

# How to Apply Varnish to your Sauna



## IMPORTANT

Applying varnish to your Sanctuary Professional Sauna requires careful preparation and application to avoid damage and ensure durability.

Follow these steps for best results:

1

### Preparation:

- Decide whether to varnish the entire interior wood surfaces or just the bench, floor (Top & Bottom), and wood slats over the heaters.
- Lightly sand the interior surfaces by hand using 300-grit sandpaper. Just a light, quick sanding is needed.
- Vacuum the surfaces and wipe them down with a tack cloth to remove any dust.
- For stained areas, sand first with 120-grit, then smooth with 300-grit sandpaper.

2

### Application:

- Apply a thin coat of varnish with a paintbrush to the selected areas. Avoid getting varnish on the black far-infrared heaters.
- Let the varnish dry for about 4 hours at room temperature.

3

### Second Coat:

- Lightly sand the surfaces again by hand with 300-grit sandpaper.
- Vacuum and wipe down with a tack cloth to remove dust.
- Apply a second thin coat of varnish, except for the bottom of the floor insert.

4

### Final Steps:

- Allow the sauna to dry for 24 hours before use.

### IMPORTANT NOTES

- **Thin Coats:** The varnish should be applied in thin coats. Applying thick coats or over-application may lead to warping and will not be covered under warranty.
- **Two-Coat Process:** This interior No VOC Varnish requires a two-coat process, except for the bottom of the floor insert, which needs only one coat.
- **Heater Precaution:** Avoid getting varnish on the black far-infrared heaters behind the wood slats.

### MAINTENANCE AND LONGEVITY

The varnish is designed to protect the wood and make the sauna easier to clean, though some sweat marks may still appear. The varnish can last up to 5 years, depending on usage and care. High-usage commercial locations may notice wear and scratches sooner. To freshen up these areas, reapply the varnish following the same instructions above.

For instructions on how to remove the floor insert, [CLICK HERE](#)



If you have any questions or need to order more varnish, **please contact your Clearlight Wellness Innovations specialist.**