



Par. Sauna on Wheels Operating & Safety Instructions.

Please ensure that you read the below carefully and that all terms are fully understood – before you rent or lease from Par. Sauna on Wheels.

1. Setting up the unit

The unit should be standing on a level surface. Make sure it is standing in a straight and level position as well. It is possible to adjust sauna level using 4 trailer scissor jacks. Before you start using the sauna make sure you walk in and see that it is not moving so you will be sitting / laying inside comfortably.

You need to open ventilation windows fully which is based on the right side of back of the barrel. This is very important as the ventilation hole provides fresh air supply, which ensures that the air is continuously filled with fresh, rich oxygen. Ventilation can be opened by sliding handle from left to right. Sauna steps must be placed on a level surface, attached or set as close as possible to the entrance of the sauna.

2. Heating up the sauna

a) Firewood:

The Par. Sauna on Wheels has an external feed stove that needs to be fired fast and hot, it will take 45-60 minutes for the rocks inside the chamber to heat up. One of the many benefits of having external feed stove is that you can use old cardboards, any type of wood, branches and oak, compressed firewood while keeping the inside nice and clean.

b) Firing up the stove:

Once sauna stove is “fired” it will reach the necessary temperature level rapidly. The heat is transferred to the rocks in the steel plate located on the stove top inside the sauna chamber.

Empty the ash drawer once it gets close to being full, after the drawer has cooled. Clean out the grate so that the airflow freely can pass through it. Start with several sheets of dry paper, wad them up tightly and place them directly into the grate. Next, place the smallest sticks about the thickness of your index finger on the paper. Continue stacking up the wood while leaving space for the fire to breath with the sticks getting larger as you go. Get as much wood as you can inside the stove still leaving room for the fire to circulate. Use own or provided fireproof gloves at all times. Light the fire and close the stove door latch while leaving the air holes open; in about 15-20 minutes add more wood to the stove if needed.

Make sure that the sauna chamber entrance door is closed. If you have followed the directions above, you should be able to walk away at this point and come back in 45-60 minutes to a hot sauna. Always keep the external feed door closed at all times & use the gloves provided to you when handling firewood. To maintain or increase the temperature, you need to continuously add firewood, roughly 2-3 average size pieces every 10-15 minutes (depends on the season and weather; the colder it is outside the more often you need to add firewood. Please, feel free to find more recommendations on the temperature maintenance at parsauna.com or contact us book@parsauna.com ; (226) 444-3919.

c) Sauna Temperature:

There is a sauna thermometer and hygrometer installed inside the sauna. Please always keep an eye on it and check it every time someone enters your sauna. Recommended sauna temperature is between 50° to 80° Celsius. If you are using sauna for the very first time, lower temperatures are recommended 40° - 60° C. Sauna temperature can be lifted by adding more firewood and can be lowered by leaving sauna door open for a minute or two.

Sauna temperature will decrease gradually so keep an eye on thermometer and keep adding more firewood if needed until you finish your sauna session. When finished, please leave the main entrance door and stove door fully open.

3. Sauna lighting



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Our saunas have white LED light outside/inside the entrance door and led lights under the seats. Lights turn on automatically when you approach the unit as they are triggered by motion sensors. Any of the electrical parts should only be used with the original plugs and sockets fitted or supplied by Par. Sauna on Wheels.

4. Cleaning of the unit

You must always return the sauna to us in a clean condition unless it was arranged any differently prior to the start of the lease/rental. You must not use any strong chemicals to clean the sauna as it will cause damage to the wood and other parts. We only use and recommend a special cleaning fluid that can be purchased ahead. We recommend and require use of a special cleaning fluid formulated for this purpose, that can be purchased as part of your rental.

5. Sauna safety

These safety rules apply to all of the sauna users during the lease/rental period. The person signing the contract and the attached documents, including Terms and Conditions and Operation and Safety Instructions is responsible for and must at all times supervise all users and keep checking sauna temperature regularly. Persons can only use the sauna if they are healthy and feeling well.

NO PERSON SHALL USE the sauna if he or she:

1. Is under influence of drugs or have been taking any medications.
2. Is under influence of alcohol.
3. Has a heart condition, high blood pressure, multiple sclerosis, hemophilia, hyperthyroidism, and systemic lupus erythematosus or adrenal suppression.
4. Feels unwell, dizzy or faint.
5. Has gastro-intestinal flu, feel urge to vomit, have or suspect to have diarrhea.
6. Has artificial joints, metal pins and silicone implants should also avoid the sauna, and any person experiencing any of the above deviations should leave the sauna immediately.

In addition, those who are pregnant, nursing or women experiencing menstrual flow should not use sauna, nor should any child under the age of 10 years.

CHILDREN UNDER 16 YEARS OLD MUST BE SUPERVISED BY ADULTS AT ALL TIMES AND ONLY ENTER THE SAUNA ACCOMPANIED BY AN ADULT.

SAUNA SESSIONS SHOULD TAKE AROUND 5 TO 15 MINUTES AND AT LEAST 20 MINUTES RESTING TIME IS ADVISED AFTER EACH SESSION. THERE IS A SAND TIMER INSTALLED IN OUR SAUNA TO KEEP AN EYE ON YOUR BATHING TIME. AVOID CONTACT WITH ANY HOT SURFACES WITHOUT THE GLOVES PROVIDED. TOUCHING THE HEATER/STOVE SURFACE AND PIPE OUTSIDE THE UNIT COULD RESULT IN SERIOUS BURNS. ANY STEAM CREATED COULD CAUSE SEVERE SCALDING, SO CAUTION IS REQUIRED AND TO BE VERY CAREFUL AND ONLY POUR SMALL AMOUNTS OF WATER OVER THE ROCKS AT A TIME.

ONLY USE BUCKET AND LADLE PROVIDED FOR POURING WATER WITH THE STOVE GLOVE PROVIDED. THERE IS ALSO A SLIP AND TRIP HAZARD SO WE RECOMMEND WEARING SLIPPERS AND TAKING EXTRA CARE WHEN ENTERING/LEAVING THE SAUNA. PLEASE MIND YOUR HEAD AS WELL ENTERING AND EXITING.

THANK YOU FOR YOUR BUSINESS!

I am signing this form to confirm that I agree to/ understand all the above terms and conditions from Par. Sauna on Wheels

PRINT NAME _____

ADDRESS:

SIGNATURE _____ **DATE** _____