

The Toasty Gnome: User Manual



Please read this entire manual before using or operating any part of the equipment!

Introduction: The Hearth & The Legend

Welcome to the Hearth

Congratulations on embarking on your journey with the **Toasty Gnome**. You are about to experience the ancient magic of a wood-fired sauna ritual, handcrafted with Amish tradition and heart. Guided by the mythical **Saunatonnttu**—the sauna gnome—our mobile oasis is a sacred space designed for you to slow down, breathe deeply, and reconnect.

The Legend of the Saunatonnttu

The Toasty Gnome honors the mythical sauna gnomes who are the guardians of the sauna's heat and peace. Embrace tradition by offering the first ladle of steam to honor the guardian, and remember to keep a calm, respectful environment.

How to Sauna: The Ritual Guide



The Cycle of Rejuvenation

At Toasty Gnome, we offer more than relaxation; we offer transformation through the traditional "Nordic Cycle."

1. **Prepare:** Drink plenty of water before your session. Remove all lotions, makeup, or perfumes to ensure your skin can breathe.
2. **The Heat:** Step inside and wear your **felt or wool sauna hat**.
Why the Hat? It's not just for gnomes! Wool and felt are natural insulators. A sauna hat protects your head from overheating and keeps your hair from drying out, allowing you to stay in the heat comfortably for longer.
3. **Löyly (Steam):** Pour clean household water over the stones to create steam. This "Löyly" is the spirit of the sauna.
4. **The Cold Plunge:** To complete the cycle, step out for some fresh air, a quick cold plunge or a cool shower. The contrast between Amish wood-fired heat and the cold revitalizes the spirit and boosts circulation.
5. **Rest:** Sit in stillness for several minutes before repeating the cycle.

Safety & Stove: Operating the Harvia M3 SL

Igniting the Warmth

The sauna is equipped with a Harvia M3 SL stove. For your convenience, the stove door is located **outside** the sauna room.

Our team will provide instructions on how to use the stove if you're not familiar with lighting a wood stove. Allow at least 20-30 minutes to preheat the sauna before use.

- **Step 1: Clear the Path.** Empty the ash box before lighting to ensure proper airflow.
- **Step 2: The Log Stack.** Place hardwood (i.e. oak, maple, birch or ash) into the fire chamber loosely. Logs should not be greater than 12 inches in length. Do not use any other wood other than hardwood.
- **Step 3: Top-Down Lighting.** Place kindling on *top* of the logs. Lighting from the top is the most efficient and cleanest burn.
- **Step 4: Manage the Flame.** Use the provided tool to open the hot handles. Keep the ash box slightly open during ignition, then close it once the room is warm to conserve wood.
- **ADJUSTING THE TEMPERATURE:** You can raise the temperature inside the sauna room by adding more wood to the fire. You can lower the temperature by opening the vents or opening the door.

Vital Safety Precautions

Please read all of the safety precautions & follow all instructions carefully.

- **⚠️ EQUIPMENT SET-UP AND RETRIEVAL:** Please provide good access to a clean open level space with solid ground in all weather conditions where the sauna is to be parked for the duration of the rental term. **The trailer measures 82-inches in width, 14-feet in length, and 11-feet in height once installed.** *Toasty Gnome* will set up the sauna unit at your chosen location and make sure that all parts are in good working order. Please make sure to point out, note in writing, and have our staff confirm any defects, damage and/or blemishes before the delivery confirmation. You may be held liable for any damages noticed by our staff upon retrieval of the equipment from your possession at the end of the rental term.
- **⚠️ INTRODUCTION TO FEATURES:** Our staff will give you an overview of all features of the sauna unit and explain how they work, so you and your guests, customers and/or clients can enjoy the sauna experience to the fullest.

- **⚠ MAINTENANCE AFTER EACH SAUNA SESSION:** Remove all used sit towels and lightly wipe down the benches with a water-damp cloth after each session. This will keep things fresh for your next session.
- **⚠ WHAT NOT TO BRING:** Food, drink (other than drinking water for personal consumption), creams, lotions or other substances, which may affect the appearance, hygiene and/or fragrance of the facility. Some people are very sensitive to smell and *Toasty Gnome* wants to guarantee the full enjoyment of the sauna to the patrons in your party, as well as to all future patrons. Creams, body lotions, etc. not only run with your sweat and make an oily mess, but they will clog up your pores and keep your skin from breathing and sweating. It is advised not to eat at least one prior to your sauna session.
- **⚠ Adults Only:** Use of the sauna is restricted to those **18 years of age and older**. Children are not permitted inside the sauna room.
- **⚠ Stay Stationary:** Do not move the trailer after delivery.
- **⚠ Stone Care:** Pour filtered water *only* on the stones. Splashing water on the metal stove body can cause damage
- **⚠ High Temperature:** Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. Symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness. It is a good idea to take sauna baths with others present.
- **⚠ WHAT MEDICAL CONDITIONS SHOULD NOT USE SAUNA?** Contraindications to sauna bathing include unstable angina pectoris, recent myocardial infarction, and severe aortic stenosis. Sauna bathing is safe, however, for most people with coronary heart disease with stable angina pectoris or old myocardial infarction.
- **⚠ Substance Use/Abuse:** The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia. Do not take a sauna if using alcohol or other substances. Pregnant women, anyone taking medications and/or persons in poor health should consult their physician before using any sauna.
- **⚠ Caution Fire and Burn Injury Hazard:** Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above the heater or place any object, other than the rocks supplied, on the heater. The heater, rocks and flue pipe heat up to extremely high temperatures during operation and should not be touched or serious burns may result. Minors should be adequately supervised whenever near a hot or warming sauna.
- **⚠ FIRE EXTINGUISHER:** Please familiarize yourself with the instructions for use of the fire extinguisher, which is provided with the sauna.
- **⚠ WARNING:** Only potable water should be used to fill to the cold plunge tub.

- **⚠ WARNING:** Before using the plunge, measure the water temperature with an accurate thermometer.
- **⚠ WARNING:** Prolonged immersion in the cold plunge may be injurious to your health.
- **⚠ WARNING:** Children should not use the cold plunge.
- **⚠ WARNING:** People with infectious diseases should not use the cold plunge or sauna.
- **⚠ WARNING:** To avoid injury, exercise care when entering or exiting the cold plunge.
- **⚠ WARNING:** The use of alcohol or drugs can greatly increase the risk of fatal hypothermia in cold plunges.
- **⚠ WARNING:** DO NOT PERMIT ELECTRIC APPLIANCES (SUCH AS LIGHT, TELEPHONE, RADIO, TELEVISION, ETC.) WITHIN 1.5 METERS (5 FEET) OF THIS COLD PLUNGE.
- **⚠ WARNING:** Prolonged immersion in cold water may induce hypothermia. While it is important to keep our bodies properly warm, it is equally important for us to be able to cool down. But in certain environmental conditions our bodies cool down too much. Our temperatures drop too far when they dip into hypothermic internal temperatures of 95 degrees and lower. There are four main ways that our bodies give off heat and cool themselves: conduction, convection, radiation and evaporation. Each of these processes helps us sustain healthy internal temperatures. They also give us a better understanding of how hypothermia happens. When someone's warming reactions, like shivering, aren't enough to overcome the cooling process, hypothermia can set in. Look for several important signs indicating the different stages of hypothermia. Mild hypothermia: shivering, goose bumps, difficulty with complex motor skills moderate hypothermia: violent shivering, sluggish, speech problems, difficulty with fine motor skills severe hypothermia: rigid muscles, dazed, shivering has stopped, blue skin, erratic heart beat, unconscious.

Troubleshooting & Care

If the Magic Fades...

If you see...	It usually means...	Do this...
Smoke in the room	A cold chimney or poor draught	Check that the ash box is not full and your wood is dry.
A slow warmup	Low-quality wood or a large room.	Ensure the wood is dry and the door remains closed.

If you see...	It usually means...	Do this...
Strange odors	Paint curing (common on first use).	These scents usually vanish after the first high-heat session.
Cold stones	Stones are packed too tight.	Air must be able to circulate between the stones.

Contact & Community

Still Feeling the Chill?

If you have any questions or need a hand with the stove, or anything else, the Toasty Gnome team is here for you.

- **Phone:** 860-787-0734
- **Text:** 860-787-0734
- **Email:** toastygnomesauna@gmail.com

Tag us in your transformation! #ToastyGnome

