

AA
ALMOST HEAVEN
SAUNAS

View Sauna
Installation & Owner's
Manual



IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.



READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INJURY OR DAMAGE TO SAUNA



FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH



REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS



ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.



KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

WARNING

- This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.
- Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.
- Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.
- Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.
- Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.
- Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.
- Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.
- Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 °F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
- Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.
- Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.

CAUTION

- Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.
- Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.
- Do not throw water directly onto the elements. This could cause burns and damage to the heater.
- Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.

- **Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.**
- **When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.**



A WORD ABOUT OUR SAUNAS

Our sauna kits are designed for ease of assembly by the customer, and every attempt has been made to make assembly information as clear as possible.

If you have any questions about assembly, please do not hesitate to call us at **888-355-3050**, or send us an email at sales@almostheaven.com.

Thank you again for choosing Almost Heaven. We are grateful for your business and know you will have many years of enjoyment in your sauna!

Your Almost Heaven sauna is designed for outdoor use although it is perfectly fine to use it indoors. The lumber is naturally resistant to the elements. Rain and sun will not damage the wood, although natural weathering and coloring of the wood will occur over time. To preserve the initial look of the sauna, you may choose to stain the exterior with a UV inhibiting stain. Consult your local paint store for their recommendations on a particular stain for your sauna. We do not recommend that you paint or varnish inside your sauna. Properly assembled, you should not experience water dripping in the sauna.

LOCATING THE SAUNA

Because the traditional sauna experience involves a heating-cooling-resting regimen, it is important to plan ahead before installing your sauna. Our method of construction allows you to place your sauna in a wide variety of settings.

Be sure the surface is firm and level, and can support the weight of the sauna and its users (1,000+ lbs). A deck or concrete slab is certainly an option, but if your sauna sits directly on the ground, be sure the base boards sit on paver stones or something similar to prevent the sauna from settling into the ground.

BASIC TOOLS

These tools are helpful in the assembly of your outdoor sauna:

- Cordless Drill
- Drill Bit Set
- Bit Set
- Rubber Mallet
- Hammer
- Framing square
- 1/4" Hex Bit
- Socket Wrench
- Utility knife
- Level
- Tape Measure
- Ladder
- Table or Skill Saw

FIRST CONSIDERATIONS

Before beginning assembly, ensure that the installation surface is level. Many garage, basement or deck floors are sloped for drainage. A slight slope will not be an issue, but a more pronounced slope will require shimming to make the sauna level. An uneven installation surface can result in poor-fitting staves leading to poor sauna function. Also, if the site might receive heavy winds, it is recommended extra precautions are taken to ensure the door does not blow open. In most situations, this factor will not be a concern.

ELECTRICAL REQUIREMENTS

Costs of an electrician can vary greatly depending on several factors, including your sauna's distance from your electrical service box, where you live and cost of materials. We always recommend you get quotes from two to three different licensed electricians before you begin installation in order to get the best possible service and price.

Use copper wire with 90C 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.

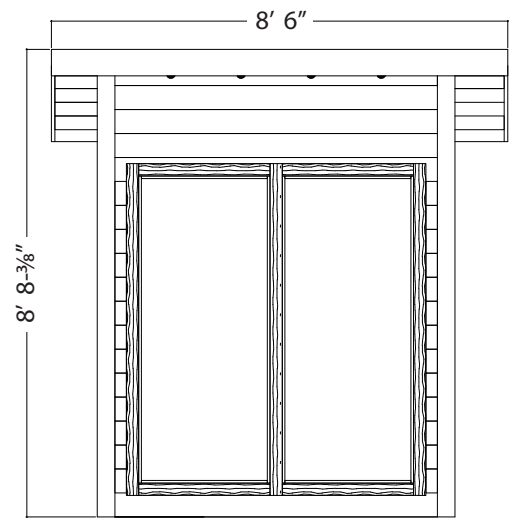
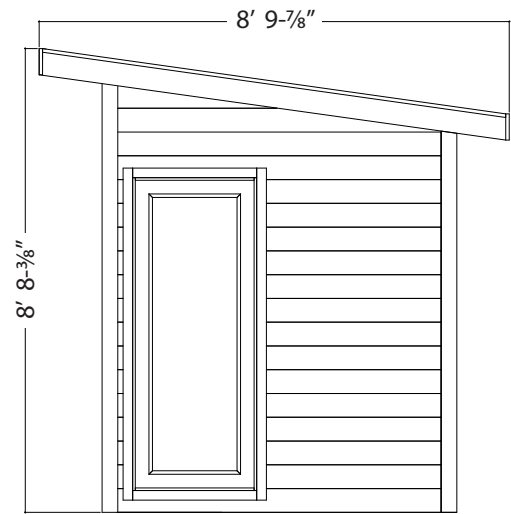
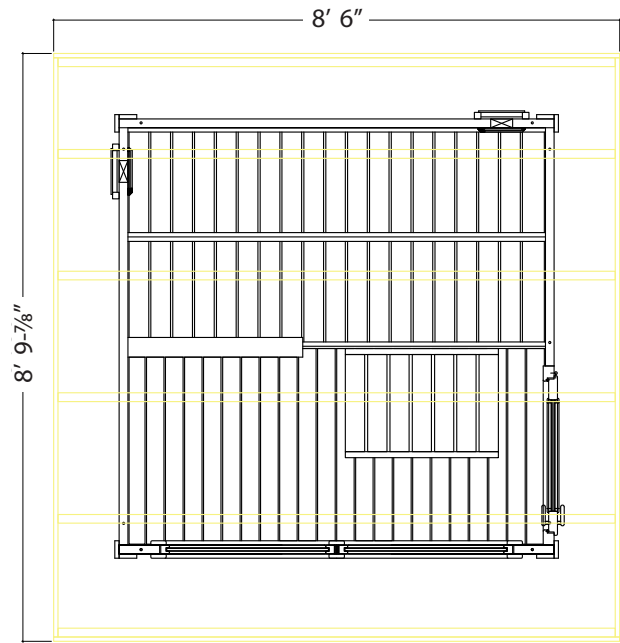
For further information and instruction on your heater installation and operation, please consult the provided heater manual.

PARTS LIST

No. of items	Name	Dimensions inches
W1: Side with door		
1	Impregnated base frame	75- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
14	Block plank	42- $\frac{3}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank, over door	75- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank, upper triangle	75- $\frac{1}{4}$ x 15- $\frac{5}{8}$ x 1- $\frac{5}{8}$
W2: Back wall		
1	Impregnated base frame	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
14	Block plank	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank (air holes)	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank (roof ventilation holes)	78- $\frac{3}{8}$ x 5- $\frac{1}{8}$ x 1- $\frac{5}{8}$
W3: Side wall		
1	Impregnated base frame	75- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
14	Block plank	75- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank (air holes)	75- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank, upper triangle	75- $\frac{1}{4}$ x 15- $\frac{5}{8}$ x 1- $\frac{5}{8}$
W4: Front side with window		
1	Impregnated base frame	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank, below the window	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank with slot at the bottom	7- $\frac{1}{4}$ x 34 x 1- $\frac{5}{8}$
1	Block plank with slot at the top	7- $\frac{1}{4}$ x 34 x 1- $\frac{5}{8}$
12	Block plank	7- $\frac{1}{4}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank, over window	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
3	Block plank	78- $\frac{3}{8}$ x 5- $\frac{3}{4}$ x 1- $\frac{5}{8}$
1	Block plank (roof ventilation holes)	78- $\frac{3}{8}$ x 5- $\frac{1}{8}$ x 1- $\frac{5}{8}$
Floor		
2	Base frame (impregnated)	75 x 4 x 1- $\frac{5}{8}$
2	Base frame (impregnated)	75 x 3- $\frac{3}{4}$ x 1- $\frac{5}{8}$
2	Base frame (impregnated)	75 x 3- $\frac{1}{2}$ x 1- $\frac{5}{8}$
2	Base frame (impregnated)	75 x 3- $\frac{3}{8}$ x 1- $\frac{5}{8}$
42	Floorboards	36- $\frac{5}{8}$ x 4- $\frac{1}{8}$ x $\frac{3}{4}$
2	Floor cover strip	75- $\frac{1}{4}$ x 1 x $\frac{3}{4}$
1	Floor cover strip	41- $\frac{1}{2}$ x 1 x $\frac{3}{4}$
1	Floor cover strip	30- $\frac{3}{4}$ x 1 x $\frac{3}{4}$
1	Floor cover strip	4- $\frac{1}{8}$ x 1 x $\frac{3}{4}$
1	Floor cover strip	3- $\frac{3}{4}$ x 1 x $\frac{3}{4}$
Inner roof		
1	Roof panel	74- $\frac{3}{8}$ x 37- $\frac{5}{8}$ x 2- $\frac{1}{8}$
1	Roof panel	74- $\frac{3}{8}$ x 37- $\frac{5}{8}$ x 2- $\frac{1}{8}$
1	Roof support strip 82° — W2	75- $\frac{1}{4}$ x 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$
1	Roof support strip — W4	75- $\frac{1}{4}$ x 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$
1	Roof support strip 2x82° — W1	72- $\frac{3}{4}$ x 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$
1	Roof support strip 2x82° — W3	72- $\frac{3}{4}$ x 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$
Outer roof		
4	Roof rafters	100- $\frac{3}{8}$ x 5- $\frac{1}{8}$ x 1- $\frac{5}{8}$
27	Roof tongue and groove planks	105- $\frac{1}{4}$ x 3- $\frac{3}{4}$ x $\frac{3}{4}$
1	Wind batten support strips 82° — W4	100- $\frac{3}{8}$ x 5- $\frac{1}{8}$ x 1- $\frac{5}{8}$
1	Wind batten support strips 82° — W2	100- $\frac{3}{8}$ x 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$
1	Side wind battens 82° — W1 and W3	105- $\frac{3}{8}$ x 5- $\frac{7}{8}$ x $\frac{3}{4}$
2	Wind batten — W2 and W4	102 x 5- $\frac{7}{8}$ x $\frac{3}{4}$

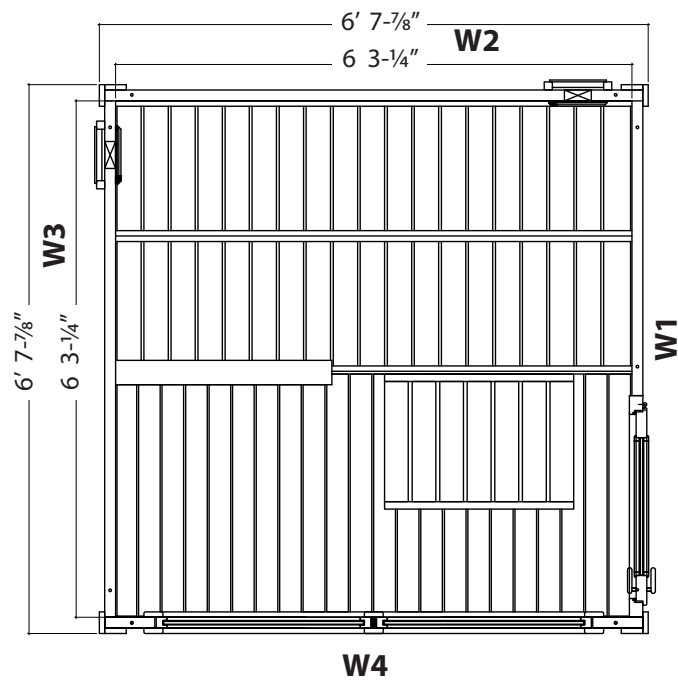
No. of items	Name	Dimensions inches
Window		
2	Insulating safety glass incl. exterior panel	74- $\frac{1}{8}$ x 33- $\frac{1}{2}$ x 3- $\frac{1}{8}$
1	Exterior window panel	74- $\frac{1}{8}$ x 2- $\frac{3}{4}$ x $\frac{3}{4}$
4	Interior window panel	74- $\frac{1}{8}$ x 2- $\frac{3}{4}$ x $\frac{3}{4}$
4	Interior window panel	29- $\frac{3}{8}$ x 2- $\frac{3}{4}$ x $\frac{3}{4}$
Door		
1	Exterior door incl. exterior door panel	78- $\frac{3}{8}$ x 32- $\frac{1}{4}$ x 2
1	Exterior door panel	77 x 2- $\frac{1}{8}$ x $\frac{3}{4}$
2	Exterior door panel	30- $\frac{3}{4}$ x 2- $\frac{1}{8}$ x $\frac{3}{4}$
1	Interior door panel	76- $\frac{3}{4}$ x 2- $\frac{1}{8}$ x $\frac{3}{4}$
1	Interior door panel	31- $\frac{1}{2}$ x 2- $\frac{1}{8}$ x $\frac{3}{4}$
Corner covers		
2	Corner cover	101- $\frac{1}{2}$ x 3- $\frac{1}{8}$ x $\frac{3}{4}$
2	Corner cover	90- $\frac{1}{2}$ x 3- $\frac{1}{8}$ x $\frac{3}{4}$
2	Corner cover 82°	101- $\frac{1}{2}$ x 3- $\frac{1}{8}$ x $\frac{3}{4}$
2	Corner cover 82°	91 x 3- $\frac{1}{8}$ x $\frac{3}{4}$
Interior fittings		
2	Benches	74- $\frac{3}{4}$ x 19- $\frac{5}{8}$ x 3- $\frac{1}{2}$
1	Foot step	27- $\frac{1}{2}$ x 19- $\frac{5}{8}$ x 3- $\frac{1}{2}$
4	Feet for foot step	19- $\frac{7}{8}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$
2	Backrest	74- $\frac{3}{4}$ x 8- $\frac{5}{8}$ x 1- $\frac{7}{8}$
2	Bench support strips	19- $\frac{1}{2}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$
2	Bench support strips	35- $\frac{3}{8}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$
2	Heater protection grille	39- $\frac{3}{8}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$
1	Heater protection grille	19- $\frac{1}{4}$ x 2- $\frac{3}{4}$ x 1- $\frac{1}{8}$
1	Heater protection grille	26- $\frac{1}{2}$ x 2- $\frac{3}{4}$ x 1- $\frac{1}{8}$
1	Heater protection grille (strut)	22- $\frac{5}{8}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$
Accessories		
2	Ventilation slide 620P	8- $\frac{1}{2}$ x 6- $\frac{5}{8}$ x $\frac{3}{4}$
2	Ventilation grille	250x 9- $\frac{7}{8}$ x 1- $\frac{1}{8}$
1	Assembly material set	
1	Assembly instructions	
2	Polymer adhesive (290 ml)	
8	Stainless steel ventilation grille	
160	Iron pins	
1	Stainless steel drain	8- $\frac{1}{8}$

OVERALL DIMENSIONS

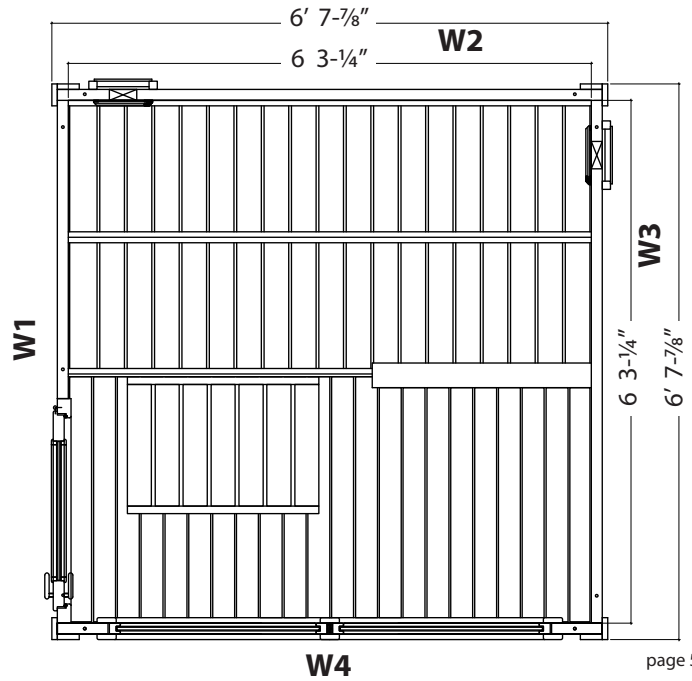


FLOOR/FOUNDATION PLAN

Sauna Floor Plan Right Hand:

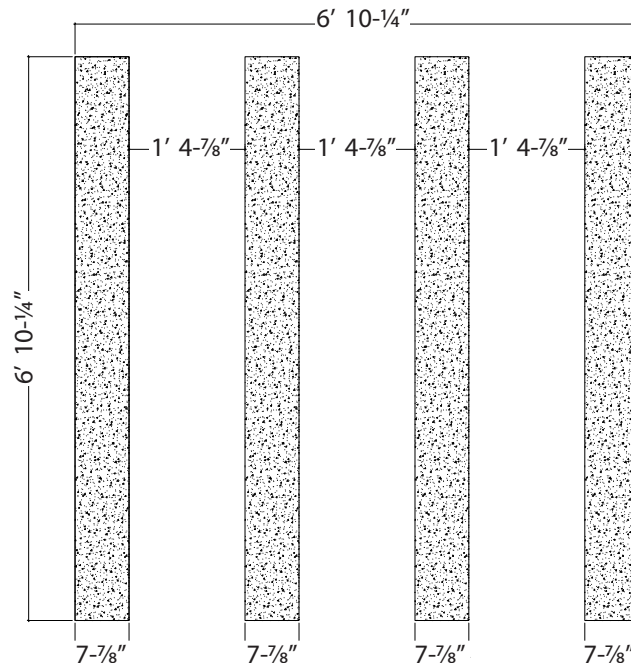


Sauna Floor Plan Left Hand:



Sauna Foundation:

Note: This shows minimum foundation for the base frame to lay on, a completely solid rectangular foundation is acceptable.



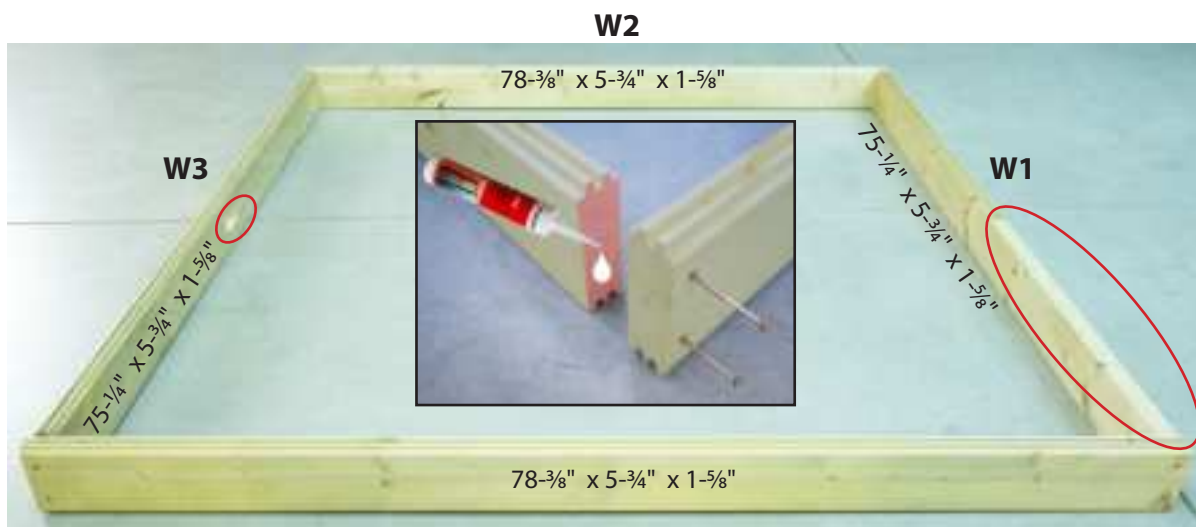
BASE ASSEMBLY



• Ensure sauna foundation is sturdy, level, and can carry the weight of the sauna. If the foundation is not, the sauna could tilt, shift or fall leading to injury. It is recommended to use a moisture barrier between the base wood and the sauna foundation. We also recommend anchoring the sauna to the sauna foundation to prevent damage in the event of strong winds.

NOTE: These instructions show assembling the sauna with the door on the right side; to built it with the door on the left, complete all the steps mirrored.

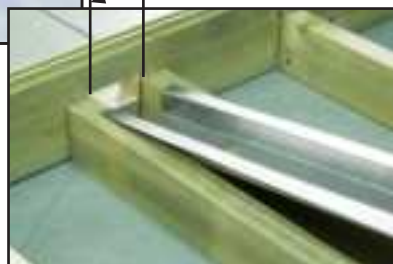
Place the base frames, ensuring the highlighted features are placed accordingly (1). Glue the corners and screw together using eight 5 X 80 screws.



W4

Image 1

Place the eight floor base frames inside the outer base frames (2). Place the drain in the middle so it extends out of the hole in the side of W3 (3). To screw each end of every floor frame to the outer base frames using 4 X 60 screws.



W4
Image 2

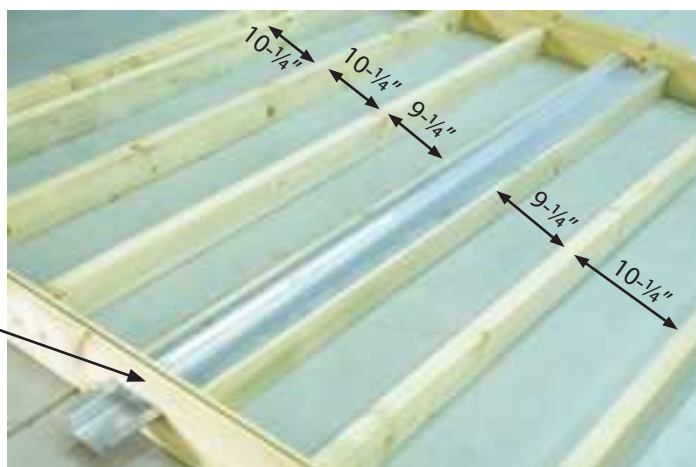


Image 3

Hammer eight iron pins into the predrilled holes in the base frame (4).

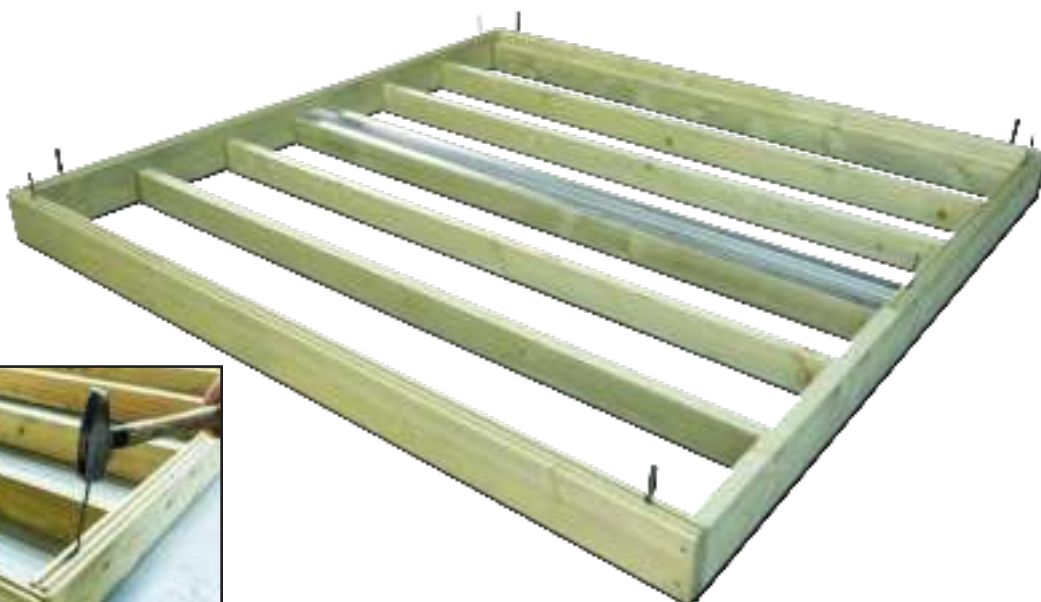


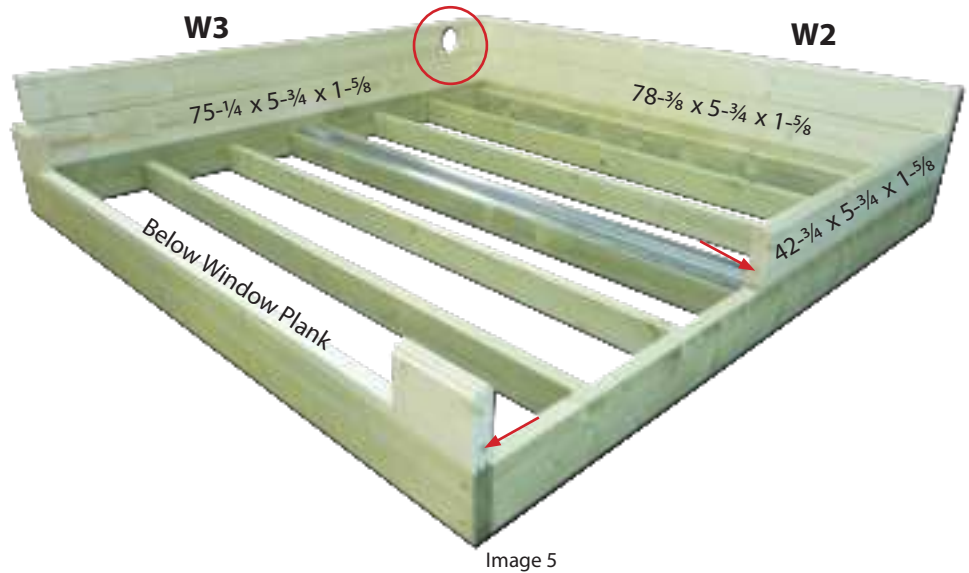
Image 4

WALL ASSEMBLY

NOTICE

- WE RECOMMEND ALL SCREWS MUST BE PREDRILLED BEFORE INSTALLING TO PREVENT BREAKAGE.
- Never hit the groove of the planks directly with a hammer, use a wooden strip/block in between.
- Check that the corners are a right angle when connecting before full fastening.

Install the wall planks on the base frame layer by layer starting with the back wall. Glue the joints similar to the base and toe nail screw the ends of the boards, then screw the joints as you did with the base frame using 5 X 80 screws. Once each layer is placed, hammer in the eight iron pins to the wall plank (5). Then place the ventilation hole in the second row on the W3 wall.



Continue the process of installing wall planks so there are 7 rows (6). Glue the joints similar to the base and toe nail screw the ends of the boards, then screw the joints as you did with the base frame using 5 X 80 screws. On the W4 wall by the door, the 7th row plank needs to have the notch in the top.

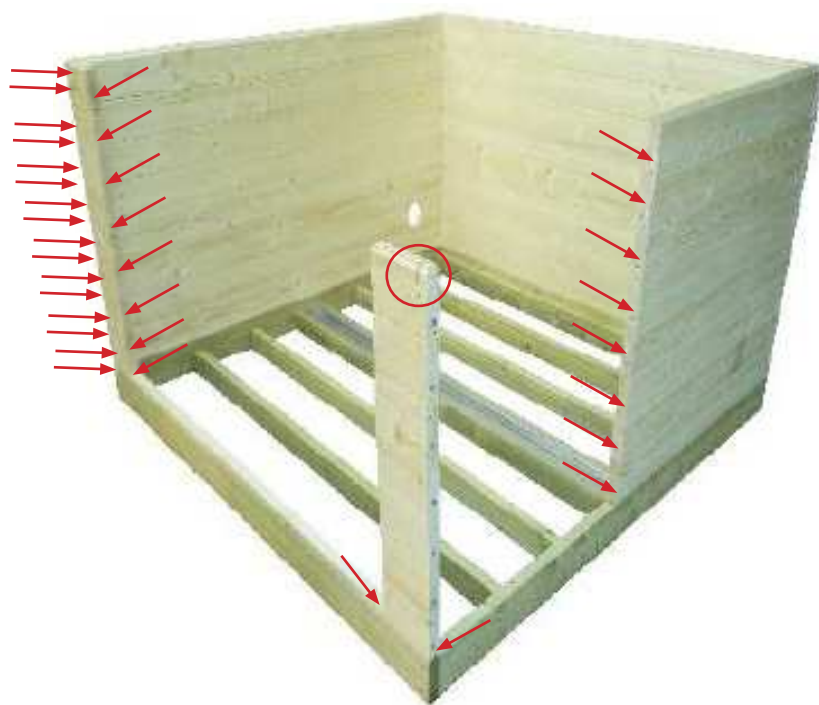


Image 6

On the 8th row of the W4 wall, place the plank with the notch in the bottom (7-8). Repeat again for rows 12 and 13. Once you get to row 14 place the ventilation plank on W2 wall (8) and the over window plank on W4 (9). Toe screw the ends to the plank below similar to previous steps using 5 X 80 screws. On the 15th row, you need to place the over door cutout plank on W1 wall (9). Then place a full plank on W1 wall and toe screw the ends to the plank below, as well as two through the front face similar to previous steps using 5 X 80 screws.



Image 7

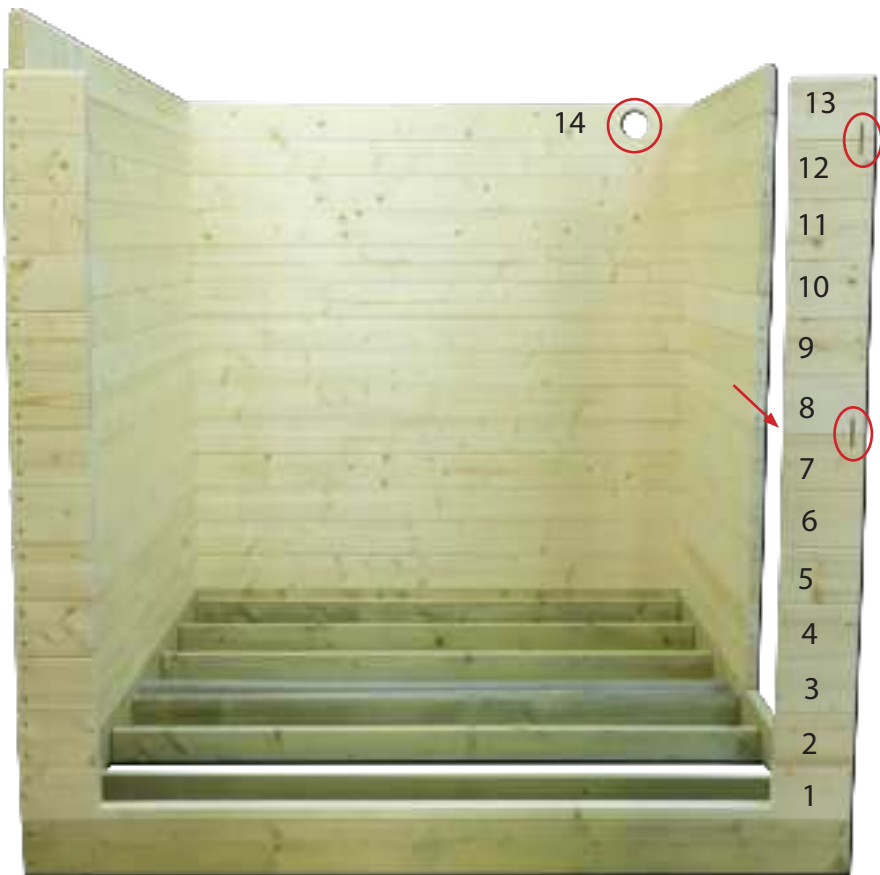


Image 8

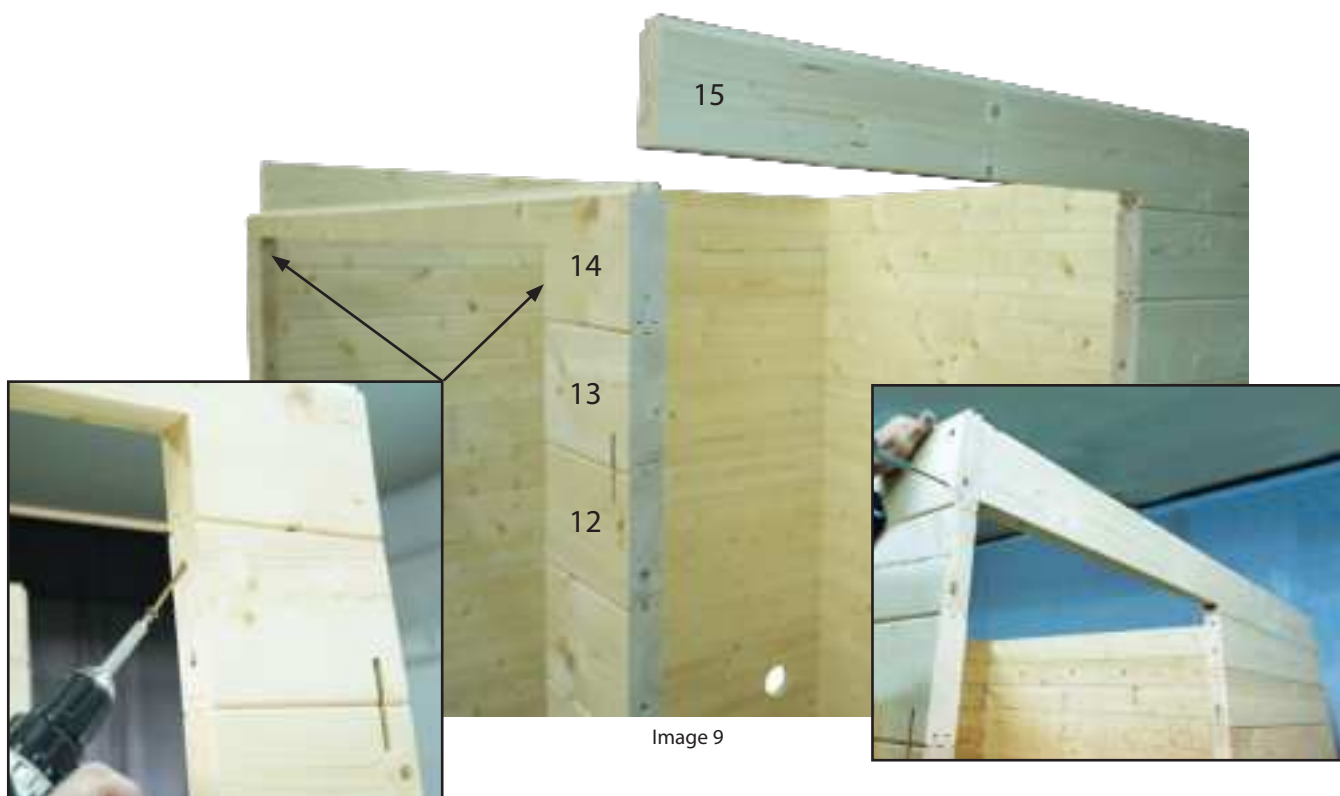


Image 9

WINDOW & DOOR INSTALLATION

Install the 2 windows from outside the sauna into the opening in the W1 wall (10). Then install the $74\frac{1}{8} \times 2\frac{3}{4} \times \frac{3}{4}$ exterior window panel using five 3.2 X 40 screws (11).



Image 10



Image 11

Install the interior window panel pieces from inside the sauna, using 3.2 X 40 screws, and screwing them into the window panel frame (12-13).



Image 12

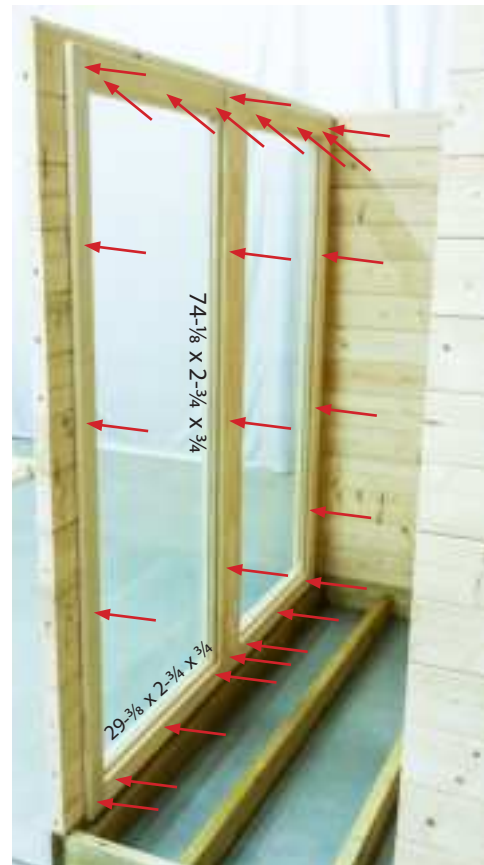


Image 13

Install the door pushing it into place from outside the sauna. Fasten the door in place by screwing through the notches in the wall planks into the side of the door frame using 5 X 80 screws (14). On the inside, cover the door/wall plank seam using the door panel pieces and fasten using 3.2 X 40 screws (15). Fasten the handle to the door by installing screws through the door handle hardware (16).



Image 14

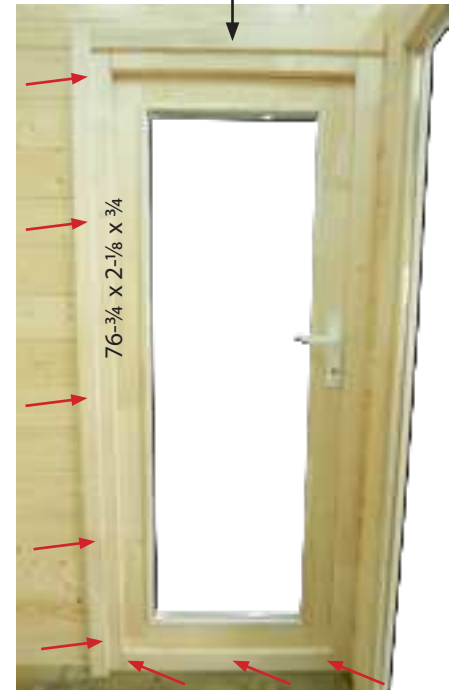
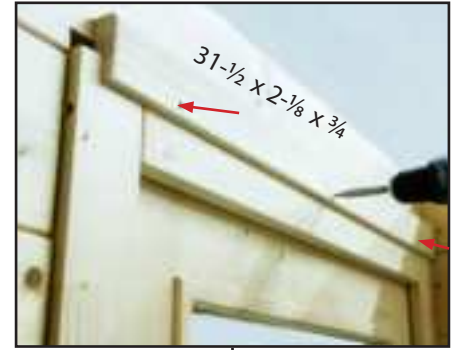


Image 15



Image 16

UPPER WALL INSTALLATION

On the back W2 wall, place the ventilation plank in the 16th row and toe screw using 5 X 80 screws (17). Install the stainless steel ventilation grilles in the holes in the ventilation plank. Now place the upper triangle planks on the W1 and W3 side walls (18), and glue and fasten through the face, as well as toe screw as done in previous steps on the W2 wall (19).

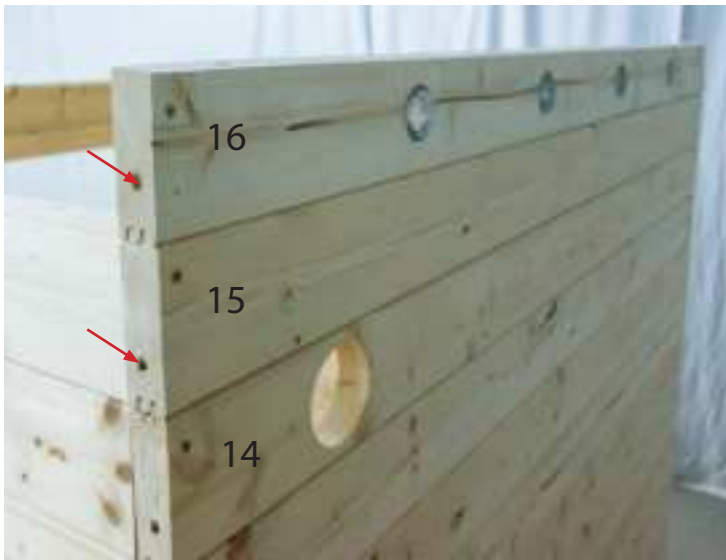


Image 17



Image 18



Image 19

Install planks in rows 16-17 on the front W4 wall, then the ventilation plank in row 18. Toe screw the ends to the plank below, as well as two through the front face similar to previous steps using 5 X 80 screws (20-21). Install the stainless steel ventilation grilles in the holes in the ventilation plank.



Image 20



Image 21

INNER ROOF INSTALLATION

Install roof support strips 8-1/4" below the top of the walls using four 4 X 70 screws in each support (22). Take note of 82° cuts on the roof supports to locate them correctly.

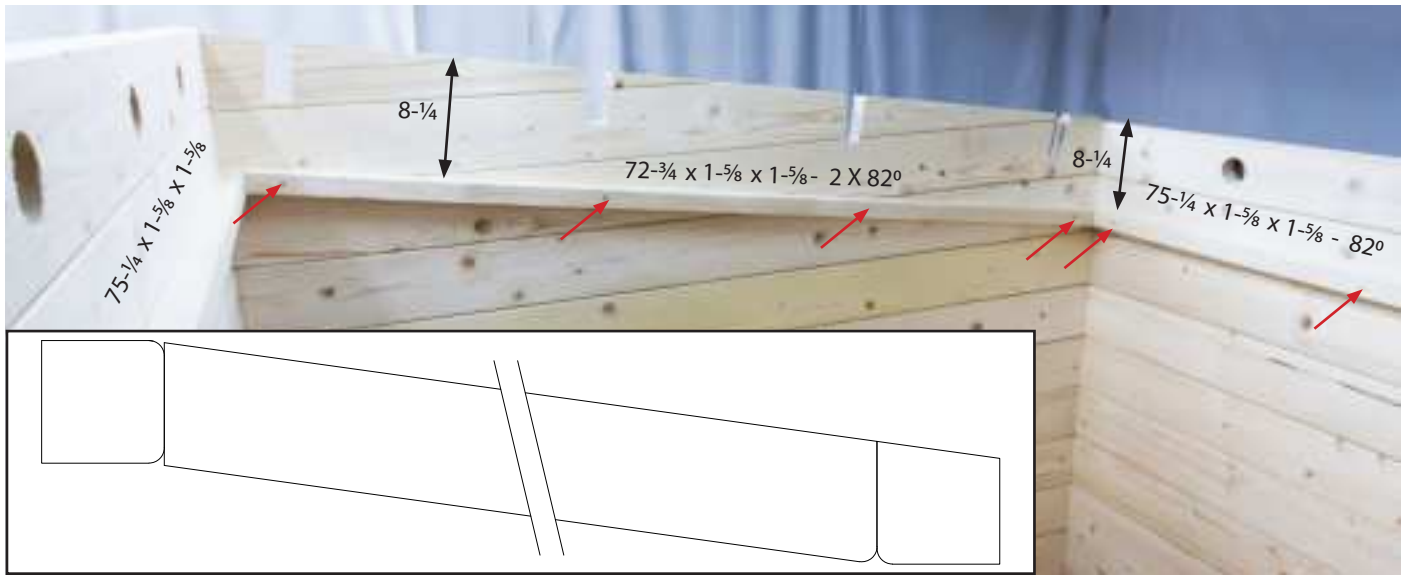


Image 22

Now place the roof panels onto the roof support strips (23-24).

Note: If you are installing a wood burning heater, we recommend you cut the through hole in the ceiling panels at this step.



Image 23



Image 24

FLOORING & FLOOR COVER STRIP INSTALLATION

Install the floor boards from the front wall to the drain, and then the drain to the back wall. Start on the wall opposite of the door and then work towards the door. Install the first board $\frac{3}{16}$ " away from the walls to allow for expansion of the wood, and screw into each base frame using 3.5 X 50 screws (25). Screw every 3rd board on both ends down into the base frame. On the last board at the door, fasten similarly to the first board. Repeat for the other side of the drain (26).



Image 25



Image 26

Install the floor cover strips using 3.5 X 50 screws (27-28). Ensure you fasten them into the walls and not into the floor boards.



Image 27

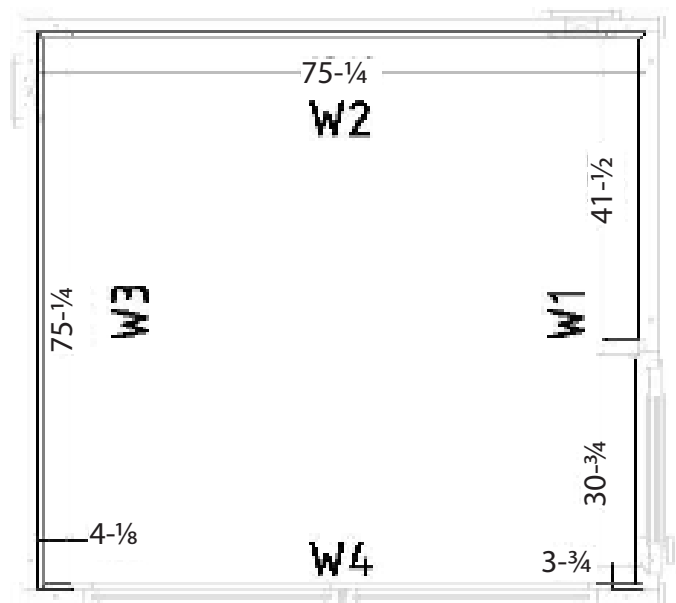


Image 28

BENCH & BACKREST INSTALLATION

Install the bench support slats in the sauna; $19\frac{1}{2} \times 3\frac{1}{2} \times 1\frac{1}{8}$ for the upper benches and $35\frac{7}{8} \times 3\frac{1}{2} \times 1\frac{1}{8}$ for the lower bench, onto walls W1 & W3. The upper support slats will be $35\frac{7}{8}$ " off the floor, the lower support slats will be $20\frac{1}{8}$ "; fasten using three 5 X 60 screws into each support (29). Install the ventilation slide over the vent holes in the W2 and W3 walls using four 3.2 X 40 screws (30-31). Place the benches on the support braces. Fasten the back rest 8-10" above the top bench, or whatever is most comfortable for you, using three 3.5 X 50 screws (32).

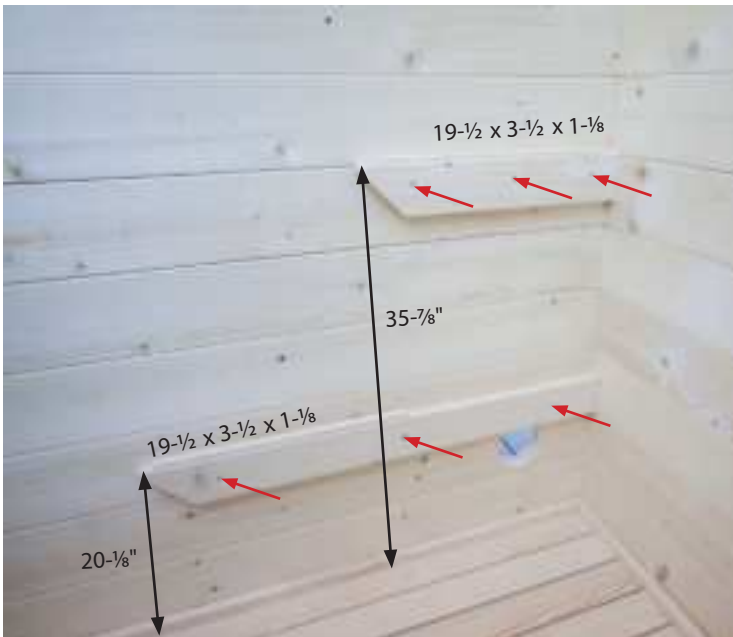


Image 29



Image 30



Image 31



Image 32

Fasten the 19- $\frac{1}{4}$ x 2- $\frac{3}{4}$ x 1- $\frac{1}{8}$ heater protection piece to the wall opposite the door using two 4 X 60 screws (33). Fasten the 26- $\frac{1}{2}$ x 2- $\frac{3}{4}$ x 1- $\frac{1}{8}$ heater protection piece to the front face of the lower bench roughly 34" away from the wall, using two 4 X 60 screws (34). Now fasten the two 39- $\frac{3}{8}$ x 3- $\frac{1}{2}$ x 1- $\frac{1}{8}$ heater protection pieces to the top and face of the vertical pieces using 3.5 X 50 screws (35-36). Lastly, connect the strut from the long support to the underside of the lower bench using two 4 X 60 screws at each connection (37).



Image 33



Image 34



Image 35



Image 36



Image 37

Connect the four feet to the foot step using three 3.5 X 50 screws in each leg (38-39).

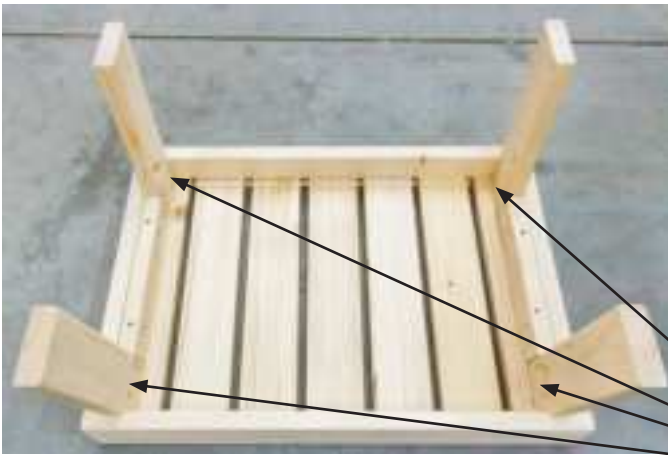


Image 38

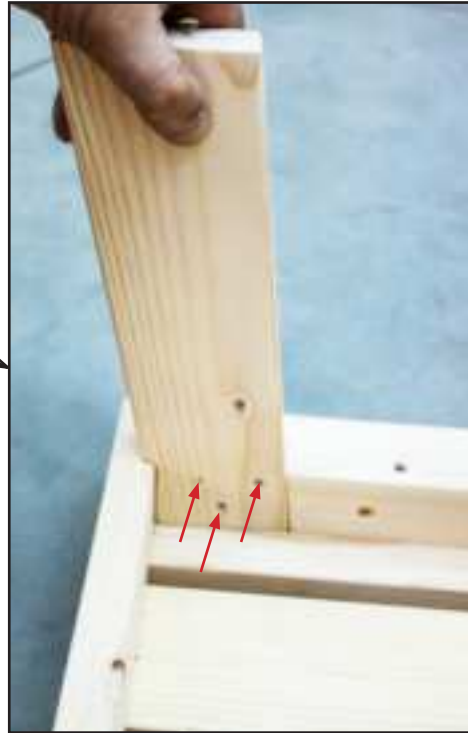


Image 39

OUTER ROOF INSTALLATION

Place the roof rafters into the notches in the top of W1 and W3 walls and fasten into place using 6 X 150 screws (40).



Image 40



Fasten the tongue and groove roofing boards starting on the left with the groove out, and working across the roof to the right fastening into each roof rafter using 3.5 X 50 screws. Leave an overhang on the back side of 11" (41). Make sure your boards stay parallel as you work across the roof. When you get to the last board, you will need to cut the width so it doesn't overhang the rafters (42).



Image 41



Image 42

Now its time to install the wind battens and wind batten support strips (43).

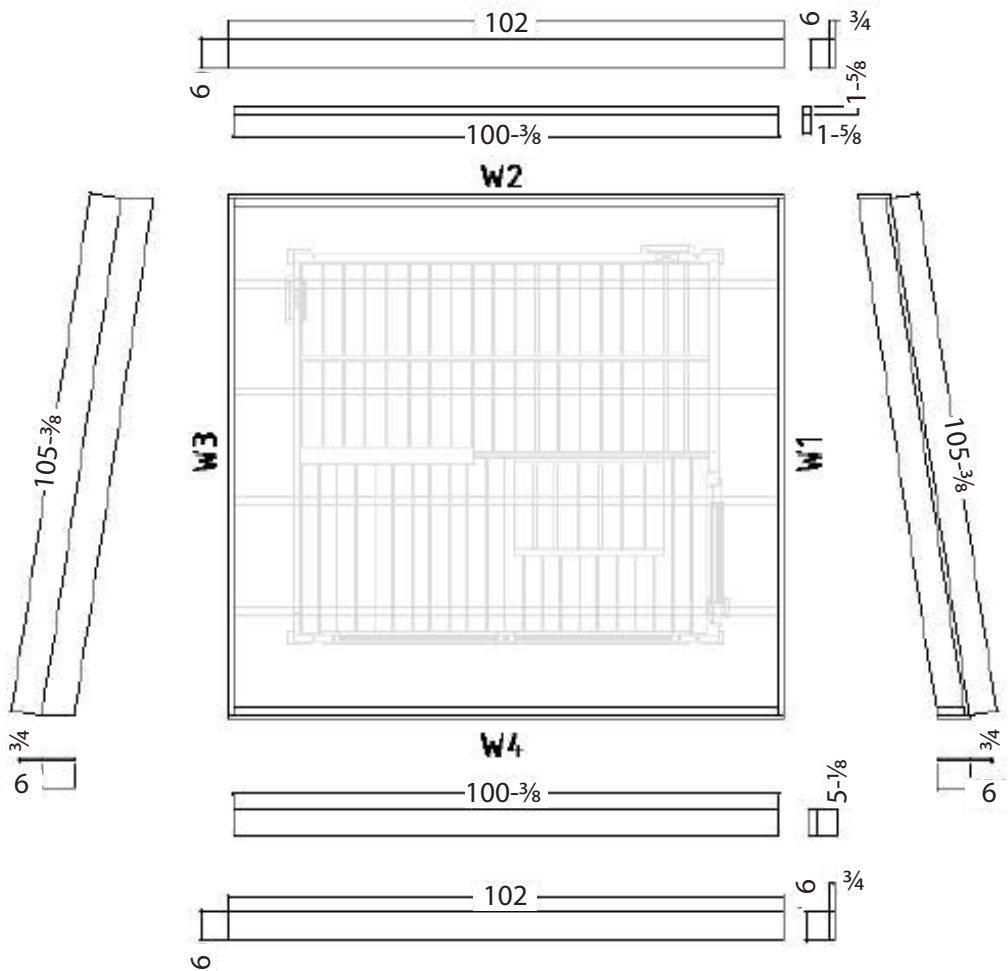


Image 43

Fasten the side wind batten strips to both sides of the sauna into the roof rafter ends using 5 X 100 screws (44-45). Attach the 5- $\frac{1}{8}$ x 1- $\frac{5}{8}$ wind batten support strip to the front below the tongue and groove, taking note of the 82° cut on one edge of the board. Fasten the support strip using 3.5 X 50 screws through the tongue and groove (45). Attach the 1- $\frac{5}{8}$ x 1- $\frac{5}{8}$ wind batten support strip to the back below the tongue and groove, taking note of the 82° cut on one edge of the board. Fasten the support strips using 3.5 X 35 screws through the tongue and groove (46). Lastly, install the wind battens for the front (47-48) and back (49), fastening into the wind batten support strips using 3.5 X 35 screws.



Image 44

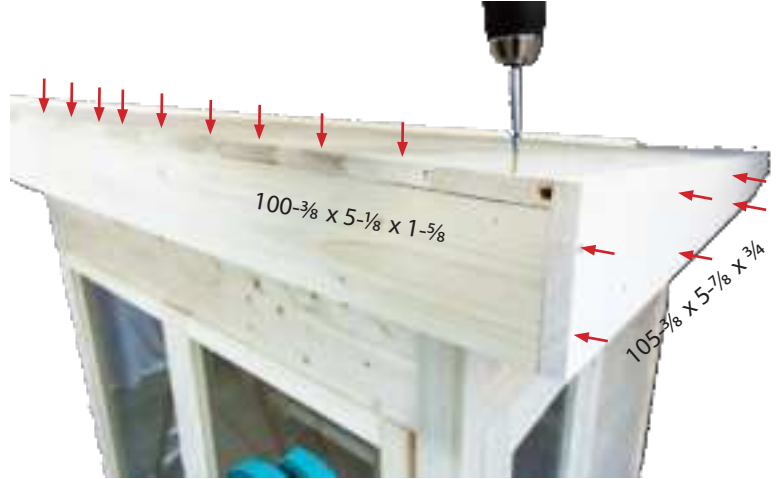


Image 45



Image 46



Image 47



Image 48



Image 49

NOTICE

• We recommend purchasing shingles, metal roofing, or another suitable roof covering from your local hardware store to finish covering the roof. This will provide a waterproof finish and extend the life of the sauna.

CORNER COVER & OUTER VENTILATION INSTALLATION

Install the corner covers using 3.5 X 50 screws (50-52, 54). The ends of the corner covers at the roof will have an 82° cut where required.



Image 50



Image 51

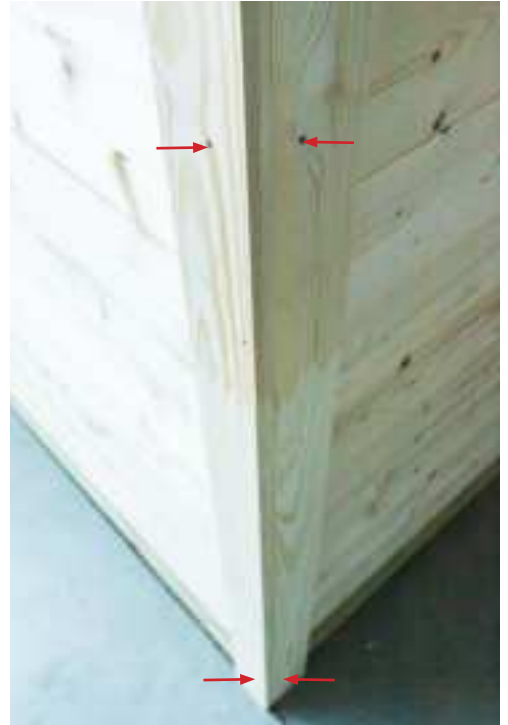


Image 52

Install the outside ventilation grills over both ventilation holes using four 3.5 X 50 screws in each grille (53-54).



Image 53



Image 54

HEATER - *Please see heater manual.*

⚠ DANGER

• Turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

⚠ CAUTION

- Improper installation of heater or heater mounting bracket could cause the heater to fall leading to burns and other injuries.
- Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

FINAL THINGS

Once assembly is complete, sweep and vacuum the inside of the sauna. Wipe down the entire interior with a damp cloth to remove any remaining dirt, dust and debris.

Note: If the sauna has absorbed moisture in storage, the staves may shrink as the high heat evaporates that moisture. This may require you to tighten the bands even further. If your sauna is left in the open rain, this will cause the staves to expand again resulting in an even tighter seal.

The wood of the outdoor sauna is untreated. To increase the durability of the wood, we recommend treating the outside only with an exterior grade stain or sealant of your choice. This will help to protect the wood from excessive moisture.

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. Dry, meaning you do not sprinkle any water onto the stones; wet, meaning you increase the humidity of the room by sprinkling water on the stones. Please note, not much water is needed to achieve a wet sauna experience.

The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 160 -185+ degrees F. Novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake - anything that will cool you down! After that, relax and cool down for 10-20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for at least 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**

CARE & MAINTENANCE

TREATING LUMBER

The lumber we use is naturally resistant to the elements. Left untreated, the exterior of the sauna will weather naturally, and that's fine. At any point in the future you can pressure wash (low pressure only) your sauna to bring back most of the original color.

If you wish to retain the natural color of the lumber, your local paint store can recommend a suitable exterior stain. Be sure that it has a UV inhibitor so that it will best resist the effects of sunlight. Follow the manufacturer's instructions for application. NEVER TREAT THE INTERIOR OF THE SAUNA UNLESS APPROVED FOR USE IN A SAUNA, AND NEVER USE VARNISH OR PAINT ON THE EXTERIOR.

CLEANING THE LUMBER

You should vacuum or brush out your sauna periodically to remove loose dirt. Over time the floor and seats of your sauna may discolor due to perspiration, dirt and general wear. You can remove dirt or stains with a solution of baking soda and water, lightly scrubbing the wood with the solution and then rinsing. Heavier stains or scuffs can be sanded out with fine grit sandpaper. Alternatively, pressure washing the interior of the sauna with a low-pressure, wide pattern nozzle will remove stains and dirt very effectively.

LOCATION AND GEOGRAPHY

Climate and temperature affect the lumber in different ways and to varying degrees. The effects of swelling and contraction as well as fading from sunlight will vary depending on the intensity of the sun and the levels of humidity and amounts of moisture in your area. The degree of these effects will not affect the quality or performance of your sauna, but may require you to tighten bands or re-stain your sauna more or less frequently. It is a good idea to check the tension of your bands and examine the degree of fading every few months, especially in the first months of owning your sauna so that you can respond accordingly.

REPLACEMENT OF SAUNA STONES

Over time your sauna stones may crack and split due to the fluctuations in temperature the stones experience. If you ever need to replace stones, only use sauna stones designed for use in your sauna heater. You can purchase replacement stones from Almost Heaven Saunas at any time.

REPLACEMENT PARTS

If you ever damage the exterior of the sauna, you can purchase replacement staves, doors, and components from Almost Heaven Saunas at any time.

ACCESSORIES

Almost Heaven Saunas offers a full line of accessories to compliment your sauna. From red cedar leg rests, back rests, drink holders, robe hooks and magazine racks to eucalyptus fragrance and more, visit www.almostheaven.com for all of your sauna accessory needs!

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