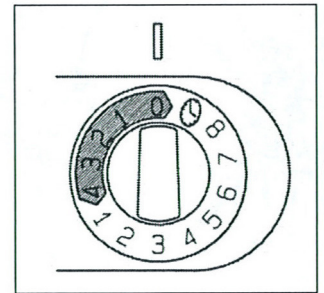


# SAUNA

## Switching on the heater

The heater is switched on by using the timer switch. The timer has two scales:

- The first one (with larger figures) is the “instantly on” section; the heater is on for a selected period of time (0-4 hours).
- The other section is so called “pre-set section” (1-8 hours), which is used to start the heater after a certain time. Heating starts when the timer has turned the switch back to the “instantly on” section (at number 4). After this, the heater will be on for about 4 hours, unless the switch is turned to zero before that. See fig. 2.



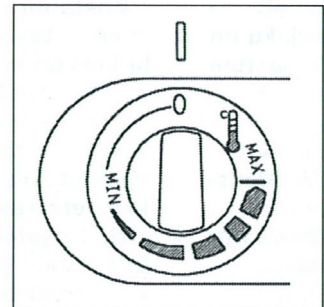
Kuva 2.  
Fig. 2

Kellokytkin  
Timer

## Remember to turn the sauna off afterwards!

## Thermostat and overheating limiter

The use of a thermostat aims to keep the temperature of the sauna room stable as possible. The temperature is adjusted by the thermostat to a position between minimum and maximum. The correct position of the thermostat switch is found by experimenting. If during bathing, the temperature seems to be becoming too high, turn it down a little by turning the switch counter clockwise. See fig. 3.



Kuva 3.  
Fig. 3

Termostaatti  
Thermostat

**If, for some reason, the temperature of the sauna room becomes too high, the overheating limiter of the thermostat will permanently cut off the supply of the resistances. If this happens, please contact Ski-Inn reception.**

## Throwing water on heated stones

To reach a suitable level of humidity in the sauna room, it is necessary to throw water on the heated stones. The humidity of the air in the sauna room is controlled by the amount of water thrown on the stones. A correct level of humidity makes the bather's skin sweat and makes breathing easy. Good bathing temperature is usually between +65°C and +80°C.