

# TYLÖ®



S A U N A S

S H O W E R S

S T E A M B A T H S

# Hints on how to keep your sauna fresh.

To enjoy your sauna room to the full, you should spend a little time now and then keeping it clean and fresh. A clean sauna is not only more pleasant to bathe in, but it also performs better and lasts longer. Here are a few words of advice on what to do.

## Surface treatment

Use boat varnish to treat the door threshold and handles, as well as any floor decking, wooden flooring and steps. Applying several coats helps maintain the appearance of the wood and produces an attractive, durable and water-repellent finish.

Benches and any skirting panels or backrests should be oiled on both sides with Tylö sauna oil. This odourless oil impregnates the wood to produce a water-repellent surface that makes cleaning easier. **IMPORTANT!** Leave walls and ceilings inside sauna rooms untreated.

If the sauna has glazed wall sections or windows, it is advisable to treat the lower mouldings around the glass with extra care. Condensation often collects here and may damage the wood if these mouldings are not treated with boat varnish or impregnated with oil at frequent intervals.

## Cleaning

To maximise the pleasure of sauna bathing it is important to keep sauna rooms clean and fresh. Scrub the benches and floor regularly, preferably with a mild liquid detergent that leaves a pleasant fragrance.

## Thermometer and hygrometer

To ensure accurate readings, place these on a side wall to the heater, at a height of 1500 mm above the floor.

## Wooden bucket and scoop

Tylö's wooden bucket has a plastic insert to prevent the wood cracking after prolonged use. Never keep the bucket on the upper benches, but leave it on the floor where the air is coolest. To preserve the beautiful wooden finish, we recommend that you impregnate the bucket with Tylö sauna oil now and again.

## Sauna stones

Sauna stones should be of igneous dolerite rock (diabase) or olivine, both of which withstand rapid heating and cooling.

It is important to fill the stone compartment in the correct way. Always follow the advice in the assembly instructions that come with each Tylö sauna heater.

## Check the stone compartment

It is important to do this a couple of times a year – especially in public facilities and those which are used frequently.

Remove all the stones. Vacuum up small particles of stone and grit and clean off any calcium deposits that have formed at the bottom of the compartment. Then replace the stones that are in good condition and, when necessary, top up with new stones from Tylö.

## Birch twigs

The best time to make a traditional birch-twig sauna whisk is in the early summer, when the birch leaves have sprouted, but before the forest insects have made their home in them! Tie the twigs (50–60 cm long) in fairly thick bunches. Make a loop in the twine so you can hang the bunches of twigs from a hook in the sauna wall. Store them in a dark, cool, dry place.

You can even put them in a plastic bag and keep them in the freezer! When you want to use the birch twigs, thaw them in lukewarm water before sprinkling water over them above the sauna heater. Your birch twigs will be like new again, releasing a delightfully fresh fragrance as you fan or gently beat your body with them. The wonderfully invigorating sensation of surrounding yourself with the scents of summer in the depths of an ice-cold winter has to be experienced to be believed.

## Other sauna fragrances

For a long-lasting fragrance, hang a bunch of juniper twigs from the sauna room wall. They not only smell delightful, but they add a decorative touch as well.

A few drops of Tylö sauna fragrance in

the water sprinkled over the sizzling hot stones also permeate the sauna room with a refreshing scent that clears your nose and head. Tylö fragrances are pure, natural products and come in a choice of scents: eucalyptus, peppermint, lavender, cinnamon, etc.

## Special info for steam saunas

As the humidity in a steam sauna can be much higher than in a traditional sauna room, it is important to bear the following in mind. Lower mouldings on windows in doors or walls must be treated with boat varnish and the gap between the pane of glass and the moulding must be sealed with bathroom silicone. This prevents condensation from seeping into the gap.

The surface treatment of all other interior fittings is the same as for conventional saunas.

## Complement your existing sauna with infra-panels

The Tylö range includes infrared panels for installation in existing saunas. Infrared radiation (IR-B and IR-C) is used in a number of medical therapies as it is believed to ease the discomfort of ailments such as sciatica, gout, rheumatism and muscular pain. Infrared heat is also used by beauty therapists to enhance the positive effect of certain skin treatments.

## Quicker heating-up times

With a couple of infrared panels installed in your sauna room you can start to bathe straightaway, without waiting. While the sauna heater is heating up the air, you can enjoy the benefits of the direct warmth spread by infrared radiation from panels installed on the sauna walls and/or between the benches.

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