



Vision Series Sauna Installation & Owner's Manual



Spectacle



Serena



Oasis



Titan



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.



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Note: The Vision Series has 4 similarly constructed saunas, but with slightly different configurations. This instruction follows the assembly of the Titan, but the assembly is similar for each model. Any differences will be noted.

Thank you for your purchase of your Vision Series sauna! Should you have any questions during assembly, please feel free to call us at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F.

Your Vision Series Indoor 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. 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.

Your Vision Series Sauna kit should include the following:

- | | |
|--|--|
| ☐ 3 Base Rails | ☐ 2 Outside Trim Pieces |
| ☐ 3 Roof Sections (2 for Serena & Spectacle) | ☐ 2 Short Inside Trim Pieces |
| ☐ Wall Section A | ☐ 1 Long Inside Trim Piece |
| ☐ Wall Section B | ☐ 3 Glass Frame Pieces |
| ☐ Wall Section C | ☐ 3 Pieces of Glass (2 for Serena & Spectacle) |
| ☐ Wall Section D | ☐ 2 Gasket & U-Channel (1 only for Serena & Spectacle) |
| ☐ Wall Section E | ☐ 3 Hinges |
| ☐ Wall Section F | ☐ LED Power Supply |
| ☐ Wall Section G (Titan & Oasis only) | ☐ Door Handle Assembly |
| ☐ Wall Section H & I (Titan only) | ☐ Heater and Stones |
| ☐ Upper Bench | ☐ Wall Sensor Cover (depending on heater model) |
| ☐ Lower Bench (Not included in Spectacle) | ☐ Hardware Bag #1 containing 2" screws |
| ☐ Upper Side Bench & Support Leg (Titan only) | ☐ Hardware Bag #2 containing specialty screws and hardware for door and glass |
| ☐ Long Backrest w/LED light | ☐ Heater Fence Kit (optional, depending on heater model) |
| ☐ Short Backrest (Titan only) | |

These tools are required to assemble your Vision Series sauna:

- | | |
|---|---|
| ☐ Cordless drill | ☐ Utility knife |
| ☐ Tape measure | ☐ Screwdriver (phillips) |
| ☐ Rubber mallet | ☐ Framing square |
| ☐ Level | ☐ Hex keys |
| ☐ 5/8" or 3/4" Forstner or spade bit | ☐ Step stool or ladder |



CAUTION

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

Note: Use 2" screws for entire assembly unless otherwise noted.

Step 1. Position Base Rails

Place the rail section with two 45 degree cuts on the floor, and then match the remaining two rails with one 45 degree cut (1). The section with two 45 degree cuts will be the back of the sauna. Fasten the back to the sides using the predrilled holes (2).



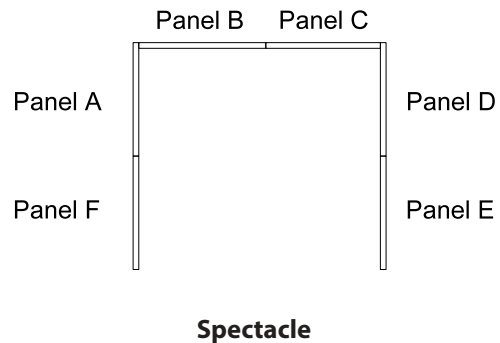
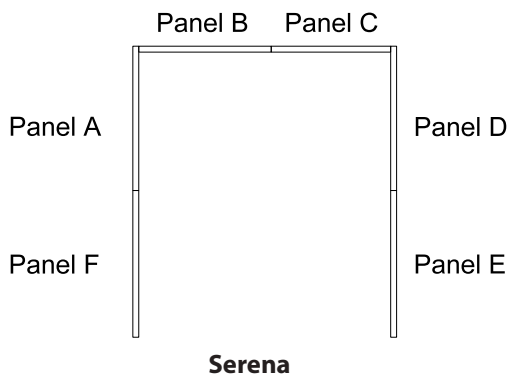
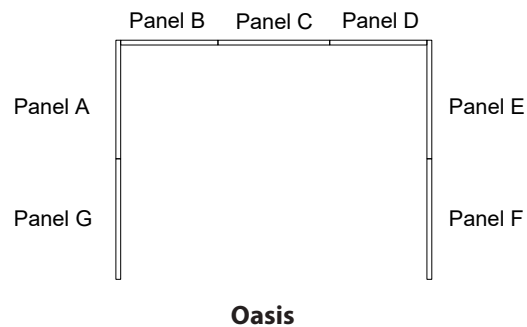
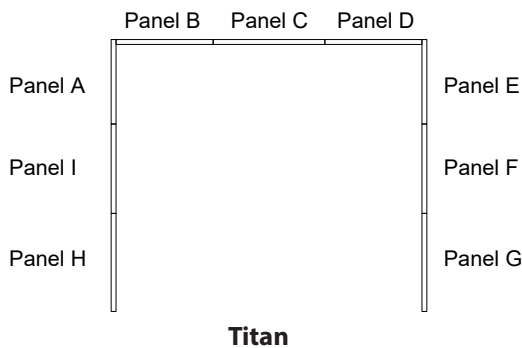
Image 1



Image 2

Step 2. Position Rear Wall Sections

See the drawings below for the configuration of your sauna. This will show you each panel, and its location in the base rails.



Place the rear wall panels into the back section of the base rail. Push them together so there is no gap between the panels (3). A light hit from a rubber mallet may be required to get them together. Mark 3/4" in from end edge on each end panel at the top (4). Find the long inside trim piece, it should be approximately the length between your two marks. Place the trim piece between the marks and flush with the top of the panel. Fasten trim using three 1-5/8" screws (5). Ensure the panels are tight together before you fasten the trim.





Image 3



Image 4



Image 5

Step 3. Position Back Side Wall Sections

Position the back side wall sections into the base rails, they will overlap the rear wall sections. If your rear wall is not centered in the base rails, you might need to shift it to one side or another to allow for the back side panels to fit. These panels will have predrilled holes to fasten them to the side of the rear panels (6-8).



Image 6



Image 7



Image 8

Step 4. Position Remaining Side Wall Sections

Working on the right or left side, finish placing the wall sections in the base rails (9). Again, ensure the panels are tight and use a rubber mallet as necessary to get a tight fit. Find one piece of interior side trim. Place it so its flush to the top of the panel, as well as the front (10-11). Fasten using three 1-5/8" screws, again ensuring the panels are tight together before fastening. Repeat for the opposite side.



Image 9



Image 10



Image 11

Step 5. Bench Installation

Place the upper bench on the pre-installed upper bench supports and push flush against the back wall (12). Using your square, ensure the walls are square before installing the bench. You should see equal gaps between the end of each bench slat and the sauna wall. Secure the bench to the back wall and bench supports using 2" bench screws and the predrilled holes in the bench frame supports (13-14).

Repeat this process for the lower bench, push the bench back so it sits up against the pre-installed lower bench supports. Fasten the lower bench to the bench braces using 2" screws (15). This step is not applicable to the Spectacle.





Image 12

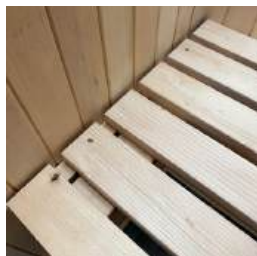


Image 13



Image 14



Image 15

Step 6. Install Side Glass Frame Pieces

First, ensure both front panel edges are flush with end of the base rail (16). Locate the two vertical glass frame pieces (17). The 1" x 1" block will go inside the sauna and fasten to the sauna wall. Orient them so the 1" block fits between the base rail and the inside trim (18-19). Fasten through predrilled holes using 2" screws.



Image 16



Image 17



Image 18



Image 19

Step 7. Side Bench Installation - Titan Only

Proceed to the next step unless you have the Titan sauna. Locate the side bench and support leg. Place the support leg base on the bottom of the side bench, and fasten using screws provided with the support leg (20). Then place the leg over the support base and tighten using a hex key (21). Place the leg over the support base and tighten using a hex key (21). Place the bench in the sauna; the end with the lip should fit into the recess on the upper bench. Have someone hold the bench flush and level with the upper bench. Fasten through the side on the underside of the bench, to connect it to the upper bench (22). Before fastening the back to the sauna wall, check again that the bench is level. Fasten to the sauna wall using predrilled holes (23). Now adjust the height on the bottom of the support leg by turning the bottom until it touches the floor, and the bench is level (24).



Image 20



Image 21



Image 22



Image 23

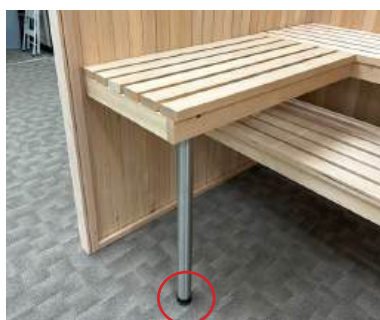


Image 24



Step 8. Glass Installation

NOTICE

•The glass is very fragile. To prevent breakage, when carrying the glass, do not hold both ends and let it sag in the middle. If carrying from both ends, hold the glass upright instead of flat. Also, don't carry it flat by just the middle.

Titan and Oasis comes with two side glasses and a door, Serena and Spectacle only come with a side glass and a door. For the Titan and Oasis, these instructions show the door with the hinge on the right side. You can switch the side glasses so the door is hinged on the left.

Find the piece of glass with the holes for the hinges. Place the rubber gasket on the bottom (25), and place the glass so the holes are away from the wooden frame. Place the U-channel on the floor, and set the glass and gasket in it (26). Push the glass into the wooden frame on the side (27). If you have the Titan or Oasis, repeat the same process for the solid piece of glass on the opposite side. Be careful not to bump the glass or sauna until you get the header in place in the next step.



Image 25



Image 26



Image 27

Find the door header glass frame (28) and place it over top of the glass, between the two vertical glass frame pieces. If its too snug, slightly separate the wall panels until it slides down into place. If it is too loose, pull the wall panels closer together. Once the door header fits snug, align the top with the side glass frame top, and fasten them together using the 3-1/2" screw through the predrilled hole (29). Its best to have help holding them tightly in place when screwing them together. Find the glass holders from the hardware bag, and fasten them into the door header to hold the side glass in place using the screw provided with it (30).

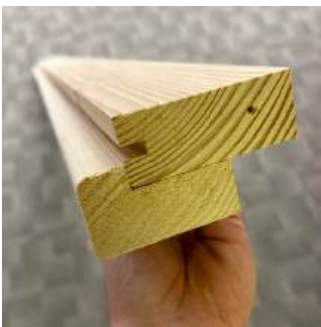


Image 28



Image 29



Image 30

Step 9. Position Roof Sections

Place the roof panels on top of the ceiling supports being sure the predrilled holes are facing up (31). Match the tongue and groove, and ensure the flat smooth edges are towards the outside (32). Center the panels all the way around the sauna. They should nearly match the wall panels all the way around. Once the ceiling is centered, fasten the ceiling panels to the walls using all the predrilled holes (33).





Image 31



Image 32



Image 33

Step 10. Outside Trim Installation

Find the two remaining pieces of trim and place them up against the top corner of the glass frame (34-35). Use a level to install these trim pieces level down the side of the sauna. Fasten using three 1-5/8" screws.



Image 34



Image 35

Step 11. Backrest Installation

On the Titan only, place the shorter backrest without the LED on the side wall. Position it vertically at a height most comfortable for you (typically 8-12" from the bench). Using a level to ensure proper installation, fasten the backrest into place (36).

For all models, place the back rest with the LED centered on the back wall, at a height typically 8"-12" above the bench (37). Bore a hole using your forstner/spade bit to run the power cord near the bottom right corner of the back rest (38). Place the cord coming from the LED through the hole drill into the sauna (39).

Now mount the power supply to the back of the sauna, near the hole you just bored (40). Connect the power supply and LED by twisting the connection until tight (41). Ensure the light bar is connected to the power supply, then plug in to an outlet. You are able to turn on the LED light and adjust its brightness from within the sauna using the control mounted to the side of the backrest (42).



Image 36



Image 37



Image 38



Image 39



Image 40



Image 41



Image 42



Step 12. Door Installation

Locate the three hinges and take off the back plate. There will be thin plastic spacers, as well as round plastic spacers around the screw holes. We recommend starting with one of the thick spacers between the hinge and the glass, and one thin and one thick between the glass and back plate (43). Also, make sure the round spacers stay in place around the screw holes. Later, these spacers can be adjusted if you feel like the glass needs to better align with the adjacent pieces of glass. The top of the door is side where the cutout is 9" from end of the glass; this is important so you know which side to install the hinges on. Align the hinge into the cutout in the glass, and place the opposite side spacers over the hinge (44). Replace the back plate, and tighten the screws (45). Repeat for remaining two hinges.

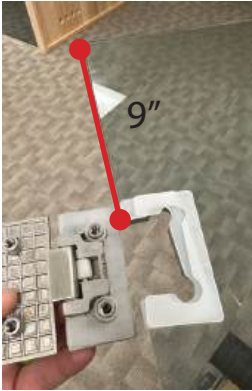


Image 43

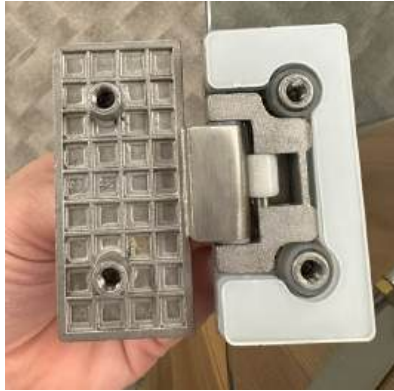


Image 44



Image 45

Have a helper hold the glass in place and align the hinges into the side glass, using plastic spacers similarly as in the previous step (46). There will be an intended gap between the bottom of the door and the floor to help with sauna ventilation. Again, place the spacer on the inside, and install the back plate and screws (47). Repeat for remaining two hinges. Now that the door is in place, slide the door catch over the top, and pinch the catch to hold it in place. In the door header, fasten the magnet where the catch will hit and hold the door closed (48). Note: On Spectacle and Serena, the door jamb will be the wooden glass frame and not a side glass.



Image 46



Image 47



Image 48

Step 13. Door Handle

Unpack the door handle and lay out the pieces (49). Place the wooden spacer into the wooden handle and place a screw through it, then a metal spacer followed by the plastic. Place wooden handle inside the sauna and place the screw through the top hole in the glass. Install the metallic spacer then plastic spacer on the metal handle and match on the outside of the glass (50-51). Begin tightening the screw to attach the two handles together, but do not fully tighten. Repeat for the bottom handles (52). Now fully tighten both screws until the handles are tight (53).



Image 49



Image 50



Image 51



Image 52



Image 53



Step 14. Finishing Touches

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 with warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 15. Heater Installation

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 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.

Please consult your heater manual for all heater installation information.

Optional Heater Fence Assembly (KIP & Wall Heaters)

The heater fence kit will come banded in stretch wrap, remove the wrap and place the three pieces on your working surface (54-55). Match the front piece, and one side as shown below (56).



Image 54



Image 55



Image 56

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (57). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (58). It is recommended to keep pressure on the two square boards during fastening for easier assembly. Then repeat process for other side. See below for finished heater fence (59). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (60-61). Place fence around heater and fasten into side panel (62).



Image 57



Image 58



Image 59



Image 60



Image 61



Image 62



TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that 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+° F. Please note, 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!**



