## Sauna

The sauna stove is based on the same principle as the fireplace in the house. However, there is no flap (gate) in the chimney pipe. Beware of overheating: the sauna heats up very quickly. (one pack of firewood brings the temperature to 90 degrees in 25-30 minutes). Do not heat the sauna above 90 degrees - the Finns consider this temperature more than sufficient for a healing effect.

Maintain hygiene and cleanliness in the sauna, in particular:

- take a shower before going in the sauna
- place towels on the benches where you sit
- wipe your feet when entering the sauna

When finished, please close the doors (both in the sauna and in the room to the right of it) to prevent the doors from opening with the wind.

If you have no experience of using the wood-burning stove in the sauna, please contact Alex.

The stove can be heated without water in the stove's tank. There is no water plumbing in the sauna! The tap left of the door does not work. The water is only 10 meters away – in the lake.

Water in the tank will freeze in the winter. It is dangerous for the tank. After using the sauna, the tank should be emptied completely.