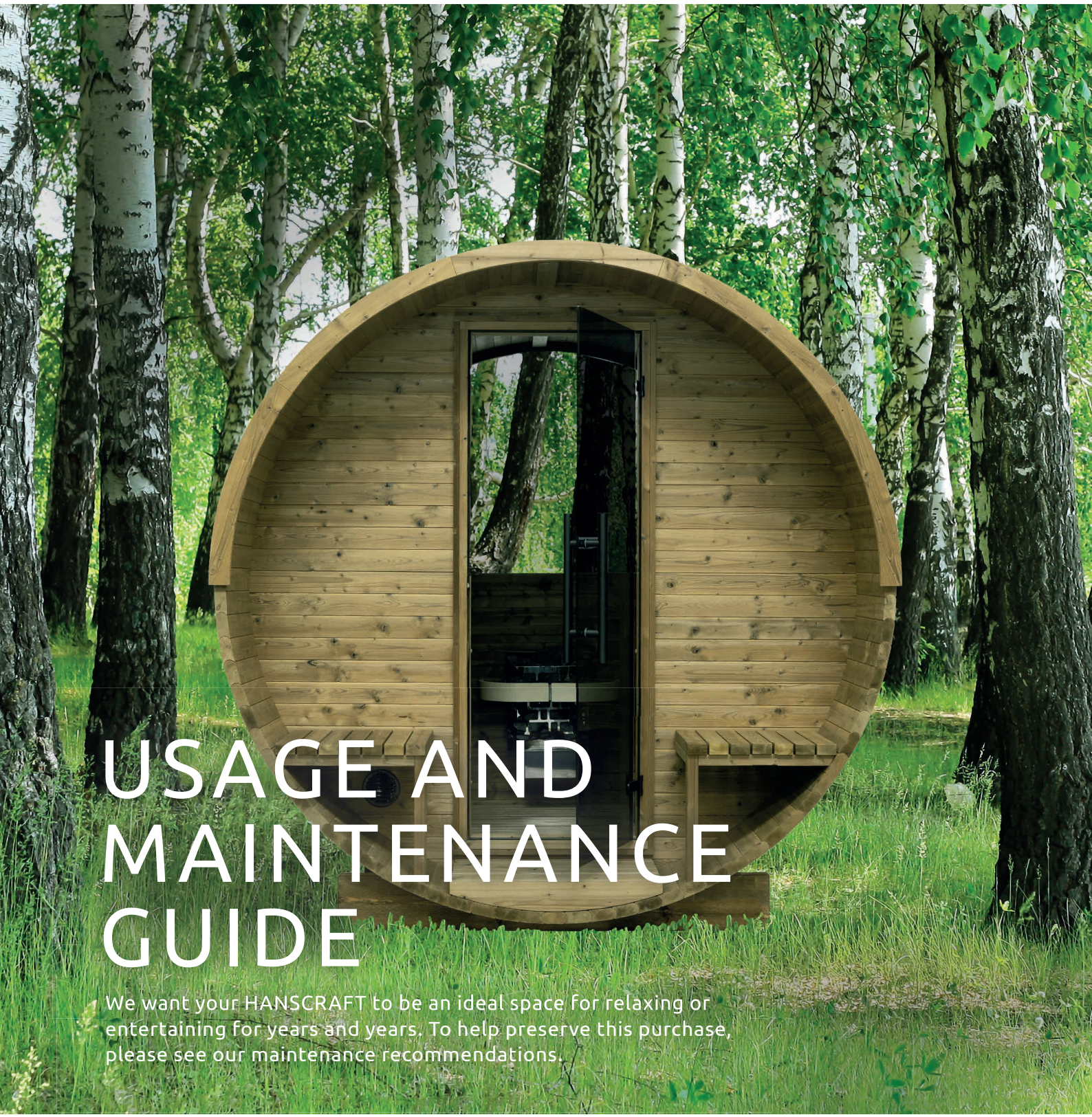
HANSCRAFT®
european spa producer



USAGE AND MAINTENANCE GUIDE

We want your HANSCRAFT to be an ideal space for relaxing or entertaining for years and years. To help preserve this purchase, please see our maintenance recommendations.

ECO-FRIENDLY/ /CHEMICAL-FREE PROCESS

THERMALLY MODIFIED WOOD

QUALITY MATERIALS

DURABILITY

EASY INSTALLATION

Get in on the original

Welcome to the world's oldest escape room. For over 2,000 years, the sauna has been a cherished way of life, offering people a sanctuary to soothe frayed nerves, relax weary muscles, and reconnect with friends. Now, it's your turn.

Here's what you can expect:

Improved cardiovascular health
Sauna use has been shown to improve cardiovascular health by increasing blood flow and reducing blood pressure. This can lead to a decreased risk of heart disease, stroke, and other cardiovascular issues.

Pain relief
Sauna can help to reduce pain and inflammation in the body. The heat of the sauna can help to relax muscles and ease tension, which can be especially beneficial for those suffering from chronic pain conditions such as arthritis.

Detoxification
Sauna use can help to flush out toxins and impurities from the body, promoting a healthier immune system and overall health.

Improved skin health
The heat and steam of the sauna can help to open pores and promote healthy skin. Sauna use has been shown to improve skin tone, texture, and overall appearance.

Stress reduction
Sauna use can help to reduce stress and promote relaxation, leading to better mental health and overall well-being.

Improved athletic performance
Sauna use has been shown to improve athletic performance by increasing endurance and reducing muscle fatigue.

Better sleep
Sauna use can help to promote better sleep by relaxing the body and reducing stress levels. This can lead to improved sleep quality and a more restful night's sleep.

These are just a few of the many health benefits of regular sauna use. It's important to note that sauna use should always be done in a safe and controlled manner, and those with certain health conditions should consult with their healthcare provider before using a sauna.

Usage Guidelines

There’s nothing quite like a good sauna session to unwind and recharge, but remember, even the most relaxing activities have a few dos and don’ts. To ensure a safe and pleasant sauna experience, here’s a list of handy tips:

Don’t stay in the sauna for too long
The high temperatures can cause dehydration or overheating, so limit your sessions to 15–20 minutes and take breaks to hydrate and cool down.

Do not drink alcohol
Think twice about enjoying a drink before or during your sauna time. Alcohol can dehydrate you and increase health risks.

Don’t wear jewelry
Jewelry or any metal objects can heat up in the sauna and cause discomfort or burns.

Keep your gadgets out
The sauna’s humidity can be a tech nightmare, damaging your phone or laptop.

Always sit or lie down on a towel
Use a towel or absorbent material to sit or lie on, it prevents slipping and keeps the sauna benches.

Don’t feast before a sauna session
Heavy meals can lead to indigestion.
Opt for a light meal or snack instead.

Never leave the sauna unattended
Always turn off the heat source before stepping out.

Always keep water handy to stay hydrated and cool down if necessary.

Steer clear of the sauna
If you’re pregnant, have a heart condition, or any other medical condition that could be affected by high temperatures.

Also, if you’re feeling unwell, it’s best to skip the sauna. High temperatures can worsen symptoms. Always pay attention to your body and only use the sauna when you’re feeling well.

If at any point you feel lightheaded or dizzy, exit the sauna immediately. A nice cold shower or some time in a cool area should help.

Foundation For Your Sauna

An outdoor sauna is a sanctuary of relaxation and rejuvenation right in your backyard. Before you can enjoy the soothing warmth, it's crucial to establish a proper foundation. Creating a well-prepared base for your outdoor sauna is essential to ensure its longevity, safety, and performance. Here's a guide to help you understand the best options for sauna foundations and the steps involved in preparing each:

Concrete Foundation
The most sturdy and permanent option.

1. Mark the sauna's footprint.
2. Excavate to a depth of about 6 inches.
3. Create a wooden frame around the perimeter.
4. Fill with a gravel base for drainage, then lay rebar for reinforcement.
5. Pour concrete, ensure it's level, and allow it to cure for a minimum of 20 days.

Gravel Pads
Ideal for excellent drainage and easier installation.

1. Clear and level the site.
2. Lay landscaping fabric to prevent weed growth.
3. Surround the area with pavers or treated lumber for containment.
4. Fill the enclosed area with compacted gravel.

Paver Stones
Provides an aesthetically pleasing and permeable base.

1. Level the ground and remove vegetation.
2. Lay a base of sand or fine gravel and compact it.
3. Place paver stones where the sauna's cradles will be positioned.
4. Ensure the pavers are level.
5. Fill the gaps between pavers with sand.

Foundation on Screw-Piles
Ideal for movable sauna installations.

1. Suitable for all ground types except rocky terrain, screw-piles are metal pipes with a corrosion resistant coating and a bladed, pointed end.
2. Screw the piles into the ground without disturbing the surrounding area, spacing them 1 to 3 meters apart along the perimeter and at partition intersections.
3. Level the tops of the screwed piles to create a ventilated space.
4. Secure the piles with metal or wooden beams.

Mobile Sauna Installation

1. Mounting the barrel sauna on a trailer avoids the need for building permits and reduces foundation costs, ideal for those who enjoy fishing, traveling, or operate campsites.
2. Ensure the sauna's weight does not exceed the towing capacity of the vehicle.
3. Install additional supports to stabilize the trailer during sauna use.

Proper installation and maintenance are vital for the durability and safety of your sauna foundation. It is strongly recommended to consult with construction professionals and refer to detailed building manuals to ensure that your foundation complies with local building codes. Doing so sets the stage for many years of safe and relaxing sauna sessions.

Sauna Installation Guidelines

Preparing For Installation

– Handle packs of wood or individual boards with care during installation.

– Don't scratch the surface of the wood or slide the boards over one another.

– Thermally modified wood has a distinctive scent that diminishes over time but never fully vanishes – however, it will lose this scent more quickly if the sauna is heated for an extended period while being ventilated. Please note that we cannot accept claims about the quality or scent of the wood after it has been installed, or treated.

– Read the installation manual for the sauna, sauna parts and the installation guides for all electrical devices to be used.

– Make sure that the wooden materials won't come into constant contact with water, for instance at the bottom of the wall, during installation.

– Ensure that the external surfaces of the sauna won't remain exposed to water or moisture upon installation.

– Ensure that any electrical work, including installation of the electric heater, is done by a licensed electrician.

Installing The Heater And Heating Stones

– Ensure that the heater is installed according to the manufacturer's instructions.

– Wash the heating stones to remove any production chemicals.

– Install the heating stones as directed by the manufacturer and make certain that the heating elements aren't visible, as pouring water directly onto them can reduce their lifespan.

Important – do not use your sauna when heating it for the first time!

– During the first heating, do so under supervision to a temperature of about 100 °C (212 °F) for two hours, keeping the sauna well ventilated both during and after heating; the heat will cause the wood to absorb the treatment products, which will form a protective layer.

Protective Treatments For Thermally Modified Wood in sauna interiors

– It is obligatory to treat the sauna interior wooden parts with special liquids to protect the wood from moisture.

– Treatment liquids are available in well-equipped construction stores. Hanscraft is not responsible for the products which are damaged due to the lack of protective treatment or incorrect installation.

– Dust all of the wooden sauna components and then clean them with a sauna detergent before allowing them to dry.

– Treat the interior walls and ceilings on both sides with a specialist sauna finish product such as Tikkurila Supi Saunasuoja and then treat all surfaces of the seating materials with a sauna bench protection product like Tikkurila Supi Laudesuoja.

– Don't use paints or varnishes, as the wood must be able to breathe.

How Wood Changes When Used In The Sauna

– Wood is a natural material, and its surface may crack or bend when used in the sauna. This is normal due to the extreme and rapid changes in temperature and humidity that occur.

– The risk of wood deformation depends on the material and intensity of use – the effects are also more visible in wider boards.

– Wooden materials in the part of the sauna most exposed to the hot steam may darken over time.

Things to avoid

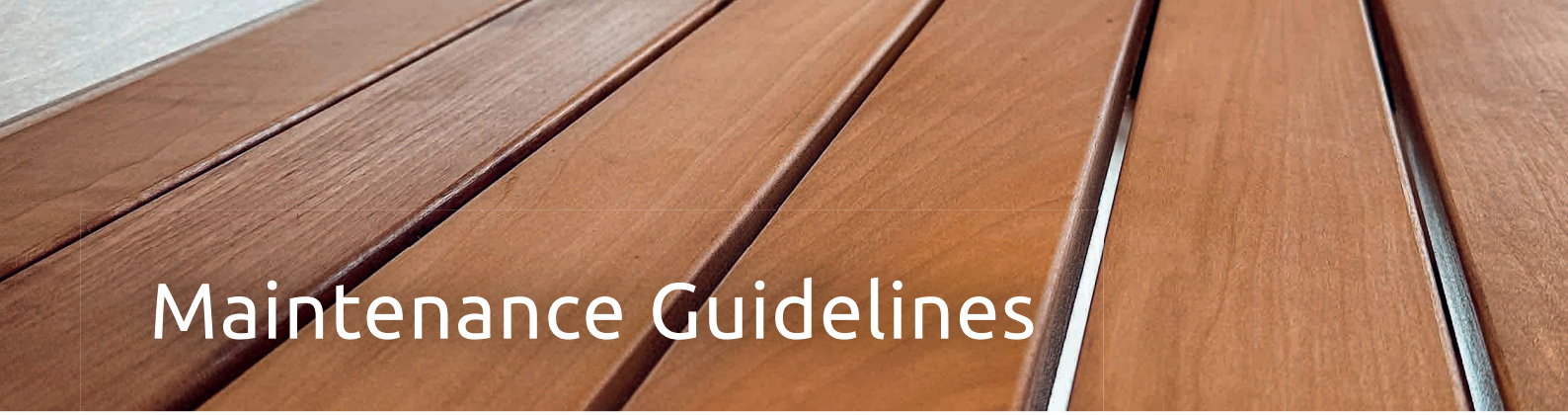
Don't dry textiles in your sauna, as this can be a firehazard – excessive moisture can also damage the surface of the wood.

Avoid heating the sauna beyond the maximum temperature specified by the heater manufacturer – excessive heat may create a fire risk or cause the wood to warp.

Never use a pressure washer or running water when cleaning your sauna interior, as excessive moisture can permanently damage the structure and surface of the wood.

Color Transformation

As a natural material, the color of wood alters over time – and there is no exception with thermally modified wood products from Hanscraft, which gradually take on an attractive gray patina as they age. The main factors that cause the wood's color to change are rain and UV light from the sun, and these are the elements that the wood must be protected from. This can be done by applying UV protection oil once a year – you can also use pigmented UV mineral oil if you want to give the wood's color a little boost.



Maintenance Guidelines

Using Your Sauna

– **Heating Up:** Preheat your sauna for at least 30–45 minutes before use. Ideal temperature settings range from 70 °C (158 °F) to 90 °C (194 °F).

– **Managing Humidity Levels:** To ensure optimal comfort and safety in your sauna, regularly monitor the humidity levels using a hygrometer. The ideal humidity range for a sauna is between 10 % and 20 %. To adjust and maintain this level, lightly sprinkle water on the hot stones using a ladle.

– **Ventilation and Drying:** To maintain the quality and longevity of your sauna, ensuring proper ventilation after each use is crucial. After completing your sauna session, continue heating for 40 minutes to an hour and fully ventilate the sauna by leaving the doors open. This allows for thorough air circulation and is necessary year-round, regardless of the season. Additionally, it is essential to allow the heater to dry completely to prevent moisture accumulation and potential damage. This step helps in preserving the functionality and safety of your sauna's heating elements.

– **Use Antibacterial Essential Oils:** If you've got hot stones in your sauna, a great way to keep it clean and fresh is to use essential oils in your water. A handful of essential oils (such as tea tree oil, for example) have antibacterial properties. So aside from being incredible for your skin and smelling good, you'll be helping keep your sauna in top condition.

After each use

– Wipe down the benches, floor, and any sweat-exposed surfaces with a damp cloth to remove sweat and impurities.

– Ensure the sauna is dry and ventilated after use to prevent mold and mildew.

Once a week

– Clean all surfaces of the seating materials, walls, and ceilings using a soft brush or cloth and a specialist cleaning product, following the instructions on the packaging.

– Avoid using cleaning agents that are unsuitable for saunas – for example, disinfectants bleach the wood and can spoil its surface.

– Alternative – mix a few drops of lemon essential oil with water and use this solution to wipe the sauna benches with a soft cloth. This will provide a disinfecting effect as well as a pleasant scent!

Once a month

– Inspect all wooden components for signs of wear or damage. Tighten any loose screws or fixtures as wood can expand and contract with changes in temperature and humidity.

– Check and clean the heater and stones to ensure they are free of dust and debris. Replace stones that show signs of deterioration or cracking.

– Clean the glass door with a mild detergent and softcloth to prevent buildup of residues.

Annual Maintenance

– Conduct a thorough inspection and deep clean of your sauna. This includes reapplying protective treatments to exterior and interior wooden surfaces, checking electrical components for wear or damage, and ensuring the structural integrity of the sauna.

– Review the door seal and hinges for any signs of wear or damage, replacing parts as necessary to maintain heat retention and safety.

Sauna Rocks

The heat and steam level in your sauna is controlled by pouring water onto the sauna rocks. The efficiency of this process depends significantly on the shape, size, composition, and arrangement of the stones within the heater. For optimal heat retention, stack the top layer of the heater with denser, slightly smaller.

Routine Stone Maintenance

Cleaning
Periodically remove the stones from the heater and rinse them thoroughly to ensure there are no cracks or significant wear.

Replacement Frequency
The frequency of stone replacement depends on how often your sauna is used and at what temperatures. A good rule of thumb is that if you use your sauna once a week, replace your rocks once a year, twice a week, twice a year, and so on.

Disposal of Old Stones
When replacing old stones, dispose of them responsibly. We recommend returning them to nature, such as placing them in your backyard. Sauna stones are not hazardous waste and should not be disposed of in landfills.

Inspecting Stones for Wear and Damage

Visual and Physical Inspection
Regularly inspect the stones visually and by gently tapping them together. Listen and feel for signs of damage or deterioration.

Signs of Needed Replacement:
1. Stones that are chipped or broken into pieces.
2. Significant color changes in stones from dark to gray, white, green, black, or other unusual colors. This typically affects the topmost stones and results from mineral residue accumulation due to steam production.
3. Stones that break or chip easily upon contact with another stone.
4. Stones that sound hollow or feel fragile upon impact.

The information provided herein serves as general guidelines. For comprehensive instructions and detailed usage information, please refer to the manufacturer's guidelines and instruction manuals.

Understanding Thermally modified wood

At Hanscraft, our approach to creating durable, high-quality wood for our saunas is grounded in scientific research and technological advancement.

The thermal modification process removes or changes a remarkable part of natural food sources in wood and triggers several changes in its chemical and structural composition. Thermally-modified wood contains much less hemicellulose than untreated wood. Under high temperatures, some resin and sugars are cooked out, removing nutrients and changing the remainder into less valuable energy resources for living organisms such as pests and fungi. Significantly less hemicellulose content means much less appeal for natural decomposers of wood. This not only enhances the wood's resistance to rot but also minimizes its natural tendency to warp, shrink, expand, or split under varying conditions.
The result of this sophisticated process is a lightweight, easy-to-handle product that exhibits minimal thermal expansion and offers exceptional rot resistance.

The chemical and structural enhancements caused by thermal modification increases the service life of wood materials without the use of toxic chemicals.

This makes the wood uniquely suited for sauna applications, ensuring longevity and structural integrity even when exposed to the rigors of diverse weather conditions.

ECO-FRIENDLY/
/CHEMICAL-FREE
PROCESS

THERMALLY
MODIFIED WOOD

CLASS 1

DURABILITY

TERMITE
RESISTANT

Handling Moisture And Wet Conditions in Your Sauna

Moisture Exposure

It is natural for knots, cracks or gaps in the wood to potentially allow some moisture ingress, especially during heavy rainfall. However, it's important to note that this moisture does not impact the functionality or the longevity of the sauna.

Post-Rainfall Care

After heavy rainfalls, it is crucial to dry and ventilate your sauna thoroughly. If rainwater accumulates inside the sauna and is left unaddressed, it could lead to mold growth on surfaces.

Such fungal growth is superficial and does not affect the underlying wood, but it should be removed promptly by wiping or scraping the affected area.

If the outer part of the wood turns dark due to moisture, the original color can be restored by simply sanding the surface, thanks to the even brown color depth of the thermo-treated wood.

Can Water Damage My Sauna?

The functionality of your sauna remains unaffected by moisture. Regular maintenance and appropriate protective treatments will ensure your sauna continues to provide optimal performance regardless of weather conditions.

Recommended Protective Measures

To maintain the aesthetic quality of your sauna and to prevent color changes or surface shakes, we highly recommend extending the life of your products by keeping your wood well-protected. Regular application of high-quality protective oils or stains will provide robust protection against the elements, ensuring that your sauna remains beautiful and functional for years to come.

Warranty Information

Please be aware that Hanscraft provides a two year warranty to the initial buyer of the product. This warranty covers structural and functional defects, including broken planks and issues with doors. It also extends to any potential construction, manufacturing, and material defects, as well as rot and incipient decay to the exterior of the product that would render it unusable.

However, please note that this warranty does not cover the appearance of moisture during rainy conditions, as this does not degrade the product's performance or durability.

Additionally, normal surface mold or discoloration, which may appear when the product is in contact with extended moisture, does not affect the structural integrity of the product and therefore is not covered under this warranty.

Compliance for usage and manufacturers warranty

Adherence to these usage and maintenance guidelines is crucial for the validity of your 2-year warranty. Failure to comply with these guidelines may void the warranty and lead to premature deterioration of the sauna. By following these detailed instructions, you will enhance your sauna experience, ensure your safety, and maintain the quality and longevity of your Hanscraft Sauna. Enjoy the warmth and wellness your sauna brings to your life!

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