



Assembly Instructions

Pre-Cut Sauna

Almost Heaven Group
638 Glicks Road
Renick WV 24966

<https://www.almostheaven.net>
sales@almostheaven.net



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

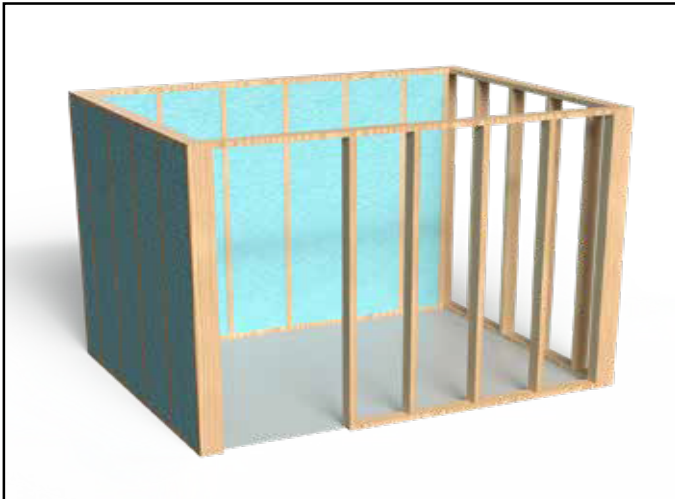
- MEASURING TAPE
- CORDLESS DRILL
- PHILLIPS SCREW DRIVER - OR #2 DRIVER BIT
- LEVEL
- CORDLESS DRIVER
- SHIMS (FOR FLOOR)
- SHORT STEP LADDER
- PAINTERS TAPE
- SAW
- FLAT HEAD SCREWDRIVER
- 9/64" DRILL BIT
- BRAD NAILER
- ADJUSTABLE WRENCH
- HAMMER
- 3" SCREWS
- 4" SCREWS (IF BENCHES ARE 2 PIECED OR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

ASSEMBLY

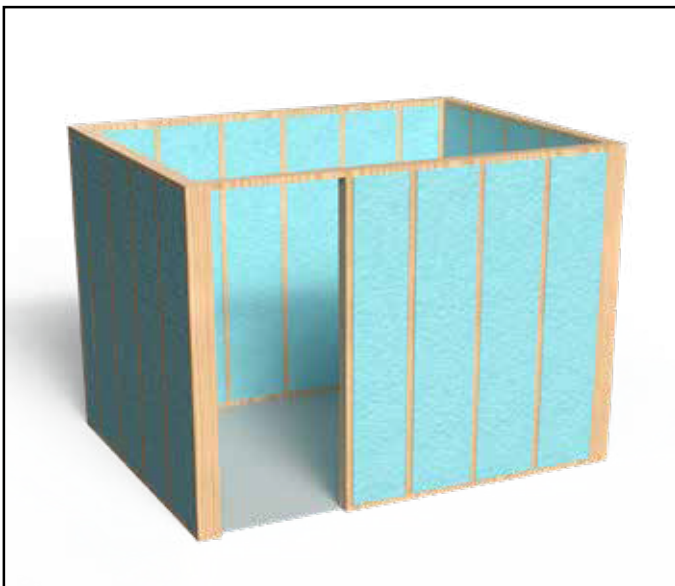


Start by framing the room to the dimensions given when placing order for the sauna. Use 2 x 4 boards spaced on 16" centers, by code, for this step.

The ceiling joist should be set at 7'1" height (unless specified otherwise when ordered). The standard rough opening for the door is 26" x 82" but may vary in size depending on door ordered.



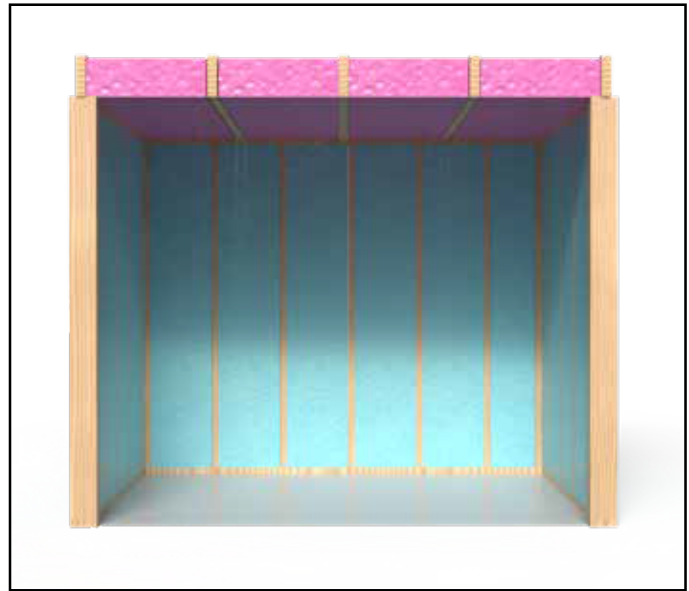
Once room has been framed, and dimensions have been double-checked, you may install R13 or better insulation on all four (4) sauna walls when using 2x4 studs.



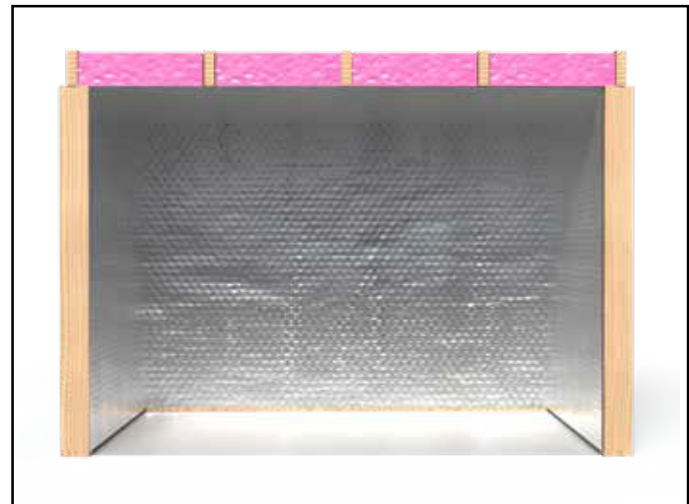
Finish installing wall insulation, ensuring proper coverage around the room.

Install R19 or better insulation in between the ceiling joists.

**If installing ceiling mount lighting make sure wiring is run prior to installing insulation.



Cut and install foil barrier around entire ceiling area, and all four walls. Tape corners where necessary and be sure to cover complete interior.



Attach ceiling in same way as interior walls. Wall boards will be installed perpendicular to the ceiling joists.

1/2" plywood or furring strips must be used if boards are parallel with joists (pictured).





If sauna was ordered with horizontal board design, follow these steps. Start with top board, tongue facing down, and blind nail at both ends and along studs. Blind nail through the beginning of the tongue and slide new board on, working down to the floor. Make sure to use a level when installing tongue and groove boards. You may need to rip cut the last board to fit.

** Start top board first, with level, on all 4 walls to ensure board lines match at corners.



Continue installing all 4 walls.

Ceiling boards will always go perpendicular to the ceiling joists, unless ordered otherwise. If same direction as ceiling joists you must install 1/2" plywood or furring strips to nail into.



If your sauna was ordered and designed with vertical boards you will need to install 1/2" plywood or furring strips horizontally to attach the tongue and groove boards to.

Finish attaching plywood, or furring strips, to the wall and ceiling (if necessary).



Installing vertically, start at the left of the wall and install first board, tongue to the right. Blind nail left edge of board against framing and blind nail through tongue to secure board. Work your way left to right.



Continue process until all interior walls are covered with cedar tongue and groove.



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 after benching.



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.



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.



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.

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 holes, then insert wooden plugs provided.



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 holes, then insert wooden plugs provided.



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

Place any accessories ordered.





Install exterior wall covering of your choosing unless extra cedar was ordered for exterior covering. Trim excess from door opening to prep for door install.



With an extra set of hands for help, set and install pre-hung door into door opening. Make sure door is level.

Door must swing out, by code.

Here's a link to a generic video on installing a door that you may find helpful...

<https://www.almostheaven.net/aho/how2hang.mp4>



Venting should be achieved with two 3"x7" vents installed under the heater, as well as on the top of wall/ceiling of the furthest diagonal part of room from heater. These vents will help provide proper heating in your sauna.

Inlet vent: consists of a passive vent (1) installed below or on either side of heater.

Outlet vent consists of passive vent on opposing exterior wall, with sliding vent installed on interior of sauna. Both inlet and outlet vent must open into the same room or space.

Sliding vent should remain at least cracked at all times.



If the outlet venting area is inaccessible, due to rafters or walls, you must duct from the outlet vent to the closest wall of room that your inlet vent is located in.

****Never vent directly to the outdoors.**

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. Click on the link below for a PDF version of your 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 to visit the page on our web site for our Harvia sauna heater and controls...

<https://www.almostheaven.net/aho/harvia.htm>

Please check your order to identify your heater and locate it on the above page where you will find a link to the appropriate manual(s) for your heater. If you have an electronic control note that there's a separate manual that pertains to it.

* 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 RE-LEASE 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-cut sauna. Once wired by a licensed electrician, you may begin to enjoy the many health benefits of sauna heat therapy.

Enjoy!

Please call us with any questions, comments, or concerns.

304-645-2310



NOTES