

*How to look after your sauna*

## THE ULTIMATE MAINTENANCE GUIDE FOR EIRA SAUNAS



A simple guide, helping you to  
properly care for your new sauna

EIRA

# Introduction

Your Signature Sauna combines luxury and functionality to provide a rejuvenating experience. To ensure its longevity and optimal performance, regular maintenance is essential. This guide offers detailed instructions on:

- **Wood Care:** Maintaining both the exterior and interior wooden surfaces.
- **Glass Cleaning:** Effective methods for spotless interior and exterior glass.
- **Heater and Stones:** Upkeep of the 9kW HUUM Drop Heater and Olivine Diabase stones.
- **Commercial Use Considerations:** Compliance and safety in commercial settings, including safety rail recommendations and legal requirements for safety signage.



## *Keeping on top*

Whatever your reason for owning an EIRA Sauna, keeping on top of your maintenance is essential to prolong the lifespan of your sauna.

By following these guidelines, your sauna will remain a sanctuary of relaxation for years to come.

# Exterior Wood Maintenance

## Burnt Pine Wood Exterior (Shou Sugi Ban Technique)

The exterior of your sauna is crafted from 19mm thick burnt pine wood, treated using the Shou Sugi Ban method. This traditional Japanese wood preservation technique involves controlled charring of the wood's surface, which carbonises it and significantly enhances its resistance to moisture, pests, rot, and decay.

### Is Maintenance Necessary?

One of the primary benefits of the Shou Sugi Ban method is that it naturally protects the wood, reducing the need for frequent maintenance compared to untreated or stained wood. The charred surface acts as a weatherproof barrier, repelling water and resisting UV degradation better than most conventional finishes. Over time, the wood may slowly lighten due to exposure to sun, wind, and rain, but this does not impact its durability or resistance to decay. That said, while maintenance is not strictly necessary, some owners may prefer to preserve or enhance the appearance of the wood over time.

### Maintenance Recommendations (If Desired)

#### ✓ Routine Cleaning (Minimal Upkeep Needed)

- Since the burnt wood surface repels most dirt, a soft, dry brush or cloth is usually enough to remove dust and debris.
- Avoid using water, as excessive moisture can interfere with the natural protective barrier.

#### ✓ Optional Treatment for Aesthetic Enhancement

- If you wish to maintain or darken the original colour, you can apply a natural linseed oil or tung oil once a year.
- This step is entirely optional and is only needed for aesthetic purposes, as the structural integrity of the wood remains intact regardless.

#### ✓ What to Avoid

- Do NOT use pressure washers – the force of the water can strip away the charred surface, reducing its protective properties.
- Avoid harsh chemical cleaners, as they may break down the natural carbonised layer.



# Interior Wood Maintenance

## Cleaning/ Maintenance Procedures

### After Each Use:

- Wipe down surfaces with a soft, damp cloth to remove sweat and prevent bacterial growth.
- Dry with a clean towel and leave the sauna door and the back vent open to facilitate air circulation. This is essential for getting rid of humid air.
- Ensure condensation from the glass has been dried as this could damage the floorboards over time.

### Monthly Deep Cleaning:

Recommended Cleaner: Use a specialised sauna cleaner that is safe for all sauna woods.

### DIY Cleaning Solution:

1. Mix 1 litre of warm water with 1 tablespoon of mild liquid soap.
2. Add 1 tablespoon of white vinegar (optional, for natural disinfection).
3. Apply with a soft cloth, gently scrubbing the surfaces.

### Rinsing & Drying:

1. Use a clean, damp cloth (not soaked) to remove any residue.
2. ***DO NOT pour excess water over benches or floors to avoid staining.***

### Post-Cleaning Drying Recommendations:

- **Leave the Door Open:** After cleaning, prop the sauna door open to facilitate air circulation. This allows moisture to escape and promotes natural drying.
- **Utilise Residual Heat:** The heat retained in the sauna's rocks and wooden surfaces after a session is typically sufficient to dry the interior. There may be no need to turn the heater back on; instead, rely on this residual warmth.
- **If the sauna is left wet and cold:** turn the heater on for 30 minutes with vents open but the door closed to speed up drying.
- **Ensure Proper Ventilation:** Keep air vents open during the drying process to enhance airflow and expedite moisture removal.



# Interior Wood Maintenance

## Wood Protection & Stain Prevention

**Sauna Wax Application:** Apply Tikkurila Supi Sauna Wax annually to protect wood from moisture and stains. This safe, heat-resistant wax is designed for sauna interiors. Only apply sauna wax to dry wood as this is essential for optimal absorption and effectiveness. Before application, ensure the wood is thoroughly cleaned and completely dry. This preparation allows the wax to penetrate the wood fibers effectively, providing enhanced protection against moisture and dirt. Applying wax to damp or wet wood can hinder absorption, leading to an uneven finish and reduced protective qualities. Therefore, always confirm that the wood surface is dry before proceeding with sauna wax application.

**Preventing Sweat Stains:** Always use towels on benches. For deep-set stains, lightly sand the affected area with fine-grit sandpaper and reapply sauna wax.

## Sanding Guidelines

*If sanding is required to remove stains or smooth the wood surface.*

**Sandpaper Selection:** Use fine-grit sandpaper, such as 120 to 220 grit, to gently sand the affected areas. Starting with 120-grit can remove surface imperfections, followed by 220-grit for a smoother finish.

**Sanding Technique:** Sand along the wood grain to prevent scratches. After sanding, wipe away dust with a clean, damp cloth and allow the area to dry before applying any treatments.



# Glass Cleaning (Interior & Exterior)

## Store-Bought Cleaning Options:

- Find something suitable for saunas.

## DIY Cleaning Solutions:

### Vinegar-Based Solution:

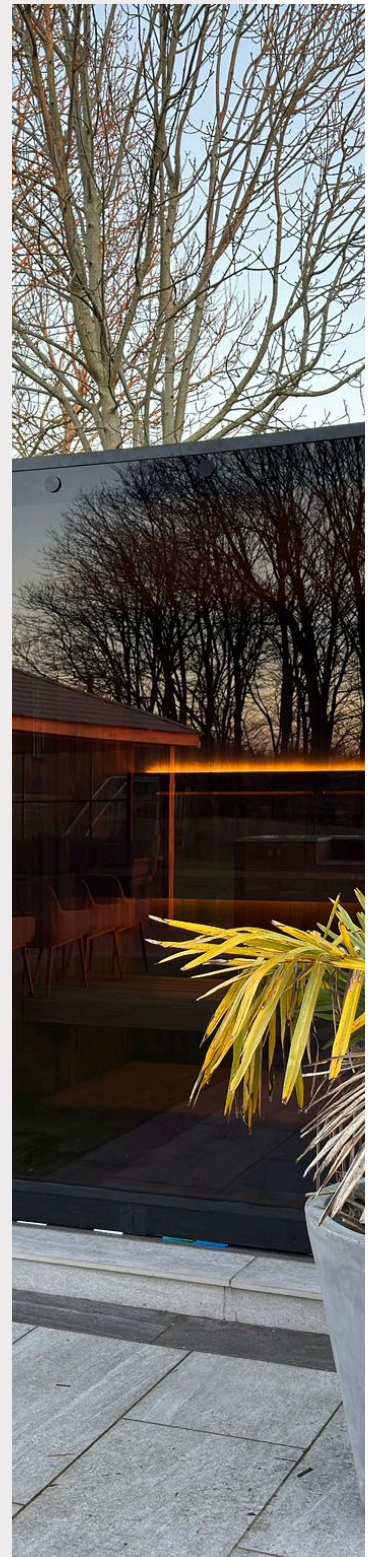
- Mix equal parts distilled white vinegar and distilled water in a spray bottle.
- Optionally, add a few drops of essential oil for a pleasant scent.
- Spray onto the glass and wipe with a microfiber cloth.

### Alcohol-Based Solution:

- Mix 1 cup distilled water, 1 cup rubbing alcohol, and 1 tablespoon white vinegar in a spray bottle.
- Apply to glass and wipe with a microfiber cloth.

## Cleaning Tips:

- Avoid abrasive cleaners that may scratch glass.
- Use a squeegee on exterior glass to remove excess water and prevent spots.
- Do not get any of the cleaning solution on the wood as it may stain.



# HUUM Drop Heater & Sauna Stone Maintenance

Your sauna is equipped with a 9kW HUUM Drop Heater and Olivine Diabase Stones.

## Monthly Checks:

- Inspect the heater for dust, corrosion, or loose connections.
- Examine stones for cracks or wear.

## Stone Maintenance:

- Inspect annually or after 300 hours of use.
- Replace stones that have become remarkably lighter or brittle.

## Heater Cleaning:

- Turn off and disconnect the heater from power before cleaning.
- Wipe the exterior with a soft cloth—avoid abrasive cleaners.

HUUM heaters excel with sleek design, efficient heat retention, and even steam distribution.





# Commercial Sauna Compliance & Safety Regulations in the UK

Operating a commercial sauna in the UK requires adherence to safety regulations and best practices.

## Is a Safety Rail Required Around the Heater?

- **Recommendation:** While not legally mandated, installing a protective barrier around sauna heaters in public or commercial settings is strongly recommended to prevent accidental burns.

## Is It Mandatory to Display Safety Instructions?

- **Requirement:** Some UK councils require safety instructions to be displayed near the sauna unit.
  - **Example:** Southend-on-Sea Borough Council states that “a notice providing accurate information on the safe use of the sauna/steam room must be clearly displayed near each unit.”
- **Advice:** Always check with your local council to confirm whether signage is mandatory in your area.

## Do You Need Planning Permission for a Commercial Sauna?

**Private Saunas:** Generally, planning permission is not required if the sauna meets permitted development rules, meaning it is a small, standalone structure within the property’s curtilage and does not exceed size limitations. However, restrictions may apply in listed buildings or conservation areas.

## Commercial Saunas: Planning permission is likely required if:

- The sauna is installed in a commercial property (e.g., spa, gym, hotel)
- There is a change of use of the building or space where the sauna is being installed.
- The sauna structure is larger than permitted development limits for outbuildings.
- The sauna could increase foot traffic, parking needs, or require additional facilities (e.g., drainage, fire safety measures).

# Parting Tips for Optimal Sauna Use & Longevity

## **Always Sit on a Towel**

- This prevents sweat absorption into the wood, reducing the risk of stains and bacterial build-up.

## **Follow a Proper Sauna Session Routine**

- Stay hydrated before and after use to compensate for sweat loss.
- Gradually increase exposure if you are new to sauna bathing.
- Combine heat and cold therapy (e.g., cold showers or ice baths) for enhanced circulation benefits.

## **Post-Use Ventilation & Drying**

- After use, leave the door and vents open to let moisture escape.
- If the sauna is left wet and cold, turn the heater on for 30 minutes with vents open but the door closed to speed up drying.
- Do not leave the heater on with the door open for extended periods, as this may cause inefficient heat loss.
- Ensure any condensation on the inside of the glass has been dried.

## **Regularly Check Heater & Stones**

- Shake and rotate sauna stones periodically to maintain even heat.
- Replace stones every 6-12 months, depending on usage.

## **Commercial Sauna Maintenance Best Practices**

- Increase cleaning frequency based on foot traffic.
- Ensure clear safety signage is displayed.
- Schedule regular inspections for electrical and fire safety compliance.