Traditional sauna cleaning checklist

Print one copy for each routine or deep-cleaning session.

Cabin / heater model and manual revision

Date / person completing work

Before cleaning

- [ ] Heater off and cool; unintended activation prevented
- [ ] Remove damp textiles, buckets and loose debris
- [ ] Confirm the cleaner and method are approved for the surface

Routine cleaning and drying

- [ ] Wipe benches and backrests; clean contact areas as needed
- [ ] Inspect walls, glass, handles and accessible vents
- [ ] Clean floor and removable mats as permitted
- [ ] Remove residue and standing water; dry mats before replacing
- [ ] Complete the manufacturer-approved drying procedure

Condition check

- [ ] Record persistent dampness, unusual odors or damage
- [ ] Keep affected equipment out of service if a fault is suspected

Use only the cabin and heater maker's approved care methods. Do not spray electrical parts, use aggressive chemicals, or pressure-wash the interior. This checklist records tasks; it does not certify equipment safety.

Sauna maintenance log

Keep with the manufacturer instructions and service records.

Date / completed by

Cabin and heater model

Approved product and method

Surfaces or components inspected / cleaned

Condition before cleaning

Condition after drying

Issues requiring supplier or professional review

Next inspection / service date

Follow-up notes

Schedule cleaning and stone care according to the model manual, use frequency and visible condition. Investigate recurring moisture or possible mold; heat alone is not a remediation procedure.

Reference: Harvia, Maintaining your sauna; Almost Heaven, Time for Sauna Maintenance; EPA, A Brief Guide to Mold, Moisture and Your Home.