AUROOM



Auroom Luma

Using and maintaining your sauna

Barrel sauna guide

Moments of wellbeing

auroomwellness.com

AUROOM

Welcome!

Congratulations on your new Auroom barrel sauna - a place where modern design meets ancient wellness traditions.

This guide is designed to help you care for your sauna, preserving its performance and appearance for years to come. With proper maintenance, your sauna will remain a peaceful retreat and a lasting investment in your well-being.

In the following sections, you'll find practical tips on exterior and interior care, seasonal considerations, and long-term upkeep - everything you need to enjoy your sauna with confidence.

About Thermally modified wood

Your Auroom barrel sauna is crafted entirely from thermally modified wood - a natural, chemical-free material enhanced through heat and steam. This process significantly improves the wood's:

Durability: Enhanced resistance to rot, fungi, and pests.
Stability: Reduced shrinkage, warping, and swelling due to moisture.
Longevity: Maintains structural integrity and aesthetics over time.
Sustainability: Eco-friendly and sourced from responsibly managed forests.

Thanks to these qualities, thermally modified wood requires significantly less maintenance than untreated alternatives. With proper care, your sauna will remain strong, beautiful, and functional for years to come.

Table of Contents

Initial Setup & Assembly ..... p. 3-6
Exterior Maintenance ..... p. 7
Interior Maintenance ..... p. 8-9
Ongoing Sauna Care ..... p. 10-13
Usage Guidelines ..... p. 14
Warnings ..... p. 15
Warranty & Contact Info ..... p. 15
Contact information ..... p. 16

Initial Setup & Assembly

Site selection & foundation tips

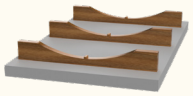
Choosing the right location ensures long-term sauna performance and enjoyment. Your Auroom barrel sauna is self-supporting, but proper site prep is still key.

Recommended site criteria:

Level surface: Use flat, stable ground like decking, gravel, concrete pads, or screw piles.
Drainage: Avoid areas with standing water; good drainage protects the sauna base.
Wind & debris: Position near natural windbreaks (e.g., trees, fences) if possible.
Access & privacy: Ensure the sauna is easy to reach while maintaining a sense of retreat.

> *"A properly leveled sauna prevents stress on the frame and ensures smooth operation of doors and windows."*

Foundation setup advice



- Use a spirit level on all four corners before final placement.



- For solid ground (e.g., gravel, decking), ensure full contact between the base and surface.



- When using blocks or screw piles, place supports under each support cradle, ensuring they are positioned at both ends and the middle. Each cradle must have even, full contact with the foundation to properly distribute weight and prevent structural stress.



AUROOM

Preparing for installation:

• Handle packs of wood or individual boards with care during installation.
• Don't scratch the surface of the wood or slide the boards over one another.
• Thermally modified wood has a distinctive scent that diminishes over time but never fully vanishes – however, it will lose this scent more quickly if the sauna is heated for an extended period while being ventilated.
• **Read the assembly guide for the sauna and the installation guides for all electrical devices to be used.**

Electrical setup (by certified electrician)

If your sauna is equipped with an electric heater or LED lighting, installation must be performed by a licensed electrician in accordance with local codes and safety regulations.

Electrical setup includes:

• Connecting the heater.
• Wiring LED lighting or control units if applicable.
• Ensuring proper grounding and moisture-resistant cable use.
• Installing the control panel in a dry, accessible location.

Wood-burning heater installation

Always install the heater according to the manufacturer's installation manual. This includes placement, clearances from walls and benches, chimney setup, and ventilation.

Protective safety guards must be installed around and under the heater. These guards are especially important in smaller saunas where space is limited.

Use Only Approved Chimney Systems.Ensure the chimney is correctly insulated and weather-sealed. Only certified flue systems should be used to meet local safety regulations and prevent leaks, overheating, or fire hazards.

Shingle roof installation

Bitumen shingles must be securely heat-sealed to the sauna roof using a torch during installation. This step is critical - it ensures the shingles adhere fully and creates a watertight seal that prevents rainwater from seeping under the surface.

Please refer to the Auroom roof installation instructions for detailed application guidance.

Treating Your Sauna Exterior After Assembly

To ensure that the wood lasts as long as possible, it is important to follow correct installation and maintenance techniques.

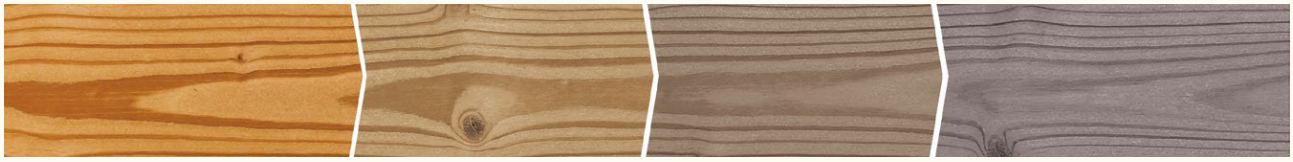
When using the boards outdoors, the surface will turn silver-gray over time, just like any other wood product, this is a natural result of UV radiation. The process starts immediately after the products are installed and can take anything from a few months to a few years depending on the intensity of UV radiation they're subjected to.

Keep in mind that wood is a natural material so any color changes may be uneven. Each board ages in its own way, and different sides of a sauna's facade will also age differently depending on the sun and rain they're exposed to.

Thermory Thermo-Spruce

After installation

Unoiled wood exposed to UV light



The golden brown tone can be preserved by treating the product with a UV-protection oil once a year.

Recommended Sauna Exterior Treatment Products:

To protect your sauna from the elements and extend its lifespan, treating the exterior surfaces after assembly is highly recommended-regardless of the final look you wish to achieve.

PRODUCT	Thermory oil, light or dark	
PRODUCT FEATURES	UV-protective oil for thermowood. Preserves original tone, adds UV protection, enhances durability.	
RECOMMENDED USES	Always apply the oil to clean, dry surfaces, following the grain of the wood. Allow adequate drying time before exposing the sauna to rain or direct moisture. Regular maintenance- typically once a year—will help your sauna retain its beauty and durability in all weather conditions.	

Skip UV-blocking oils if greying is your goal, but still consider a light protective treatment to support the wood's longevity.

If you wish to give your sauna a more distinctive or custom appearance, consider finishing it with a high-quality water-based opaque paint. This type of paint provides strong weather protection and a long-lasting finish, while allowing you to achieve your desired color aesthetic.

Handling Moisture & Wet Conditions

Thermally modified wood is naturally more resistant to moisture, rot, and decay, making it ideal for outdoor saunas. However, like all wood products, it can still be affected by prolonged wet conditions, especially if water is allowed to sit or penetrate through gaps, knots, or cracks.

What to Expect:

It's normal for some moisture to enter through minor wood imperfections, knots or gaps - this does not affect the sauna's function or lifespan.

After heavy rain or snow, always ensure your sauna is properly ventilated and allow surfaces to dry out naturally. If rainwater accumulates inside the sauna and is left unaddressed, it could lead to mold growth on surfaces.

If water stains appear or the wood turns slightly darker, this is typically a surface effect. Thanks to the uniform color depth of thermowood, the original tone can be restored by lightly sanding the surface. (Use 120-180 grit sandpaper.)



Exterior maintenance

Wood surface care

Thermally modified wood is naturally resistant to decay and moisture, but occasional care is essential to keep it looking its best:

Oiled Finish: If your sauna exterior has been treated with oil, it will require occasional upkeep to preserve its rich tones and protection. To maintain its appearance and durability, we recommend using Thermory oil, available in light or dark brown, specially formulated for thermally modified wood. Apply annually or as needed to clean, dry surfaces, following the wood grain.

Dyed Surfaces: Dyed (stained) thermowood offers long-lasting color and protection. Check annually for signs of fading or wear. Clean with a soft brush and water, and touch up using a matching breathable, water-based stain when necessary.

Brushed Thermowood: The textured surface enhances visual depth and ages beautifully over time. Gently clean with a soft-bristle brush, avoid pressure washers or harsh chemicals that could damage the surface.

Cleaning thermally modified wood

Thermally modified wood can be washed with a wood cleaner and warm water. Before applying wood cleaner, thoroughly clean the boards with a brush to remove all dirt and debris.

For rinsing, it's a good idea to use a garden hose with a spray nozzle in a soft shower setting; test it on a small area beforehand. A strong jet of water can damage the wood material and result in an uneven appearance.

Shingle Roof Care

- Inspect regularly for lifted edges or cracks especially after strong winds or storms.
- Clean debris like leaves or branches off the roof to prevent buildup and water pooling.
- Avoid using harsh chemicals or pressure washers - a gentle sweep or rinse with a hose is enough to keep the surface clear.
- If repairs are needed, use compatible bitumen materials to patch small areas or consult a professional for larger repairs.
- In order to avoid damage caused by the weight of snow, any snow should be removed from the roof of the sauna. Keep in mind that the roof covering should not be damaged during snow removal.

AUROOM

Before you use the sauna

Treating the interior wooden components

- It is essential to treat the wooden parts with special sauna care products in sauna that protect the wood from moisture and wear. Suitable treatment products are available in well-equipped construction stores.
- The manufacturer is not responsible for damage to products caused by a lack of protective treatment or incorrect installation.
- Dust all wooden sauna components and then clean them with a sauna detergent before allowing them to dry.
- Treat all visible parts of the walls and ceilings with a specialist sauna finish product such as Tikkurila Supi Saunasuoja, then treat all surfaces of any seating materials with a sauna bench protection product like Tikkurila Supi Laudesuoja.
- Do not use paints or varnishes, as the wood must be able to breathe.
- The sauna´s materials should not be oiled if the manufacturer has waxed them beforehand - only further wax may be applied. Similarly, the sauna´s materials should not be waxed if the manufacturer has oiled them beforehand - only further oil may be applied.

Using the heater for the first time

Important: during the first heating, the sauna must be warmed up without use to allow the materials and heater to settle properly.

- Rinse the sauna stones with water before placing them inside the heater. This removes dust from the stones and provides you with more wholesome
- Tempering the sauna stones before their first use is recommended to increase their durability. In order to do it, heat them once to the usual sauna temperature, and let them cool down slowly, without throwing water on them.
- Carry out the first heating under constant supervision for two hours. The doors should be kept open, as the stove emits a specific smell when first heated. Read more from the user manual of the sauna stove. The heat will cause the wood to absorb the treatment products, which will form a protective layer.
- The maximum permitted temperature of the sauna room is +90 °C as excessive heat could create a fire hazard or cause the wood to warp.

Recommended Sauna interior maintenance products

Supi Saunavaha

DESCRIPTION	Protective agent for interior wooden surfaces. Contains natural wax.	
PRODUCT FEATURES	A treatment for wooden surfaces in saunas. The wax is absorbed into the wood, forming a natural barrier to dirt and water.	
RECOMMENDED USES	For sauna benches, paneled walls and ceilings, doors and window frames.	

Supi Saunasuoja

DESCRIPTION	Tintable acrylic protective agent.	
PRODUCT FEATURES	For the surface treatment of humid interior spaces. Forms a dirt and water-repellent coating. Contains an anti-mold agent that protects the treated surface. Suitable for the treatment of wooden, wood fiberboard and concrete surfaces. Not suitable for the treatment of sauna benches.	
RECOMMENDED USES	Especially suitable for walls and ceilings in steam, washing and dressing rooms.	

Supi Laudesuoja

DESCRIPTION	Paraffin oil protection against moisture and dirt for wooden surfaces.	
PRODUCT FEATURES	Protects untreated wood surfaces such as sauna benches.	
RECOMMENDED USES	For untreated or previously oiled wooden sauna benches.	

Supi Saunapesu

DESCRIPTION	Bleaching and lime-dissolving acidic cleaning agent.	
PRODUCT FEATURES	Even though this product is acidic, it is gentle and non-corrosive. However, care should be taken when cleaning tile joints with concentrated solutions.	
RECOMMENDED USES	For saunas and other wet rooms. Do not use it together with products containing chlorine.	

AUROOM

Ongoing Sauna Care

Using sauna:

Heating Up: Preheat your sauna for at least 30-45 minutes before use. Ideal temperature settings range from 70°C (158°F) to 90°C (194°F). If heated to a higher temperature, the sauna may be overheated.

Managing Humidity Levels: To ensure optimal comfort and safety in your sauna, regularly monitor the humidity levels using a hygrometer. The ideal humidity range for a sauna is between 10% and 20%. To adjust and maintain this level, lightly sprinkle water on the hot stones using a ladle.

Only throw water on the heater, not on the walls or benches.

To keep the benches fresh we recommend using seat covers, which can also make it more comfortable to sit on the bench when it is hot.

After each use:

- Wipe the benches with a clean, damp cloth – don't use running water to clean them, and ensure that excess water doesn't pool on the wooden surfaces.
- To maintain the quality and longevity of your sauna, ensuring proper ventilation after each use is crucial. After completing your sauna session, continue heating for 30 minutes to an hour and fully ventilate the sauna by leaving the doors open.

This allows for thorough air circulation and is necessary year-round, regardless of the season. Additionally, it is essential to allow the heater to dry completely to prevent moisture accumulation and potential damage.

Once a week:

- Use appropriate cleaning products for the benches and other wooden components, reading the instructions first.
- Avoid using cleaning agents that are unsuitable for saunas – for example, disinfectants bleach the wood and can spoil its surface.
- Alternative - mix a few drops of lemon essential oil with water and use this solution to wipe the sauna benches with a soft cloth. This will provide a disinfecting effect as well as a pleasant scent!

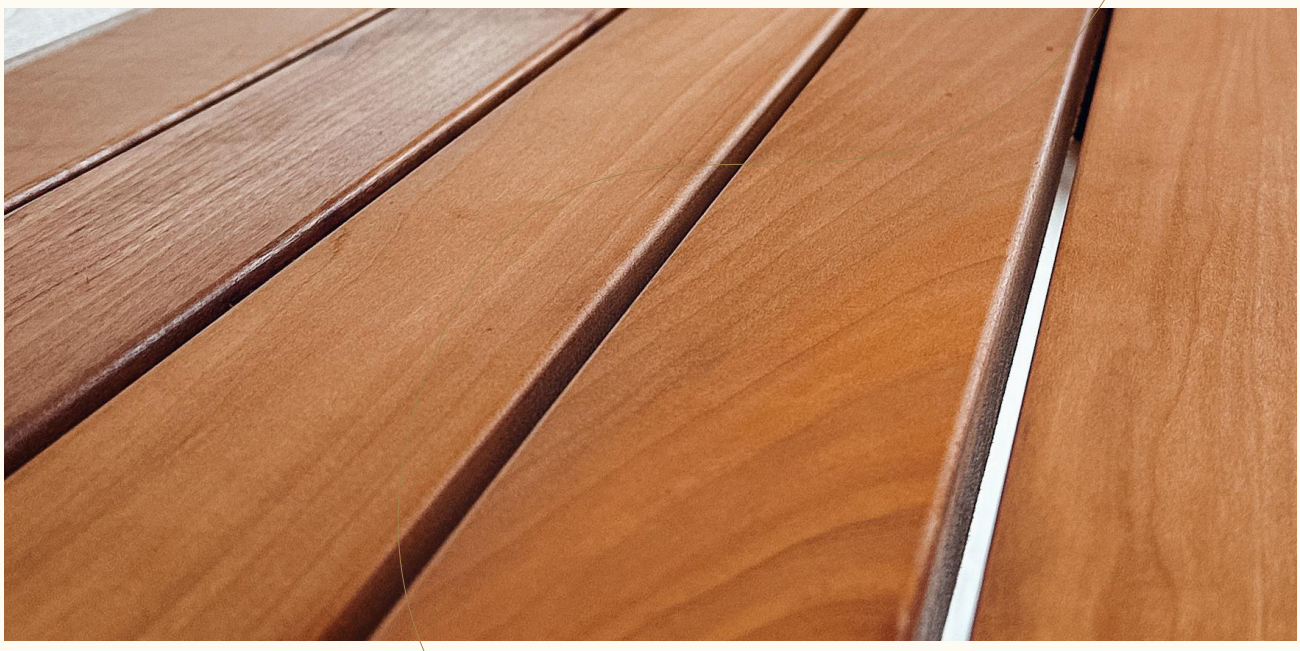
> ***"During periods of non-use: It is recommended to lift and store the floor grids in an upright position to prevent moisture buildup underneath and extend their lifespan."***

Once a month:

- Inspect all wooden components for signs of wear or damage. Tighten any loose screws or fittings, as wood can expand and contract with changes in temperature and humidity.
- Check and clean the heater and stones to remove dust or debris. Replace any stones that are cracked or show signs of deterioration.
- Clean the glass door using a mild detergent and soft cloth to prevent residue buildup.
- Check ventilation and drainage openings to ensure they are clear and functioning properly.

At least once per year:

- Perform a deep inspection and thorough cleaning of your sauna. Reapply protective treatments to wooden surfaces as needed, inspect electrical components, and assess the structural integrity of the sauna.
- Examine the door seal and hinges for wear or damage, and replace any parts as needed to ensure proper heat retention and safety.
- Check all fastenings on benches and support structures. Tighten screws if needed, as they may loosen over time due to wood movement.
- Inspect the steel bands around the sauna. Ensure they are securely tightened- especially after any relocation, as sauna bands should always be checked after moving.



AUROOM

LED lighting & glass care

- Clean glass doors and windows with a non-abrasive glass cleaner or a vinegar-water solution. Avoid ammonia-based products.
- Wipe down LED fixtures gently with a soft, dry cloth. Do not use water directly on lighting components.
- If any LED strips or lights show signs of dimming or flickering, consult your installation or warranty guide for replacement instructions.

Sauna bands

Inspect and tighten the sauna bands after the first few heating cycles, as the wood may settle slightly. Inspect the bands every few months as part of regular maintenance. Ensure they are securely tightened- especially after any relocation, as sauna bands should always be checked after moving.

How wood changes when used in the sauna

Wood is a natural material, and its surface may crack or bend when used in the sauna. This is normal due to the extreme and rapid changes in temperature and humidity that occur.

Wooden materials in the part of the sauna most exposed to the hot steam may darken over time.

When new, thermally modified wood may give off a noticeable scent as the sauna is heated, but this will diminish over time.

Things to avoid

- Don’t dry textiles in your sauna, as this can be a fire hazard – excessive moisture can also damage the surface of the wood.
- Avoid heating the sauna beyond the maximum temperature specified by the heater manufacturer – excessive heat may create a fire risk or cause the wood to warp.
- Never use a pressure washer or running water when cleaning your sauna interior, as excessive moisture can permanently damage the structure and surface of the wood.

Maintaining sauna heater

- Like the rest of your sauna, the heater requires periodic checks to ensure safe and efficient operation.
- Inspect the heater regularly, especially if the sauna has not been used for an extended period.
- For all maintenance, cleaning, and safety instructions, always follow the manufacturer’s user manual.

Throwing water on sauna stones

- The time is right for throwing the water on sauna stones when the stones are hot enough for complete vaporization of the water. You can try this by throwing a small amount of water.
- It is wise to use hot tap water to prevent the stones from breaking from the abrupt temperature change. Water should be clean, and if possible, avoid hard water and water that has a high iron content.

How frequently should the stones be replaced?

The frequency of stone replacement depends on how often your sauna is used and at what temperatures. A good rule of thumb is that if you use your sauna once a week, replace your rocks once a year, twice a week, twice a year, and so on.

If you use your sauna less frequently, replace them once every couple of years.

You should check the condition of the stones if the sauna takes longer than usual to heat up or if the heater does not warm up properly. This may be caused by small stone pieces blocking air movement between the sauna stones.

Checking the condition of the sauna stones

- To inspect the condition of your sauna stones, remove all the stones from the
- Replace any sauna stones that are eroded or have become noticeably lighter.
- Clean any stones that are dusty or covered with residues from iron-rich water.
- The most convenient solution is to replace all of the stones at the same time.



AUROOM

Usage Guidelines

There's nothing quite like a good sauna session to unwind and recharge, but remember, even the most relaxing activities have a few dos and don'ts. To ensure a safe and pleasant sauna experience, here's a list of handy tips:

Don't stay in the sauna for too long. The high temperatures can cause dehydration or overheating, so limit your sessions to 15-20 minutes and take breaks to hydrate and cool down.

Always keep water handy to stay hydrated and cool down if necessary.

Always sit or lie down on a towel. Use a towel or absorbent material to sit or lie on, it prevents slipping and keeps the sauna benches.

Do not drink alcohol. Think twice about enjoying a drink before or during your sauna time. Alcohol can dehydrate you and increase health risks.

Don't wear jewelry. Jewelry or any metal objects can heat up in the sauna and cause discomfort or burns.

Keep your gadgets out. The sauna's humidity can be a tech nightmare, damaging your phone or laptop.

Don't feast before a sauna session. Heavy meals can lead to indigestion. Opt for a light meal or snack instead.

Do not leave small children in the sauna unattended.

If you're feeling unwell, it's best to skip the sauna. High temperatures can worsen symptoms. Always pay attention to your body and only use the sauna when you're feeling well.



WARNING!

- Before turning on the electric heater, always check the sauna room and heater.
- The heater may be used only when it has been correctly filled with stones.
- Do not cover the heater as this will cause a fire hazard.
- Do not touch the heater when it is switched on as this will cause burns.
- Do not exceed the maximum temperature allowed by the manufacturer of the sauna heater when heating the sauna.
- Only use tap water with the sauna heater.
- Never use a water hose with the sauna heater.
- Only use the sauna for its intended purpose.
- Undiluted sauna essences may ignite if poured directly on the stones.
- Locking the sauna door from the inside is prohibited.
- Steer clear of the sauna if you're pregnant, have a heart condition, or any other medical condition that could be affected by high temperatures.
- Never leave the sauna unattended. Always turn off the heat source before stepping out.
- The product's warranty does not extend to the heating elements.

Compliance for Manufacturers Warranty.

Adherence to these usage and maintenance guidelines is crucial for the validity of your 2-year warranty. Failure to comply with these guidelines may void the warranty and lead to premature deterioration of the sauna. By following these detailed instructions, you will enhance your sauna experience, ensure your safety, and maintain the quality and longevity of your sauna.

Enjoy the warmth and wellness your sauna brings to your life!

AUROOM





Auroom HALO

AUROOM Saunas SIA
Madona, Saules 54, LV-4801, LATVIA

barrels@auroomwellness.com
auroomwellness.com