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Almost Heaven Saunas AHBRL66RU

Almost Heaven Saunas Pinnacle 4-Person Barrel Sauna User Manual

MODEL: AHBRL66RU

Introduction

This manual provides essential information for the safe and effective use of your Almost Heaven Saunas Pinnacle 4-Person Barrel Sauna. Please read all instructions carefully before assembly and operation to ensure proper function and longevity of your sauna.

Important Safety Information

Note: Only your doctor can recommend specific sauna benefits for you. Never consume alcohol in a sauna. Be sure you are well hydrated before and after use. Do not use if you are pregnant or have a heart condition. Almost Heaven Saunas makes no claims as to the specific benefits of sauna use for individual users.

- Always consult a physician before using a sauna, especially if you have pre-existing medical conditions.
- Avoid prolonged exposure to high temperatures. Limit sessions to 15-20 minutes.
- Stay hydrated by drinking plenty of water before and after sauna use.
- Do not use the sauna if you are feeling unwell, dizzy, or nauseous.
- Keep children and pets away from the sauna, especially when in use.
- Ensure proper ventilation during and after use.

Product Features

- Rustic Western Cedar Construction
- Stainless steel heater, bands, hinges, hardware and accents
- Synthetic support cradles create a moisture barrier between lumber and ground
- Factory pre-assembled ends, benches and pre-cut staves for easy assembly

- 6.0kw stainless steel Finnish-style heater with 8-hour delay timer
- Tempered glass door for durability and light
- Spacious interior designed for up to 4 individuals
- Suitable for both wet and dry sauna experiences

Setup and Assembly

The Pinnacle Barrel Sauna is designed for straightforward assembly. While many components are pre-assembled, it is recommended to have at least two people for the assembly process.

1. Site Preparation

Choose a level, stable surface for your sauna. The synthetic support cradles provide a moisture barrier, making it suitable for outdoor placement. Ensure adequate space around the sauna for access and maintenance.



Image: Synthetic support cradles positioned beneath the sauna barrel, elevating it from the ground to prevent moisture contact.

2. Assembly Overview

The sauna features factory pre-assembled ends, benches, and pre-cut staves to simplify construction. Follow the detailed instructions provided in the separate assembly guide for step-by-step directions.



Image: Close-up of the stainless steel bands and hardware that secure the cedar staves, forming the barrel shape of the sauna.

3. Electrical Connection

The sauna heater requires a dedicated electrical connection. Consult a qualified electrician for proper installation according to local codes and the heater's specifications. The unit is designed to plug into an appropriate power source.

Operating Instructions

1. Heater Operation

Your sauna is equipped with a 6.0kw stainless steel Finnish-style heater. Ensure the sauna stones are properly placed in the heater, allowing for adequate air circulation. The heater includes an 8-hour delay timer and temperature controls. Set the desired temperature and session duration using the integrated controls.



Image: The Harvia 6.0kw stainless steel heater, showing the rock basket on top and control knobs at the bottom for setting time and temperature.

2. Wet or Dry Sauna Use

The Almost Heaven Saunas Pinnacle model supports both wet and dry sauna experiences. For a dry sauna, simply operate the heater. For a wet sauna, carefully ladle small amounts of water onto the hot sauna stones to create steam. Do not pour excessive water at once.

3. Ventilation

The sauna includes vents to ensure proper air circulation. These vents are typically located near the heater and at the top of the sauna. Ensure they are not obstructed during use.

4. Temperature Monitoring

A thermometer is included to monitor the internal temperature of the sauna. Typical operating temperatures range from 150°F (65°C) within 30 minutes, reaching up to 190-195°F (88-90°C) in less than an hour.

5. Interior Lighting

The sauna features interior LED lighting for use day or night. The tempered glass door also allows natural light to enter.

Maintenance

- **Wood Care:** The Western Red Cedar is naturally rot-resistant. If the sauna is exposed to direct sunlight and weather, some fading or graying of the exterior wood may occur over time. This is a natural process and does not affect the structural integrity or performance. Staining or sealing the exterior can help maintain its original appearance.
- **Cleaning:** Wipe down interior surfaces with a damp cloth after use. Avoid harsh chemical cleaners.
- **Heater:** Periodically inspect the sauna stones and heater elements for any damage or debris. Replace stones as needed.

Troubleshooting

- **Sauna not heating:** Check electrical connections and ensure the heater timer and temperature settings are correctly configured. Verify circuit breaker is not tripped.
- **Insufficient steam:** Ensure sauna stones are hot enough before adding water. Add water in small, controlled amounts.
- **Excessive humidity:** Ensure vents are open and unobstructed for proper air exchange.

Specifications

Feature	Detail
Product Dimensions	72 x 72 x 77 inches
Item Weight	700 pounds
Model Number	AHBRL66RU
Heater Type	6.0kw Stainless Steel Finnish-style Heater
Material	Rustic Western Cedar
Capacity	4-Person

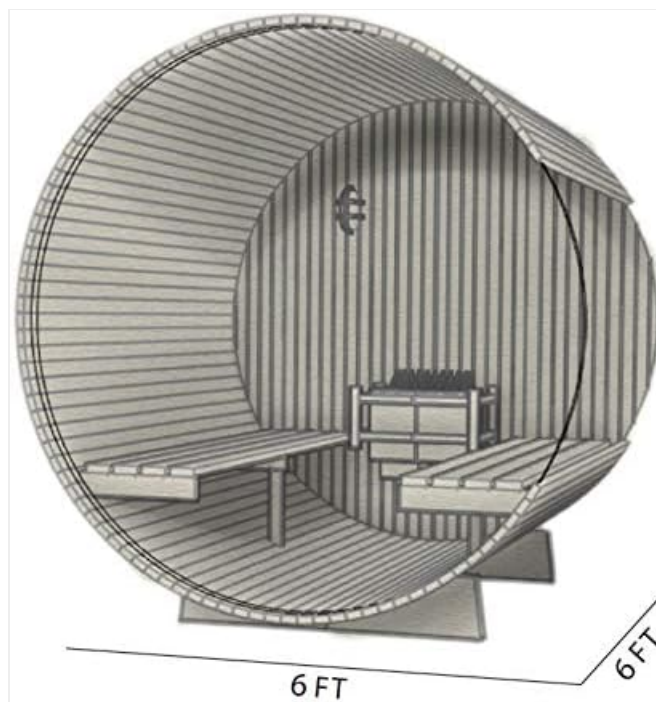


Image: A diagram illustrating the barrel sauna's dimensions, indicating a length of 6 feet and a height of 6 feet.

Warranty Information

Almost Heaven Saunas offers a **lifetime commitment** on the sauna structure and a **5-year repair or replace promise** on the heater. For detailed warranty terms and conditions, please refer to the official warranty documentation included with your purchase or contact customer support.

Customer Support

For any questions, assistance, or troubleshooting not covered in this manual, please contact Almost

Heaven Saunas customer support. Contact information can be found on the official product website or in your purchase documentation.

Usage Examples

The Pinnacle Barrel Sauna provides a relaxing and therapeutic experience for individuals or small groups.



Image: A woman relaxing alone on a bench inside the wooden barrel sauna, demonstrating individual use.



Image: A couple seated comfortably on the benches inside the sauna, illustrating its capacity for multiple users.