

Care and maintenance instructions for the apartment sauna

The sauna needs to be regularly cleaned and maintained. You should wash the sauna benches 1–4 times a year, depending on how often the sauna is used. Rinsing the sauna with water every time after bathing is not recommended, as constant dampness weakens the wooden structures and, in the worst case, can cause mould growth. Keep your sauna clean and fresh by following these instructions:

Start cleaning the sauna by examining the sauna stove

Start by checking the condition of the sauna stove and the stones. If the stones are crumbling, they should be changed. Contact the maintenance company for your building, and they will provide you with new stones.

Cleaning the surfaces in the sauna

Continue by washing the sauna benches and walls. Use a suitable neutral detergent for the benches, for example pine soft soap (mäntysuopa in Finnish). Do not use chlorine-based detergents. It is easier to wash and dry movable bench parts outside the sauna. Make sure to use a soft brush to wash the benches and wall panelling. You can also use a steam cleaner for cleaning the sauna. After washing, make sure there is proper ventilation in the sauna, to ensure that the sauna will dry as efficiently as possible. However, the sauna should not dry too fast or the wood may crack. Finish off by washing the windows.

Eight guidelines for using the sauna

Follow these guidelines and your sauna will stay clean and as good as new for a long time:

- Always use a seat cover in the sauna, also on the lower benches.
- After bathing, leave the sauna stove on for a little while (about 15–30 minutes), to help the sauna dry faster.
- Empty water bowls and place them upside down to dry, preferably outside the sauna or on top of the stool.
- Make sure the ventilation in the sauna functions properly.
- **It is absolutely forbidden to hang laundry to dry near the sauna stove!**
- Do not use the sauna as a storage space.
- Do not use water bowls and other items made of copper in the sauna, as they will stain the surfaces.
- Bathing in the sauna is an important part of Finnish culture, so make it a pleasurable experience.

Enjoy your sauna!