

AA
ALMOST HEAVEN
SAUNAS

**Tyrol Medium
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.**



TYROL MEDIUM SAUNA INSTALLATION & OWNER'S MANUAL

Thank you for your purchase of your Tyrol Medium Sauna. Should you have any questions during assembly, please feel free to give us a call at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F. You can find it at: **[youtube.com/user/almostheavensauna](https://www.youtube.com/user/almostheavensauna)**

Your Tyrol Medium Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers rather than on a floor platform. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended.

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.

BASIC TOOLS

These tools are helpful in the assembly of your sauna:

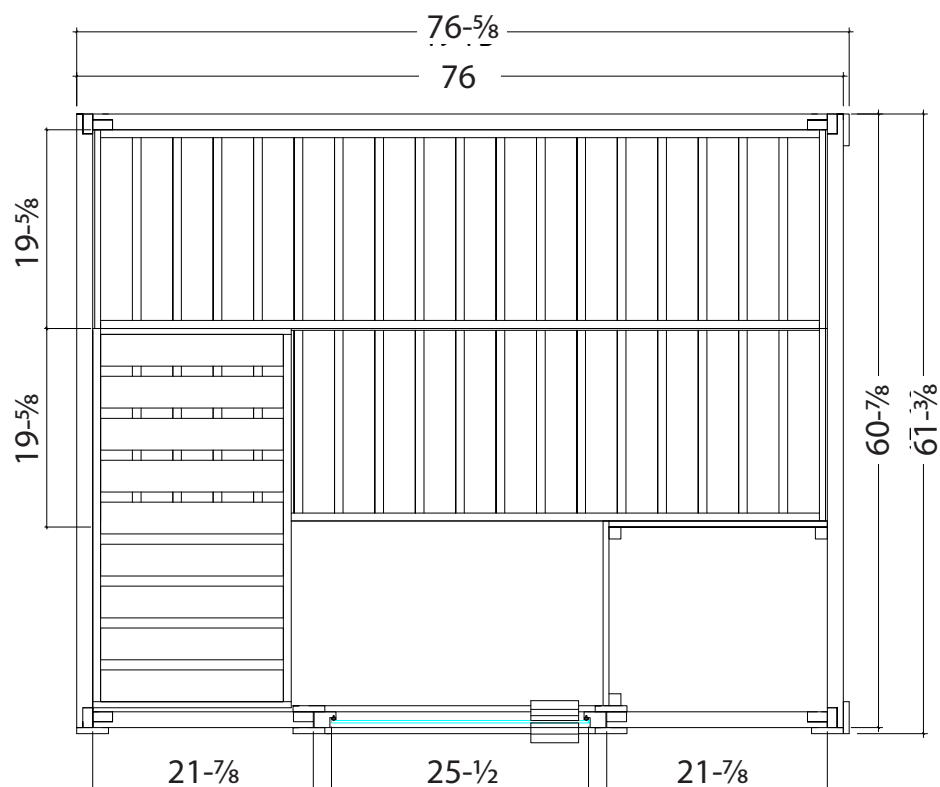
- Cordless Drill
- Drill Bit Set
- Bit Set
- Rubber Mallet
- Hammer
- Framing square
- Socket Wrench
- Utility knife
- Level
- Tape Measure
- Ladder
- Miter Saw or Circular Saw

PARTS LIST

No. of items	Name	Dimensions inches
Wall elements		
1	Lower rear wall element	72- ⁷ / ₈ x 32- ¹ / ₂ x 1- ⁵ / ₈
1	Lower left side wall element	60- ⁷ / ₈ x 32- ¹ / ₂ x 1- ⁵ / ₈
1	Lower right side wall element	60- ⁷ / ₈ x 32- ¹ / ₂ x 1- ⁵ / ₈
1	Upper rear wall elements	72- ⁷ / ₈ x 37- ⁷ / ₈ x 1- ⁵ / ₈
1	Upper left side wall element	60- ⁷ / ₈ x 37- ⁷ / ₈ x 1- ⁵ / ₈
1	Upper right side wall element	60- ⁷ / ₈ x 37- ⁷ / ₈ x 1- ⁵ / ₈
2	Wall elements	32- ¹ / ₂ x 21- ⁷ / ₈ x 1- ⁵ / ₈
2	Wall elements	37- ⁷ / ₈ x 21- ⁷ / ₈ x 1- ⁵ / ₈
1	Log board with ventilation gap	72- ⁷ / ₈ x 1- ⁵ / ₈ x 5- ³ / ₄
1	Log board	72- ⁷ / ₈ x 1- ⁵ / ₈ x 5- ³ / ₈
1	Door frame	70- ¹ / ₄ x 29 x 1- ⁵ / ₈
Roof elements		
2	Roof elements	57- ¹ / ₄ x 36- ¹ / ₄ x 2- ¹ / ₄
Support slats		
2	Roof support slats	70- ⁷ / ₈ x 1- ⁵ / ₈ x 1- ⁵ / ₈
2	Roof support slats	59 x 1- ⁵ / ₈ x 1- ⁵ / ₈
4	Outer corner cover slats	80- ³ / ₈ x 3- ¹ / ₈ x ⁵ / ₈
4	Cover slats door horizontally	26- ³ / ₄ x 3- ¹ / ₈ x ⁵ / ₈
4	Cover slats door vertically	74- ³ / ₈ x 3- ¹ / ₈ x ⁵ / ₈
1	Roof cover slat	57- ¹ / ₄ x 3- ¹ / ₈ x ⁵ / ₈
1	Cable cover slat	59 x 1- ⁵ / ₈ x 1- ¹ / ₈
2	Bench support slats	19- ⁵ / ₈ x 1- ⁵ / ₈ x 1- ⁵ / ₈
2	Bench support slats	39- ³ / ₈ x 1- ⁵ / ₈ x 1- ⁵ / ₈

No. of items	Name	Dimensions inches
Interior fittings		
2	Benches	72- ¹ / ₂ x 19- ⁵ / ₈ x 3- ¹ / ₈
2	Heater grille	18- ¹ / ₄ x 22- ¹ / ₄ x ⁵ / ₈
1	Heater grille strips	28- ³ / ₄ x 1- ¹ / ₈ x 1- ¹ / ₈
2	Heater grille strips	15- ³ / ₈ x 1- ¹ / ₈ x 1- ¹ / ₈
1	Headrest	11- ³ / ₄ x 11
1	Lamp protection grille	20- ¹ / ₂ x 9- ⁵ / ₈ x 1
1	Ventilation slit	20- ¹ / ₂ x 5- ¹ / ₂ x ⁵ / ₈
Glass elements		
1	Door frame with glass door	66- ³ / ₄ x 25- ¹ / ₂ x 1- ⁵ / ₈
Accessories		
1	Door handle set wood/wood	
1	Sauna lamp without light bulb	
1	Silicon cable: 3 x 1.5 mm ²	118- ¹ / ₈
1	Installation material set	
1	Assembly instructions	

FLOOR PLAN



WALL & ROOF ASSEMBLY

⚠ CAUTION

- Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.

NOTICE

- WE RECOMMEND ALL SCREWS MUST BE PREDRILLED WITH 1/8" BIT BEFORE INSTALLING TO PREVENT BREAKAGE.
- The room in which the sauna will be installed must be at least 90-5/8" high for installation to work.
- There must be a gap of 2" from the surrounding walls and the sauna walls.

Start by placing the lower rear wall element at the back of where the sauna will be going, then on the lower right wall element. Pre-drill and screw through the side of the right panel into the edge of the rear element using 5 X 80 screws (1). Make sure the support strips on the corners of the wall elements extend up, so the top panels will fit together correctly. Repeat for the left hand side with the lower left wall element and again pre-drill and fasten using 5 X 80 screws.



Image 1

Now place the front log board with the ventilation gap below the door across the front between the side elements. Then place the shorter front wall element behind the log board; there is a support piece extending out from the bottom that will fit a notch in the log board (2). Now fasten through the log board into the extending piece from the front wall element using 3 X 40 screws (3).



Image 2

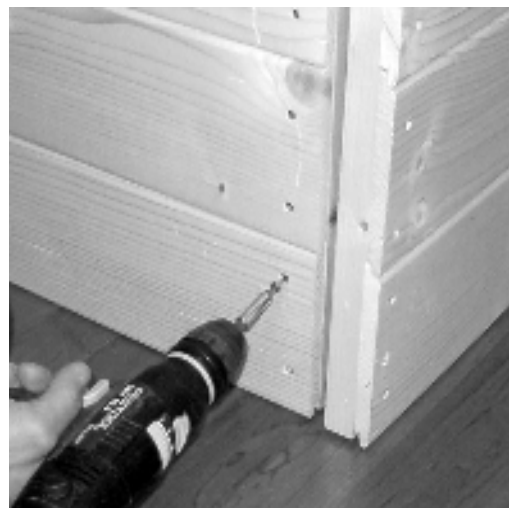


Image 3

Repeat for the left side of the front wall (4).



Image 4

Check the corner to corner distance and make sure they are within $\frac{1}{16}$ " of each other to ensure the sauna is square (5). Also use a level vertically on the walls to make sure they are plumb. Adjust accordingly if the sauna is not plumb and square.

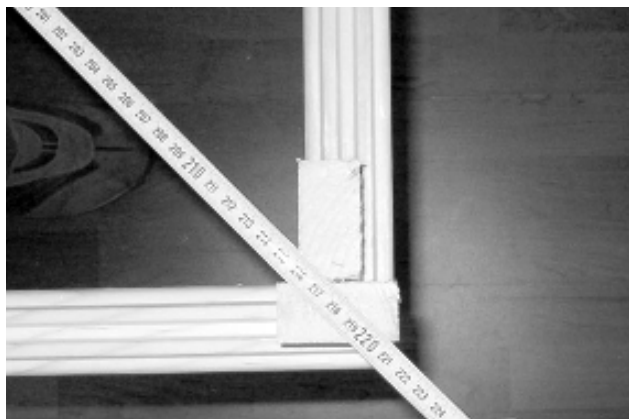


Image 5

Repeat the process from the lower wall elements for the upper wall elements on the back and sides. Line up the recess in the upper element with the support pieces on the lower elements (6). Again, predrill and screw them together from the outside using 5 X 80 screws. Lastly, install the two front sections in the same manner (7).



Image 6

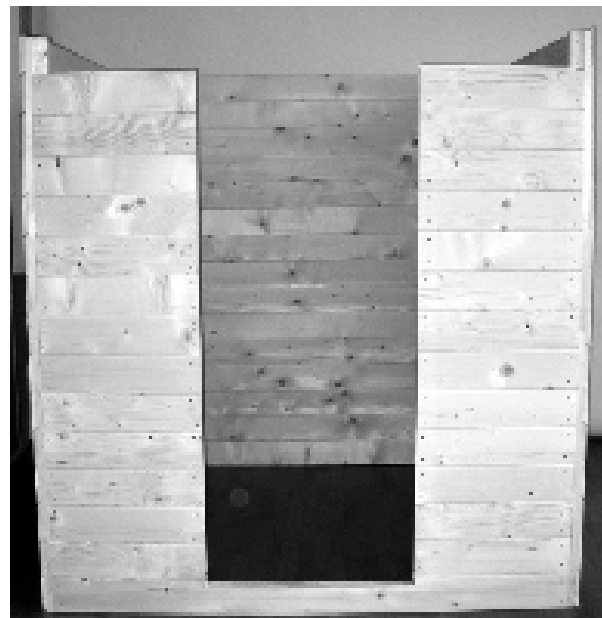


Image 7

Place the upper log board over the top of the door opening and screw it at each end (8-9).



Image 8

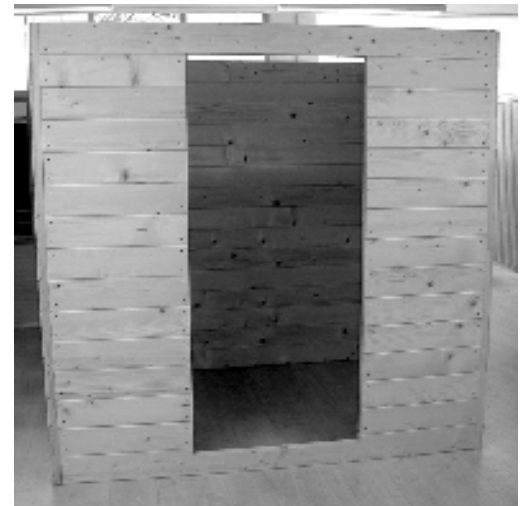


Image 9

Install the roof support slats so they are 2-1/4" below the top of the wall, and the rounded edge should be visible from below. Predrill and fasten using 4 X 70 screws (10). Once the four roof support slats are fastened in place, install the two roof elements and screw them to the roof support slats from the top using 5 X 80 screws (11-12).

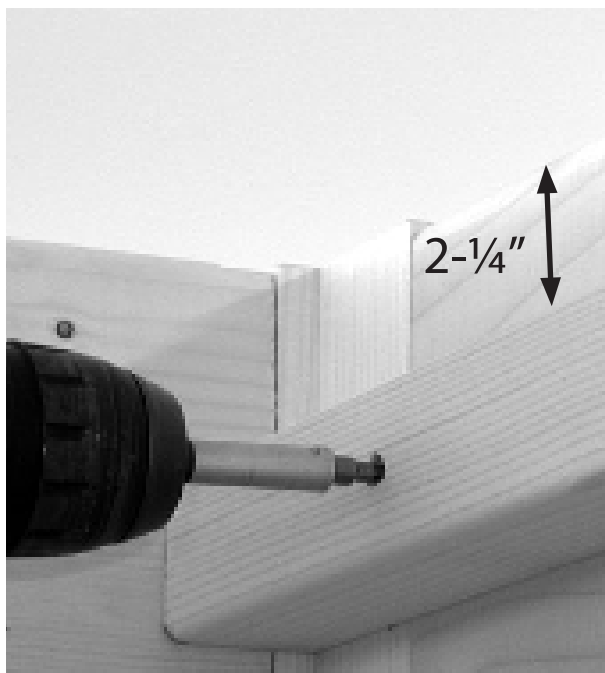


Image 10



Image 11



Image 12

BENCH & INTERIOR COMPONENT INSTALLATION

Place the $19\frac{5}{8} \times 1\frac{5}{8} \times 1\frac{5}{8}$ upper bench support slat $33\frac{7}{8}$ " from the floor to the top of the slat on both side walls. Position the slat to the rounded edges are visible from below, and fasten using 4 X 70 screws. Then place the $39\frac{3}{8} \times 1\frac{5}{8} \times 1\frac{5}{8}$ lower bench support slat on both walls, $16\frac{1}{8}$ " from the floor to the top of the slat. Position the slat so the rounded edges can be seen from above, and fasten using 4 X 70 screws (13). Then place the benches on the bench support slats.

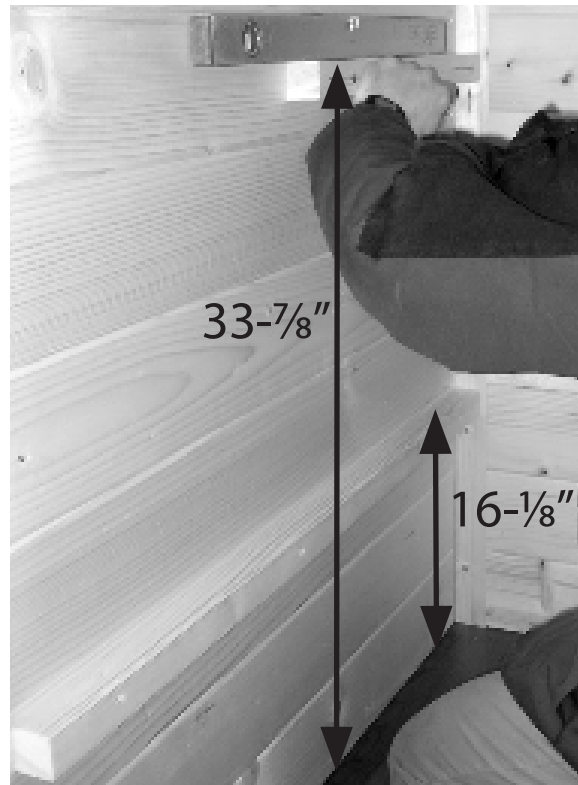


Image 13

DANGER

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

Install the light by drilling an approximately 4" hole in the back wall near the ceiling. Route the wires and install the light, once the light is installed then install the cover over the light. Fasten the light cover using a 3 X 40 screw in each corner (14).



Image 14

Fasten the heater grille sections to the heater grille corner strips using 3 X 40 screws (15). Then fasten to the front and side wall using 3 X 40 screws (16). You may install heater grille after the heater is installed, whichever is easiest depending on the heater you have.



Image 15



Image 16

DOOR INSTALLATION

The door can be hinged on the right or left, so rotate the door accordingly before placing into the opening. Place the door into the opening of the sauna, ensuring the door swings outward. Once the door is in place, make sure it is flush with the walls, and fasten through the frame into the side walls using 4 X 70 screws (17-18). On the side with the hinges, screw through the middle hole in the hinge plate into the side wall (19).



Image 17



Image 18

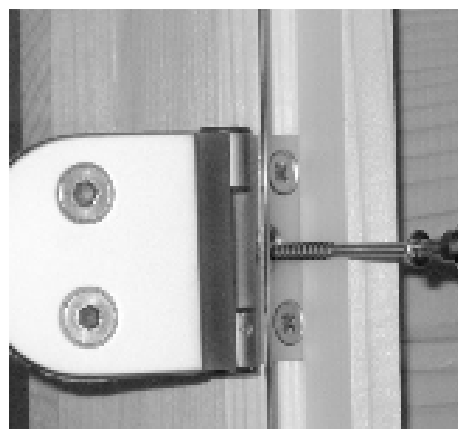


Image 19

Slide the metal door catch so its in line with the handle holes in the door. Insert the plastic rings into the holes in the door, and align the recess on the back of the handle so it aligns with the metal door catch (20). Install the screws into the predrilled section of the handle and screw tight carefully (21).

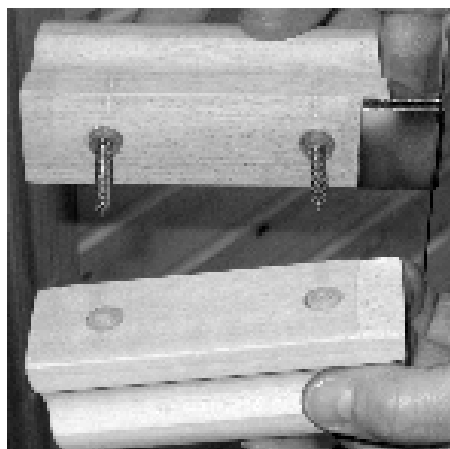


Image 20

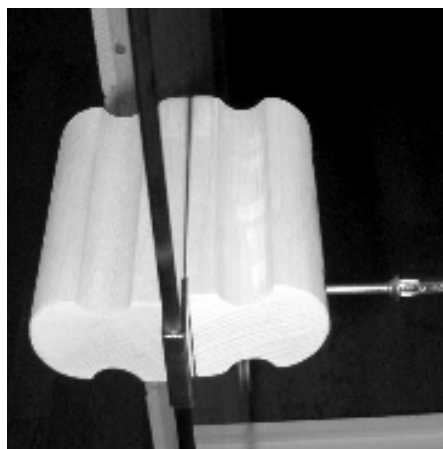


Image 21

TRIM INSTALLATION

Install the $80\frac{3}{8} \times 3\frac{1}{8} \times \frac{5}{8}$ corner cover slats using 3 X 40 screws. If the unit is going in a corner, place two on the exposed edge and one on the other two corners. If not going in a corner, use two the front two corners (22).

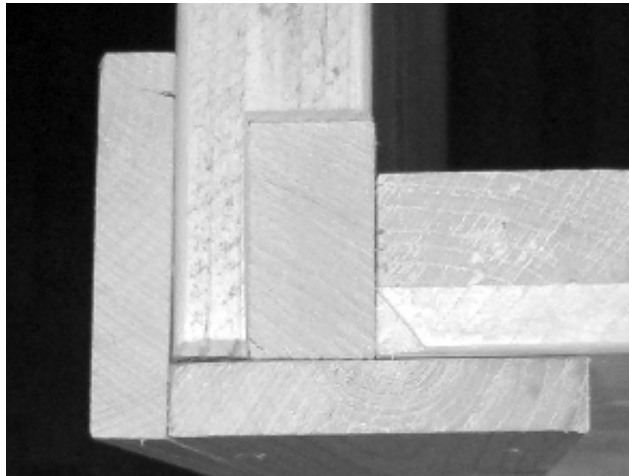


Image 22

Install the horizontal and vertical door cover slats using 3 X 40 screws on the inside and outside of the sauna (23). The distance from the door frame to the trim will be roughly $\frac{1}{2}$ ".

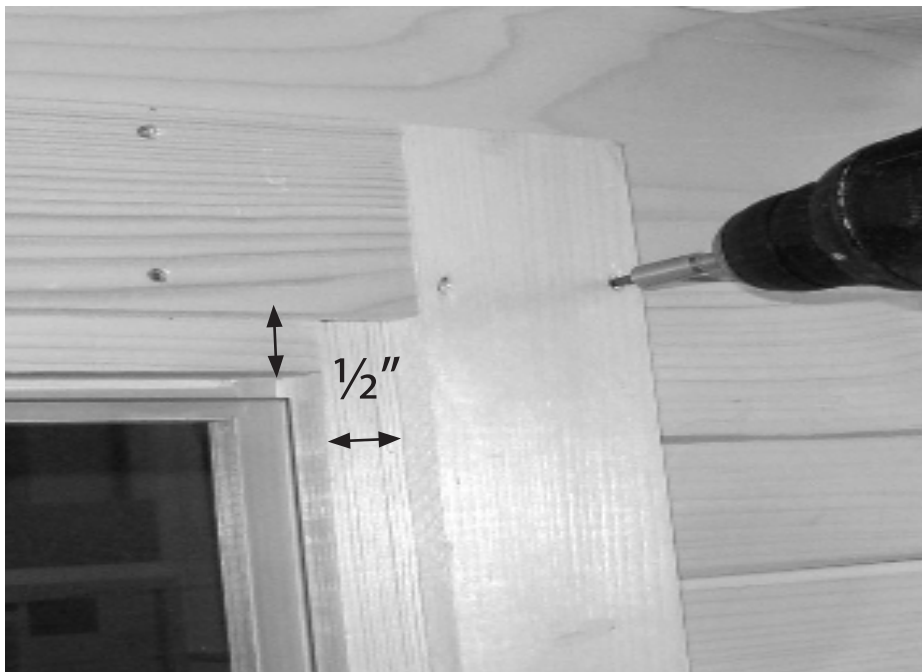


Image 23

Lastly, install the inner roof cover slat over the seam between the two roof elements using 3 X 40 screws.

HEATER - *Please see heater manual.*



• **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.**



- **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.**

Your sauna kit comes with cable cover slat to cover your heater electrical cables, and temperature sensor cables if required. They can be cut to size, and predrilled and fastened using 3 X 40 screws.

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.

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!**

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