


TYLÖ®

Sauna Operating Manual



S A U N A S S H O W E R S S T E A M B A T H S



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Introduction

Thank you for purchasing a Tylö sauna. The installation will by now have been carried out. Please read these instructions carefully before commencing to use your sauna. This manual contains valuable information on many aspects of your sauna. Provided the instructions contained within this document are followed, you should have many years of trouble free bathing and enjoyment.



S A U N A S S H O W E R S S T E A M B A T H S

Sauna Cabin

The cabin walls are constructed from either kiln dried Northern Swedish Spruce, Aspen, Alder or Beech. The moisture content of which has been reduced to a level which ensures a minimum of shrinkage and no warping.

The above timber also contains a minimum of resin. However, seepage may occur in some knots. How this should be dealt with is covered in the section entitled “Running In.”



The benches are constructed of either “knot free” Aspen or Beech wood, which helps maintain a relatively low temperature in the “hot” sauna environment. If fitted, the under-bench skirtings are removable to allow access under the benches for cleaning purposes.

The floor grating is either timber or plastic. These items are removable to allow access for cleaning purposes.

The door (unless supplied by others) will have been constructed and installed to open outwards. Under no circumstances should a locking device be fitted which can result in a person being detained within the cabin.

The lights within the cabin can either be 40W, 60W or 75W, 240V, or strip lights fitted to the wall of the cabin or incorporated into the backrest / ceiling. These lights require a 12V transformer.

Sauna Heater

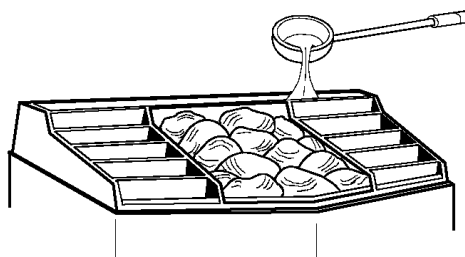
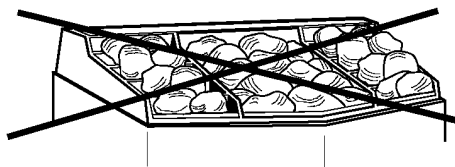
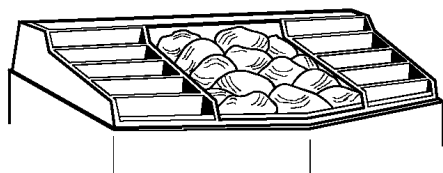
The Tylö sauna heater is designed to run continuously, or for either 3 or 12 hour periods dependent upon the model of heater and / or control panel.

The stones are only contained within the central stone compartment and should be placed all the way to the bottom of the compartment, with unimpeded airflow either side of the central compartment. Never put the stones over the whole of the top of the Tylö heater.

It is imperative that no more than two ladles of water are applied at any one time and there is a three minute interval between applications. If this instruction is not adhered to, the useful life of the heater can be reduced and electrical problems develop.

At no time should the user or operator:

- Touch or sit on the top of the heater
- Remove any stones during or just after use
- Place any item on top of the heater
- Use any water other than clean tap water, as other water may contain chemicals which may damage the heater and / or elements



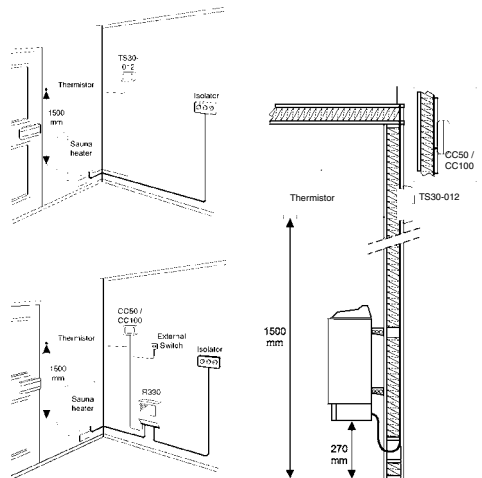
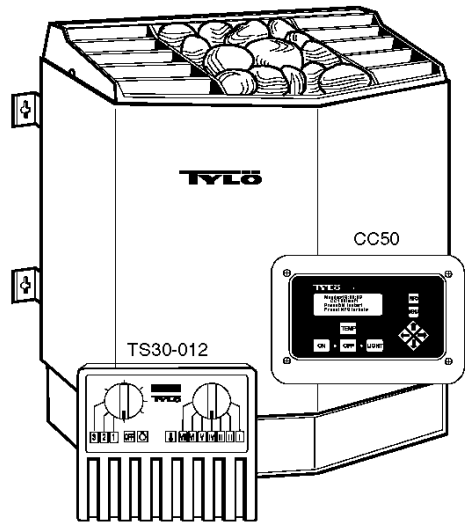
Control Panel

A separate control, if specified, will be sited outside the sauna. Under no circumstances should it be sited within the sauna cabin itself.

The thermostat / thermistor (fixed at 1.5m above floor level inside the sauna and not on the same wall as the heater), maintains the desired temperature within the sauna cabin.

Tylö control panels are available with three types of timer:-

- 3 hour continuous running time – auto off. Providing a 3 hour run time by either turning the time switch (TS30-03) or by pressing “on” (CC10-3B / CC50-3B / CC100-3B)
- 12 hours continuous running time – auto off. Providing a 12 hour run time by either turning the timer around to 12 (TS30-012), or by pressing the “on” button (CC50-12B) or by “auto on / off” (CC100-12B).
- Continuous running until turned off (CC50 / CC100 only). Providing a continuous running time once turned on until turned off (CC50-0B), or auto “on / off” (CC100-0B).



Ventilation

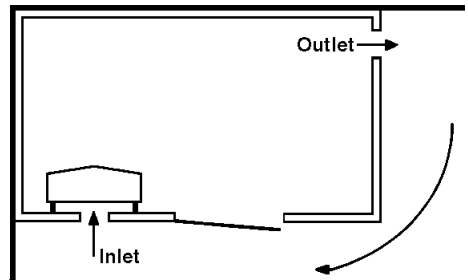
The sauna cabin will have been provided with an air inlet beneath the sauna heater or close to it. Under no circumstances must this vent be obstructed. There is also a high level vent in the wall or ceiling furthestmost away from the heater.

It is permissible to restrict this vent when the cabin is heating up.

When the sauna is in normal operation, this vent must not be blocked. The blocking or restriction of either or both of these vents will lead to one or more of the following:

- Heater continuously tripping out on the high temp limit.
- Scorching of the walls and / or ceiling panels.
- Cracking of the tongue & groove wall / ceiling panels.
- Warping / splitting of benches.

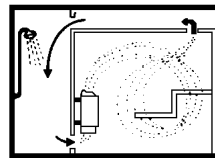
The useful life of a sauna cabin and the heater can be severely reduced if adequate ventilation is not maintained.



OPTION A

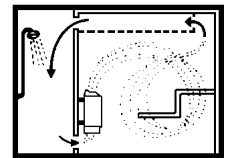
Outlet vent through wall (seen from above). Outlet placed high up, close to ceiling.

Free air flow between inlet, outlet and sauna door.



OPTION B

Outlet vent discharges air via cavity above sauna ceiling (side view).



OPTION C

Outlet vent via ducting below sauna ceiling (side view). Outlet duct is placed in the angle between ceiling and wall, and made of wood or metal boxed in with wood. Cross-sectional area of the ducting same as inlet and outlet vent.

Running In

The sauna should be run for a minimum of 2 hours at approximately 70°C, to break in the sauna heater and settle the cabin timber. Do not be alarmed if smoke and / or an oily smell comes from the heater. This is quite normal while running the heater in.

If any resin seepage occurs at knots or dark wood, scrape off with a knife while tacky. This is quite normal but should be removed to avoid contact with the skin of the bather.

Maintenance

THE SAUNA CABIN

The floor should be mopped out using warm water and disinfectant. The benches should be sponged down using warm soapy water. This must be used sparingly to avoid soaking the wood. If necessary, the heater can be switched on at a low temperature to assist with the drying out of the benches.

THE SAUNA HEATER

The stones should be removed from the stone compartment at least once a month. Remove any stone dust with a vacuum cleaner and replace crumbling / cracked stones with new Tylö sauna stones (diabase). Failure to do this may result in the breakdown of the elements and invalidate any guarantee.

Decoration and Treatment

The exterior of the cabin can be decorated as required – painted, varnished, stained. The wooden floor grating, door handle and door threshold can be sealed using marine varnish to help resist wear and tear. The benches, backrest, skirting and wooden lampshades can be treated with Tylö sauna oil. However, the internal walls must not be treated at all.



General Safety

Do seek medical advice if you fall into any of the following categories:

- Pregnant women, elderly persons and those suffering from heart disease, high or low blood pressure, or anyone using anticoagulants, antihistamines, asocovstrictors, vasodilators, stimulants, hypnotics, narcotics or tranquillisers.
- Advise others if you are to use the sauna alone.
- Leave the sauna in the event of feeling unwell and seek qualified medical help.
- Shower before entering the sauna to remove body oils, lotions and minerals.
- Follow the bathing instructions provided.
- Be careful when walking inside or outside the sauna – the floor and benches may be wet and slippery.
- Close the door after you enter and exit the sauna.

Do not:

- Use the sauna under the influence of alcohol, drugs or immediately after a meal.
- Let children use the sauna without supervision.
- Touch the sauna heater, stones or light fittings. They are hot.
- Use anything other than the ladle or Sauna Fresh system provided to water the stones. Allow three minutes between applications if using the ladle.
- Place any articles on or near the sauna heater, as this will present a fire hazard.
- Touch or alter any controls on the heater control panel or associated equipment.
- Close or obstruct any air vent(s).
- Use any other water than clean tap water.



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