



Tent Sauna

Wood (Spruce), 22mm x 100mm (Total: 31.2 meters)

150cm x 9 pieces (12 m)

110cm x 10 pieces (11 m)

140cm x 2 pieces (2.8 m)

90 cm x 6 pieces (5.4 m)

3x5m Plastic tarpaulin

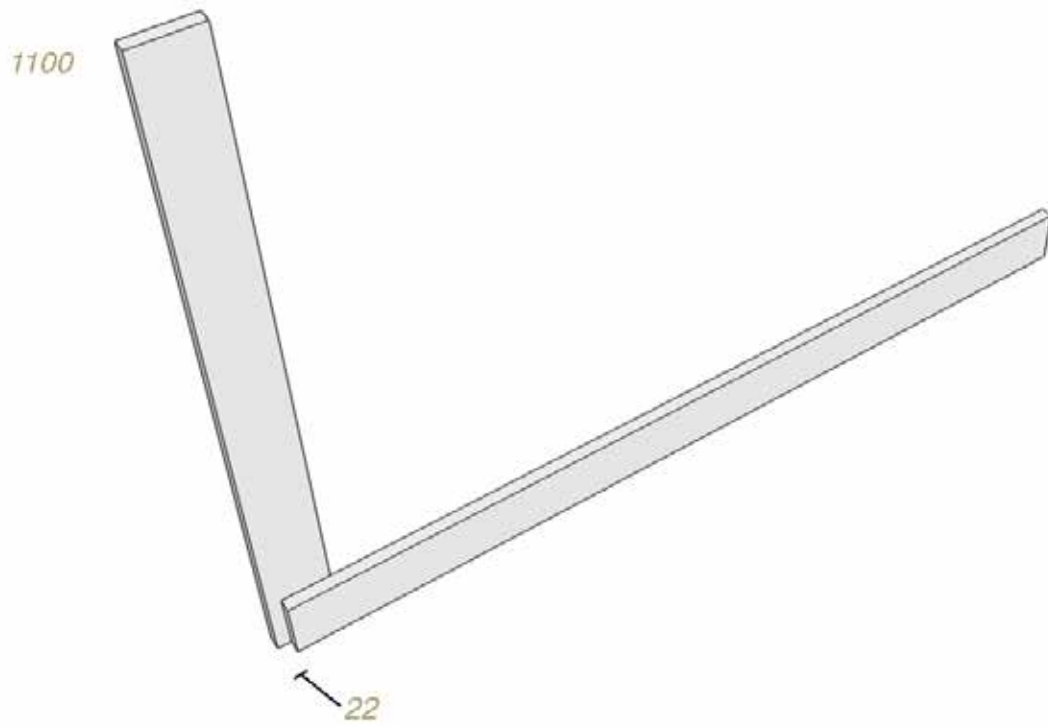
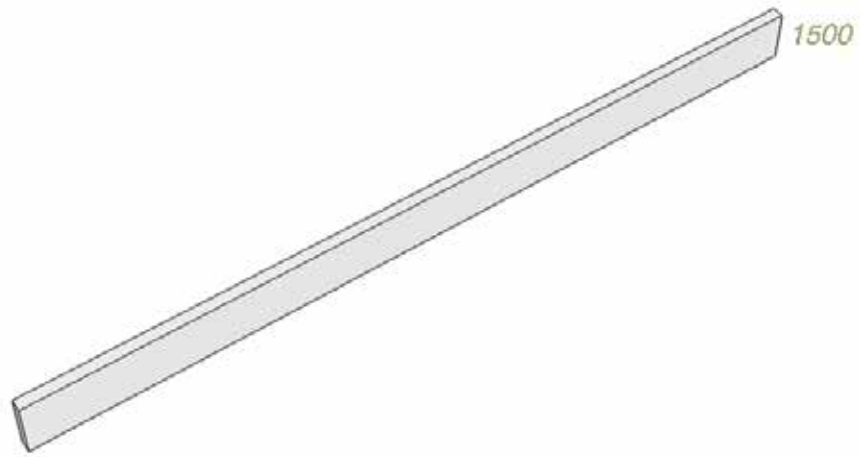
Staple gun

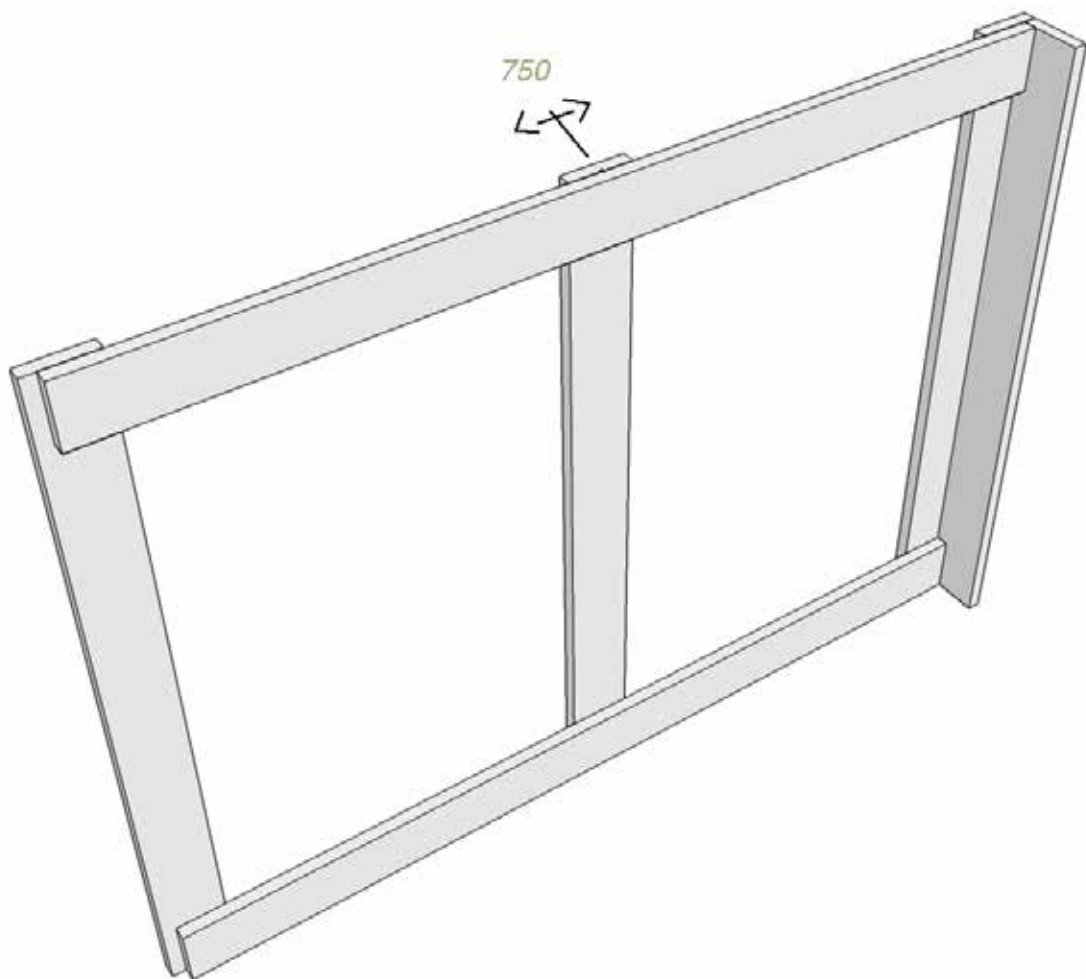
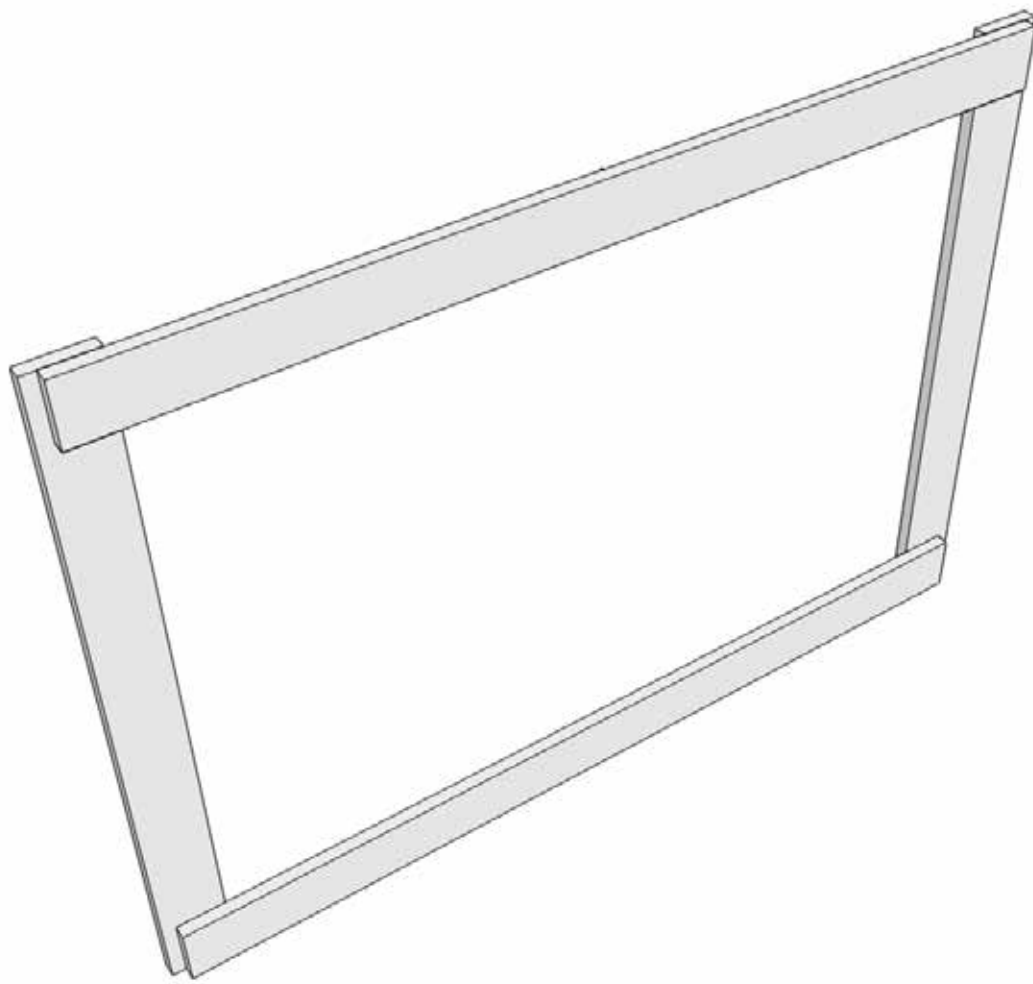
~50 pieces ~4.5mm screws & electric drill OR ~50 nails & hammer

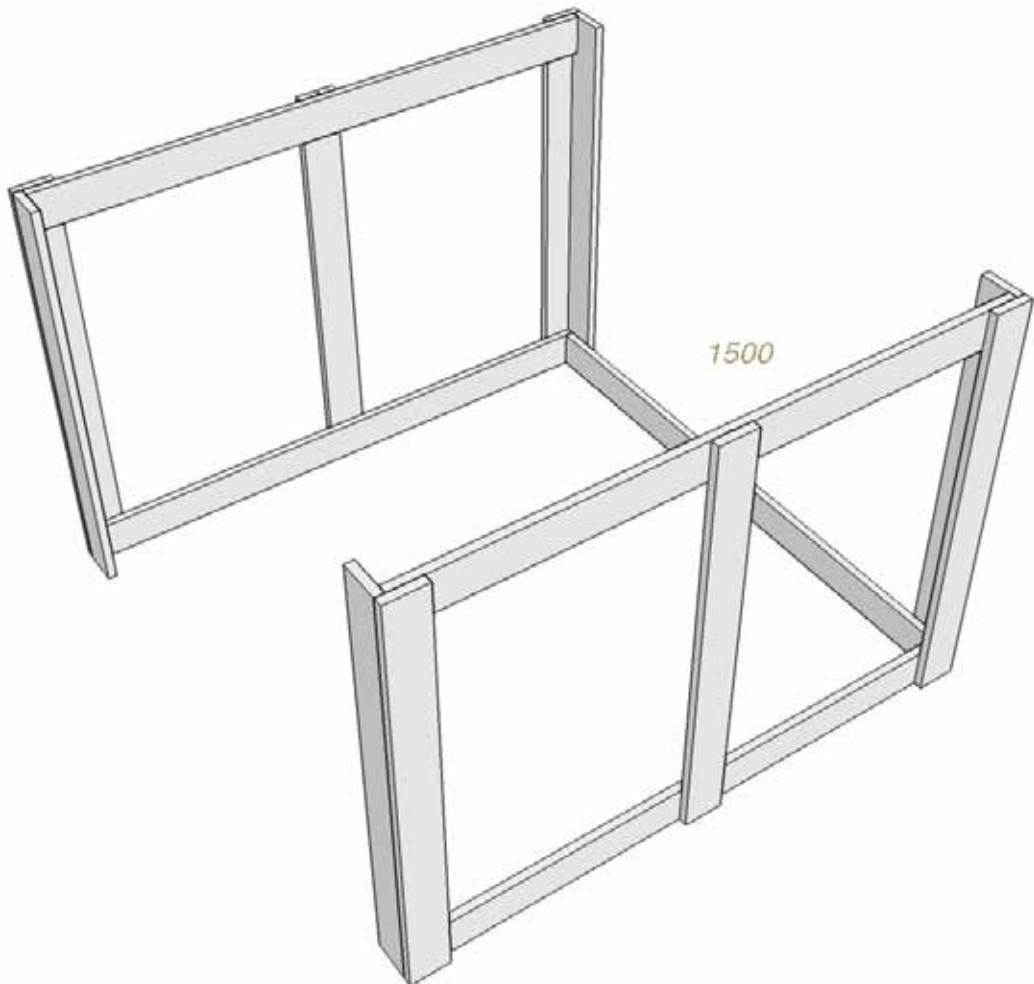
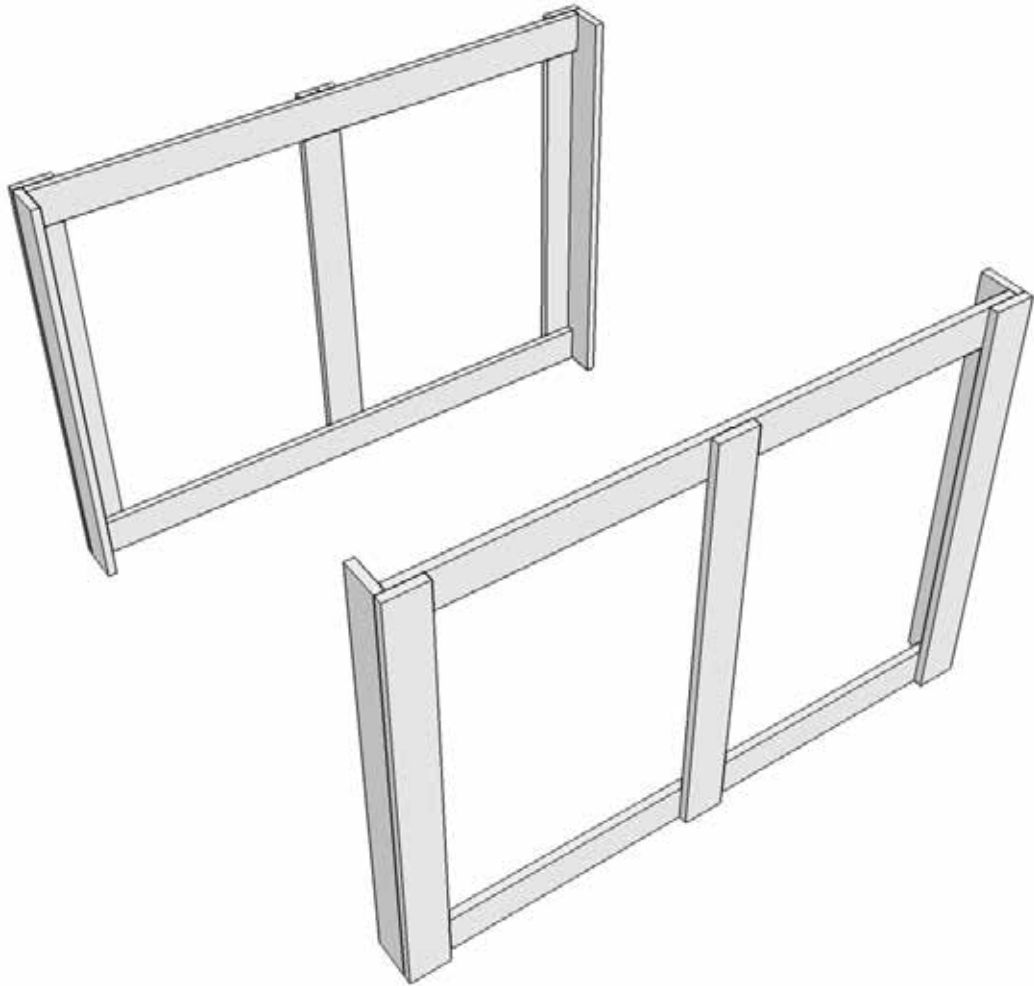
Propane / Blow torch

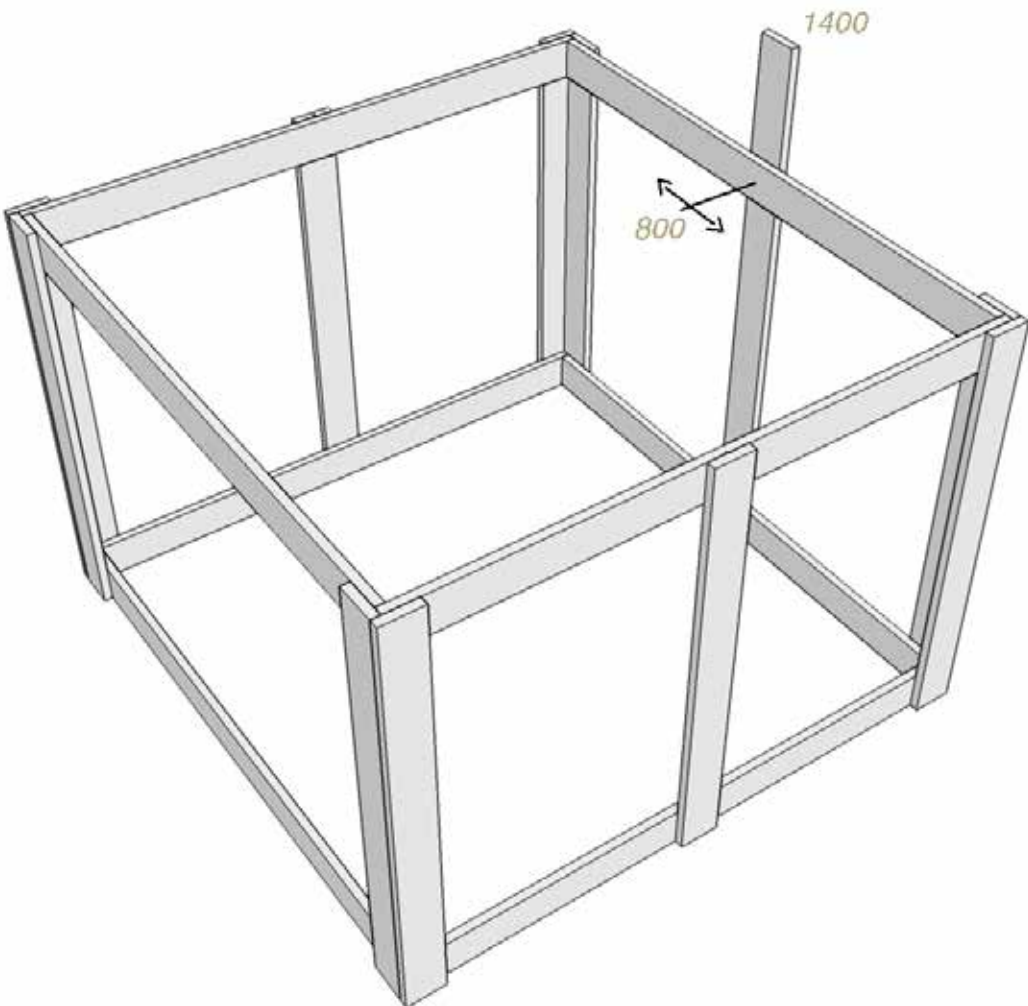
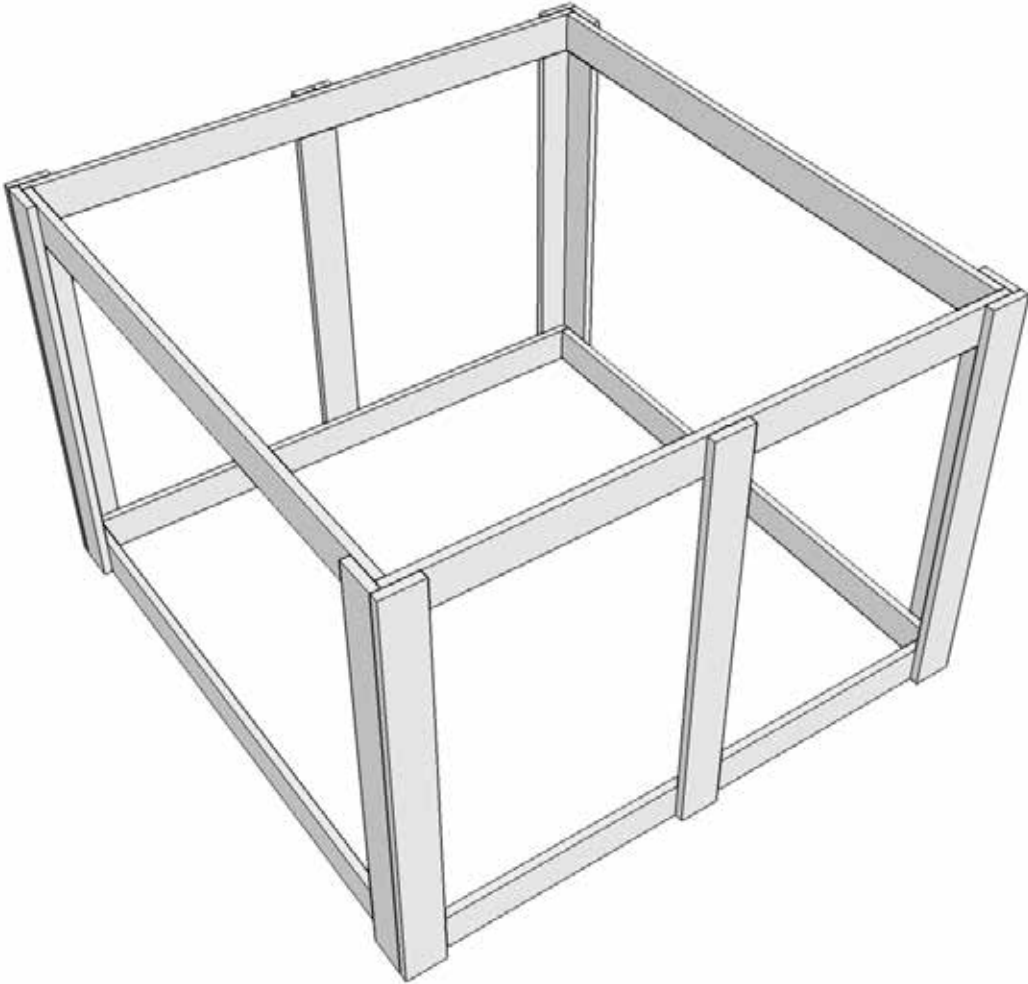
30-50kg Heat-resistant stones (2-5kg per stone)

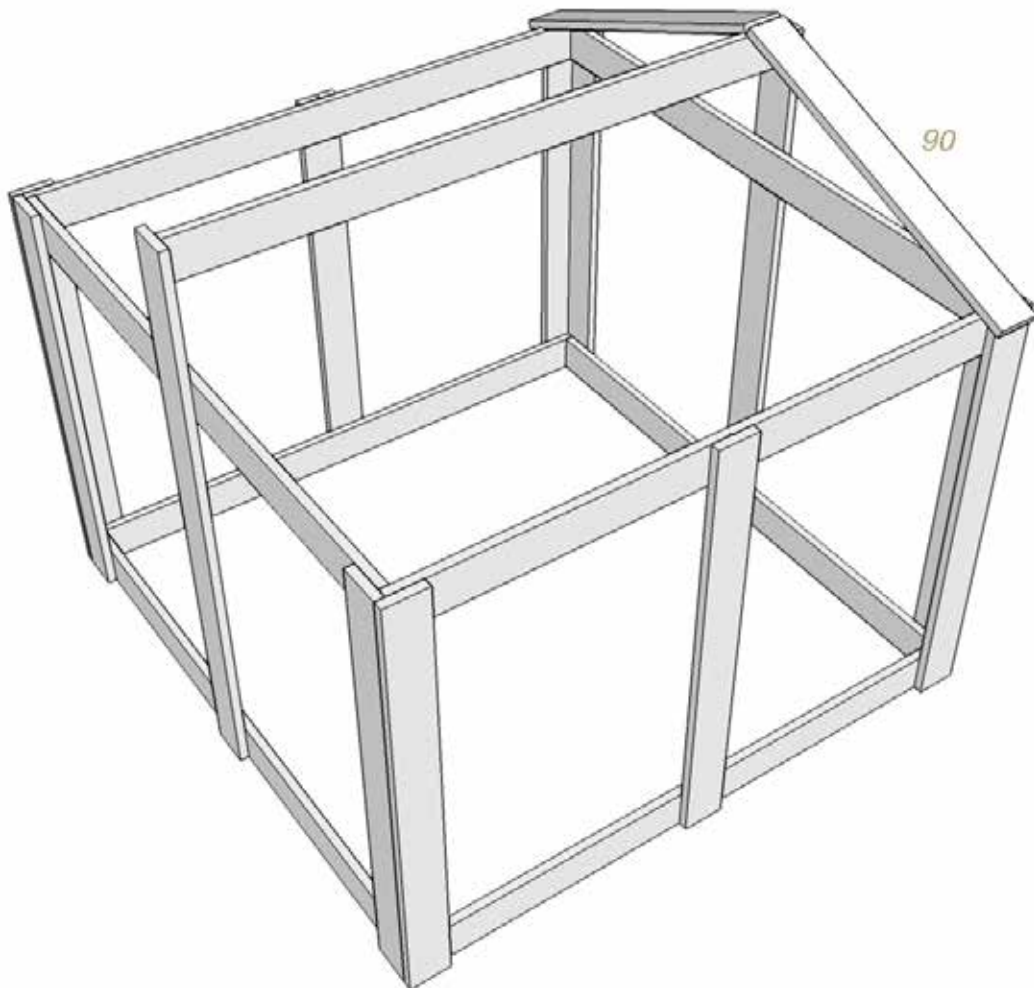
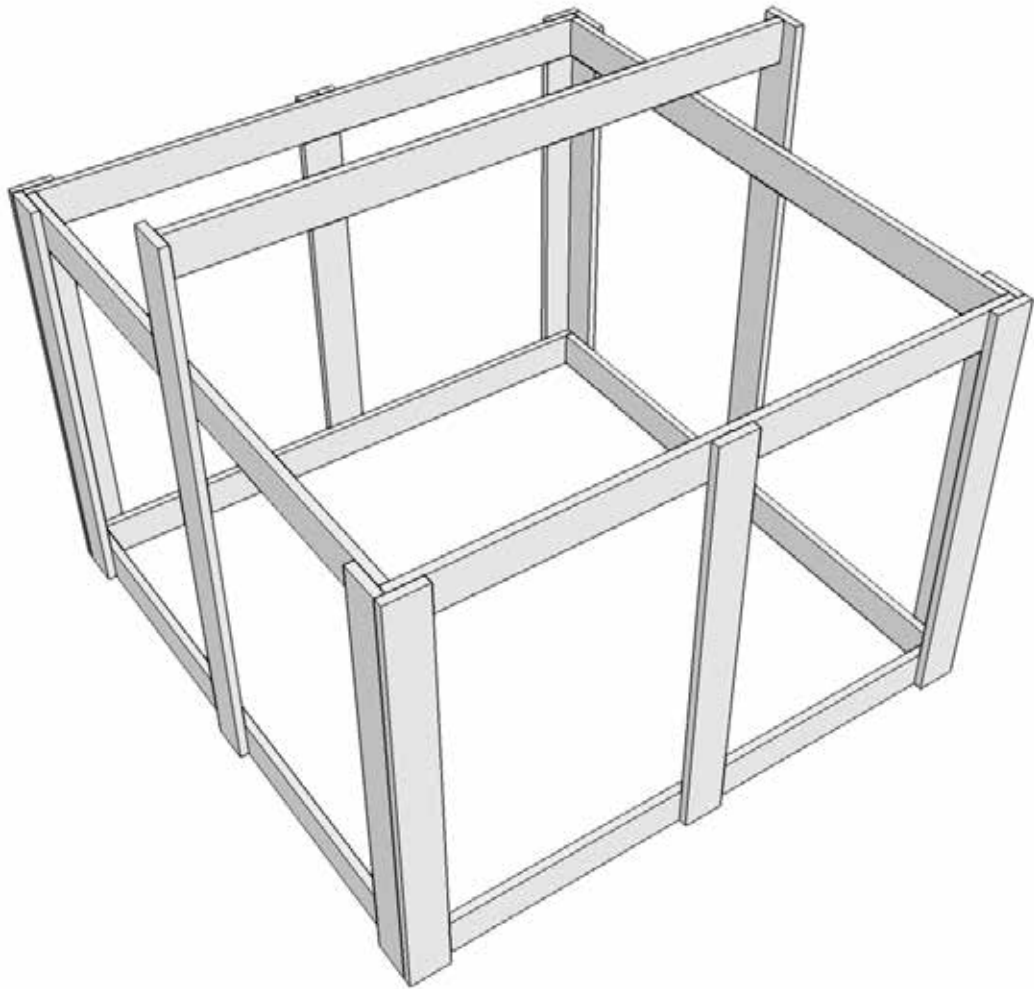
0. Build Tent Sauna, cover it with tarpaulin (no holes)
 1. Heat stones from under for 3-5 hours
 2. Place Tent Sauna around stones (in the center)
 3. Pour water on stones for steam (not too much)
- + Place carpets/rugs on top to prevent heat from escaping

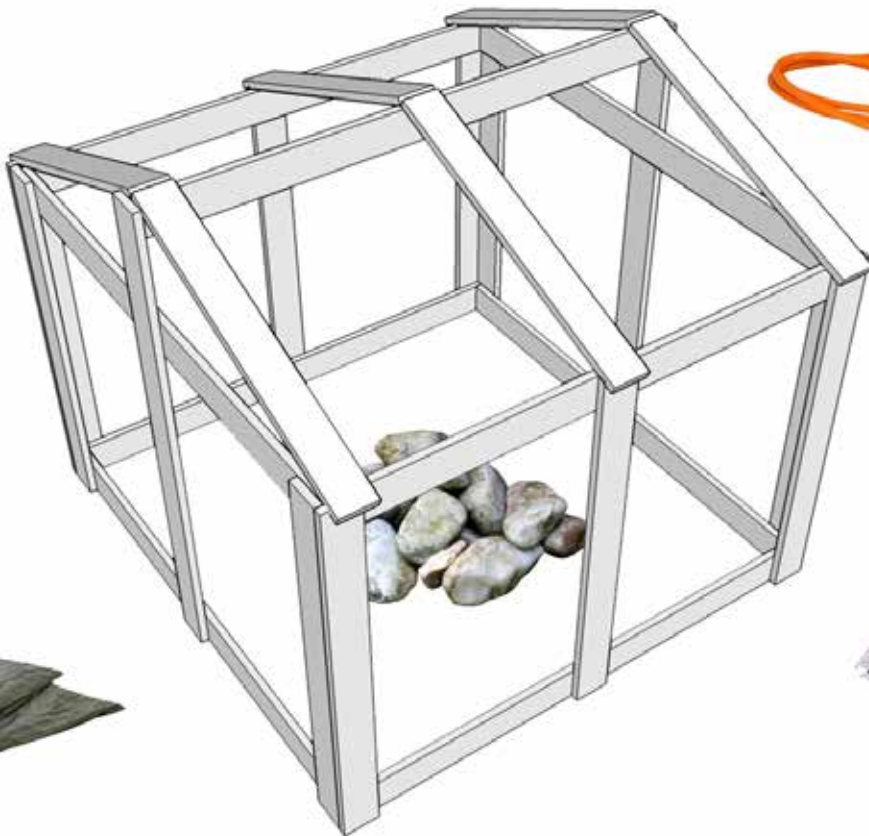
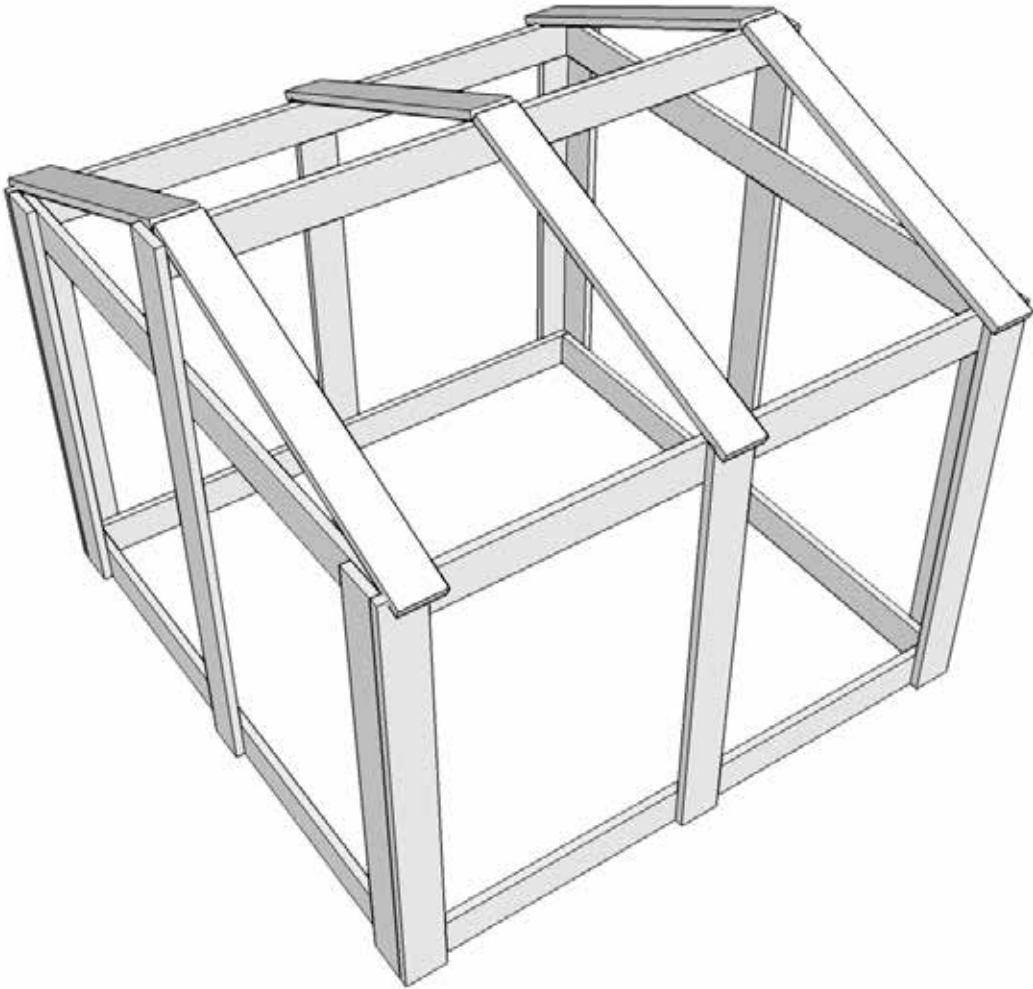




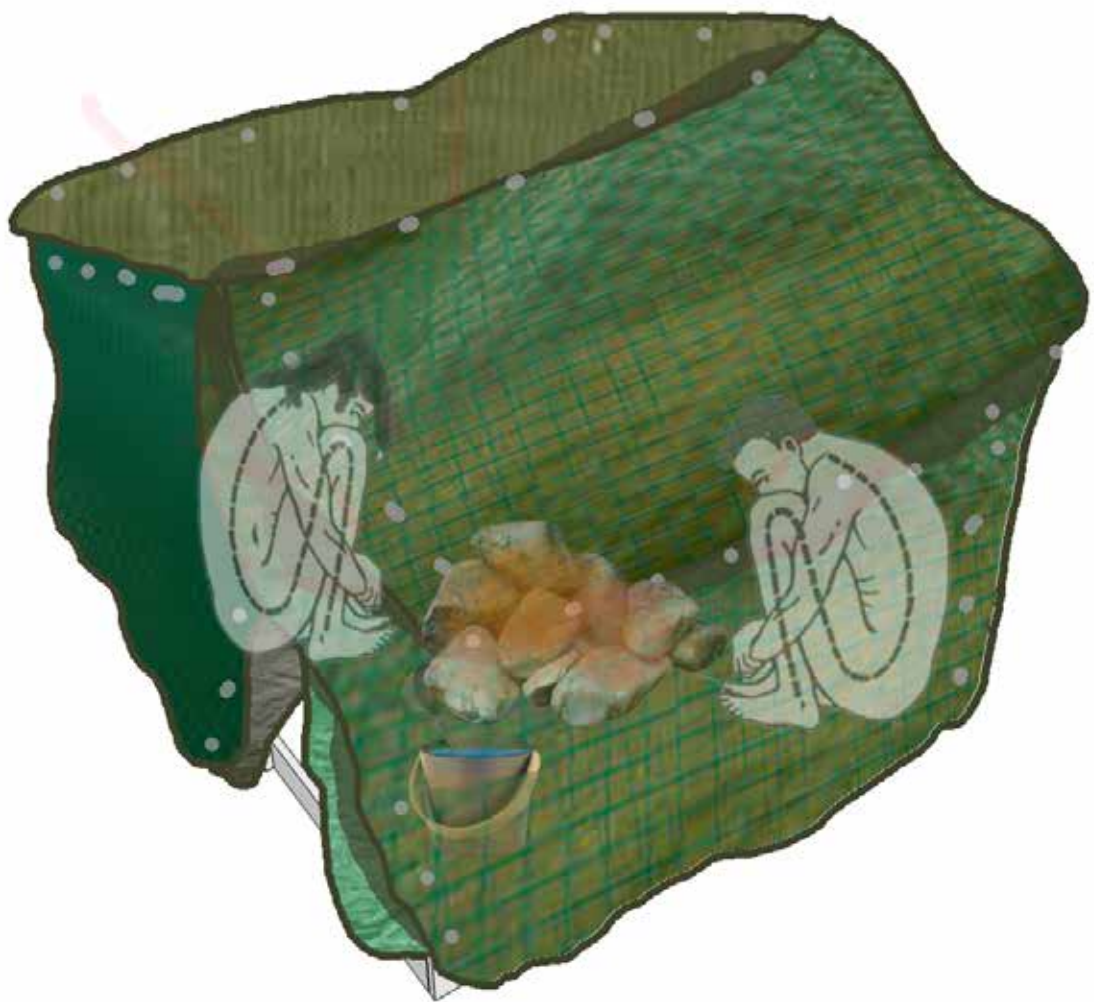
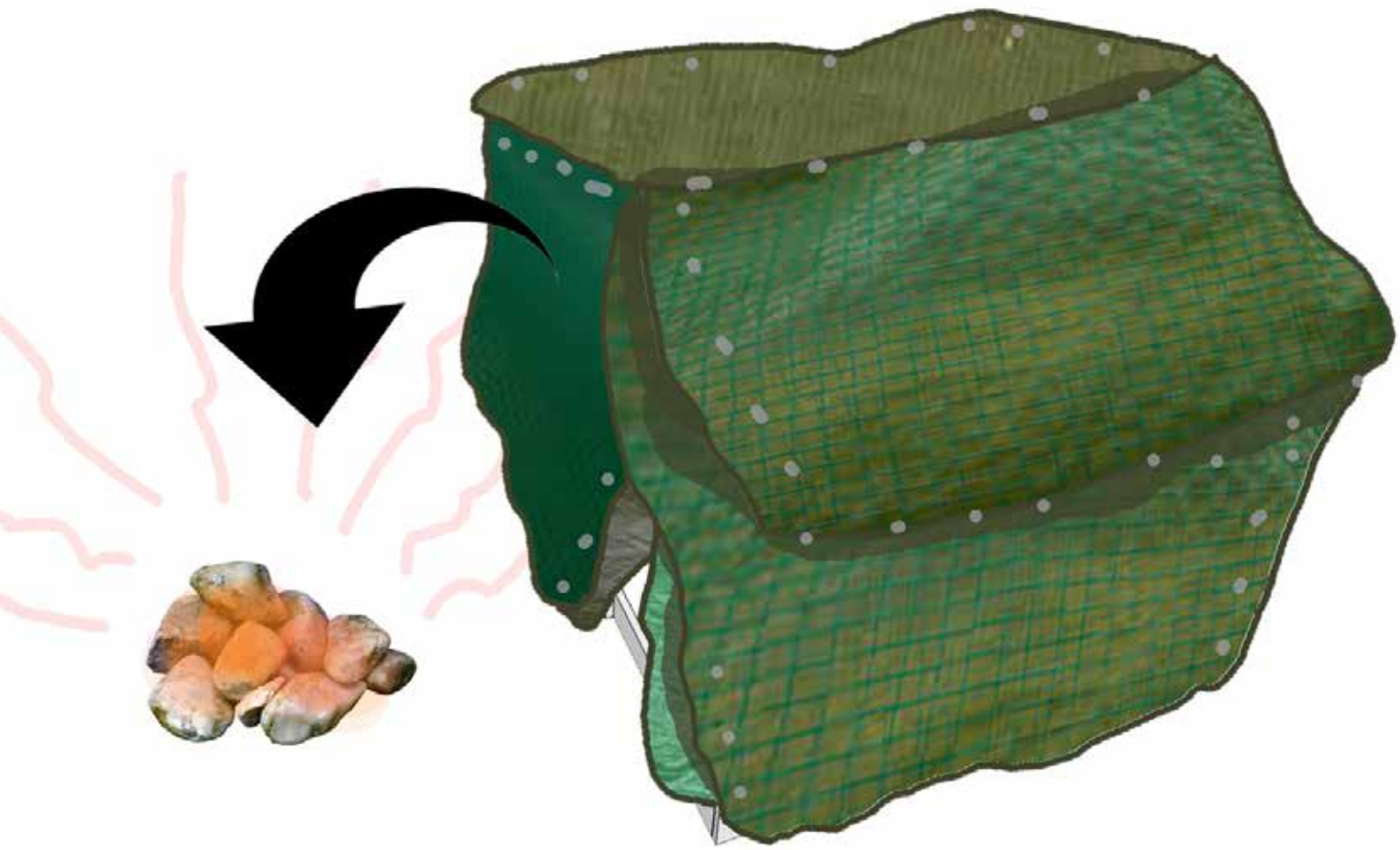


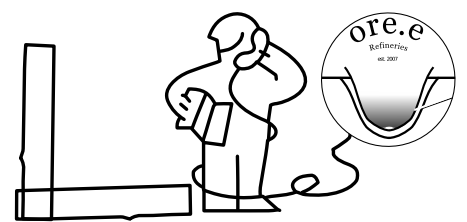
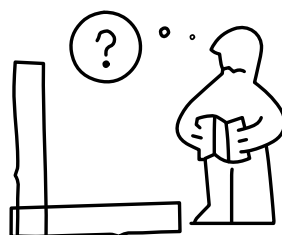
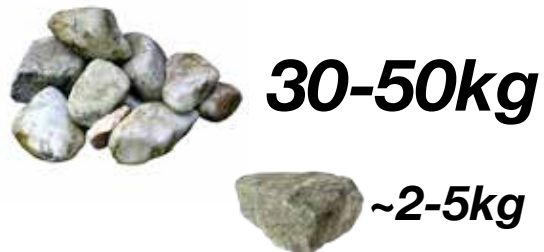
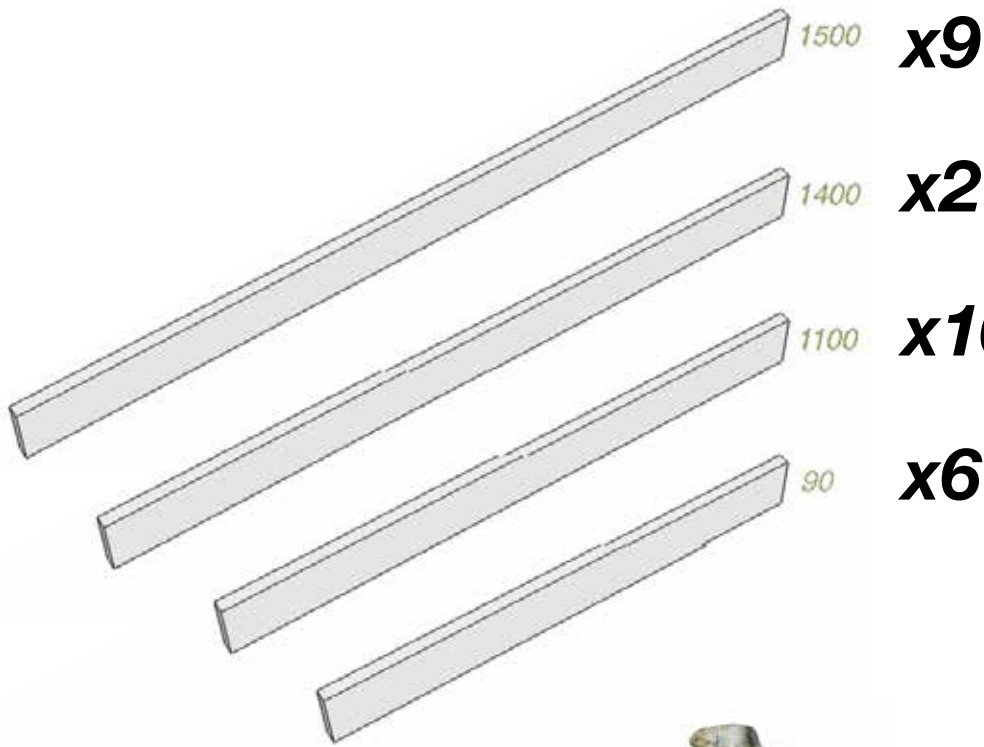












+358 50 57 29 743