

Hotbox Sauna Co. - Your Mobile Sauna Manual

**A ritual guide for the modern seeker of
heat, health and harmony.**



Welcome to Your Sacred Sweat Session

First off, thank you. You've just invited a piece of ancient ritual into your garden, driveway, or special hideaway. Our wood-burning saunas are hand-built with love, intention, and a deep respect for the natural world. This isn't just about getting hot—it's about slowing down, tuning in, and reconnecting.

We'll help you get everything set up, but once we roll away, it's yours. This little book will be your guide—from lighting the fire to diving deep into sauna culture and wellness. Keep it close, treat the sauna gently, and let the heat do its thing.



CONTENTS

- 1. Getting Started | Light it Right**
- 2. Using the Sauna**
- 3. Sauna History & Culture**
- 4. Sauna Science & Wellness**
- 5. Aftercare and Pickup**



1. Getting Started: Light It Right

The Setup Checklist

Before we leave, we'll make sure:

The sauna is on level, non-flammable ground

Chimney is clear and drawing properly

Firewood (untreated, dry hardwood only) is stacked and ready

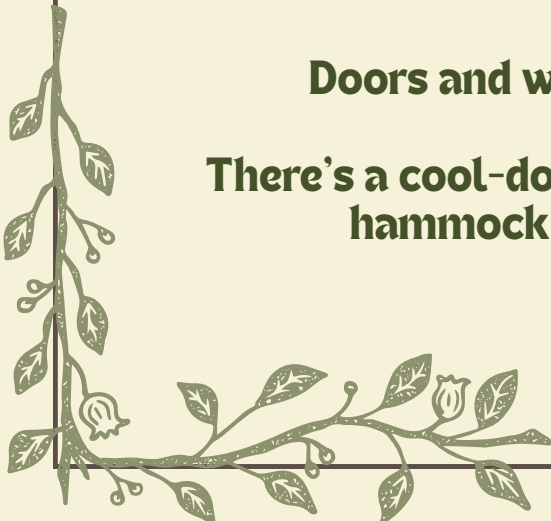
You've got water, towels, and time

If you're setting it up yourself later, make sure:

The area around the sauna is clear (3 ft radius minimum)

Doors and windows are easy to access

There's a cool-down zone nearby (think shade, a hammock, or a tub of loch water)





1. Getting Started: Light It Right

How to Build the Fire

Start with a natural firelighter, then a nest of kindling and a few small logs. No chemical firelighters - just matches, wood, and patience.

Let the fire catch slowly, then gradually add larger logs.

Keep the door cracked open slightly at first to boost airflow, close it once the larger logs catch.

When the firebox is about $\frac{2}{3}$ full ensure that the door is fully closed and wait for the sauna to heat up.

Preheat Time: 30-45 mins, depending on weather and wood.

Ideal Sauna Temp? 70-90 degrees centigrade (that's hot but happy).



1. Getting Started: Light It Right

The sauna will remain within this temperature range for a long time. When it begins to sit below this range for more than 30 minutes, gradually add more larger logs to the firebox, making sure to keep the firebox closed immediately after, the sauna will soon come back up to temperature.

It is good practice to take this short time out of the sauna, let it heat up again and dry out a little, you know it'll be well worth it when you jump back in. Plus, the hot/cold cycle maximises the serious health benefits of sauna.

Safety Notes

Not recommended for children under 12 or folks with certain heart conditions (consult your GP).

Avoid alcohol or heavy meals before the sauna.

If you feel light-headed, get out and rest.

Stay hydrated. Seriously. Bring a big bottle of drinking water and keep it just outside the sauna.



2. Using the Sauna

The Ritual Flow

Step in. Sit. Breathe.

**Stay in as long as feels good
(10 - 20 mins at a time is plenty).**

Step out. Cool down slowly. Cold plunge if you're brave.

Hydrate. Stretch. Repeat.

2-3 rounds is a beautiful flow.



2. Using the Sauna

Water, Stones and Steam (Loyly.)

Use clean water only. A little splash on the stones foes a long way.

No soap, scents, or oils unless they're sauna-safe and natural.

Listen to the hiss - it's the sound of purification.



2. Using the Sauna

The Sauna Code

Always sit on a towel. Keep the benches clean.

Keep the door closed during the session, you can adjust the vent for airflow.

Respect the quiet. If you're with friends, let it be wholesome.

Ask before you loyly, some like it hotter than others.

Use the loyly to control the heat before adding wood to the fire.

No phones. No stress. Just heat.



3. Sauna Culture & Sacred Sweat

Ancient Roots

Sauna isn't a trend - it's tradition. The Finns have been sweating it out for thousands of years. For them, the sauna is a place of birth, death, healing and spirit. That energy lives here too.

Across the world, heat has always been sacred - Turkish hammams, Indigenous sweat lodges, Japanese sento. You're a part of a global lineage of people who know that sometimes, you've just gotta sweat it out.

Modern Magic

Bring a book or a journal.

Try breathwork exercise.

Play ambient music - or nothing at all.

Afterwards, bask in the glow - you'll feel it.



4. Wellness & The Science of Sweat

The Good Stuff

Modern research emphasizes the benefits of regular sauna use. The literature shows that regular sauna use can:

Improve circulation and heart health.

Reduce stress and cortisol levels.

Mimic the positive physiological effects of 'moderate intensity' exercise.

Decrease probability of death from 'all-cause mortality' by upto 50%.

Helps with sleep and recovery.

Ease sore muscles and joints.

Boost immune function.



4. Wellness & The Science of Sweat

References & Resources

JAMA Internal Medicine: Cardiovascular benefits of regular sauna use.

NIH: Heat stress and detoxification pathways.

Dr Rhonda Patrick: Deep Dives on heat shock proteins.

USE WITH CARE

Skip the sauna (or check with your GP) if you:

are pregnant,

have high blood pressure,

are taking medication that affects your body temperature,

feel unwell or dehydrated.



5. Aftercare & Pickup

Cleanup Checklist

Let the fire die naturally - don't toss water on it. A slow, steady burning off also helps the sauna dry out properly.

Once the ash is cool, empty the ash pan using the fire shovel into the fire bucket.

Wipe down benches and floor with damp cloth (no chemicals).

Place all used towels into the laundry bin, leave clean towels in the box they came in.

Responsibly dispose of any leftover clean water outside.

Leave the door open to air out the sauna.



Contact Us

Text/Call: 07521682900
Email: hotboxsaunaco@gmail.com
Instagram: @hotboxsaunaco

Videos + Tutorials

Scan this QR for our visual guide on fire building, heat rituals, and more.

Waiver Reminder

Use at your own risk. By using the sauna, you agree to our safety terms and conditions (included with your booking).

Thanks for sweating with us. Stay Warm, stay weird and we'll see you next time.

-Hotbox Sauna Co Crew