

Modern Sauna Installation & Owner's Manual



Revised April 20, 2009

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PARTS LIST

| PART | DESCRIPTION | QUANTITY PER SAUNA | | |
|-----------------|---|--------------------|-------|-------|
| | | 6 X 4 | 6 X 6 | 6 X 8 |
| HP1 | Horizontal Panel (with rounded corners) | 4 | 4 | 4 |
| HP2 | Horizontal Panel (center) | 0 | 2 | 0 |
| HP3 | Horizontal Panel (center) | 0 | 0 | 4 |
| FJ1 | Floor Joist 44-1/4" long | 3 | 0 | 0 |
| FJ2 | Floor Joist 65-1/2" long | 0 | 3 | 0 |
| FJ3 | Floor Joist 90" long | 0 | 0 | 3 |
| CP1 | Corner Panel | 1 | 1 | 1 |
| CP2 | Corner Panel | 1 | 1 | 1 |
| CP3 | Corner Panel | 1 | 1 | 1 |
| CP4 | Corner Panel | 1 | 1 | 1 |
| BP | Back Panel | 1 | 1 | 1 |
| SP1 | Side Panel 6-1/8" wide | 1 | 0 | 0 |
| SP2 | Side Panel 6-1/8" wide | 1 | 0 | 0 |
| SP3 | Side Panel 27-3/8" wide | 0 | 1 | 0 |
| SP4 | Side Panel 27-3/8" wide | 0 | 1 | 0 |
| SP5 | Side Panel 24-3/8" wide | 0 | 0 | 2 |
| SP6 | Side Panel 27-3/8" wide | 0 | 0 | 2 |
| FP | Front Panel with Door Assembly | 1 | 1 | 1 |
| SA1 | Seat Assembly 47-5/8" long | 1 | 0 | 0 |
| SA2 | Seat Assembly 69-11/16" long | 1 | 0 | 1 |
| SA3 | Seat Assembly 69-11/16" long | 0 | 1 | 0 |
| SA4 | Seat Assembly 38" long | 0 | 1 | 0 |
| SA5 | Seat Assembly 93-1/4" long | 0 | 0 | 1 |
| SA6 | Seat Assembly 64" long | 0 | 0 | 1 |
| SA7 | Seat Assembly 30-5/16" long | 0 | 0 | 1 |
| SS1 | Seat Support (short) | 0 | 3 | 6 |
| SS2 | Seat Support (tall) | 2 | 2 | 0 |
| SS3 | Seat Support (double) | 0 | 0 | 2 |
| | Final Staves | 4 | 4 | 4 |
| | Heater 4.5 Kw | 1 | 0 | 0 |
| | Heater 6 Kw | 0 | 1 | 0 |
| | Heater 8 Kw | 0 | 0 | 1 |
| | Heater Fence Kit | 1 | 1 | 1 |
| | Door Handle Kit | 1 | 1 | 1 |
| | Rocks | 1 | 1 | 1 |
| | Light Fixture with Outside Access Plate | 1 | 1 | 1 |
| | Thermometer, Chrome 5" | 1 | 1 | 1 |
| | Bucket and ladel | 1 | 1 | 1 |
| | Sand timer | 1 | 1 | 1 |
| | Towel hook | 1 | 1 | 1 |
| | Magazine rack | 1 | 1 | 1 |
| | Instruction Manual | 1 | 1 | 1 |
| Hardware | | | | |
| | Screws #10 | 100 | 100 | 100 |
| | Nails 4D | 100 | 100 | 100 |
| | Nuts 1/2" x 13 | 4 | 4 | 4 |
| | Stainless Steel Bands | 2 | 2 | 2 |
| | Stainless Steel Banding Brackets | 4 | 4 | 4 |
| | Black Vinyl Thread Protectors | 4 | 4 | 4 |
| | Threaded Rod 1/2" x 4-3/4" | 2 | 2 | 2 |
| | Simpson Strong Tie | 0 | 0 | 4 |

Note: Dimensions may vary slightly.

For ease of organization, locate your sauna size above and highlight the items on the list that are included for your particular sauna.

Please fill in the following information, it will be helpful should you ever have questions or concerns regarding your sauna.

Model: _____

Serial Number: _____

Date Purchased: _____

Read this entire manual through to the end before proceeding with the assembly.

CHECK YOUR BOXES

Be sure to immediately check your boxes against your shipping list and bill of lading. Examine for any damage and report it to the shipping company immediately. Notify us if there needs to be a repair or replacement of damaged or missing materials.

ELECTRICAL REQUIREMENTS

All electrical wiring must be performed by **A QUALIFIED LICENSED ELECTRICIAN**. Please do not attempt to do the hook-up by yourself. Because of the heat involved in the sauna, it is required that you use copper wire with 90°C insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements of your particular situation. All wiring must conform to all national, state and local codes and regulations.

LOCATING THE SAUNA

Because the customary sauna involves a heating-cooling-resting process, it is important to plan ahead before installing yours.

You will probably shower during or after each sauna bath, so consider having a shower stall nearby. Besides the shower, you may want to have a lounging area set aside for relaxing after your sauna bath. Make sure the floor is level and can support the weight of the sauna (which can exceed 1,000 lbs. when filled with people). A reinforced concrete floor is always best .

Verify that both the inlet and outlet vents will remain unobstructed and open into the same room or space.

BASIC TOOLS

You should have the following tools:

- Wrench-adjustable, box, open end (10mm, 3/4", 1/2", and 7/16")
- Nail set
- Step Ladder or Stool
- Sandpaper – 120 Grit
- Utility Knife
- Screwdrivers (Phillips and Flathead)
- Claw Hammer
- Rubber Mallet



o help speed up the installation, substitute deep well socket wrenches for the 3/4", 1/2", and 7/16" wrenches and a reversible power drill for the screwdrivers.

FLOOR AND WALL ASSEMBLY

Locate the Horizontal Panels and Floor Joists.

For the 6 x 4 sauna, you will need (2) HP1's and (3) FJ1's.

For the 6 x 6 sauna, you will need (2) HP1's, (1) HP2, and (3) FJ2's.

For the 6 x 8 sauna, you will need (2) HP1's, (2) HP3's, and (3) FJ3's.

Place the required horizontal floor panels (HP) face down on a flat surface. If you are assembling this unit on a concrete floor, you should lay these panels on top of some cardboard or blankets to protect the wood from scratches. Lay the Floor Joists (FJ) on edge on top of the Horizontal Panels (HP). Evenly space the Floor Joists (FJ) and toenail them to the Horizontal Panels with 4 nails on each side of each Floor Joist (FJ). See Figure 1. Make sure to position the joist with the drain hole in the correct corner. Turn the floor assembly over.

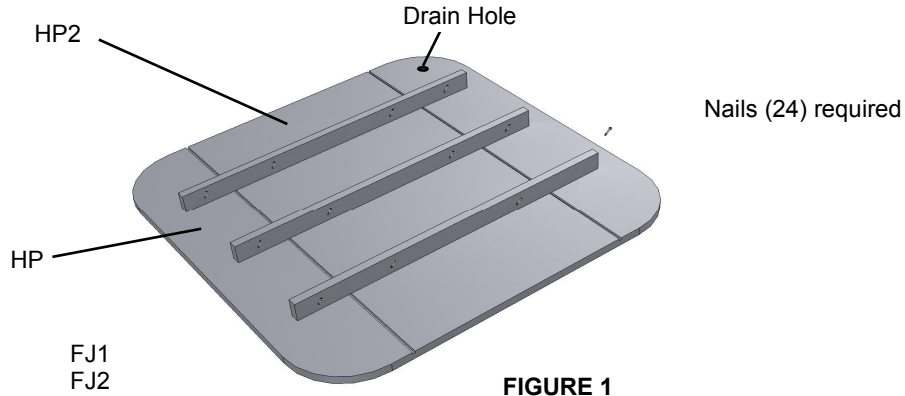


FIGURE 1

Center the Back Panel on the rear side of the Floor Assembly, by aligning the centerlines provided for this purpose. The edges of the floor and ceiling fit into the croze, or groove, in the panels. Using two nails, attach the Back Panel (BP) to the floor assembly by nailing through the croze and into the edge of the floor assembly. Next, place Corner Panel CP1 into position next to the Back Panel. The light hole will be at the top. Attach CP1 to the Back panel by screwing them together through the top battens (the notched battens of the flat panels overlap the battens on the corner panels). Do not nail the remaining wall panels to the floor assembly. Follow this with the second Corner Panel (CP2), screwing it into position in the same manner.

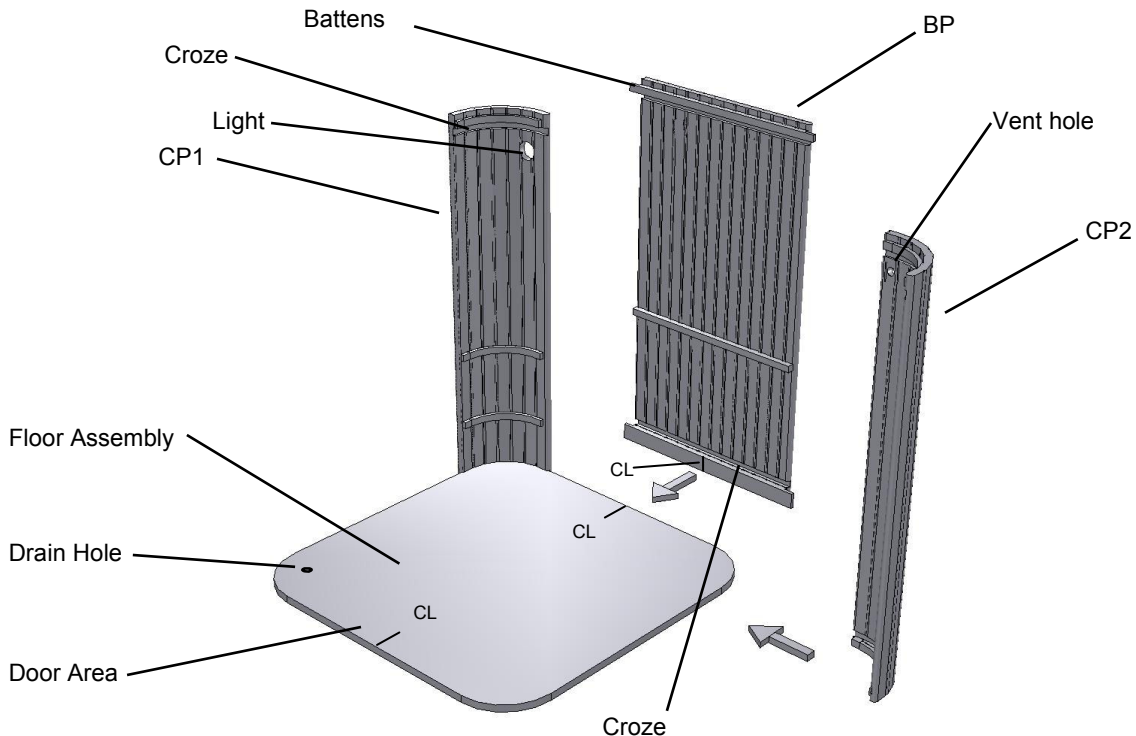


FIGURE 2

WALL AND CEILING ASSEMBLY

Locate the Side Panels (SP) and screw them to the Corner Panels.

For the 6 x 4 sauna, you will need SP1 and SP2.

For the 6 x 6 sauna, you will need SP3 and SP4.

For the 6 x 8 sauna, you will need (2) SP5's and (2) SP6's.

Begin to install the ceiling by sliding a Horizontal Panel (HP1) into the upper croze, or groove. Make sure that the face side of the panel is facing the inside of the sauna. Follow with the center Horizontal Panel (HP2 or HP3) where applicable.

Next, center the Front Panel on the front side of the Floor Assembly, again, aligning the centerlines provided. Attach corner panels as before. The gap between the front corner and side panels will be filled by the Final Staves. First, position the correct "ball and socket" pieces next to the corner and side panels, with the flat sides facing each other. Select straight staves to fill the remaining gaps as full as possible. A tight fit is better than loose, as the band assembly will force the staves together.

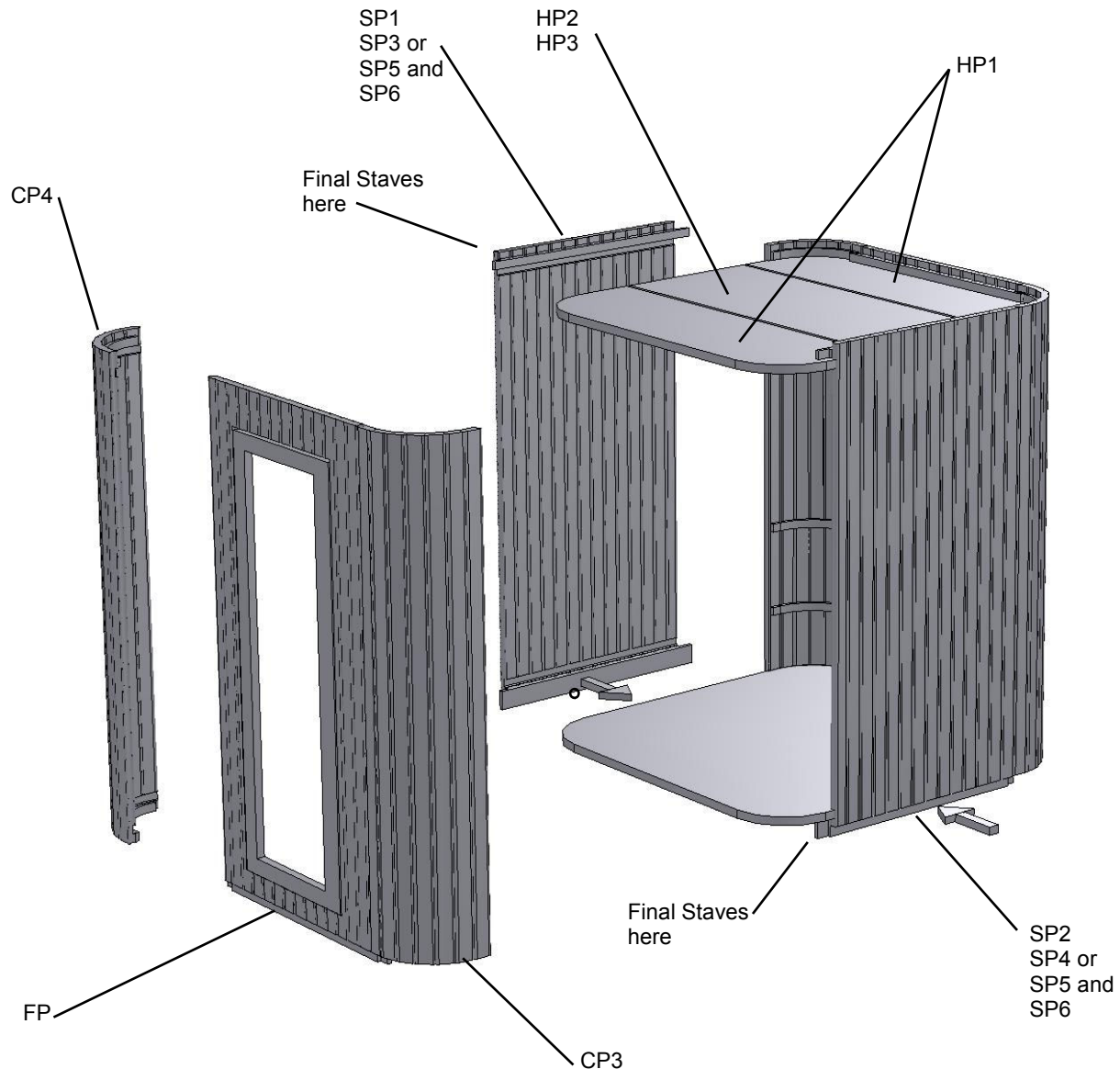


FIGURE 3

BAND ASSEMBLY

Prepare to install the stainless steel bands by temporarily placing nails to support them. On each wall panel, place two nails 2 1/2" down from the top of the wall and 2" up from the bottom of the wall. Also be sure to remove the 2" nails that were temporarily installed during assembly of the wall sections.



Figure 4

The two Band Assemblies are made up of the following components:

- (2) Stainless Steel Bands
- (4) Stainless Steel Banding Brackets
- (4) 1/2" Nuts
- (4) Black vinyl thread protectors
- (2) 1/2" x 4-3/4" Threaded Rods

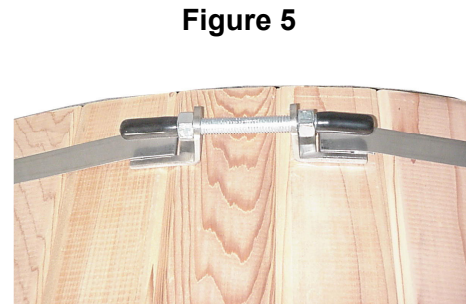


Figure 5

Place bands with pre-assembled brackets around sauna, resting on the nails. Insert threaded rod through the brackets. Install nuts evenly. Before tightening nuts, check to make sure bands are resting on nails and looks even. Tighten nuts and install black vinyl thread protectors. (See Figure 5)

DOOR HANDLE/TOWEL BAR

The door handle/towel bar assembly will consist of the following components:

- (2) Door handles
- (1) Binding nut
- (2) Short round spacers
- (1) Long machine screw
- (2) Long round spacers
- (2) Wood screws

Locate the single hole in the glass door. Push the long machine screw through one of the pre-drilled handles, through a long round spacer, through the glass, through another long round spacer and then through the other pre-drilled handle. Turn the long machine screw into the binding nut but don't fully tighten. With a level, position each of the handles so that they are horizontal and then screw the end of the handles into the hinge board that is attached to the glass door with the wood screws. Now tighten the long machine screw into the binding nut. TAKE CARE THAT YOU DO NOT OVER TIGHTEN THE SCREW AND BINDING NUT OR ALLOW THE WOOD SCREWS TO HIT THE GLASS. BROKEN GLASS IS NOT COVERED UNDER WARRANTY.



Door Handle Assembly



Door Handle Assembly

SEAT ASSEMBLY

Start by laying the right Seat Assembly (SA1, SA3, or SA5) in place on the corner battens. Attach the Seat Assembly by fastening screws through the predrilled holes underneath the seat. Next, insert screws into the predrilled holes on the front of the seat and attach the front (closest to the door) Seat Support (SS1).

Install the left bench (where applicable) by first fastening a Seat Support to the front corner of the Seat Assembly. Lay the Seat Assembly on the battens and fasten to the wall by installing screws in the predrilled holes underneath the seat.

Install the rear Seat Assembly (SA2) by laying it on the upper battens along the back wall. It is fastened in the same manner as the right Seat Assembly except that the rear Seat Supports (SS2) attach to both the lower and upper Seat Assemblies.

If you are building the 6 x 8 sauna, install the final Seat Assembly (SA7) by screwing it from the underside to the adjacent seats (SA5 and SA6). The short portion of the SS3 faces forward and supports the back of the SA7 Seat Assembly. See Figure 7.

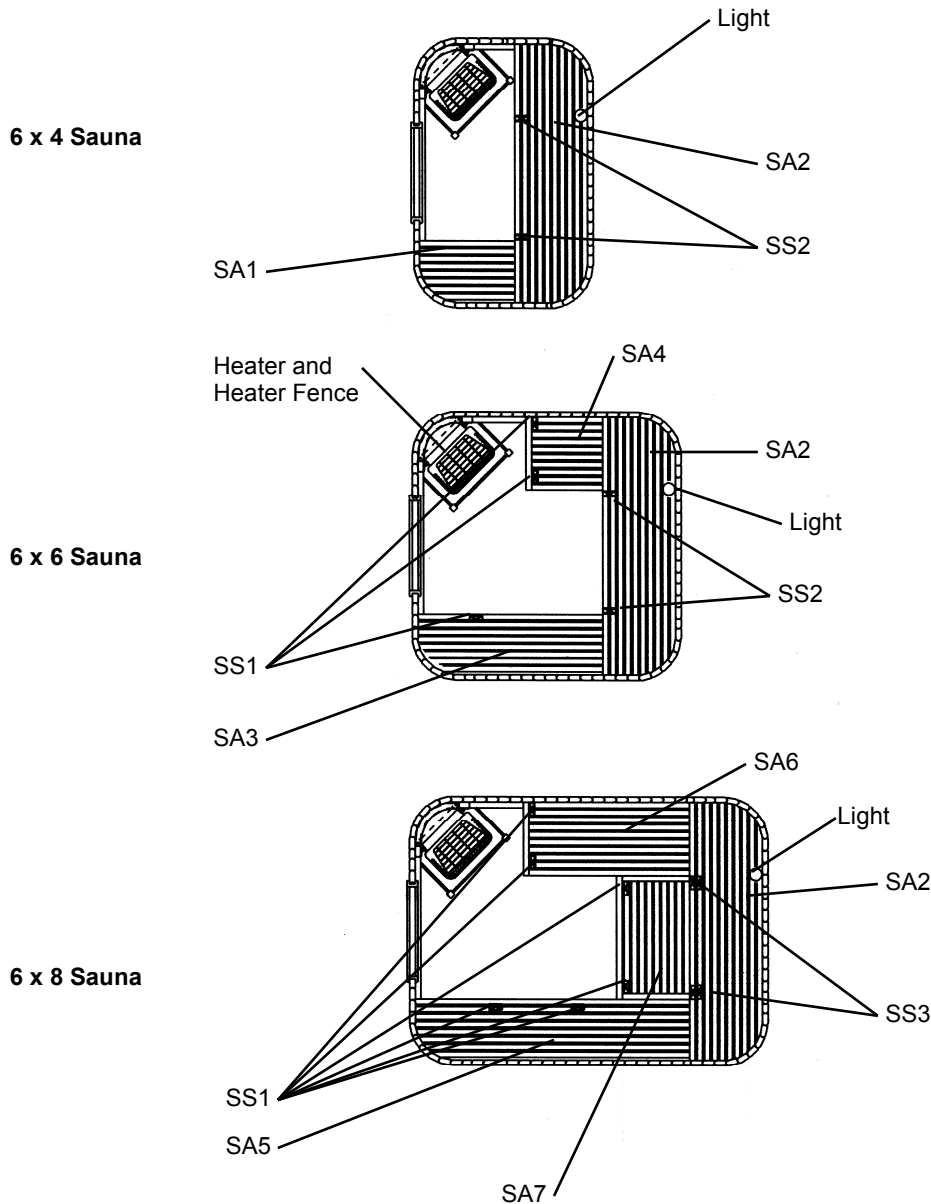


FIGURE 7

The outside of your sauna should now look like the one pictured below. (Picture shows optional side window)



FIGURE 8

HEATER

Mount the heater as shown in the manufacturer's instructions. The heater should be positioned in the front left corner of the sauna (mounted on panel CP4, see **Figure 7**). The heater should be no lower than 6-1/2 inches from the floor. The lower the heater is, the hotter the temperature will be at the benches. All the necessary hardware is supplied with the heater. All the necessary hardware is supplied with the heater. Do not attempt to wire the heater yourself. Contact an electrician.

HEATER FENCE ASSEMBLY AND INSTALLATION

The Heater Fence is necessary to ensure that bathers in the sauna do not accidentally contact parts of the heater that could burn them. It consists of four precut, vertically notched posts and six horizontal rails that must be assembled before it is installed to the wall adjacent to the heater.

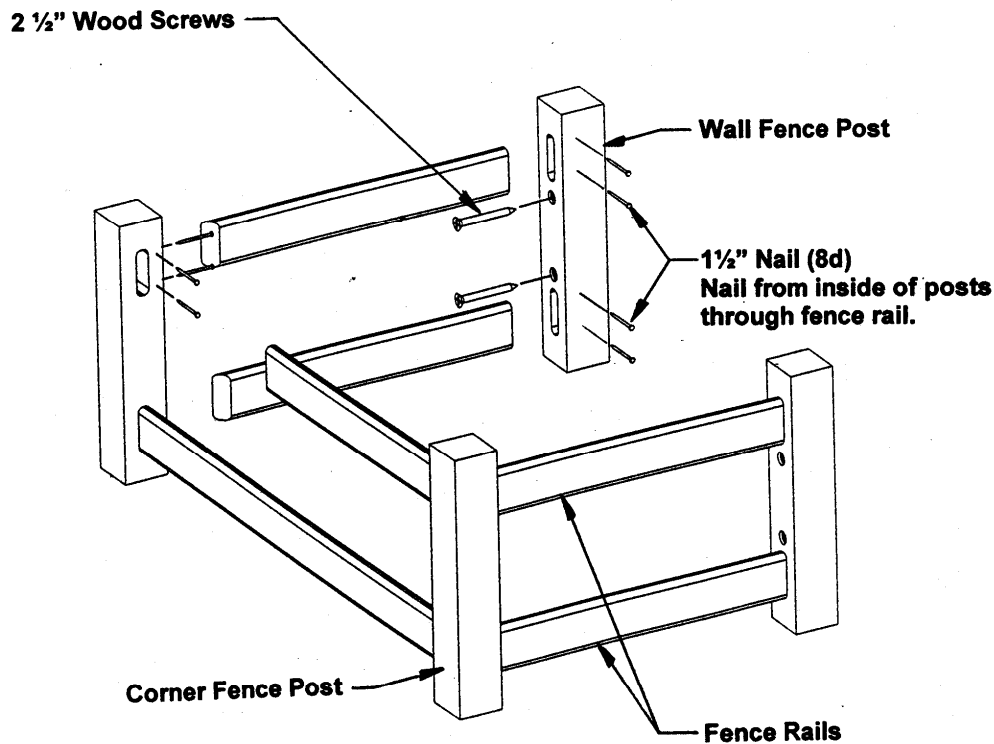


Figure 9 - Heater Fence Assembly

The fence have

into them for the rails. The two vertical fence posts that go against the wall have slots on just one face, as well as counter-bored screw holes for attaching them to the sauna wall. The two fence posts that sit away from the wall will have slots cut into two of their faces.

vertical posts slots cut

Note the beveled ends on the fence rails that go into the corner posts. The ends of the rails that go into the fence posts that attach to the wall are square. Assemble the fence before attaching it to the wall by placing the rails into the slots in the posts and using the supplied 1" nails as shown in **Figure 9**. You may want to put a small amount of glue into the slots. Be sure to nail at an angle so that the points will not go through the post. Countersink all nails.

Once the fence is assembled, attach it to the wall next to the heater using the supplied wood screws.

LIGHT

Have a licensed electrician mount and wire the light fixture (on a separate circuit) into the electrical box mounted in the sauna's back wall.

Do not install your light switch inside the sauna. No special type of light bulb is required, but the heat of the sauna will shorten the life of a normal bulb. An appliance bulb, such as those used in a kitchen oven, will last longer than a standard bulb. Most people prefer subtle, low wattage lighting in the sauna. Do not exceed the wattage recommended by the light fixture manufacturer.

TREATING THE SAUNA

Saunas have traditionally been left untreated to retain the natural look and feel of the wood. Never treat the inside of the sauna, and treatment of the external of the sauna is optional. If a protectant is desired for the exterior of your sauna, contact your local paint supply store for a suitable cedar wood treatment for the exterior of your sauna. A suggested treatment to retain the color of the sauna is a 50/50 mixture of linseed oil and rubbing alcohol that can be rubbed onto the exterior of the sauna. Left untreated, the exterior of an outdoor sauna will eventually become silvery-gray in color, and it is fine to let the sauna weather naturally if you prefer.

OPERATION

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt and debris. Rinse off the sauna rocks and install them in the heater. Turn the heater on to the maximum setting and operate it for about 30 minutes with the door propped open. Then close the door and allow your sauna to come up to the desired temperature.

If the sauna wood has absorbed moisture in storage, the staves may become loose after the intense heat causes the wood to cure. It may be necessary to retighten the stainless steel bands periodically if this occurs.

The controls of the sauna heater are mounted at the bottom of the heater. The right dial is the temperature setting and the left dial is the combined timer on-off switch. Please refer to the manual that came with your heater for full heater operational instructions

When operating the heater, always begin by turning the timer fully clockwise. The heater should come on as indicated by the light, and operate for one hour and then shut off automatically.

Since you most likely will use your sauna as both a "wet sauna" and a "dry sauna", you should install the sauna rocks that have been included with the heater, following the manufacturers instructions. These stones are necessary if water will be sprinkled on the heater to create the "wet sauna", and they will produce more consistent heating in the dry mode (without the use of water). It is common for a stone to occasionally crack during initial heating. If excess amounts of water are used during sauna, prop door open for 30 minutes after use to let the humidity escape.

The amount of ventilation in the sauna can be adjusted by means of the inlet vent positioned near the heater and the outlet vent on the front wall. If the sauna is located outdoors you should keep the vents closed when the sauna is not in use to prevent insects and rodents from entering the sauna. When using the sauna it is important that these vents are open in order to provide fresh air flow while taking your sauna. These vents combined with the drain hole in the floor and gaps around the door provide the proper amount of ventilation in your sauna.

OPTIONAL SAUNA ROOF CAP

If you ordered the optional roof cap for outdoor assembly, you are now ready to install it. First place a small block of wood in the center of the roof of the sauna. The block should extend at least 3/4" above the height of the wall section staves and allows the roof cap to be slightly domed so that water will run off.

Next, place the ABS plastic roof cap over the top of the sauna and position it so that it is centered on the room. Be sure there is sufficient overhang over all sides of the sauna before securing the roof cap.

Pick up one side of the roof cap at a time and put a bead of exterior silicone caulk on the stove ends. Press the roof cap into the silicone and use zinc coated or stainless screws to fasten the roof cap to the ends of the staves. Place a screw through the roof cap and into the staves every 10-12".

You can now use a sharp utility knife to trim away the excess plastic so that the roof cap hangs over as far as desired. A slight overhang will allow the water to drain without dripping down the wall section, and a flush cut will make the roof cap un-noticeable to the observer.

ELECTRICAL

Wiring requirements for up to 30 feet distance from the breaker box are as follows:

- 4.5kw and 6.0kw heaters require 10-2 w/ground, copper only wire, and 30amp non-GFCI breaker.
- 8.0kw heaters require 8-2 w/ground, copper only wire, and 40amp non-GFCI breaker.

NOTE: All wiring must be done by a licensed electrician according to national and local electrical codes.

TAKING A SAUNA BATH

The sauna as we know it comes from Finland. Taking a sauna bath induces excessive perspiration, which cleanses the skin. It stimulates circulation and reduces muscular tension. It can also be an excellent relaxational or social activity.

Not to be confused with a steam bath, a sauna is a dry heat bath. The relative humidity rarely exceeds 30% even in a wet sauna. This is because the sauna is made of porous wood and absorbs moisture. This makes higher temperatures more tolerable.

Shown below are the steps that are involved in taking a traditional bath. You may or may not want to adhere to this regimen.

TRADITIONAL STEPS IN TAKING A SAUNA BATH

STEP #1 - Set your heater so that the sauna room achieves the desired temperature, usually between 150° F and 170° F. As a novice, you should begin at the lower end of this range and work your way up to the higher temperatures over several sauna baths.

STEP #2 - Remove all clothing (except maybe your swimsuit), eyeglasses, contact lenses, jewelry, etc. Take a quick shower with warm water and soap, or a quick dip in your hot tub.

STEP #3 - Enter the sauna initially for about 5 to 15 minutes. Bring a towel into the sauna onto which you can sit or lay. Leave the sauna room once you have begun to perspire freely.

STEP #4 - Now you may take a cold plunge in your swimming pool, shower or snow bank. After that, relax and cool down for another 10 to 20 minutes.

STEP #5 - Reenter the sauna. On this return visit you may wish to spill small amounts of water onto the rocks creating bursts of steam. If the water spills through the heater and onto the floor, you are using too much.

STEP #6 - After your final visit to the sauna, relax for at least 20 minutes. Shower with soap and warm water. Finish your shower with cooler water to close the pores of your skin. Dress only after you have cooled down completely.

MAINTAINING YOUR SAUNA

Inside the sauna, certain areas will eventually darken due to normal use and the effects of perspiration. This can be minimized, but not eliminated. Occasionally scrub down the inside with baking soda and water to remove the odor and stains of perspiration. Light sanding can also be effective but should be kept to a minimum.

ACCESSORIES

Mount the thermometer on the opposite wall as the heater and no lower than 6" from the peak of the ceiling.

A wooden bucket and ladle are provided for you to sprinkle water over the hot sauna rocks.

Mount the towel hook and magazine rack where desired.

A traditional sand timer is provided and should be mounted on the opposite wall as the heater.

ALMOST HEAVEN SAUNAS LIMITED WARRANTY

Almost Heaven Saunas extends this Limited Warranty solely to the original consumer purchaser of any Almost Heaven Sauna manufactured and installed in the USA after April 20, 2009.

TWENTY-FIVE YEAR ROOM WARRANTY

Almost Heaven Saunas warrants that the Almost Heaven Sauna shall be free from defects in material and workmanship under normal conditions of use and service, for a period of twenty-five (25) years for residential applications after delivery to the original purchaser. This warranty is limited to making good at our factory component of the sauna room, which in the judgment of Almost Heaven Saunas is deemed defective in materials or workmanship. The warranty is for material only and does not cover installation or delivery of components.

ONE YEAR POLAR HEATER WARRANTY

Polar heaters are warranted by the manufacturer against defects in workmanship for a period of one (1) year from the date of purchase for residential applications to the original purchaser only. Damage caused by improper electrical hook-up or wiring voids the warranty. Travel, trip or mileage costs are not covered under this warranty and service charges will be assessed to the purchaser by the dealer.

90 DAY IMPORT HEATER WARRANTY

Restek import heaters are warranted by the manufacturer against defects in workmanship for a period of 90 days from the date of purchase for residential applications to the original purchaser only. Damage caused by improper electrical hook-up or wiring voids the warranty. Travel, trip or mileage costs are not covered under this warranty and service charges will be assessed to the purchaser by the dealer.

EXTENT OF WARRANTY

This warranty extends only to the original "consumer" purchaser of the sauna as that term is defined in the Magnuson-Moss Warranty Act, 15 USC Section 101, as amended. Coverage shall commence as of the original date of purchase and the duration of such coverage shall not extend for any reason beyond the stated time periods. This warranty terminates upon transfer of ownership.

WARRANTY PERFORMANCE

In the event of any malfunction or defect covered by this warranty, contact the authorized Almost Heaven Saunas Dealer from whom you purchased your sauna. In the event there is not an authorized Almost Heaven Saunas Dealer or repair firm in your area, the component can be returned prepaid freight (you pay) to Almost Heaven Saunas for repair of the defect, Almost Heaven Saunas will then ship the component back to you pre-paid (Almost Heaven Saunas pays) upon completion of the repair. In the event of a return, contact Almost Heaven Saunas in advance at: Almost Heaven Saunas, HC66, Box 465-A, Renick, WV 24966, telephone number: (304) 497-3991, for packaging and shipping instructions. In addition, Almost Heaven Saunas reserves the right to inspect or designate a person to inspect any part that is claimed to be defective and covered by this warranty. For any warranty service, Almost Heaven Saunas reserves the right to choose, at its option, repair of the problem or a replacement of the defective part. The purchaser is responsible to provide adequate access to the sauna and its equipment. Almost Heaven Saunas reserves the right to substitute a part or component of equivalent value, either new or factory reconditioned, and any such repair or replacement shall assume as its warranty only the remaining portion of the warranty on the original product. Normal wear and tear, cosmetic issues involving the wood on components or changes to individual pieces of lumber due to natural aging and weathering are not covered.

ACTS INVALIDATING WARRANTY

This warranty is void if the Almost Heaven Sauna has been subject to alteration, misuse or abuse, or if any repairs on the sauna are attempted by anyone other than an authorized representative of Almost Heaven Saunas. Alteration shall include, but is not limited to any component change, electrical conversion, or the addition of any non-approved device or heating system, which contributes to a component or unit failure, or unsafe operating system. Use of the sauna in an application for which it is not designed will void this warranty. This includes, but is not limited to, damage caused by operation of the sauna at temperatures outside the range specified in the Operating Instructions, damage caused by defective components, damage to the sauna's surface caused by harsh chemicals which are not recommended by the manufacturer, damage caused by movement of the product, and damage caused by acts of God. Wood-burning heaters are not covered under warranty by the manufacturer or by Almost Heaven Saunas.

DISCLAIMERS

Any implied warranties arising out of an original purchaser's purchase of an Almost Heaven sauna, including, but not limited to, the implied warranties of merchantability and fitness for a particular purpose, are limited in duration equal to the duration of the applicable warranty stated above. Almost Heaven Saunas shall not be liable for loss of use of the Almost Heaven Sauna or other incidental or consequential costs, expenses or damage, which may include but are not limited to, the removal of or reinstallation of a wall, deck or other fixture, water leakage, costs of shipping or packaging, applicable taxes, or the payment of any costs or expenses of disassembly, removal, or reinstallation of the product or any part. Under no circumstances shall Almost Heaven Saunas or its representatives be held liable for injury to any person or damage to any property, however arising, even if caused by Almost Heaven Saunas or its representatives' negligence. Some states do not allow limitation on how long an implied warranty lasts, and some states do not allow the exclusion or limitation of incidental or consequential damages, so these limitations or exclusions may not apply to you. These warranties give you specific legal rights, and you may also have other rights, which vary, from state to state. No distributor, salesperson, dealer, retailer, or other representative of Almost Heaven Saunas has the authority to alter or change these warranties either orally or in writing.