

Polhus PH.2.00003.0

Polhus Jorma Outdoor Wooden Sauna Instruction Manual

Model: PH.2.00003.0

1. INTRODUCTION

Thank you for choosing the Polhus Jorma Outdoor Wooden Sauna. This modern garden sauna is designed to provide a relaxing and invigorating experience for up to 4 people. Constructed from high-quality spruce logs, it features a panoramic insulated glass window, offering both natural light and an aesthetic view.

This manual provides essential information for the safe and correct assembly, operation, and maintenance of your sauna. Please read all instructions carefully before beginning assembly or using the sauna to ensure optimal performance and longevity of your product.

The Polhus Jorma sauna is delivered as a complete kit, designed for straightforward assembly. Its robust log construction ensures excellent thermal insulation, allowing for quick heating and energy efficiency.

2. SAFETY INFORMATION

Your safety is paramount. Please adhere to the following safety guidelines:

- **Professional Installation:** The sauna heater is *not included*. All electrical connections for the sauna heater must be performed by a qualified electrician in accordance with local regulations and codes.
- **Ventilation:** Ensure adequate ventilation during sauna use. The sauna includes an opening window for this purpose.
- **Foundation:** The sauna must be installed on a level, stable, and load-bearing foundation. Improper foundation can lead to structural damage.
- **Wood Treatment:** The sauna is made of natural spruce. Consider treating the exterior wood with a suitable wood preservative to protect against weather elements. Do not treat the interior wood with chemicals, as this can release harmful fumes when heated.
- **Children and Pets:** Keep children and pets away from the sauna, especially when in use or cooling down.
- **Medical Conditions:** Consult a physician before using a sauna if you have any medical conditions, are pregnant, or are elderly.

- **Hydration:** Drink plenty of water before and after sauna use to prevent dehydration.
- **Alcohol/Drugs:** Do not use the sauna under the influence of alcohol, drugs, or medications that may impair judgment or cause drowsiness.

3. PACKAGE CONTENTS

The Polhus Jorma sauna is delivered as a complete kit. Please verify all components upon receipt:

Included Components:

- Wall profiles: Planed and notched wall logs (44/70 x 135 mm)
- Sauna floorboards: 28 mm planks on floor joists (43 x 90 mm)
- Roof boards: 21 mm planed tongue-and-groove boards on roof joists (43 x 140 mm)
- Door: 690 x 1930 mm, with round insulated glass window
- Panoramic Window 1: Double window 1750 x 765 mm, tempered insulated glass, non-opening
- Window 2: 905 x 500 mm, insulated glass, opening
- Sauna benches: 2 pieces, made of aspen wood
- Backrest: Aspen wood material
- Diaphragm: Aspen wood material
- Screws and nails: All necessary fasteners

Not Included:

- Sauna heater
- Roof covering (e.g., shingles)

4. SETUP AND ASSEMBLY

The Polhus Jorma sauna is designed for self-assembly. A detailed assembly instruction manual is included with your kit. Please follow the steps outlined in that manual carefully.

Key Assembly Considerations:

- **Foundation Preparation:** Ensure your chosen site has a solid, level, and well-drained foundation before starting assembly. This is crucial for the stability and longevity of the sauna.
- **Log Construction:** The sauna utilizes a sturdy log construction where wall profiles are easily assembled.
- **Reversible Assembly:** The design allows for reversible assembly, meaning the door and window placement can be adjusted to suit your preference during construction.
- **Roof Covering:** Remember that roof covering materials (such as shingles) are not included and must be purchased separately and installed according to the assembly instructions to protect the sauna from weather.
- **Sauna Heater Installation:** The sauna heater is a separate purchase. Install it according to the manufacturer's instructions and ensure all electrical work is done by a certified professional.



Figure 1: Exterior view of the Polhus Jorma outdoor sauna, showcasing its modern design and integration into a garden environment.

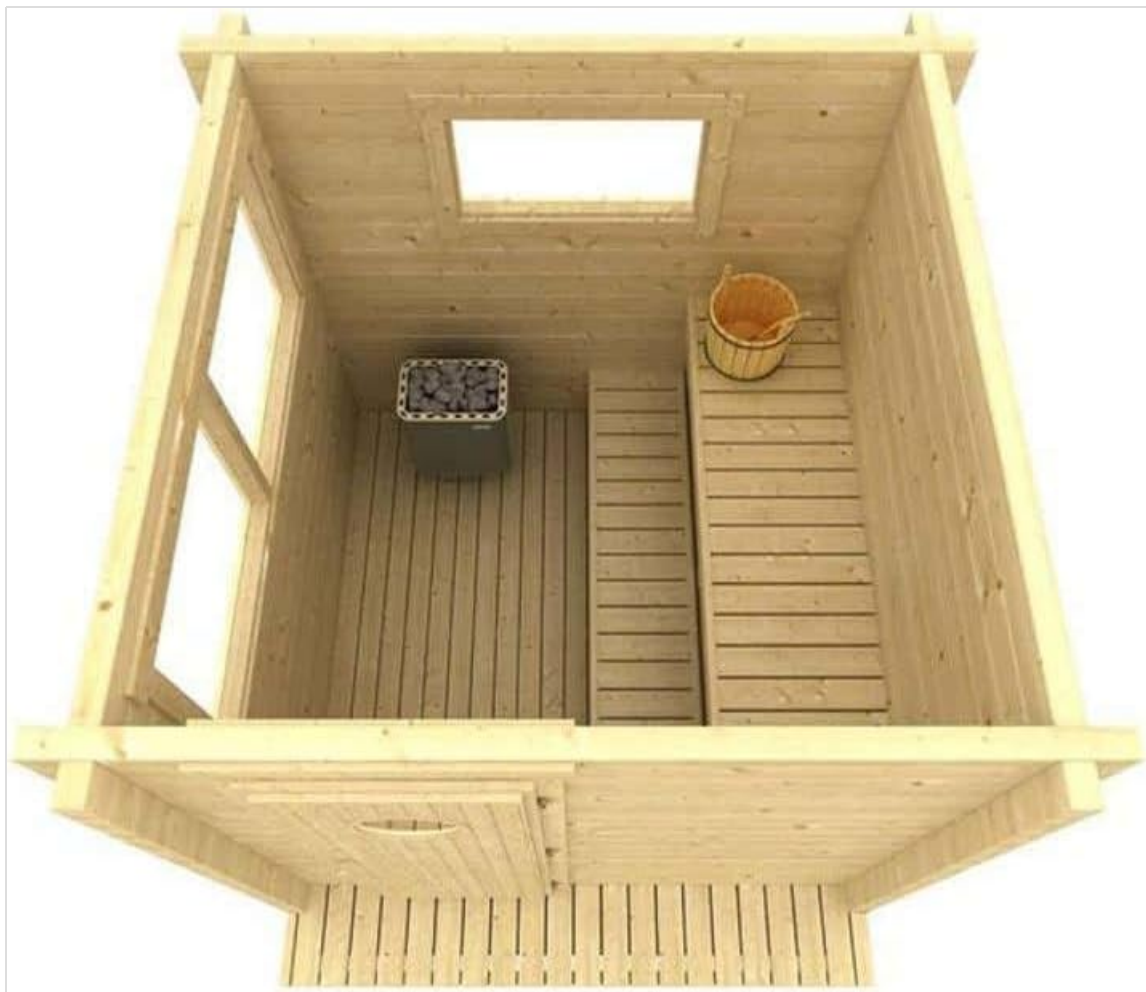


Figure 2: Top-down structural view of the sauna, detailing the interior layout and component placement.



Figure 3: Technical drawing with detailed dimensions of the Polhus Jorma sauna structure.

5. OPERATING INSTRUCTIONS

Once assembled and the sauna heater is professionally installed, you can begin to enjoy your Polhus Jorma sauna.

Sauna Use Guidelines:

- **Pre-heating:** Turn on your sauna heater according to its specific instructions. Allow sufficient time for the sauna to reach your desired temperature (typically 70-90°C or 158-194°F).
- **Ventilation:** Ensure the opening window is used to control airflow and maintain fresh air circulation during and after use.
- **Sauna Session:** Limit sessions to 10-20 minutes. Listen to your body and exit if you feel uncomfortable.
- **Cool-down:** After a session, cool down gradually, perhaps with a shower, and rehydrate.
- **Water on Stones (if applicable):** If your heater supports it, a small amount of water can be carefully poured over the hot stones to create steam (löyly). Refer to your heater's manual for specific instructions.



Figure 4: Interior view of the sauna, featuring the aspen wood benches and space for a sauna heater.



Figure 5: Detail of the sauna door handle, made from natural wood.

6. MAINTENANCE

Regular maintenance will help preserve the beauty and functionality of your Polhus Jorma sauna.

- **Cleaning:** Wipe down interior surfaces with a damp cloth after use. For deeper cleaning, use a mild soap solution and rinse thoroughly. Avoid harsh chemicals that can damage the wood or release fumes.
- **Wood Treatment:** The exterior wood can be treated with a breathable wood stain or preservative to protect it from UV radiation and moisture. Do not treat the interior wood.
- **Ventilation:** Keep the ventilation openings clear of obstructions.
- **Inspection:** Periodically inspect the sauna for any signs of wear, damage, or loose components. Tighten screws as needed. Check the condition of the roof covering regularly.
- **Heater Maintenance:** Follow the maintenance instructions provided with your sauna heater.

7. TROUBLESHOOTING

If you encounter issues with your Polhus Jorma sauna, consider the following common troubleshooting steps:

- **Sauna Not Heating:**
 - Check the power supply to the sauna heater.
 - Ensure the heater's thermostat is set correctly.
 - Consult the sauna heater's specific instruction manual.
- **Excessive Heat Loss:**
 - Verify that the door and windows are fully closed and sealed.
 - Inspect for any gaps in the log construction that may have developed over time.
- **Structural Issues:**
 - If you notice any significant shifting or damage, cease use immediately and contact Polhus support.

For persistent issues or concerns not addressed here, please contact Polhus customer support.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions (L x W x H)	239 x 288 x 227 cm
Model Number	PH.2.00003.0
Material	Spruce (exterior), Aspen (benches, backrest, diaphragm)
Capacity	4 persons
Wall Profile Thickness	44/70 x 135 mm
Panoramic Window	1750 x 765 mm, tempered insulated glass, non-opening
Opening Window	905 x 500 mm, insulated glass

Feature	Detail
Door Dimensions	690 x 1930 mm, with round insulated glass

9. WARRANTY AND SUPPORT

Polhus products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty documentation provided with your purchase or visit the official Polhus website.

If you require assistance with assembly, have questions about your sauna, or need to report a missing or damaged part, please contact Polhus customer support. Have your model number (PH.2.00003.0) and purchase details ready when contacting support.

For the most up-to-date contact information, please visit the official Polhus website or refer to your purchase documentation.