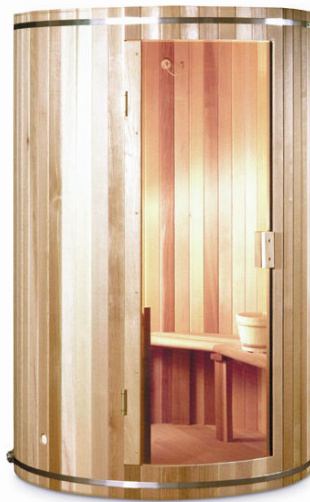


Silo Sauna Installation & Owner's Manual



Revised April 20, 2009

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PARTS LIST

<u>Description</u>	<u>Quantity Per Sauna</u>
Ceiling Panel	1
Floor Panel	1
Wall Panel	2
Front Panel with Door Assembly	1
Standard Staves	5
Final Stave	2
Door Handles with Screws	2
Seat Assembly	1
Seat Supports	6
Heater (4.5) KW/240V	1
Heater Guard Kit with Screws and Nails	1
Heater Mounts with Screws and Nails (Installed)	2
Rocks	1
Light Fixture with Light Mounting Plate	1
Thermometer Chrome 5"	1
Bucket and ladle	1
Sand timer	1
Towel hook	1
Bands with brackets	2
Instruction Manual	1

HARDWARE

#10x2 1/2" Stainless Steel Wood Screws	8
18ga. X 1" Stainless Steel Finishing Nails	10
12ga. X 2" Stainless Steel Finishing Nails	35
Square Drive Screwdriver Bit	1
1/2" Nuts	4
Stainless Steel Bands with Buckles	2
Black Threaded Protectors	4
4-3/4" Threaded Rod	2
Wood Glue	
Heater Hardware (Included with kit)	
Light Hardware (Included with kit)	

Please fill in the following information. It will be very 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 for your particular situation. All wiring must conform to all national, state and local codes and regulations.

LOCATING THE SAUNA

Because the customary sauna experience involves a heating-cooling-resting process, it is important to plan ahead before installing yours. Our method of construction affords the widest number of possible choices because our Silo Sauna room can be placed in either an indoor or outdoor setting.

You will probably shower during or after each sauna bath, so consider having a shower stall nearby. You can place the sauna in your backyard, especially if you have a hot tub or swimming pool there. If your setting is rural, locating near a pond or stream is ideal.

Besides the shower, you may want to have a lounging area set aside for relaxing after your sauna bath. Make sure the floor or ground is level and can support the weight of the sauna (which can exceed 1,000 lbs. when filled with people). A reinforced concrete pad is always best for outdoor installations.

Verify that both the inlet and outlet vents will remain unobstructed. For indoor installations be sure that both vents 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")
- * Rubber Mallet
- * Sandpaper – 120 Grit
- * Screwdrivers (Phillips and Flathead)
- * Framing Square
- * Nail Set
- * Pencil
- * Utility knife
- * Level

When building this sauna, you will need to have an understanding on the terms plumb, level and square. These terms are more difficult to explain than to apply, but it is critical that the unit is installed square and on a level surface.

* Square - Two perpendicular lines are square when they form a 90° angle with one another.

T * Plumb - If you hang a weight on a string, the string will hang perpendicular to the horizon, representing the pull of the earth's gravity. The line of the string is plumb.

I
P * Level - When you stand on the beach and look out to sea, the horizon looks more or less like a straight line. That line, and any line parallel to it, is level. A line is level when it is square to a line that is plumb

To 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 OF SAUNA

Place the floor panel, joists down on a flat surface. (See Figure 1)



Figure 1

FIRST AND SECOND WALL PANELS

The Silo Sauna has three wall panels. They are labeled as follows: (A) Panel with electrical box, and heater fence braces, (B) Panel with door, (C) Panel with top outlet vent.



A

B

C

(A) Locate the first panel (A) and place it near the floor so that the **Inlet Vent** at the bottom of the wall panel (under the heater fence braces) lines up to the **Floor Drain** hole. Lift into place. The edges of the floor and ceiling fit into the groove in the wall panels. To ensure a good fit, tap into place with a rubber mallet. You do not need to use any nails here.



(B) Locate the second wall panel (B) and lift into place to the left of panel (A) (if you are facing the wall from inside the sauna). Fit the two wall panels together as snugly as possible, then tap into place with a rubber mallet. Temporarily tack the bottom of the wall panels A&B into the floor panel by partially hammering a couple 2” nails through each wall panel and into the floor panel from outside the sauna. You may need to slightly adjust the walls later, so do not hammer the nails all the way in.



When in place, the first and second wall panels will look like this.

SAUNA CEILING

Locate the round ceiling panel and lift parallel to grooves on the top of wall panels A and B. Make sure the cross supports are facing up. Slide ceiling panel into place as shown in **figure 2**. Pound tightly into place with rubber mallet. Secure temporarily by partially hammering a couple 2” long nails through wall panels A and B and into the ceiling panel from the outside of the sauna. You may need to slightly adjust the walls later, so do not hammer the nails all the way in.

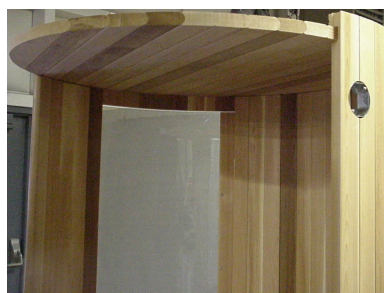


Figure 2

THIRD WALL PANEL

Locate the third wall panel (C) and lift into place to the left of panel (B) (if you are facing the wall from inside the sauna). Fit the two wall panels together as snugly as possible, then tap into place with a rubber mallet. Secure wall panel (C) temporarily by tacking the wall into place using 2" long nails as done in steps two and three. You may need to remove these nails later, so do not hammer the nails all the way in.



After all three wall panels are in place, the sauna should look like this.

FILLING THE GAP

When all three wall panels are in place, there will be about a 14" gap remaining. Use the extra wood staves to fill this gap (see figures 3 & 4). Two of the staves have been sawn vertically into varying widths. Use a combination of these to make the gap as small as possible. When the hoops are tightened (Step 6), this gap will close.



Figure 3



Figure 4

BAND ASSEMBLY

Prepare to install the Band Assemblies by temporarily placing nails to support the bands. On each wall panel, place two nails 2 ½” down from the top of the wall and 2” up from the bottom. Also be sure to remove the 2” nails that were temporarily installed during assembly of the wall sections.



Figure 5

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

- (2) Stainless Steel Bands with Buckles
- (4) ½” Nuts
- (4) Black vinyl caps
- (2) 4-3/4” Threaded Rods

Place bands around sauna, resting on the nails. Insert threaded rod through buckles. Install nuts evenly. Before tightening nuts, check to make sure bands are resting on nails and looks even. Tighten nuts and install threaded protectors. (See **Figure 6**)

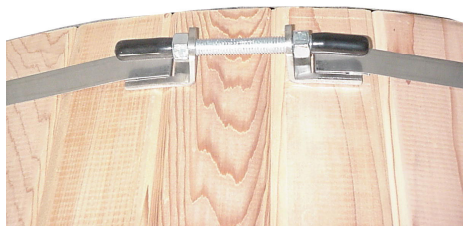


Figure 6

The outside of your sauna should now look like the one pictured below.



DOOR HANDLE

Install door handle on both the inside and outside of the door. Remove the screws already in the handle, then line up the holes in the handle with the holes in the door. Reinsert the screws and tighten securely to glass (**Figure 7**).

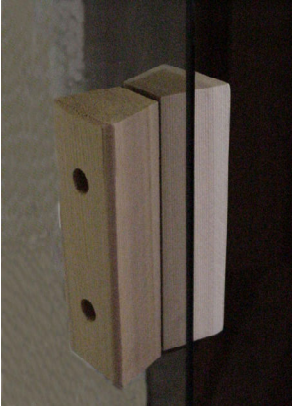


Figure 7

SEAT INSTALLATION

Locate the six 2x4x14 1/2" seat support pieces. Secure first support to the first board from the edge of the door (right side). Space five of the supports according to **figure 8**, and secure by nailing to the sauna wall with two, 2" nails in each support. Place the bench on the five wood supports, and attach it to the four outer supports by installing screws between the slats (one screw in each support). **See figure 9**. To reduce the risk of splitting the wood, pre-drill screw holes with a 1/8" drill bit. Finally, install the sixth seat support in the front, center of the seat, using two screws.

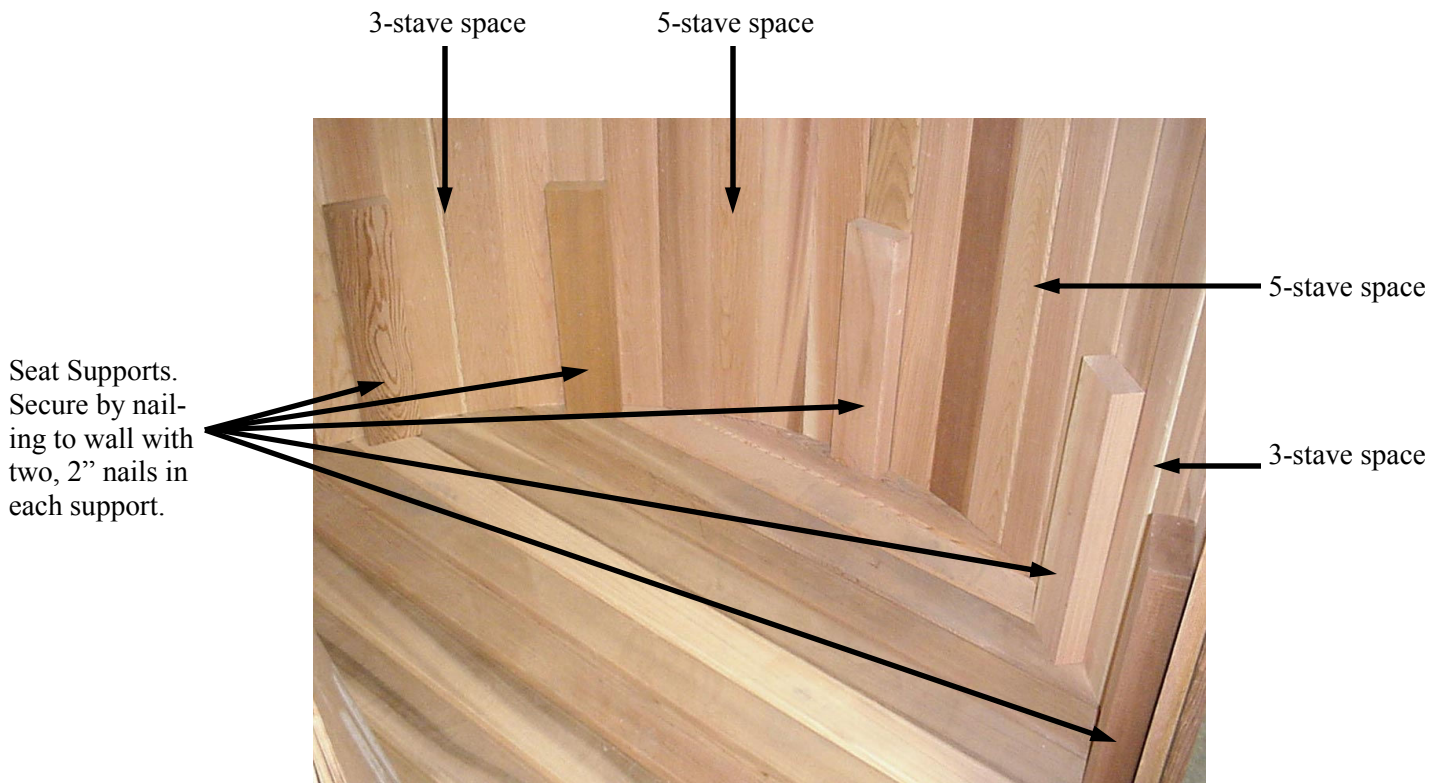
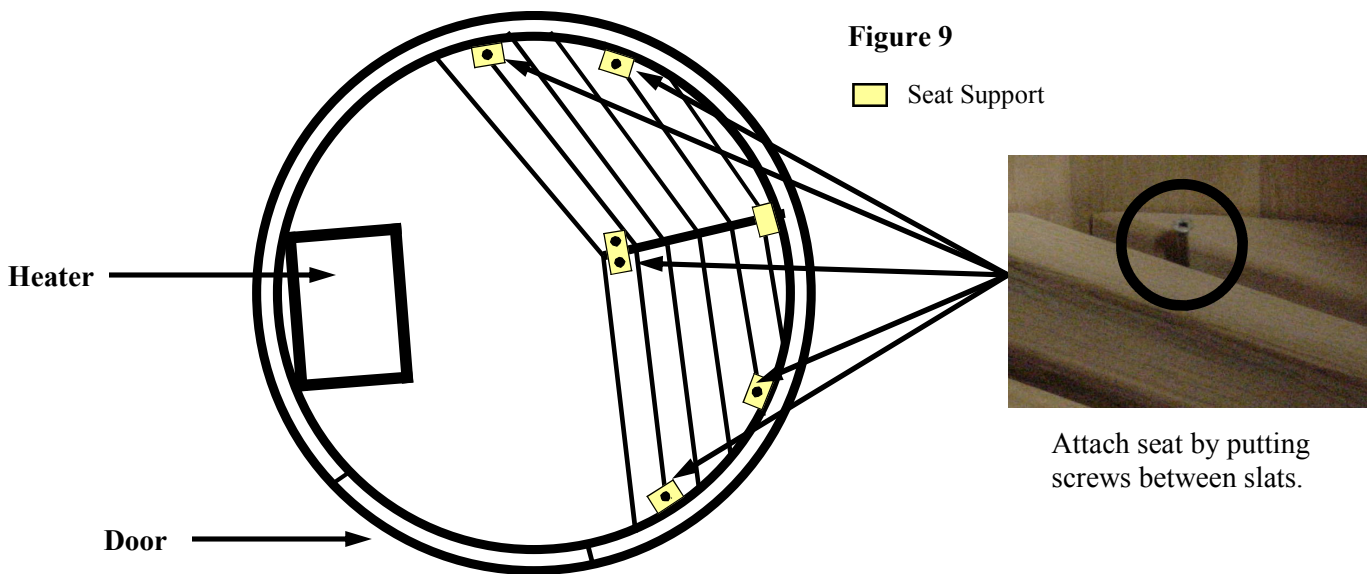


Figure 8

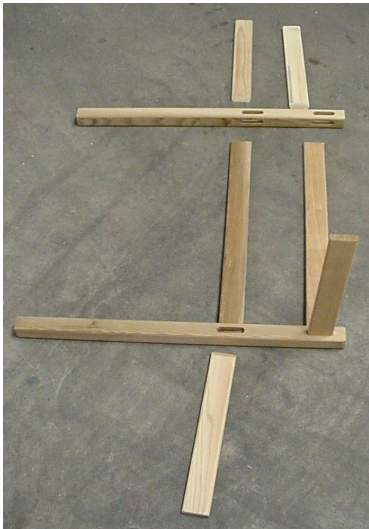


HEATER

Mount the heater as shown in the manufacturer's instructions. The heater should be positioned to the left of the door (opposite the sauna seat). The heater should be positioned 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. Do not attempt to wire the heater yourself. Contact a licensed 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 two precut, vertically notched posts and six horizontal rails that must be assembled before it is installed to the wall next to the heater.



STEP 1



STEP 2



STEP 3

Note the beveled ends on the fence rails. These are to be inserted into the corner posts. The square ends of the rails go into the wall-mounted fence posts. Assemble the fence before attaching it to the wall by placing the rails into the slots in the posts and securing them using the supplied 1" nails. 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 over the heater by sliding the wood slats into the pre-cut holes (as shown in **Step 3**).

LIGHT

Have a licensed electrician mount and wire the light fixture (on a separate circuit) into the electrical box mounted on Wall Panel (A).

Do not install your light switch inside the sauna. No special type of light bulb is required, but the heater 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.

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 stave 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.

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.

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.