



PRE-FAB SAUNA ROOM

ASSEMBLY INSTRUCTIONS AND OWNER'S MANUAL

CHECK THE SHIPMENT BEFORE THE TRUCKING COMPANY LEAVES!

- Confirm that the number of packages shipped, matches the number of packages received
- Look for visible damage to the cartons such as cuts, holes, dents and crushed areas

**MAKE NOTE ON THE DELIVERY RECEIPT (BILL OF LADING) IF YOU FIND PROBLEMS.
CLAIMS AGAINST DAMAGED OR MISSING ITEMS MUST BE MADE WITHIN 24 HOURS.**

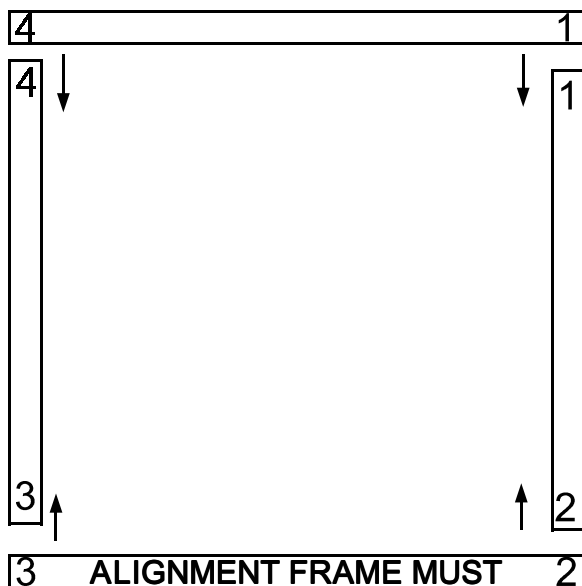
BEFORE BEGINNING ASSEMBLY

- A.) Unwrap all packages and check off items against the shipping list.
- B.) Read all instructions thoroughly and become familiar with all the necessary steps.
- C.) Requirements for assembly:
 - 1. Two people (a helper will make it much easier and safer)
 - 2. A small sturdy stepladder
 - 3. Tape measure
 - 4. Carpenter's square and level
 - 5. Adjustable wrench
 - 6. Phillips head #2 screwdriver or electric drill fitted with a #2 bit (have spares on hand)
 - 7. Flat blade screwdriver
 - 8. Hammer
 - 9. Drill with 9/64" bit
 - 10. Handsaw (fine tooth recommended)
- D.) Lay out all pieces in a clean, dry area where no harm will come to them and where the wood will not be stained. Guard against theft.
- E.) Cedar and redwood are soft woods. Care must be taken not to dent or mark the wood.

STEP 1 ALIGNMENT FRAME

- 1.) Locate and layout the alignment frame (4 or more pcs. of 2" x 3" pine framing). On smaller saunas, this frame may be pre-assembled.
- 2.) Match the numbers at each end of the frame pieces to form the shape of the sauna room (SEE FIGURE 1). Square the corners on square and rectangular frames using a carpenter's square or measure diagonally from corner to corner and obtain the exact same measurement in either direction (SEE FIGURE 2).
- 3.) Attach the 2" x 3" pcs. tightly together with eight 3" screws.
- 4.) The additional markings along the length of each frame member are the wall location numbers and they designate the placement of the wall and door panels.
- 5.) Place the assembled frame on the floor (with the wall location numbers facing up) in the planned final position of the sauna room. In cases where the sauna will be placed in a corner or against adjoining walls, be sure to allow at least 3/4" space between the alignment frame and the wall. Be sure to position the alignment frame so that the door location faces in the proper direction (not facing a wall or restricted area).

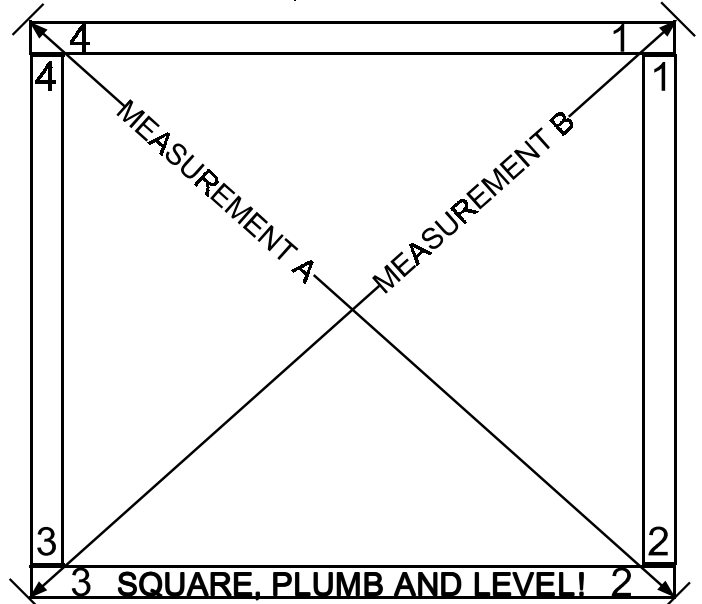
FIGURE 1



USE SHIMS TO CORRECT UNEVEN FLOOR PROBLEMS AND TO INSURE PROPER WALL AND CEILING PANEL RE-ASSEMBLY.

FIGURE 2

ROOM IS SQUARE WHEN A=B



STEP 2 WALL PANELS

The wall panels are marked with reference numbers that correspond with the wall location numbers located on the alignment frame. The wall numbers can be found at the inside top of each panel (SEE FIGURE #3). ***IMPORTANT*** The numbers must be right side up and facing towards the interior of the sauna room for the panel to be installed properly.

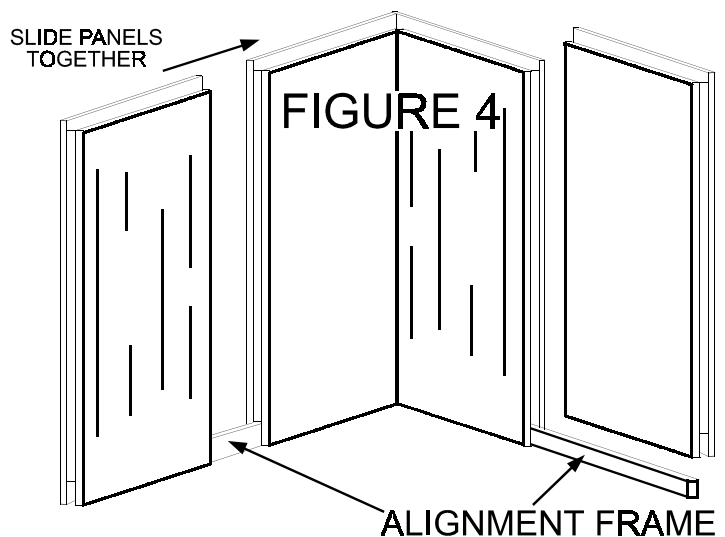
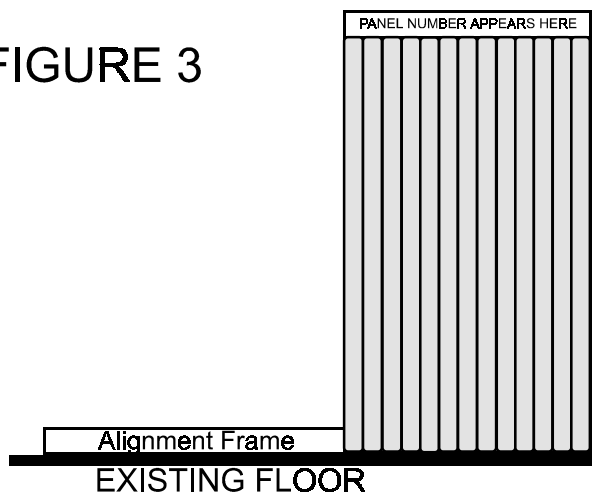
WALL PANEL ASSEMBLY

- 1.) Place wall panel #1 on the alignment frame in the correspondingly marked location. Have a helper hold this panel in place.
- 2.) Place panel #2 in position and push it tightly against panel #1. A light rocking motion will bring the panels together correctly. NEVER FORCE THE PANELS TOGETHER.
- 3.) While your helper holds the two panels in place, attach them together at the top using a 3" screw inserted at a 45° angle across the seam between panels #1 and #2 (SEE FIGURES #4 & #5). The panels must be tight and even before completely sinking the screw. Be sure to countersink the screw head so that it will not interfere with the later installation of the ceiling panel(s).

Note: The panels must be installed in order and they sometimes do not progress around the perimeter of the alignment frame one after the other. The sequence of installation is important to assure proper fit and ease of assembly.

- 4.) Follow with the remaining panels in order (#3, #4, etc..) as shown on the alignment frame. The panels may be joined with screws or nails. This step is only to hold the wall panels in place until the ceiling sections can be installed. The ceiling panel(s) will lock all the wall panels together tightly.

FIGURE 3



STEP 3 CEILING

Ceilings may be made up of one or more panels, depending upon the size of your sauna. The ceiling has been pre-drilled at the factory to accommodate the electrical conduits for the heater and light. All ceiling panels have an upper alignment strip which joins and secures the walls into place (SEE FIGURES #6 & #7).

For a single piece ceiling, simply align the holes in the ceiling panel with the electrical conduits and lower the panel into place. Go to step 4.

For multi-panel ceilings, first install the ceiling panel with the conduit holes and then add the adjoining section(s). Ceilings with more than two sections are marked for their placement.

FIGURE 5

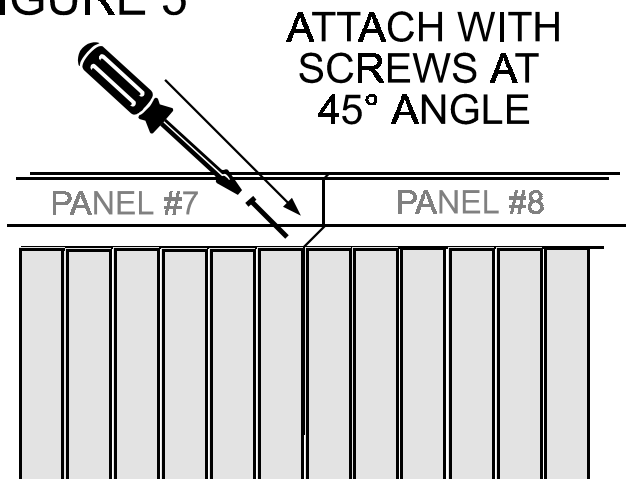


FIGURE 6

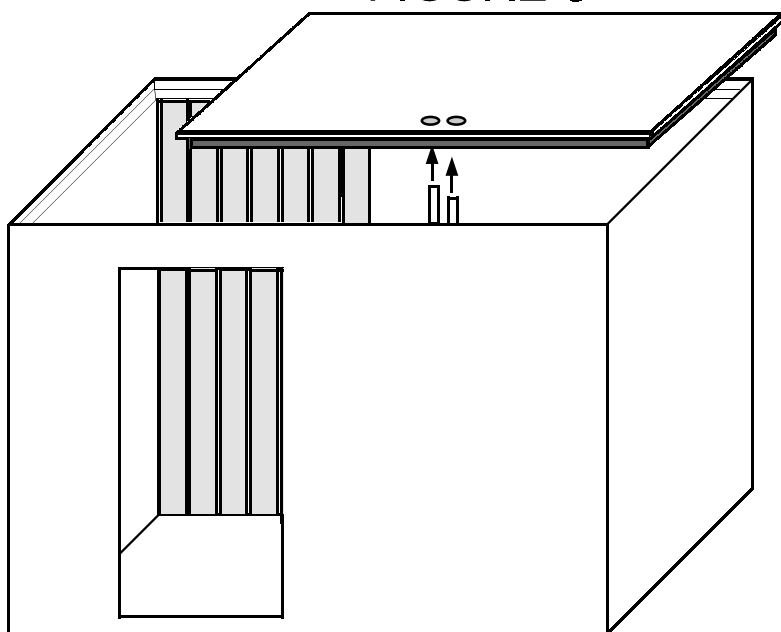
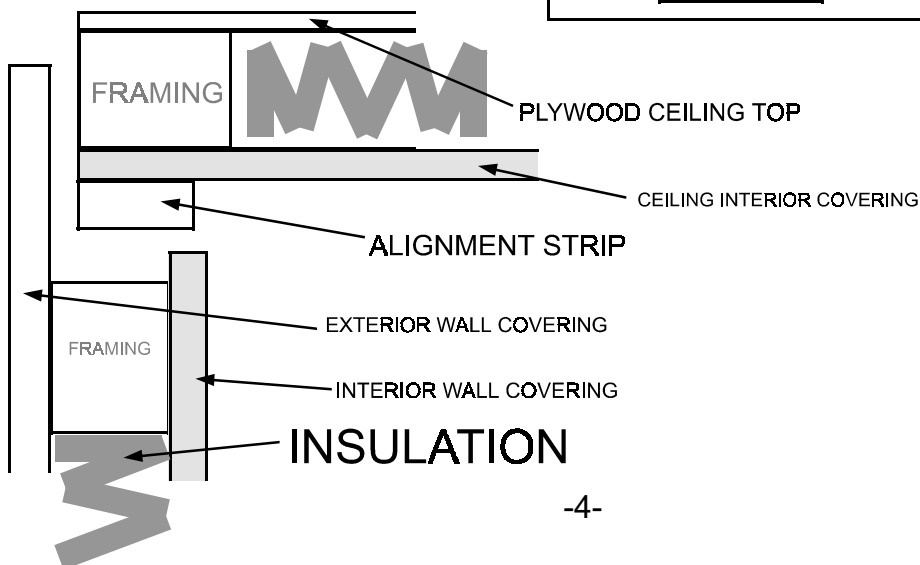


FIGURE 7



STEP 4 INTERIOR TRIM

NOTE: Some cutting is required to achieve an exact fit for each trim piece.

- 1.) Install the interior ceiling trim around the inside perimeter of the room. (SEE FIGURE 8)
- 2.) Install the inside corner trim on the open corners that have no bench cleats or supports. (SEE FIGURE 9) The corner trim above the benches will be installed after the benches are in place.

FIGURE 8

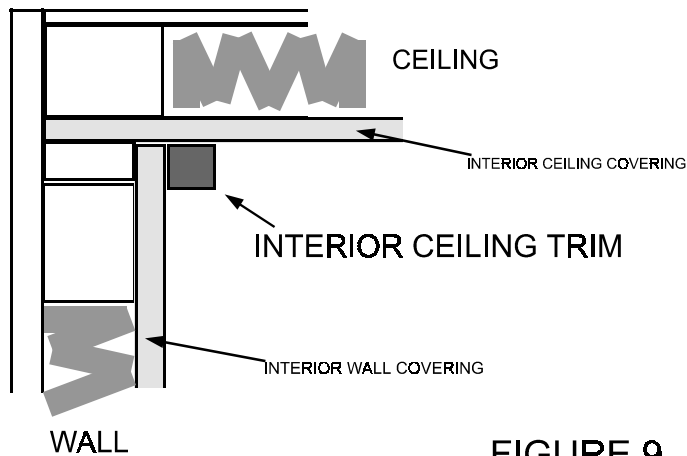
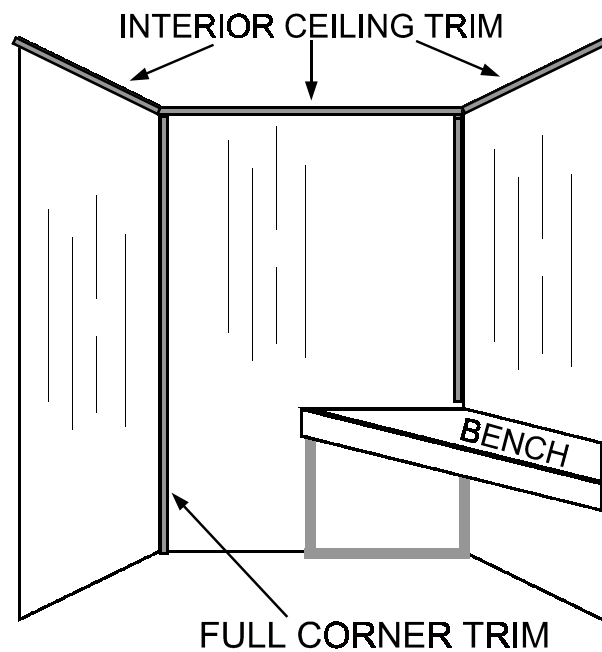


FIGURE 9



STEP 5 BENCHES

Confirm what style bench you received with your room. This will be noted in your packing list as 1"x4", 2"x2", or 2"x4" benching. Once you have determined your bench style, please follow the instructions for the installation of that type as shown below and on the next page.

INSTALLATION OF 1"x4" AND 2"x4" STYLE BENCHES –

- 1.) These two styles of benches are installed using cleats at each end of the bench and by attaching the upper bench to the wall along its length (SEE FIGURES 10 & 11).
- 2.) Benches less than 6' long do not require a center support leg.
- 3.) In some cases, benches are shipped with one end open to allow for a custom fit. Benches requiring an angled end cut are always supplied with an open end. A 2"x3" bench end piece is supplied to close the end once it is cut.
- 4.) Horizontal studs are located inside the wall panels at 32-3/4" and 14-3/4" on center from the floor. These are designed to accommodate the bench cleats. If you wish to install the benches at a different height, you must install 2"x3" supports (not supplied) vertically from the floor to the bottom of the bench to ensure proper support.
- 5.) The upper back wall bench should be installed first, as indicated. Attach one end to the side wall through the cleat at the appropriate height. Next, attach the other end of the same bench in the same manner being careful to keep the bench level. In addition to the 3" screws used in the bench cleats, the bench frame should also be secured to the wall.
- 6.) Install the lower back wall bench next. If your sauna has additional benches along a sidewall, install them last. Remember to install the upper bench before the lower.
- 7.) After all the benches are installed you can finish installing the remaining inside corner trim from the top of the benches to the ceiling trim.

FIGURE 10

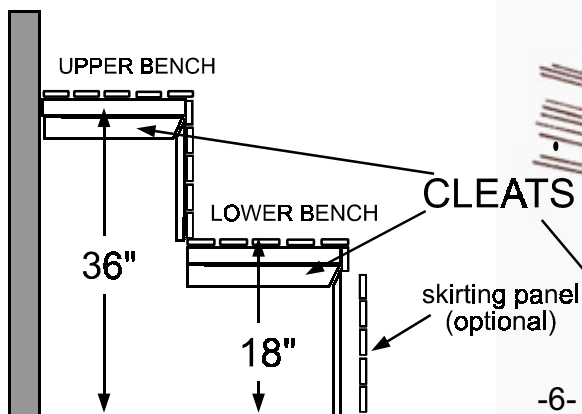
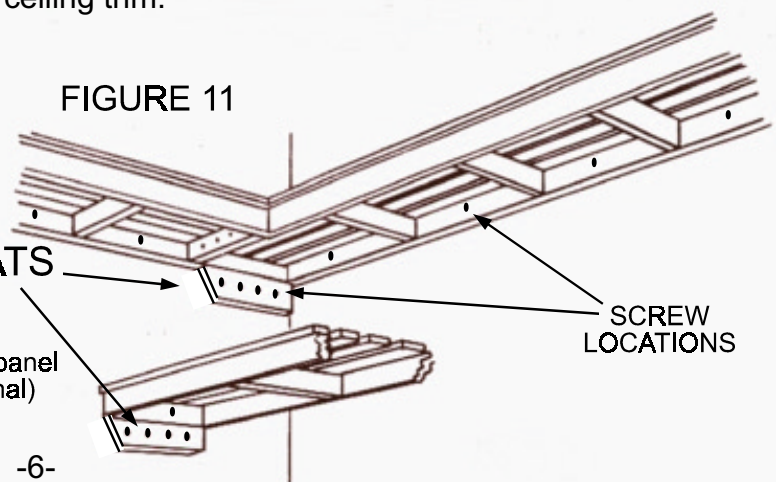


FIGURE 11



STEP 5 BENCHES – CONTINUED

INSTALLATION OF 2"X 2" STYLE BENCHES –

- 1.) This style of bench is installed using support frames (SEE FIGURES 12&13). The position of the support frames is shown on the room layout drawing that accompanies this instruction package. End and bench junction support locations are marked on the drawing with an "X". Additional supports are positioned beneath the bench cross bracing.
- 2.) In some cases, benches are shipped with one end open to allow for a custom fit. Benches requiring an angled end cut are always supplied with an open end. A bench end piece is supplied to close the end once it is cut.
- 3.) Bench supports are installed at each end of the benching and evenly spaced across the width of the bench. Please note figure # 12 for proper support orientation.
- 4.) Install the upper bench supports in the back corners first, and set the bench on top of the supports. Set the remaining supports in place, making sure to line them up with the cross bracing.
- 5.) All supports must be level in both directions (side to side and front to back) before nailing in place with #10 galvanized finish nails, 2" galvanized pneumatic staples or 2" galvanized drywall screws. Nail or screw the end supports to the back and side walls, and to the floor. Center supports are nailed or screwed to the back-wall and floor.
- 6.) When you are sure that the supports are level and plumb, attach the bench. Use 2" drywall screws to attach the bench to the supports using two screws per support.
- 7.) Follow the same procedure for the lower bench supports. If possible, line up and attach the center supports of the lower bench to the upper bench supports.
- 8.) After the benches are in place and secure, install the bench fascia on both the upper and lower benches using #4 finishing nails. Be sure that the top edge of the fascia is flush with the top of the bench. Counter sink all nails.
- 9.) The final step is to install the optional bench blinders. Blinders are spaced 2-1/8" apart and are fastened using #6 finishing nails. All nails are to be countersunk.

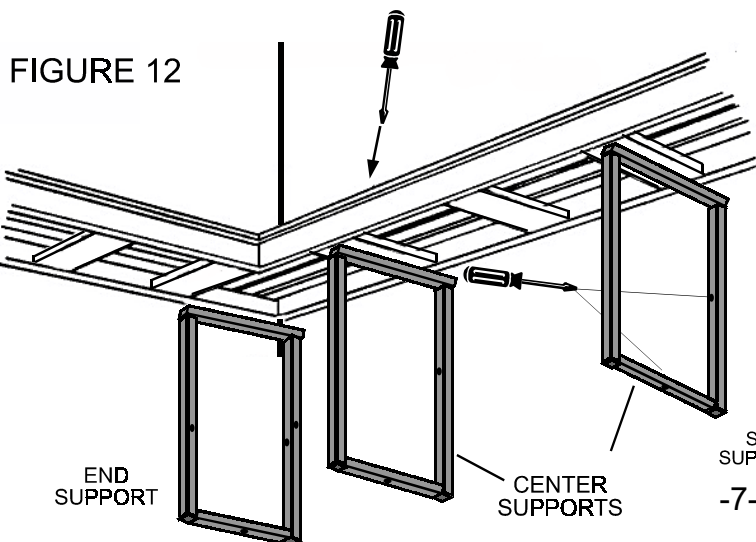
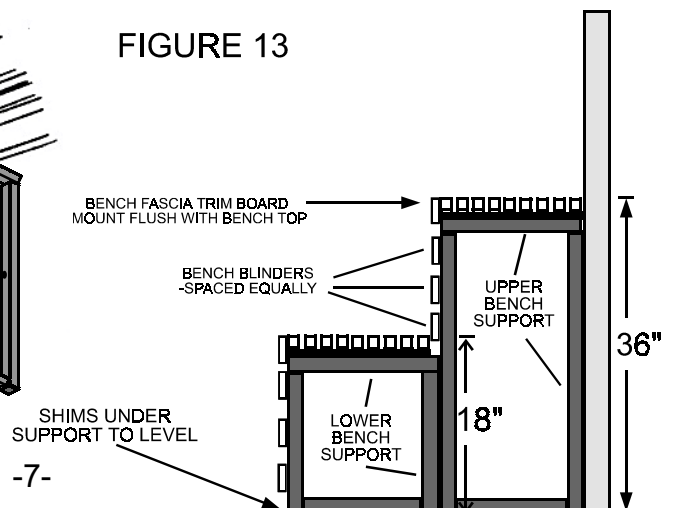


FIGURE 13



STEP 6 HEATER INSTALLATION

The installation of the heater shall be according to the manufacturer's instructions, and by following the templates provided. The warning plate, which is provided with the heater, should be installed at this time. Do not put the sauna rocks in the heater at this time.

Important Note:

All electrical work must be performed by a registered and licensed electrician.

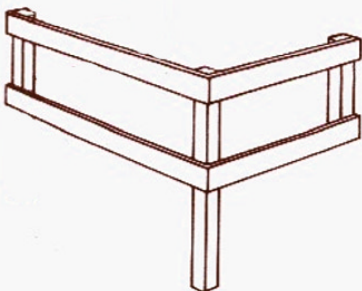
HEATER GUARD

Some heaters **Do Not** require a wooden fence in residential applications

If your heater does require a guard, and it is pre-assembled, please proceed to #1 below. If your heater guard requires assembly, please proceed to # 3 below.

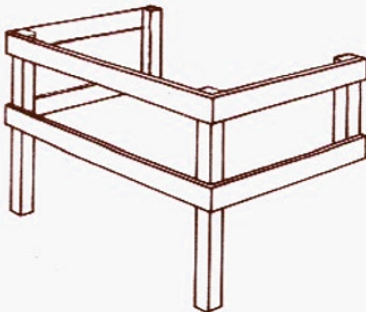
- 1.) Place the pre-assembled guard around the heater. Leave at least 2" of space between the heater and the guard on all three sides.
- 2.) Attach it to the wall behind the heater with the 1-5/8" screws provided.
- 3.) If a heater guard kit was supplied with your room, it will be necessary for you to assemble it prior to installation (SEE FIGURES 14, 15 & 16). It will also be necessary to miter the corners of the top trim. Use #6 finishing nails to assemble the fence and attach the trim. Use 1-5/8" screws to attach the fence to the wall.

FIGURE 14



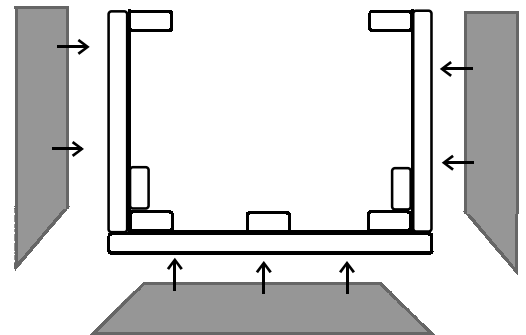
TWO SIDED OR CORNER
HEATER GUARD

FIGURE 15



MIDDLE OF WALL
HEATER GUARD

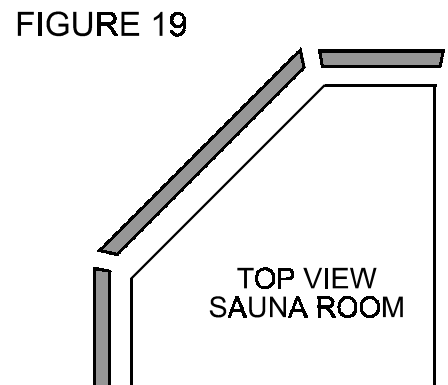
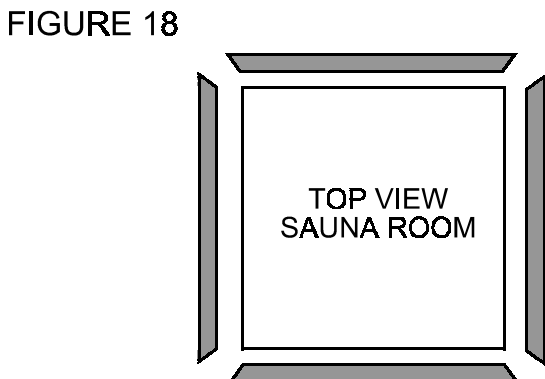
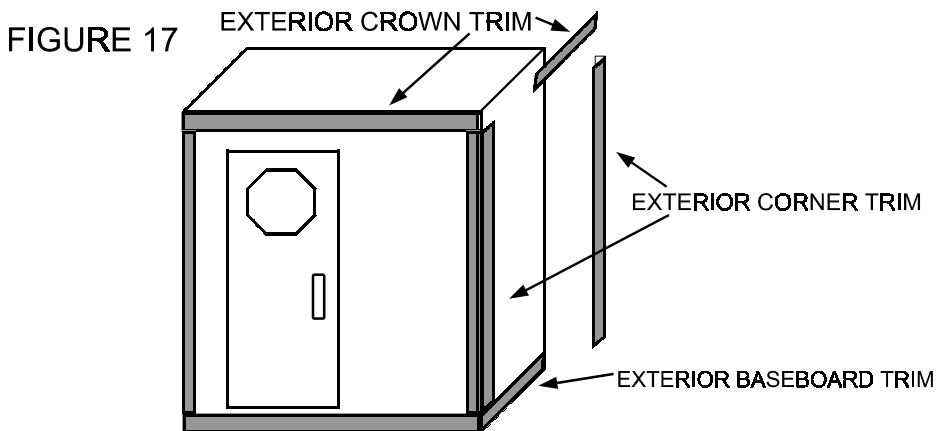
FIGURE 16



TRIM TOP
OF FENCE

STEP 7 EXTERIOR TRIM

- 1.) Complete the interior trim, installing the baseboard.
- 2.) Complete the exterior of the sauna using crown and base trim (SEE FIGURES 17, 18 & 19). If the room is square or rectangular, measure the distance across the front wall. Miter the corners using 45 degree angles so that the short side of the angles is the dimension across the front wall.
- 3.) Using finishing nails, install the base board at the bottom and the crown at the top of the sauna unit. Make sure that the trim is level across the top. Measure the side walls and install the base and crown as noted above.
- 4.) After the base and crown are installed, measure the outside corners and install that trim between the crown and base. These cuts are square at each end.
- 5.) If you have a five sided room, the angle of the diagonal wall will be 22-1/2 degrees. The miter for the crown and base trim on the angled wall is also 22-1/2 degrees.



STEP 8 CLEAN-UP & START-UP

Once assembly of your sauna is completed, a number of steps still remain before you can enjoy the first sauna. Curing a sauna is a simple process of cleaning the sauna completely, operating the heater for the first time, and allowing the heat to “break-in” the heater and woodwork.

- 1.) **CLEAN-UP –**
Begin by removing all construction remains. Next vacuum the floor, benches and walls. Wipe down all the wood with a damp (not dripping) cloth using warm water.
- 2.) **THERMOMETER –**
Install the thermometer 6-8” down from the ceiling on a wall opposite from the door. This allows it to be seen through the door window from outside the room.
- 3.) **SAUNA ROCK PLACEMENT –**
To properly install the sauna rocks in the heater, first wash them to remove any dust or dirt. Next refer to the heater installation sheets for correct rock placement.
- 4.) **HEATER STARTUP –**
After all electrical connections have been completed, operate the heater on high for 1 hour to burn off any impurities. Leave the door open slightly to release the small amount of odor and smoke which may occur.

STEP 9 SAUNA CARE & MAINTENANCE

A sauna in residential use generally requires very little care and maintenance. A double layer of terrycloth should be used on top of the benching for comfort as well as keeping the bench top free of perspiration stains. When finished using the sauna, wet towels should be removed immediately.

Under normal conditions as a “dry” sauna, (minimal use of water), washing the floor occasionally will maintain its cleanliness.

Cedar can be washed with a mild solution of liquid cleaner and water to remove light soil and perspiration stains. Never use ammonia or harsh chemicals which will turn the cedar a dark gray.

Redwood (unlike cedar) should never be washed or allowed to become wet. Redwood and water do not react well together – excess water will cause redwood to discolor permanently. A slightly damp cloth may be used to wipe cool surfaces for cleaning.

The sauna light can be used with any color bulb, 60 watt or less. Amber-orange bulbs are best at providing a soft, warm and comfortable light. A shorter than normal bulb life is common for sauna lights.

*****CAUTION*****

NEVER use or apply any type of sealant, finish, coating or oil to the interior surfaces of your sauna! The high temperatures in your sauna may cause the release of harmful, or even fatal, toxic fumes. Do Not use polyurethane, paint, wood sealer, etc..