

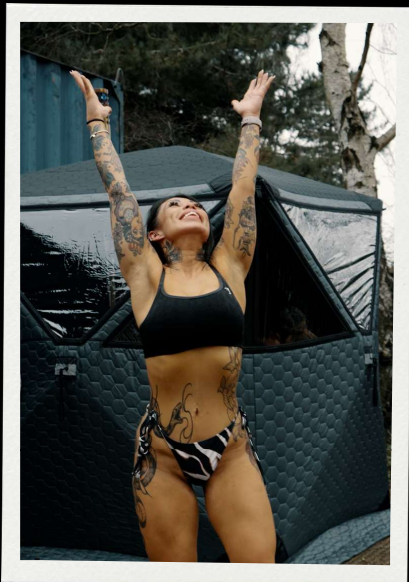
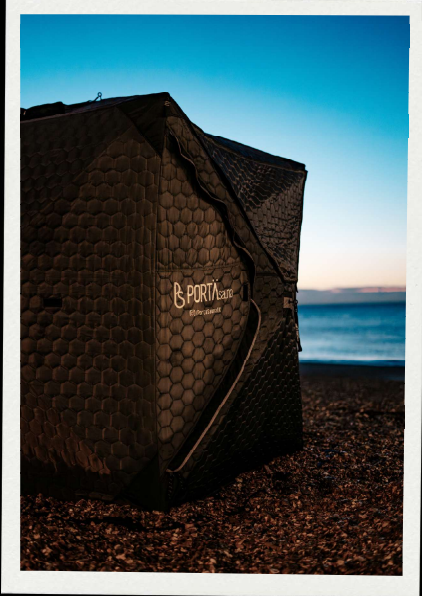
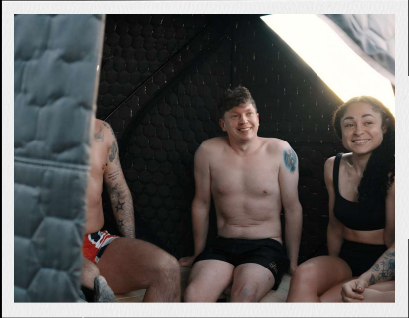
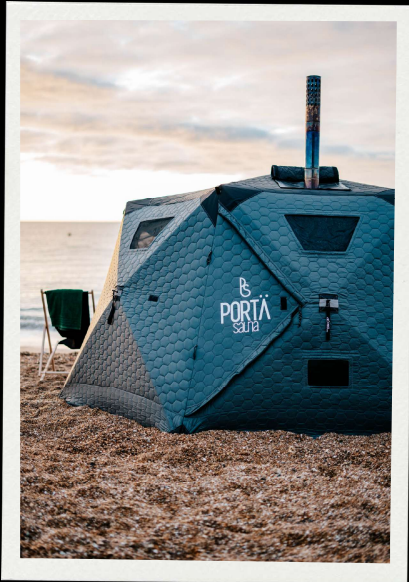
# PORTÄsauna

## HEX

### Manual & Sauna Guide



CHECK OUT OUR  
QR CODE FOR  
MORE INFORMATION &  
LINKS TO ALL OUR  
YOUTUBE & SOCIALS



# Welcome to PortaSauna

Introducing The PortaSauna HEX. We created the PortaSauna HEX to bring an exceptional sauna experience right to your home. Achieving the perfect sauna session takes dedication, passion, and the right equipment. With design and engineering expertise in sauna craftsmanship, PortaSauna HEX combines the latest innovations to deliver a sauna experience unlike any other, anywhere.

Using the PortaSauna HEX is simple and enjoyable, and this First Sauna Guide is here to help you get the most out of your experience. Take a moment to read through it, set up your sauna, and then invite your friends and family to join you in enjoying a sauna session anywhere. Your outdoor sauna experience is about to be transformed forever.

PortaSauna HEX is a real wood-fired sauna for your home, capable of heating up to 100°C, allowing you to enjoy an authentic Finnish sauna experience. Like all PortaSauna units, you can customize your sauna session to your preferred temperature. Whether you prefer a soft sauna with lower temperatures and higher humidity or a traditional Finnish sauna with a robust heat, the choice is yours.

Welcome to the PortaSauna Community! We're confident you're going to love your new sauna experience.



**Jordan Boon**  
Founder & Managing  
Director



**Harry Beardsley**  
Commercial  
Director





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We highly recommend watching some YouTube videos before setup



## **NOTICE: DO NOT DISCARD THIS MANUAL.**

THIS INSTRUCTION MANUAL CONTAINS IMPORTANT OPERATING INSTRUCTIONS AND MAINTENANCE INSTRUCTIONS. IT IS YOUR RESPONSIBILITY TO READ, UNDERSTAND, AND FOLLOW THESE INSTRUCTIONS FOR THE SAFE OPERATION OF THE PORTASAUNA PRODUCT.

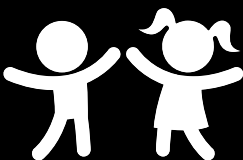


## **PORTASAUNA WARNING – HOT SURFACES**

FAILURE TO FOLLOW THESE INSTRUCTIONS AND THE SAFETY GUIDELINES CONTAINED IN THIS MANUAL PRECISELY MAY RESULT IN A FIRE, CAUSING PROPERTY DAMAGE, PERSONAL INJURY, OR DEATH.

THE STOVE, CHIMNEY FLUE, SAUNA ROCK HOLDER, SAUNA ROCKS, ZIP AND TENT POLES MAY BECOME HOT DURING OPERATION AND WHILE COOLING DOWN.

THESE ITEMS CAN CAUSE BURNS WHEN HOT. DO NOT TOUCH UNTIL THEY HAVE COOLED COMPLETELY.



## **ALWAYS SUPERVISE CHILDREN WHEN THEY ARE CLOSE TO THE SAUNA.**

WARN BOTH ADULTS AND CHILDREN THAT THE SAUNA GETS HOT. HIGH TEMPERATURES CAN IGNITE CLOTHING, TOWELS OR OTHER FLAMMABLE MATERIALS. KEEP THESE MATERIALS AWAY FROM THE STOVE AT ALL TIMES.



Your safety is paramount. Please read the PortaSauna manual carefully and store for future reference.



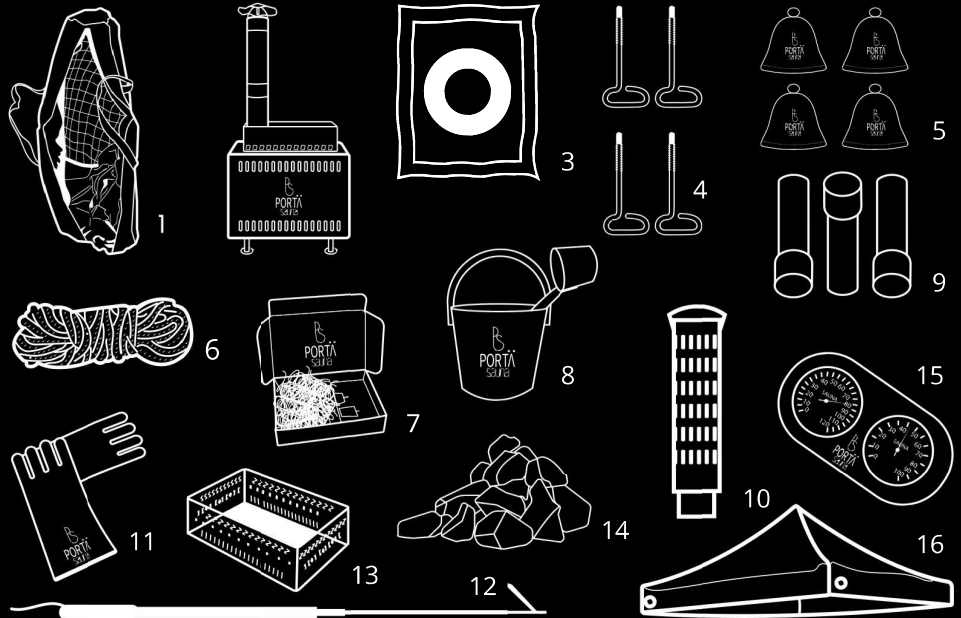
If your PortaSauna Product has not arrived as expected, reach out to us at support. We'll be happy to help!



**THIS PRODUCT IS FOR OUTDOOR USE ONLY.**  
**DO NOT LEAVE THE PRODUCT UNATTENDED.**

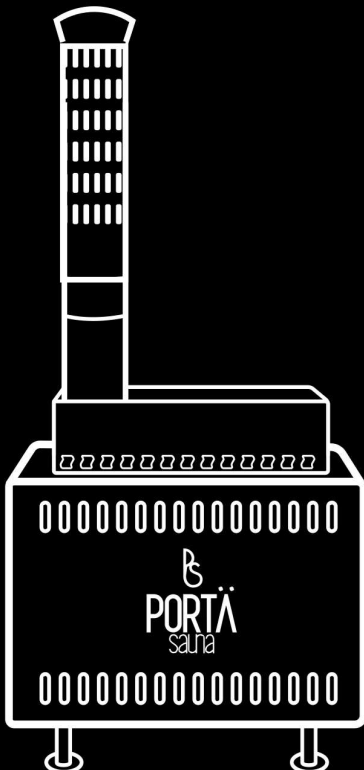
IT IS YOUR RESPONSIBILITY TO READ, UNDERSTAND, AND FOLLOW THESE INSTRUCTIONS FOR THE SAFE OPERATION OF THE PORTASAUNA PRODUCT.

1. PortaSauna HEX – Sauna Tent
2. PortaSauna 430 Sauna Stove
3. Velcro Flue Hole
4. PortaSauna Tent Pegs
5. PortaSauna – Sauna Hats
6. Guy Ropes
7. Firelighter & Matches
8. Sauna Bucket & Ladle
9. PortaSauna Stove Flue
10. Sauna Flue Spark Arrestor
11. Fire Retardant Gloves
12. Fire Poker
13. Sauna Rock Box
14. Olivine Diabase Sauna Stones
15. Thermomiter / Hygrometer
16. Waterproof Cover



**SEASONING THE STOVE – VERY IMPORTANT!**

Before using the stove in your tent, you need to "season" it. This process burns off any cleaning chemicals from manufacturing and warps the metal into its final shape.



Remove everything from the stove, including the chimney pieces, fire poker, glove, and thermometer.

Setup: Screw in the stove's legs and place it in a well-ventilated outdoor area on a concrete, tile, dirt, grass, turf, or unvarnished wood surface.

Assemble Chimney: Interlock the chimney pieces and fit them together snugly. Attach the assembled chimney to the stove, pressing down firmly to ensure a snug fit.

Ventilation: Open the control vent on the stove to allow maximum airflow.

Lighting the Fire: Light a fire in the back of the stove using 3 tumbleweeds & kindling followed by 2-3 large logs of wood.

Observing: As the fire burns, you will hear pops and crackles, and the stove will change colour. This is normal and part of the seasoning process.

Cooling let the fire burn out completely and allow the stove to cool down before moving it into your tent.

**Congratulations! Your stove is now seasoned**

# **IMPORTANT INFORMATION**

**Stove Placement:** Position the stove directly below the square hole in the sauna tent ceiling. Ensure the front door of the stove faces the PortaSauna tent door, the rectangular stove vent at the bottom of the tent should be to the right side of the stove. Any other configuration may cause a fire.

**Fuel:** This product is designed for burning dry seasoned wood only. Do not burn any other material, as it is unsafe and will void the warranty.

**Chimney Maintenance:** Clean the chimney regularly. Failing to remove creosote build-up from wood combustion may cause a chimney fire and void the warranty.

**Combustible Materials:** Keep clothing, towels, drapery, and other combustible materials away from the stove.

**Clearance:** Do not place the stove within three feet of any dwelling, structure, or object.

**Cleaning:** Clean the stove regularly and dispose of ashes in a metal container with a tight lid.

**Manual:** Retain this manual and always follow the operating instructions.

**Repairs:** Do not attempt to repair the stove yourself. Contact the manufacturer for repairs or replacements.

**Overfiring:** Avoid overfiring the stove, as it may cause damage or fire.

**Modifications:** Do not alter or modify the stove, as it could result in serious injury, death, or property damage.

**Usage Limits:** Do not use the stove for more than fifteen minutes at a time. The temperature should not exceed 100°C.

**Preparation:** Ensure the area is clear of brush, debris, and branches before use.

**Water Safety:** Pour water over the sauna rocks slowly to avoid the risk of boiling water spraying and causing harm.

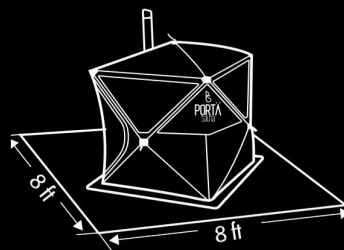
**Protective Gear:** Always use the provided fire retardant gloves when operating the stove. Do not touch any part of the stove without the fire retardant mitt when it is in use or has not yet cooled down.

**Intoxication:** Do not use the stove while under the influence of drugs, alcohol, or other intoxicants.

Never sleep in the tent while the stove is in use.

# THE SETUP

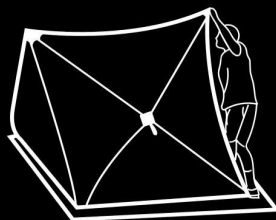
Find a suitable, well-ventilated 2.5m x 2.5m (8ft x 8ft) area outside on a concrete, tile, dirt, grass, turf, ice, or unvarnished wood surface.



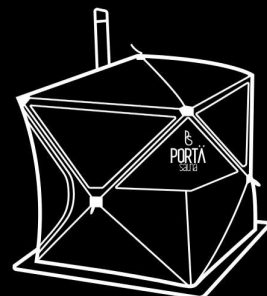
Begin erecting the tent by pulling on one of the four tent wall endpoints forcefully until the wall pops into place. Repeat this process for the remaining three tent walls.



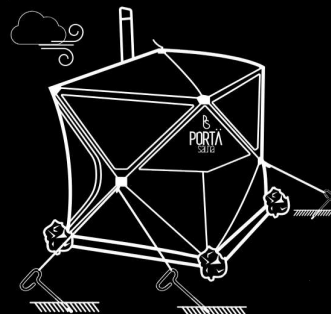
Push up on the tent roof endpoint from inside the tent to pop the roof into place.



Ensure your tent is at least 1m (2.5ft) away from any major structure or debris on all sides.



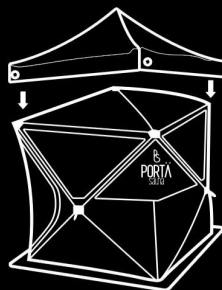
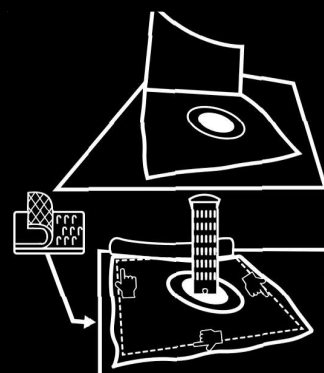
Anchor your tent to the ground. Place weights (such as stones, rocks, bricks, cinder blocks, wood, etc.) onto the exterior tent skirt, this secures the tent and also stops any unwanted draft. Use the included stakes and ropes to secure the tent firmly to the ground.



Remove the fabric chimney hole cover and replace it with the fabric piece that has a metal circular ring. Press the fabric piece with the metal circular ring firmly onto the top of the tent to secure it with the Velcro. -

## **TIE BACK THE SAUNA FLAP**

Install the Waterproof Roof Cover on top of the tent (If Required). Anchor the corners of the cover to the loops & carabiners on the sides of your tent using the included Carabiners & straps.



Preparation: Ensure the stove has been "seasoned" (see Step 2) and is completely cooled down before installation. Transport: Disconnect the chimney from the stove. Use the attached carrying handles to move the stove into the tent. Placement: Position the stove directly below the hole in the tent ceiling.

Ensure the stove door faces the tent door.

Reconnect Chimney:

Reattach the chimney to the stove and guide the pipe through the roof hole.

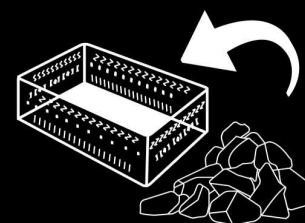
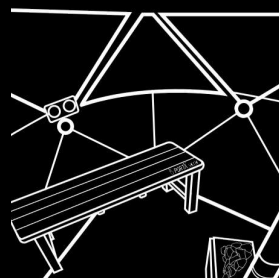
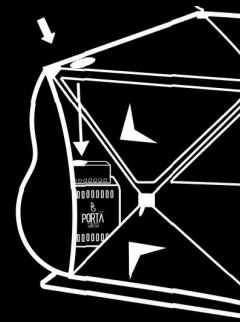
Carry your bench into the tent and place it along the tent wall furthest from the stove. If using your own seating, only use wooden benches or chairs. Do not use seating with metal components.

The rocks holder requires light assembly using interconnecting hooks. Fit the walls together so they lock into place and position around the chimney flue.

Prepare the Sauna Rocks:

Wash the sauna rocks.

Add the washed rocks to the rocks holder.



## FIRE TO BE POSITIONED AT THE BACK OF THE STOVE

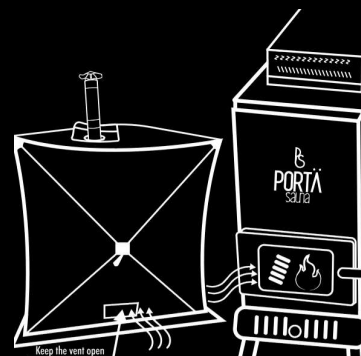
Open the rectangular fresh air intake vent at the bottom of your tent.

Keep this vent open at all times.

Slide the control vent on your stove to the fully open position to allow maximum airflow.

**STARTING THE FIRE: USE 2-4 TUMBLEWEED FIRELIGHTERS WITH KINDLING AND 2-3 LOGS OF DRY HARDWOOD FIREWOOD TO THE BACK OF THE STOVE.**

Ventilation: Keep the rectangular vent at the bottom of your tent open at all times while using the PortaSauna.



## TEMPERATURE REGULATION

YOU CAN **REGULATE THE TEMPERATURE** INSIDE YOUR SAUNA TENT BY:

**ADDING MORE WOOD** TO THE STOVE TO INCREASE HEAT.

ADJUSTING THE CONTROL VENT AND ASHTRAY ON THE STOVE TO INCREASE OR DECREASE AIRFLOW

**(MORE AIRFLOW RESULTS IN A HOTTER FIRE)**

OPENING OR CLOSING THE TENT DOORS, SMALL WINDOWS, AND STOVE VENTS.

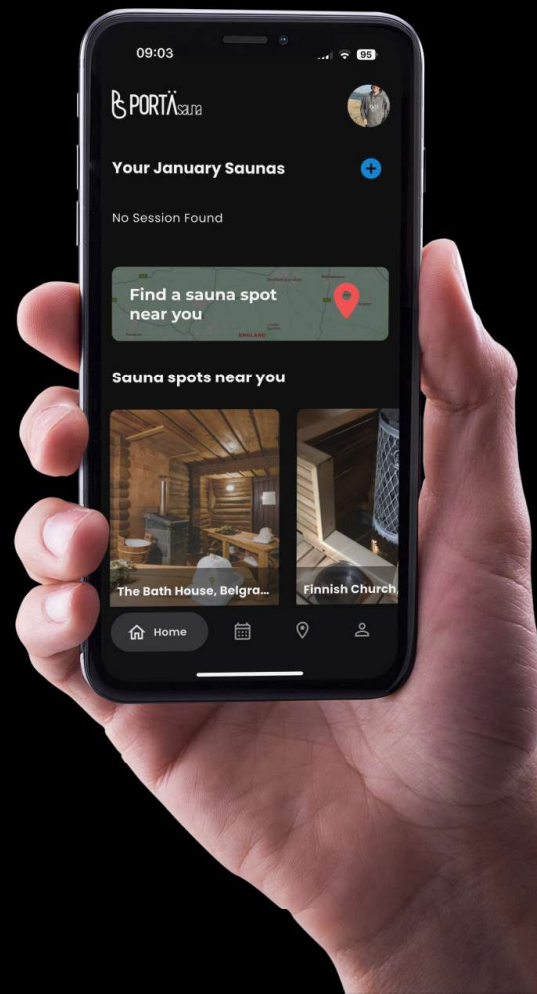
# Where will you sauna? – The App

## Discover. Track. Share.

- Explore Sauna Locations: Find the best swim and sauna spots throughout the UK and beyond.
- Track Your Sessions: Monitor your weekly and monthly sauna use with our Sauna Tracker.
- Share Your Favorites: Leave feedback and tips on UK & Worldwide sauna locations.

Whether you're planning your next sauna adventure or staying on top of your wellness goals, the PortaSauna App has you covered.

Download now and start your journey!



## Do you prefer intense, dry heat or a gentle, steamy warmth?

### Traditional Sauna:

Our PortaSauna brings you the authentic Scandinavian sauna experience in a portable format. The traditional sauna style offers temperatures ranging from 75–90°C with low humidity levels of 5–15%. For a more intense session, you can opt for higher temperatures up to 95–110°C, maintaining that signature dry heat. Add a splash of water over the heater to release a burst of steam, amplifying the warmth and creating a more immersive sauna atmosphere.

### Soft Sauna:

Prefer a milder heat? The PortaSauna also caters to those who enjoy a more gentle warmth. The Soft Sauna setting operates at a comfortable 45–65°C, with higher humidity levels of 30–65%. This creates a soothing and relaxing environment, perfect for both adults and children. To elevate the experience, you can easily infuse the steam with natural herbs or aromatic oils, transforming your session into a calming, sensory retreat.

### Bio Sauna:

Bio Sauna offers a perfect blend of traditional sauna and steam room experiences. Operating at moderate temperatures of 50–60°C (122–140°F) with humidity levels between 40–60%, it creates a balanced environment that is neither too dry nor overly steamy. This gentle combination provides a soothing and relaxing atmosphere, making it ideal for those who prefer a milder sauna session. Additionally, the Bio Sauna often incorporates aromatic infusions, enhancing the sensory experience and leaving you feeling rejuvenated.

# Your Sauna Wood

Experience the pure bliss of a wood-fired sauna. PortaSauna's hardwood heat delivers a soothing warmth, a comforting crackle, and an invigorating aroma.

Achieve the perfect temperature for a deeply relaxing sauna session. Nothing compares to the natural beauty & effectiveness of sauna's wood-fuelled power



## Types of wood

✓ **Hardwood**  
Ready to Burn approved  
20cm or below in length

✗ **Painted/treated wood**  
**Wet/damp wood**  
**Softwood**

## We recommended Certainly Wood

- **Ready To Burn Assured:** 100% kiln dried hardwoods for a clean, efficient burn and superior heat output.
- **Delivery:** free mainland UK delivery on all bulk orders & speedy small parcel couriers for boxed products.
- **Convenient Sizes:** bulk bags, small bags and boxes of firewood available to suit your needs.
- **Easy ignition:** light your fires quickly & with minimal effort using long length KindleFlamers

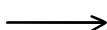
## Starting the fire... it's sauna time

- **Secure your tent:** ensure the tent is fully set up & positioned in the desired location. If you're on the beach, make sure it's outside the tidal range as it will be difficult to move the stove when it's hot.
- **Check airflow:** open the airflow flap located at the base near the stove to ensure proper ventilation.
- **Use the "top down method":** by using the top down method to light your fire, you'll speed up the sauna's heating up time.
- **Build the fire:** once the fire is going, you can start to add bigger pieces to the fire. Leave the door open for around 2 minutes to allow it to establish.
- **Seal & heat:** close the stove door & window flaps to retain heat within the tent. Allow the stove to heat the sauna for approximately 15 minutes. To check the temperature, place your palm on the side of the sauna to ensure heat is increasing.

## The "Top-Down" method



Place two small logs next to each other on the grate



Place one KindleFlamer along the ridge between the logs



Lie one log diagonally across & light the KindleFlamer

**Always start the fire at the back of the stove away from the door!**



Head over to the PortaSauna Youtube channel to watch how Nic from Certainly Wood lights the PortaSauna stove



# 10% OFF

Use the code **PORTASAUNA10** at checkout to save 10% on your firewood purchase.

[www.certainlywood.co.uk](http://www.certainlywood.co.uk)



# Sauna Etiquette: A fun & Friendly Guide

Let's take a moment to brush up on sauna etiquette. Now that you have your very own PortaSauna, you might be tempted to toss the rules aside. But if you'd like to stay true to the gentle, contemplative spirit of sauna culture, here are a few tips to follow and share with others – or even enforce when visitors come to enjoy your beautiful PortaSauna!

- **Sit on a towel** – Trust us, it's a game changer for collecting bum sweat. You'll never forget this one.
- **Wash before you sweat** – If you've got some odors brewing, give yourself a quick rinse. Your fellow sauna-goers will appreciate it!
- **Keep it quiet** – Saunas are peaceful, contemplative spaces. Save the lively chit-chat for another time and embrace the calm. As you now have your own sauna its your rules but always remeber if you are out saunaing If you're in a group, consider private hire, so you can chat freely without disturbing others.
- **Rinse before the cold plunge** – Especially after your first sweat session, give yourself a rinse before diving into the shared cold water. It's basic hygiene.
- **Respect the rocks** – If the rocks aren't sizzling, they need a breather. Don't overdo the water on the rocks it will lower the temperture in your sauna.. Life is a fine balance.
- **Be flexible with your spot** – Don't get too attached to one spot in the sauna. Share the heat and move around.
- **In public saunas - No sneaky products!** – Never add your own oils or products to the steam or sauna without permission. It's all about **respecting** the natural, organic vibes.
- **Love everyone** – Saunas are little oases of egalitarian bliss. Embrace the warmth, be kind, and enjoy the shared experience.
- When out in public with the PortaSauna **Never leave trash behind**. Leave the place cleaner than when you arrived, we dont want to be known as the messy ones.
- Transfer the remains of firewood and **ashes to a bucket** and either dispose of them in a designated place or put out the fire and take them home with you.
- **Embrace Others** : If someone says, "Sauna sounds fun!", be prepared to say, "Would you like to try it?"

Relax, unwind, and let the heat do its magic – you're part of a small, sweaty family now!

## Benefits of Sauna

1. **Muscles and Joints:** Accelerates recovery post-exercise by relieving joint and muscle pain while helping to eliminate lactic acid buildup.
2. **Skin Cleansing:** Deep sweating purifies the skin by removing dirt, dead skin cells, and bacteria.
3. **Respiratory Health:** May positively impact conditions like asthma and pneumonia.
4. **Mental Well-being:** Can be beneficial in managing anxiety and mild depression.
5. **Brain Health:** Regular sauna use may reduce the risk of stroke and dementia.
6. **Heart Health:** Helps lower blood pressure and combats heart disease.
7. **Energy and Sleep:** Improves sleep quality, aiding in the fight against chronic fatigue.
8. **Social Benefits:** Provides a relaxing environment for socializing with family and friends.
9. **Simply Feels Good:** Not only does a sauna feel great, but it's also beneficial for your health.

# How to Best Utilise Your PortaSauna with Steam, Infusions & Venik.

Enhance your PortaSauna experience by adding steam and herbal infusions. Use organic infusions or essential oils like eucalyptus or lavender to enrich the steam, creating an aromatherapy session that soothes your senses and boosts relaxation.

For a more traditional experience, introduce venik—bundles of dried leaves, usually birch or oak, used to gently massage and stimulate circulation. By lightly whipping or brushing your body with venik, you can open pores, increase blood flow, and maximize the detoxifying and skin-enhancing benefits of the sauna.

## Benefits of Steam in Your PortaSauna

- **Glowing Skin:** Steam softens and unclogs pores while boosting blood circulation, leaving your skin healthy and radiant.
- **Ultimate Relaxation:** The soothing heat melts away stress and tension, helping you unwind into a deep state of relaxation and better sleep.
- **Breathe Easy:** Steam helps clear nasal passages, making it perfect for easing respiratory issues like asthma or bronchitis.
- **Faster Muscle Recovery:** After exercise, steam reduces muscle soreness and inflammation, helping you recover more quickly.
- **Detox Your Body:** Sweating flushes out toxins and impurities, leaving you feeling purified and refreshed.
- **Healthy Complexion:** Regular steam sessions naturally brighten your complexion, improving circulation and removing impurities.
- **Stress Relief:** Lower stress hormones like cortisol with steam therapy, leaving you with a calmer, more relaxed mind and body.
- **Boost Your Immunity:** Steam increases white blood cell production, activating your body's natural defenses to keep you healthy and resilient.

Embrace these time-honoured techniques and rituals, and your PortaSauna will become an essential part of your self-care routine!

# USEFUL INFORMATION



We are regularly uploading videos of our adventures, tips, tricks and sauna education so please like, follow and subscribe to our YouTube Channel : [youtube.com/@PortaSauna](https://youtube.com/@PortaSauna)

We are always on instagram let us know what you are upto and tag us when you are using your PortaSauna. We love to see what our community of Sauna enthusiasts are upto.  
@PortaSaunaUK



We have a lot of questions answered on our FAQ's just go to [portasauna.co.uk/faq](https://portasauna.co.uk/faq)  
If you are having any further difficulty please email us on [support@portasauna.co.uk](mailto:support@portasauna.co.uk) and we can answer any questions or issues from there.

We are available during office hours of 9 - 5 Monday to Friday  
Please feel free to call for a chat or discuss your PortaSauna with either Harry or Jordan on 02392 982 292



If you want to know more about sauna and take your knowledge and pursuit of sauna enthusiast to the next level we can recommend joining The British Sauna Society is a non-profit dedicated to promoting and growing sauna culture, making its physical, mental, and social health benefits accessible to more people in the UK  
[www.britishsaunasociety.org.uk](http://www.britishsaunasociety.org.uk)

If you like what we are upto and love your product please leave us a review. These help others decide on their future purchases and make us very happy to hear your thoughts on PortaSauna.



PortaSaunaUK



@PortaSaunaUK



[www.portasauna.co.uk](http://www.portasauna.co.uk)



PortaSauna



@PortaSaunaUK



company/portasauna



PortaSauna



PortaSauna

# PORTÄsauna

THE PORTASAUNA IS A WOOD FIRED SAUNA

## DO NOT TOUCH THE STOVE & CHIMNEY

### THE SAUNA MUST NOT BE USED IF:

- You are under 8 years old
- under 16 years must be supervised at all times.
- You have eaten a substantial meal or have drunk alcohol within the last 2 hours
- You have any skin diseases, sores or wounds
- You are or could be pregnant
- You suffer from heart disease, circulatory problems, high or low blood pressure, diabetes or have any problems which may affect your reaction to high temperatures

## DO NOT USE IF YOU ARE ARE ON ANY MEDICATION OR DRUGS IF IN DOUBT CONSULT YOUR DOCTOR

### PROVIDING YOU ARE FIT, OVER 8 YRS AND ABLE TO USE THE SAUNA:

- If you have been exercising do not enter the Sauna until your body temperature has normalised
- When the Sauna is hot remove all clothing and jewellery (it may burn you), glasses and contact lenses
  - Remove all make up and have a warm shower
- Take a towel with you - up to 4 people may use the Sauna at one time

## AVOID TOUCHING THE SAUNA STOVE

### Enter the Sauna and sit on a bench

- Relax for 8 - 10 minutes in the heat and allow the body to perspire freely

### DO NOT EXCEED 20 MINUTES

- Leave immediately if you feel unwell or dizzy
- Leave the PortaSauna and take a plunge. Traditionally this is Cold but be aware that this can cause a shock to the body
  - Take a drink of water
- You may wish to repeat the Sauna for 10 - 15 minutes -

### DO NOT EXCEED 20 MINUTES

# PORTÄsauna x Ecologi

For every sale, we contribute to planting trees. We recognize that our wood-burning stoves require natural resources, so we're committed to giving back to the environment. By partnering with Ecologie, we're actively supporting reforestation projects to help restore ecosystems. Each purchase of a PortaSauna directly contributes to tree-planting efforts, ensuring that we not only enjoy nature sustainably but also work towards replenishing what we use. Thank you for helping us protect our planet and supporting our mission to make a positive environmental impact with every sale.



FOLLOW OUR  
JOURNEY

