



*Warmer feelings.*

*Kirami FinVision sauna  
- a new vision for the sauna experience*



Saunas 2021



Established in 2001, **Kirami Oy** is a family business known for its high-quality **hot tubs and pools**. Kirami delivers approximately 10,000 hot tubs each year, which makes the company the largest hot tub manufacturer in the world. In addition to the hot tubs, the **Kirami FinVision sauna** has become wildly popular. The **Outstanding by Kirami** product family includes grills, outdoor fireplaces and garden decorations. The company employs 30 people, and its turnover is EUR 16 million.

# *Kirami FinVision sauna - a vision of a Finnish sauna*

The basic idea of the sauna has remained the same throughout centuries, if not millennia. When water is thrown on stones heated on a fire, the air in the room becomes pleasantly hot and humid. All good ideas are simple, and so is this one, but the sauna has something more in addition to that - something magical that has kept the tradition of sauna bathing vibrantly alive to this day.

In Finland, sauna has always been considered important. For a long time, the sauna was the first thing people would build; they would live in the sauna until the actual house was completed. The sauna has also been considered the cleanest place in the home; in addition to washing themselves, people have given birth there and used it for medical treatments, such as cupping. Sauna bathing has been an integral part of celebrating holidays, and people still participate in the tradition of going to the sauna during Christmas and Midsummer. In 2020, the Finnish sauna culture was inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.

Honouring the ancient traditions, we built the **Kirami FinVision sauna** that has everything that makes the sauna magical, and many other things besides. As its name indicates, the Kirami FinVision sauna offers a new vision for the sauna experience.



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# *At the heart of the Finnish sauna tradition*

## **What makes the sauna tradition so vibrant, and what does the sauna culture include?**

### **Why do people go to the sauna?**

Washing yourself is certainly the most practical purpose of going to the sauna, but the sauna offers much more in addition to cleanliness. People go to the sauna to relax, spend time with their friends, or simply enjoy the pleasant warmth.

When sitting on the bench, you can let go of the everyday life and forget work and other worries. You can go to the sauna together with your friends, but many also enjoy just spending time alone with their thoughts. In the dim light of the sauna, people have pondered the purpose of life, and sometimes they have even found some answers.

Cooling off is another important part of going to the sauna. You take a shower, dip into the hot tub or plunge into a lake or the sea. After throwing water on the stones, you wash yourself, enjoy the moment and maybe a bit of food and drink, and then return to your everyday life, refreshed, relaxed and at peace.

### **Finnish sauna customs**

You usually reserve plenty of time for going to the sauna, because calming down and a lack of hurry are a part of sauna bathing. You get ready for the sauna by taking a shower first. The time spent in the sauna after the first time of throwing water on the stones varies; on average, Finns stay approximately 15 minutes in the sauna at a time. However, everyone can decide for themselves how long they sit in the sauna, because the important thing is that the sauna bathing feels good. After sitting in the hot steam you take a shower, go swimming or bathe in the hot tub, cool off for a moment, and you can also have something to drink, if you wish. After cooling off, you can continue sauna bathing now that the sauna is properly humid. Another part of Finnish sauna customs is the sauna whisk; whisking yourself improves the surface blood circulation.

You continue sauna bathing and cooling off as long as it feels good, and at the end, you wash yourself thoroughly. After washing, it is customary to continue cooling off. Often you also have a salty snack, such as a sausage, and enjoy the sauna drinks. When you are no longer sweating after the sauna, you can put on clean clothes. You feel clean and refreshed, almost as if you have been reborn.



### Health benefits

Going to the sauna is beneficial both to your physical body as well as your mental well-being. Going to the sauna relaxes your muscles, increases your heart rate and makes your peripheral blood vessels dilate. This lowers your blood pressure and is good for your heart. Going to the sauna is like exercising. It is also good for your mucous membranes, and the humid air of the sauna may even reduce asthma symptoms.

The sauna is a source of many different kinds of well-being, and there is no need to go to an expensive spa to enjoy it when you can find all this at home.



Kirami is a member of the Sauna from Finland business network that markets the Finnish Sauna Experience around the world. The mission of Sauna from Finland is to build the best sauna experiences in the world.



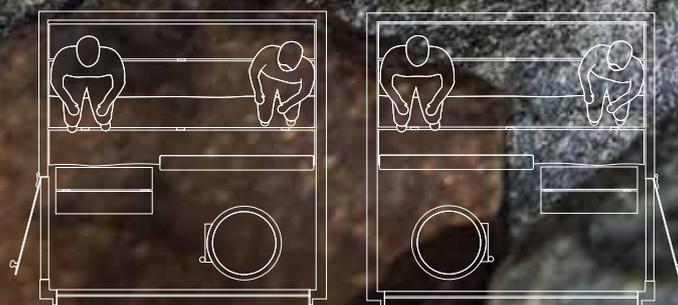
*The sauna whisks are soaked in warm water.*

## *Kirami FinVision -sauna*

Kirami's vision is to create products for enjoying life and the outdoors and spending time together. Kirami's hot tubs offer enjoyable bathing moments, and the outdoor fireplaces and BBQ grills in the Outstanding series turn a yard into a magical oasis. A natural addition to these features is a sauna - a Kirami FinVision sauna.

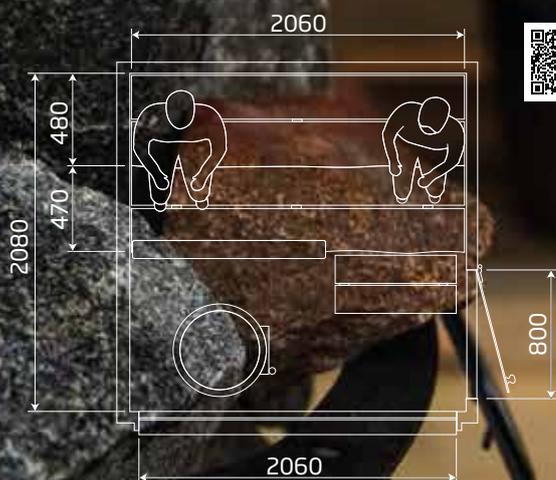
The Kirami FinVision sauna shows the high-class finish of a master craftsman. Intended for outdoor use and dimensioned for 4-6 people, the sauna is already surface-treated; it is made out of plain sawn softwood and spruce plywood. The package includes an electric or wood-burning sauna heater depending on the customer's choice. You can also order the sauna without a heater.

The sauna already has LED lights installed under the benches; because they only consume a small amount of electricity, the mood lighting can be on even if the sauna is not in use. The customer is responsible for connecting the sauna to electricity.



*The sauna can also be built in a mirror image.*

Saunas and tubs are best friends forever: where there's a tub, there's a sauna. It feels great to step outside to the yard from the heat of the sauna to cool off and plunge into the even temperature of the hot tub to relax. The hot tub itself is a pleasure, crowned by bathing in the sauna. Inside the sauna, you can enjoy the quiet only broken by the hissing of the sauna heater, while in the hot tub you can listen to the sounds of the surrounding nature.



Kirami FinVision -sauna	
<b>LENGTH</b>	2300 mm
<b>WIDTH</b>	2300 mm
<b>HEIGHT</b>	Transport: 2,580 mm, finished including the eaves: 2,625 mm
<b>VOLUME</b>	Interior: 9,7 m <sup>3</sup> Exterior: 13,5 m <sup>3</sup>
<b>FIREPLACES (SAUNA HEATER):</b>	Wood-heated/Electrically heated
<b>OUTER SURFACE MATERIAL:</b>	Spruce plywood and plain sawn softwood
<b>INTERIOR SURFACE MATERIAL:</b>	Spruce plywood and plain sawn softwood
<b>NUMBER OF PEOPLE:</b>	4-6
<b>CONTENTS OF THE DELIVERY:</b>	Delivered already assembled. The roof must be installed on site.



# *Delivery and placement of the Kirami FinVision sauna*

The Kirami FinVision sauna is delivered already assembled, and the customer only needs to install the roof, sauna heater, flue and door handle. The reseller helps with arranging the transport.

For transport, protective plywood sheets and protective film have been placed around the Kirami FinVision sauna; they are only removed after the sauna is in its final location. The sauna's own base acts as the pallet, which means that the sauna can be placed directly on top of the foundation prepared by the customer.

The sauna must be placed on an even surface that can bear its weight. The surface can be evened out with stone chippings or cast from concrete. In a cold climate, the foundation should be insulated.

We recommend placing at least 5-10 cm of ground frost insulation under the gravel, which effectively cuts off the thermal bridge to the cold ground underneath. When choosing the placement of the sauna, the drainage of water and possible future maintenance should be taken into account.

To ensure that the sauna is well ventilated and dries easily, we recommend placing nine concrete slabs under the sauna to raise it higher and putting roofing felt (bitumen roofing) on top of the slabs where the stone touches the wood. It is also important to ensure that the sauna is not surrounded by tall grass.



We also recommend ordering a delivery truck with a Hiab lift to lift the sauna directly to its intended location. In some cases, a pallet truck or a forklift with long tines may also be sufficient. When transporting the sauna, the lifting slings, forklift tines or long pallet trucks must be placed under the pallet so that the pallet supports the elements as well as possible throughout the lift and the sauna remains straight and the lifting capacity constant.

# *How do you bathe in the sauna?*

## **Heating up a wood-burning sauna heater**

You should only use dry hardwood or softwood for heating up a wood-burning sauna heater. Good firewood consists of split wood with a diameter of around 5 cm, length of approx. 33 cm and weight approx. 0.5 kg. For lighting a fire, we recommend birch bark or firestarting blocks.

Stack the wood loosely into the firebox and light the fire from the top. A calm flame is a sign of suitable draft. You can adjust the amount of draft with the ash drawer. When the flame is even, the stones heat better and the flue does not get overheated. Low pressure may make lighting a fire in the firebox difficult; in that case, the sauna door can be held open for a moment and the ash drawer kept a bit further ajar until the firebox is properly lit.



## **Heating up an electric sauna heater**

The electric sauna heater is turned on in the heater's control panel according to the manufacturer's instructions. In addition to the power and heating time, preset timing can usually also be selected; in that case, you choose the time after which the heater turns on.



## “Can you throw water on the stones in the sauna?”

For Finns, bathing in a sauna and everything that goes along with it are a given, but you do encounter a variety of misconceptions outside Finland.

*“One of the most frequently asked questions we get from our customers abroad is if you can throw water on the stones in a Kirami FinVision sauna. Our answer is always yes. People have also wondered if it’s really possible to bathe in the sauna. You can feel free to use water in the Kirami FinVision sauna to wash yourself and splash over the benches after you have finished, as in any Finnish sauna.”*

*Marketing Manager Heidi Ola, Kirami*

### Throwing water on the stones

The heat in the sauna is regulated by throwing water on the heater’s stones. People’s ability to tolerate heat varies a great deal, and in fact, there are big differences in the temperature of a sauna bath between Finns and other Europeans. Still, the end goal is a temperature that all sauna bathers find pleasant, so you should keep everyone’s comfort in mind. It is hotter on the top benches of a sauna than on the lower ones, which also helps you to find the best place to bathe.



### Ventilation

In the Kirami FinVision sauna, the opening for incoming air is on the wall with the heater. During the sauna bath, air exits through the opening for outgoing air under the benches as well as through the openings at the top and bottom of the door. After bathing, the heater should be kept on for roughly half an hour to let the sauna dry out. After this, the sauna is ventilated by keeping the front door open for a short period of time so that the air at the top of the sauna room can also be replaced.



### Placement of the thermometer

In the sauna, the best place to measure the heat is at the height of the sauna bathers’ heads. Therefore, the sauna thermometer should be placed approximately one metre above the top bench, as far away from the heater as possible.



*Warmer feelings.*

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