



Assembly Instructions

Pre-Built Sauna





DELIVERY

CHECK THE SHIPMENT BEFORE THE TRUCKING COMPANY LEAVES!



1. Confirm the number of packages shipped, matches the number of packages received.
2. Look for visible damage to the cartons such as cuts, holes, dents, and crushed areas.
3. MAKE NOTE ON THE BILL OF LADING IF YOU FIND PROBLEMS.
4. CLAIMS AGAINST DAMAGED OR MISSING ITEMS MUST BE MADE WITHIN 24 HOURS.

REQUIRED TOOLS

- MEASURING TAPE
- CORDLESS DRILL
- PHILLIPS SCREW DRIVER - OR #2 DRIVER BIT
- LEVEL
- CORDLESS DRIVER
- SHIMS (FOR FLOOR)
- SHORT STEP LADDER
- PAINTERS TAPE
- SAW
- FLAT HEAD SCREWDRIVER
- 9/64" DRILL BIT
- BRAD NAILER
- ADJUSTABLE WRENCH
- HAMMER
- 3" SCREWS
- 4" SCREWS (IF BENCHES ARE 2 PIECED OR LONGER THAN 8')
- 1 5/8" SCREWS (IF INSTALLING HEATER GUARD)
- WOOD GLUE
- WE HIGHLY RECOMMEND THAT YOU HAVE A HELPER



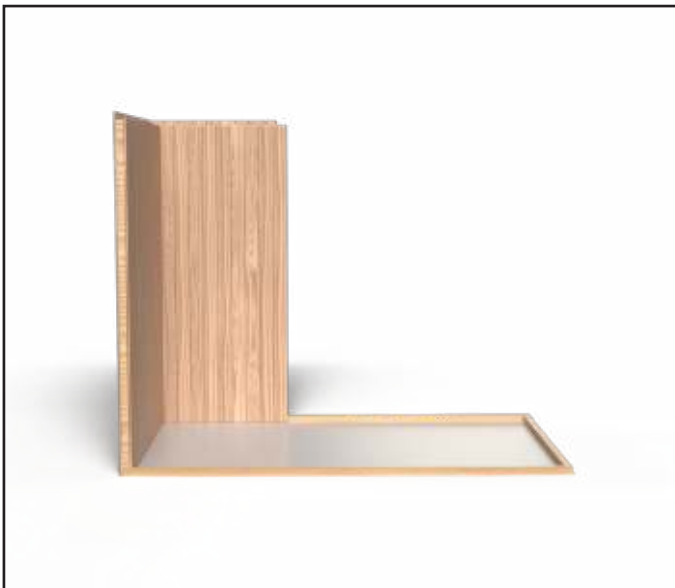
ASSEMBLY



Find the frame (made of 2" x 3" boards) of your sauna and start by assembling on your finished floor. Match the numbers marked at each end of the frame to form the shape of the sauna. Assemble base using 3" screws, noting the additional markings for the wall and door panels and check for level in the following places, front to back at each corner, side to side at each corner, and from back corners to opposite front corners. Use shims as necessary if the frame is uneven. All numbers on the frame should be facing UP. If you are installing the sauna against a wall, be sure to leave at least $\frac{3}{4}$ " between the frame and the wall and be sure the door panel marking is facing the correct direction.



On the top inside of each wall panel is written a number. This is the panel number and corresponds to where the panel fits on the frame. Start with panel #1 and insert it over the frame where it is marked "1". Have a helper hold it in place. The side with the shorter boards should face the inside of the sauna.



Place panel #2 up against panel #1 and push them together tightly. NEVER FORCE THE PANELS TOGETHER. Use painter's tape to hold the panels together or attach them together at the top using a 3" screw inserted at a 45-degree angle. If using screws, countersink the screw head so the ceiling panel(s) will fit in place properly. These screws are only holding the panels in place until the ceiling is installed.

Continue installing the panels in number order. Sometimes the panels do not progress in a clockwise or counterclockwise pattern, so it is important to follow the numbers as a guide to insure proper fit and ease of assembly.





Usually the door panel will be the last of the wall panels to be installed, but follow your numbers as a guide to be sure. To install the door panel, first make sure you have the required space between your panels. Adjust the panels you already installed if needed. Have one person inside the room and another outside, and slide the door panel in diagonally until you are able to fit the panels together.



Inspect your ceiling panels and take note of where the vents are located, if applicable. Exhaust vents in the ceiling are always installed in the corner furthest from the heater, so that will help you in determining which panel is installed where. Have one person inside the sauna and have the person on the outside gently and carefully pass the ceiling panel over the wall panels to the person on the inside. The panels should rest down in the channeling at the top of the wall panels. Install each panel this way. Once all panels are installed, finish by screwing the ceiling into the top of the wall panels on all four corners.



Find your boards marked “interior corner trim” and “interior baseboard trim”. Install ceiling trim on the wall panels, up against the ceiling, using brad nails. Attach baseboard trim on the wall panels, against your finish floor, using brad nails. Some trimming of these boards may be necessary for a tight fit. Save the leftover pieces to be installed in step 14.

Refer to the drawing of your sauna and layout your benches, being sure to keep the upper benches separate from the lower benches. Find the bench cleats and measure your walls to know where to install each cleat. These cleats are installed under the bench with the 45-degree cut facing the front wall. Measure 30 1/2" from the finish floor to the cleat top and attach a cleat where each upper bench will meet a wall. Repeat the process for the lower benches, but only measure 13 13/16" from the finish floor to the cleat top.



Place the upper benches on the upper cleats and screw them into the side wall from underneath the bench, through the 2x4 frame, using 3" screws.



Repeat the process for the lower benches.





If your benches were over 8' long, and required us to build them in two pieces, first you will find each side of the bench, one side which has a trim piece already attached. This will be the middle of your completed bench. Set the bench with the trim piece on your cleats, place a box support underneath it for support, and then set the second bench piece in place. Align the two benches and screw them together from underneath, through the trim piece, using 4" screws.



If you purchased backrests, they are installed on the wall behind the upper benches, using 3" screws.

Take a small amount of wood glue and place it inside the hole, then insert the wooden plugs provided.



If you purchased skirting panels, you will need to locate the additional cleats sent with your kit. These cleats are attached to the wall, using 3" screws, directly under the bench, with the 45-degree cut pointed towards the ceiling, and the cutout area facing the back wall. Next, screw the skirting panels to these cleats, making sure they are flush with the benches.

Take a small amount of wood glue and place it inside the hole, then insert the wooden plugs provided.

Again, find the lumber marked “interior corner trim” and install these pieces in the open corners of the sauna using brad nails. The shorter pieces of interior corner trim will be for the corners where the benches are located.



Place the duckboard in the walk area of the sauna, if provided with your kit.



Next, locate the lumber marked “exterior baseboard & crown trim”. Following the same process as the interior trim, install the crown trim at the ceiling and the baseboard trim at the floor, attached to the wall panels.





The installation of the heater shall be according to the manufacturer's manual provided at time of purchase. All electrical work must be done using copper wire, and only by a certified electrician. You may void your warranty if you do not use a certified, licensed and insured electrician. The heater should be mounted in the location specified on your drawing, and your manual will show you the required heights, clearances and allowances needed. Scan this QR Code below for a PDF version of our sauna heater and control manuals, but please be sure to use the correct manual for the heater you ordered. Next, use warm water (no soap) to wash the stones for the heater. This will help remove dust and dirt. It is very important that you do not tightly pack the stones around the heating elements, as this will restrict airflow and greatly affect the performance of your heater, even causing it to "trip out" before the room is up to temperature. Place them gently in the chamber, allowing them to stack naturally and settle around the elements.



Use this link for PDF version of our sauna heater and control manuals. Please check order for correct heater.

* Make sure that you are following the manual for the correct voltage and phase of the heater.



Some sauna heaters do not require a heater guard or fence, but if you were provided one in your kit, be sure to leave at least 2" of space between the heater and the guard, on all three sides. Assemble the heater guard before installing it in the sauna, using 1 5/8" screws to screw the front piece to the side pieces. Attach the side pieces to the walls using the same 1 5/8" screws. Install your vent covers over your vent openings, if provided with your kit.

LIGHTING

We offer a few different lighting elements to our saunas.

Our wall mount sauna light will be wired up to an external switch on front of sauna. This fixture will accept a 60-100w light bulb and is covered by our cedar lampshade.

Install with at least 2" from the top of the light fixture to the roof. Never install directly over the heater.

If sauna ordered included corner mount lights they will install using the wall mount light fixtures. These fixtures will be installed 4" from corner walls and wired to external switch.

Corner lampshades will install over these fixtures.

Lampshade will be equally spaced from the corner on both sides, and install using small trim screws into wall.

*Pre drilling may be necessary

For ceiling mount LED lights use this QR Code to download app. WIFI setup must be made in order for light to function properly.

Use this app to install and hook up wifi connection for light. Color, light intensity, and more can be controlled through app. Can be wired to switch for normal on/off operation once wifi is setup.



TIPS AND CARE

Once your sauna is built, you should clean up all construction debris and sweep all areas of the sauna, including the benches and floor, with a bristle brush to remove the sawdust. It may be helpful to wipe everything down with a damp cloth using warm water ONLY (no soap). Run the heater for the first time and allow the heat to “break-in” the unit and the wood. Be sure to leave the door open to release the small amount of odor and smoke which may occur. Install the thermometer 6-8” down from the ceiling on a wall opposite from the door. This will allow you to view the thermometer from outside the sauna, through the door glass.

Saunas installed in residential applications require very little care and maintenance. Be sure to always lay a towel on the benches before bathing, to keep the wood free from dirt and perspiration stains. Occasionally, you may find it necessary to vacuum and mop the floor under the duckboard. Cedar can be cleaned with a mild solution of liquid cleanser and water, or a light sand to remove light soiling and perspiration stains.

NEVER USE AMMONIA OR HARSH CHEMICALS AS THE FUMES MAY BECOME NOXIOUS AND MAY CAUSE THE WOOD TO TURN GRAY. NEVER APPLY ANY TYPE OF SEALANT, FINISH, COATING OR OIL TO THE INTERIOR OF THE SAUNA. THE HIGH TEMPERATURES IN THE ROOM MAY CAUSE THE RELEASE OF HARMFUL, OR EVEN FATAL, TOXIC FUMES. DO NOT USE POLYURETHANE, PAINT, WOOD SEALER, ETC. CALL US FOR APPROVED PRODUCTS TO BE USED ON THE INTERIOR OF THE SAUNA.



Congratulations on building your brand new pre-built sauna. Once wired by a licensed electrician, you may begin to enjoy the many health benefits of sauna heat therapy.

Enjoy!



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