

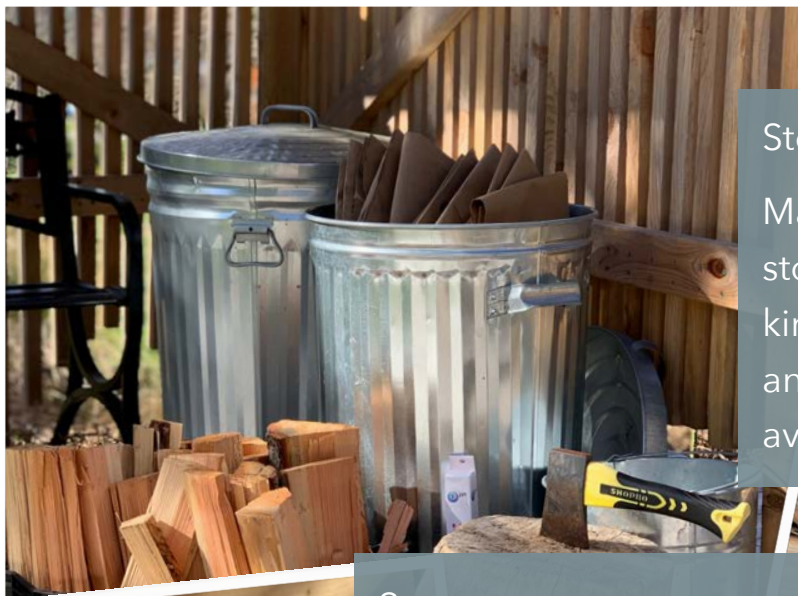


So you found our sauna in the woods... now what?

## (Tricks to Fire Starting)

*“Before Enlightenment chop wood, carry water.  
After enlightenment chop wood, carry water.”*

— Zen Proverb



Step 1:

Make sure you are stocked with paper, kindling, fire starters and wood. (More available at our car port)

Steps:

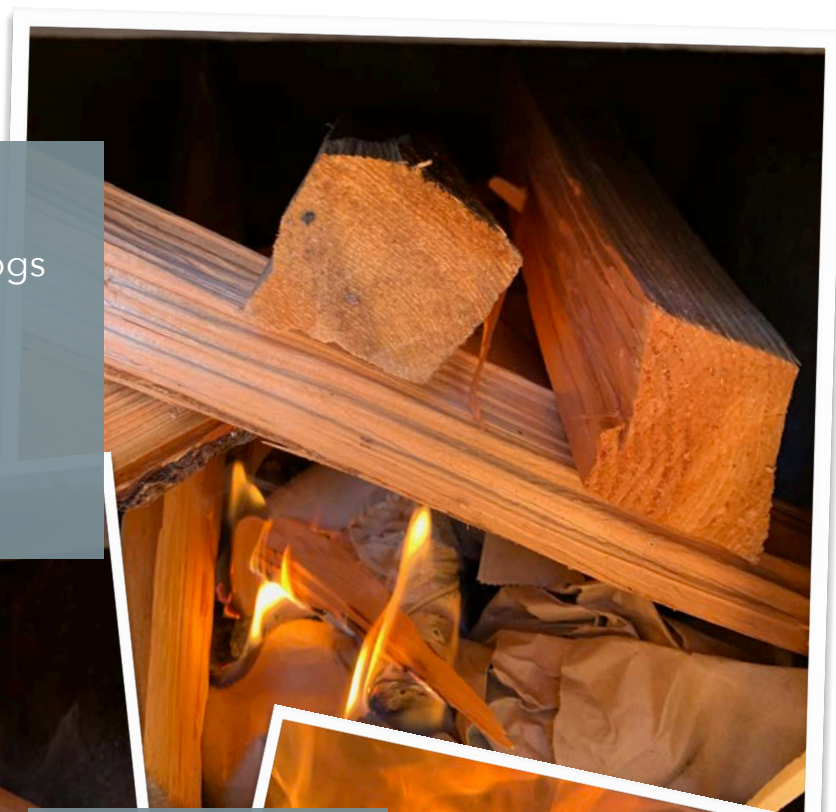
2. Crunkle up paper,
3. Place in wood stove with two fire starters on top &
4. Then 3-5 kindling.





Step 6.  
Put a couple bigger logs  
on the pile.

Step 7.  
Light 'er up!

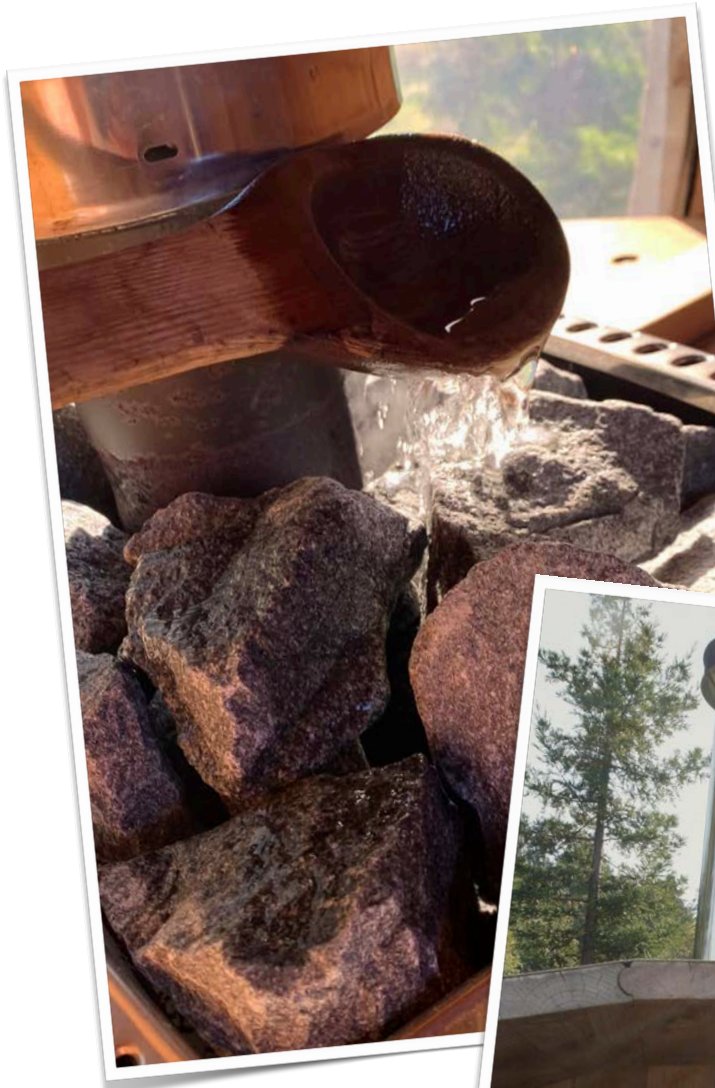


8. Now get that  
fire really going  
strong by blowing  
on it!



Don't walk away  
until it is really  
**RAGING!**  
(Then it will take  
about 15 mins to  
heat up!)





Once the sauna is  
HOT you can pour  
water on the  
rocks to get it  
STEAMY

Now enjoy with  
some friends.





## Things to Please Note:

### SAUNA SAFETY

While most people think that the hotter the better, in fact, extreme temperatures are dangerous if not used with caution. That said, there are reasons that many people turn to the sauna in the name of wellness, and the tradition of sweating has been around for centuries. Sweating helps eliminate toxins from the body. Heating the body's tissues helps the body heal, much as a fever is the body's own way of battling viruses. Saunas also improve blood circulation and relieve muscle and joint pain.

#### 10 rules of sauna safety:

- 1) Don't stay in too long. 15 to 20 minutes at a time (use sand timer) is generally considered the max, though other proponents say up to 30 minutes. The length of time the body can tolerate will vary from person to person. If you are sensitive to heat, start off with a short stay.
- 2) Rest for at least ten minutes afterward. Let your body recuperate.
- 3) Rehydrate. Drink plenty of water before and after. You may want to eat something salty afterward if you've sweat a lot.
- 4) Consider the Buddy System. Going into the sauna with a friend or family member isn't a bad idea so that if problems do occur, someone has your back. Besides, a sauna is a social affair.
- 5) Cool down – there is a long Finnish tradition of going straight from the sauna into the snow. For a less extreme way to cool your body down, take a cold shower. This also removes any impurities that your body has eliminated and prevents their reabsorption.
- 6) The heat of a sauna makes the heart work harder. Avoid the sauna if you have heart problems.
- 7) Don't go in right after a large meal or strenuous exercise.
- 8) Do not go into the sauna intoxicated.
- 9) Saunas can burn – too much time in the sauna at a too high temperature can lead to blistering. If your skin starts to sting, get out. The average sauna temperature is about 85°C though it can range anywhere between 60°C and 110°C.
- 10) If you start to feel dizzy, nauseous or have a headache, leave immediately – there is no point in taxing the body to extremes – especially not in the name of wellness. Moderation is key.

If the shower head attached to post at the sauna deck is not working, it can be turned on if you follow the hose across the field to the privacy wall behind the caravan. (Only turn the knob connected to the hose you followed or the trailer will go without water). Please remember to shut it off after your session if no one is hopping in after you.

The drawer at the bottom of the stove works as a flue - pull it slightly out to get the fire going strong, then close when it is roaring. You don't have to do anything once you're done having your sauna, just make sure the flue is closed and you could leave the sauna door propped open with the rock to air out if no one shows up after your session.

## Waiver

By entering this Sauna I freely accept and fully assume all risks, damages and hazards and the possibility of personal injury, death, property damage or loss.