



Sauna Sapien User Guide

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Introduction to the Sauna and Ice Bath Installation Guide

Sauna Sapien

Welcome to your complete Sauna and Ice Bath Installation Guide for Sauna Sapien. This guide has been carefully prepared to ensure a safe and successful installation, both for our experienced installers and for our valued customers. Safety is our top priority, and we want to ensure that every step of the installation is carried out with caution and best practices.

We understand that installing a portable sauna and ice bath requires careful attention to detail and a thorough understanding of the necessary safety measures. That's why this guide is designed to provide clear instructions and guidelines that will help our professional installers, while also allowing our customers to make informed choices regarding the setup and use of their sauna and ice bath.

Throughout this guide, you'll find detailed step-by-step instructions, along with illustrations and diagrams, to facilitate a smooth and secure installation process. We've also included essential safety information, precautionary measures, and recommended amenities to ensure installers and customers can enjoy the sauna and ice bath experience without compromising their wellbeing.

It is crucial to remember that safety is a collective responsibility. As installers, we have taken the utmost care to provide accurate instructions and advice. As customers, it is equally important that you familiarize yourself with this guide and follow the safety protocols outlined in it. By working together, we can create a safe and enjoyable environment for all.

We encourage you to carefully read and understand the contents of this installation guide before beginning the setup. If you have any questions or concerns during the installation process, our dedicated support team is always available to help.

Thank you for choosing Sauna Sapien. Your trust in our product and service is greatly appreciated. Let's embark on this installation journey with safety at the forefront, to ensure an experience that combines relaxation, revitalization and peace of mind.

Preparation

Setting up the sauna tent is quite easy and in a few simple steps, your sauna tent will be ready to use. However, it is essential to take the necessary steps to ensure a safe and enjoyable experience. Follow these precautionary steps before installation.

1. Municipal By-Laws

Check the by-laws with the local municipality to determine if any specific precautions are needed for an enclosed wood stove. Some municipalities may have specific distances from buildings or property lines.

2. Weather Conditions

LA wind speed tolerance for tent installation can vary depending on factors such as terrain and anchoring methods. However, as a general rule, it is recommended to avoid setting up a tent or any temporary structure if the wind speed exceeds 20 to 25 miles per hour (32 to 40 kilometers per hour).

Exceeding this threshold can present risks such as tent collapse, poles bending or breaking, and the possibility of the tent being blown away by the wind, potentially resulting in damage or injury. It is essential to prioritize safety and follow the recommendations in this guide.

Keep in mind that wind speed can vary depending on location and weather conditions. It is always advisable to check the local weather forecast or use an anemometer to measure the wind speed on site before setting up the tent. If the wind speed is close to or exceeds the recommended tolerance, it is best to postpone setting up the tent until conditions improve and the wind speed decreases to a safer level.

Use the anchors and tether ropes provided as needed when it is windy. If weather conditions change during use, wait for the stove to cool down before disassembling the chimney and dismantling the tent.

1. Terrain conditions

To ensure proper setup, find a lot with a flat surface with enough space to anchor the tent using the tether ropes provided. It is important that the soil is solid and flat, as muddy or soft soils are not ideal. An uneven floor can make it difficult to level the stove and can lead to injury if the stove tips over.

Sauna installation

1. After checking the municipal regulations and finding the perfect location for the sauna, you can now proceed with the installation. Follow these simple steps to ensure easy and secure installation.
2. Take the tent out of its storage bag and place your feet in the center of your chosen spot.
3. Unfold the tent so that it is flat on the ground.
4. Pull one of the handles to turn on the first wall.
5. Continue to go around pulling the other handles.
6. Open the door using the zipper, enter the sauna and push the ceiling upwards.
7. Insert the anchor pegs into the holes to anchor the tent to the ground.
8. Attach the ropes to the handles on the exterior walls and then to the stakes in the ground.
9. Position the wood stove so that the chimney outlet lines up with the hole in the ceiling.
10. Assemble the chimney sections one at a time, starting with the section on the stove.

Use of the sauna

Saunas can provide relaxation and health benefits, but it's important to use them safely. Follow these guidelines to ensure a safe sauna experience:

- 1. Stay Hydrated:** Drink plenty of water before, during, and after sauna use to prevent dehydration. Avoid alcohol and caffeine, which can contribute to dehydration.
- 2. Time Limits:** Limit your sauna sessions to about 15-20 minutes to avoid overheating. Let your body **cool down between sessions.**
- 3. Temperature Control:** Make sure the temperature of the sauna is comfortable for you. Higher temperatures are not necessarily better and can increase the risk of discomfort or heat-related problems.
- 4. Clothing:** Most saunas are done naked or with a towel, but you can wear a swimsuit if you prefer. Make sure the material is breathable and lightweight.
- 5. Remove Jewelry and Metal Objects:** Remove all jewelry, including rings, necklaces, and earrings, as well as metal objects like watches. Metals can heat up and cause burns.
- 6. Remove Contact Lenses and Glasses:** Remove your contact lenses before entering the sauna, as they can dry out and become uncomfortable. Glasses can heat up and cause discomfort. The intense heat of the sauna can also damage the lenses and glasses.
- 7. Avoid Direct Contact:** Sit in a chair or on the floor. A towel can be placed on the chair if it is too hot. This prevents burns and maintains hygiene.
- 9. Breathing:** Breathe normally and avoid holding your breath. If you feel dizzy or have difficulty breathing, leave the sauna immediately.
- 10. Cooling Period:** After leaving the sauna, cool down slowly by sitting or lying down in a cooler place.
- 11. Listen to your body:** If you feel uncomfortable, dizzy, nauseous, or have difficulty breathing, leave the sauna and seek fresh air.
- 14. Hygiene:** Shower before entering the sauna to remove lotions, oils, and sweat. Always sit on a towel and wipe down the surfaces you've used.
- 15. Fire Safety:** Keep a fire extinguisher handy in case of an emergency.

Remember that heat tolerance varies from person to person, and safety comes first. If you have any doubts about anything related to sauna use, consult a medical professional before starting regular sessions. Enjoy your sauna experience while prioritizing your well-being!

Ideal Preparation for an Efficient Fire in the Sauna Heater

To ensure an efficient fire and an enjoyable sauna experience, follow these steps to prepare the fire in the sauna heater:

- 1. Basic Materials:** Start by gathering the necessary materials, including crumpled newspapers, kindling (fire starter), and two wood logs.
- 2. Successive Layers:** First place a few pieces of crumpled paper in the bottom of the stove. This layer of paper will serve as the initial fire starter.
- 3. Kindling:** Add a layer of small pieces of wood (fire starter) to the paper. Be sure to arrange the pieces of wood in a way that allows air circulation. This step promotes a quick and even ignition.
- 4. Arrangement of the Logs:** Carefully place the two logs of wood on top of the kindling, spacing them slightly to allow airflow. The logs will serve as the main fuel to keep the fire going.
- 5. Chimney:** If a throttle valve is present on the chimney, make sure it is open before starting the fire. Failure to do so could result in the sauna being filled with smoke.
- 6. Air Circulation:** Leave the door open until the fire is properly established. The sauna can fill with smoke when you start up. Once the fire is well established, the door can be closed.
- 7. Ignition:** Light crumpled paper using safe and approved fire starters. The fire will first start on the paper, then spread to kindling and logs.
- 8. Initial Monitoring:** Monitor the fire carefully for the first few minutes to ensure it burns stably and evenly.
- 9. Regulation:** Once the fire is well lit, you can close the door. If the sauna gets too hot, you can open the door to let in fresh air and cool the inside.

By following these preparation steps, you will ensure an efficient fire start in the sauna heater. This method ensures uniform and consistent combustion, while avoiding the risk of overheating or excessive smoke. Always use caution when handling the fire, and make sure the stove and surrounding area are secure and ready for safe use. Enjoy your sauna session in a comfortable and warm environment.

Ice bath installation

- 1. Location:** Find a level location for the installation of the tank used for the ice bath.
- 2. Filling:** Fill the tub using a garden hose or with a pump fed from a water source such as a lake or river.
- 3. Ice:** Allow about 50 pounds of ice to ensure an optimal session. Blocks of ice are recommended rather than bulk cubes, as they will provide longer-lasting cooling.
- 4. Draining:** Attach the hose to the drain valve and place it as far away from the house as possible to prevent flooding. Open the valve until the tank is completely empty.

Ice Bath Safety Protocol for Children

Ensuring the safety of children around ice baths is of utmost importance. Follow this safety protocol to prevent accidents and drowning incidents:

- 1. Supervision:** Always designate a responsible adult to supervise children when the ice bath is in use. This person should have the sole responsibility of watching the children closely and ensuring their safety.
- 2. Education:** Educate children about the dangers of ice baths and the importance of staying away from them when adults are not present. Encourage open communication about safety.
- 3. No Play Zone:** Make it clear to children that the ice bath area is not a play area. Emphasize that running, jumping, or playing near the ice bath is strictly prohibited.
- 4. Emergency Plan:** Ensure that adults present are familiar with CPR and basic water rescue techniques. Have a phone nearby with emergency numbers saved in case immediate assistance is needed.
- 5. Emergency Response:** In the event of an emergency or if a child is found near or in the ice bath without supervision, take immediate action. Remove the child from the ice bath and call for help if needed.

By following this safety protocol, you can create a secure environment for children around ice baths and reduce the risk of accidents or drowning incidents. Always prioritize safety and vigilance when children are present.

Contrast Therapy Protocol for the Health Benefits of Sauna and Ice Bath

Contrast therapy involves alternating between exposure to cold and heat within the same session. This method, favored by practitioners like Wim Hof and health enthusiasts, offers various benefits. Here's a guide based on insights from experts, including neuroscientist Andrew Huberman and Dr. Susanna Sjøberg, to effectively implement contrast therapy using saunas and ice baths:

Benefits of Hot and Cold Contrast Therapy:

- More efficient thermogenesis
- Increased metabolism
- Improved comfort in cold conditions
- Increased dopamine
- Increased endorphins
- Increased sperm and testosterone production in the cold
- Decreased inflammation

Start with the Cold:

- 1. Cold Water Temperature:** Start with water that works for you, usually around 12.8°C (55°F).
- 2. Gradual adjustment:** Gradually decrease the water temperature over time. For example, start at 12.8°C (55°F) and drop to 0.6°C (33°F) in colder regions.
- 3. Duration:** Stay in cold water for a few minutes. Longer durations can help build resilience, but prioritize safety and comfort.
- 4. Building Resilience:** Stay in the water until you feel uncomfortable, but safe, to build resilience.

Use of Heat (Sauna):

1. Sauna Temperature: Sauna temperatures can range between 86.1°C and 100°C (187°F to 212°F).
2. Duration: Spend about 15 to 20 minutes in a sauna.

Hot and Cold Therapy Time:

- Exposure to cold is most optimal in the morning or early in the day due to its invigorating effect.
- Hot baths can be relaxing and are suitable for nighttime use.
- Consider individual factors and the impact of hot and cold on your sleep when planning sessions.

Thérapie Chaud et Froid pour la Récupération après l'Entraînement :

- After a workout, cold therapy can reduce post-workout soreness and inflammation.
- Sauna can increase growth hormone production.
- Use the sauna once a week in 4-week cycles to maximize the benefits of growth hormone.

Finish with the Cold:

- Conclude your contrast therapy session with exposure to cold, as this is in line with the principles of therapy.

Other considerations:

- Cold showers of 30 to 60 seconds for 30 days can reduce sick days by boosting the immune system.
- Too much heat, such as excessive sauna use, can decrease sperm count in men.
- For increased thermogenesis and metabolism, finish with exposure to cold to engage the body's natural warming process.

The SØEBERG Principle (Soeberg et al., 2021):

- Winter Swimming / Cold Exposure: 2-3 times a week, totaling 11 minutes per week.
- Sauna / Heat Exposure: 2-3 times a week, totaling 57 minutes per week.

Safety First:

- Prioritize safety and comfort throughout the practice of contrast therapy.
- Involve a friend or partner for safety during extreme temperatures.

Contrast therapy can offer a wide range of benefits, but it's important to tailor the practice to your individual preferences and fitness level. Always prioritize your well-being and consult a healthcare professional if you have any underlying health conditions.