating unit.
- No fire can be left unattended by leaving the cabin area.

Ending the session

Follow these steps below;

1. Keep the warm water in the hot tub.
2. Place the cover on top of the hot tub to keep the interior clean and to reduce heat dissipation.
3. Fasten the cover with buckles.