

AA  
**ALMOST HEAVEN**  
SAUNAS

**Nordik Sauna  
Installation  
& Owner's Manual**



Small: 65- $\frac{3}{8}$ " X 62- $\frac{5}{8}$ " X 80- $\frac{3}{8}$ "  
Medium: 77- $\frac{1}{8}$ " X 62- $\frac{5}{8}$ " X 80- $\frac{3}{8}$ "  
Large: 77- $\frac{1}{8}$ " X 74- $\frac{3}{8}$ " X 80- $\frac{3}{8}$ "

# 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.**



## **NORDIK SAUNA INSTALLATION & OWNER'S MANUAL**

Thank you for your purchase of your Nordik 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)

Note: The Nordik has 3 similarly constructed saunas, but with slightly different configurations. This instruction follows the assembly of the Large, but the assembly is similar for each model. Any differences will be noted.

Your Nordik 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

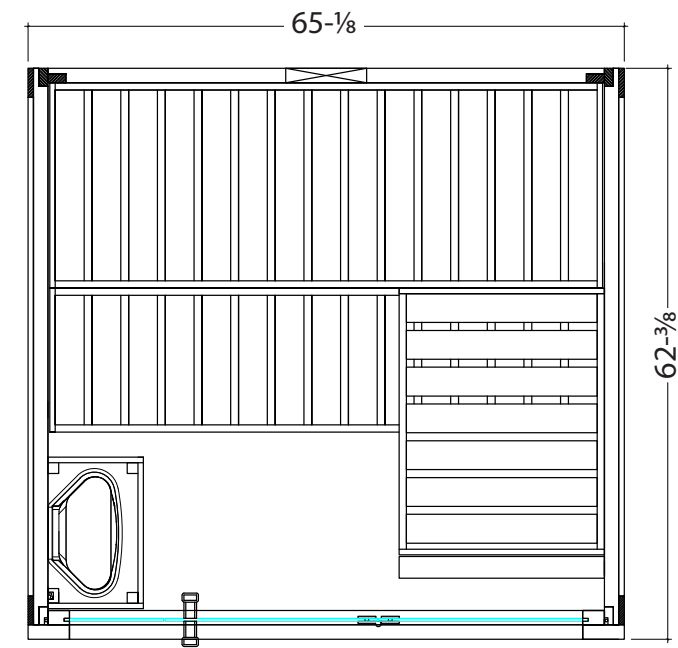
## PARTS LIST - SMALL

No. of items	Name	Dimensions inches
<b>Wall elements</b>		
1	Wall element, bottom right - Electrical element	60-7/8 x 40-1/8 x 1-5/8
1	Wall element, top right - Electrical element	60-7/8 x 42-1/2 x 1-5/8
1	Wall element, bottom rear - Ventilation element	60-7/8 x 40-1/8 x 1-5/8
1	Wall element, top rear	60-7/8 x 42-1/2 x 1-5/8
1	Wall element, bottom left - Electrical element	60-7/8 x 40-1/8 x 1-5/8
1	Wall element, top left - Electrical element	60-7/8 x 42-1/2 x 1-5/8
1	Element above door, black	56-1/8 x 4-3/4 x 1-5/8
1	Element with groove for glass, right, black	79-3/4 x 2-3/8 x 1-5/8
1	Element with groove for glass, left, black	79-3/4 x 2-3/8 x 1-5/8
1	Mounting rail above door, black	23-1/2 x 3/4 x 3/8
2	Cover, front, black	79-3/4 x 4-1/2 x 1-5/8
1	Cover, top front, black	56-1/8 x 4-1/8 x 1-5/8
<b>Roof elements</b>		
2	Roof element	57-3/4 x 30-1/4 x 2-1/4
<b>Glass elements</b>		
1	Glass door	74-3/4 x 23-1/4 x 8mm
1	Glass element with holes for door hinges	76 x 22-7/8 x 8mm
1	Glass element	76 x 10-7/8 x 8mm
<b>Support slats</b>		
3	Bench support slats	22-1/2 x 1-5/8 x 1-5/8
2	Bench support slats	38-1/8 x 1-5/8 x 1-5/8
2	Roof support slats	54-1/2 x 1-5/8 x 1-5/8
1	Roof support slat	60-7/8 x 1-5/8 x 1-5/8
1	Roof support slat with LED	60-7/8 x 1-5/8 x 1-5/8
4	Cover slats, outside corners	79-3/4 x 3-1/8 x 5/8
2	Cover slats, outside, top	54-1/2 x 3-1/8 x 5/8
1	Cover slat, inside, top	57-1/4 x 3-1/8 x 5/8

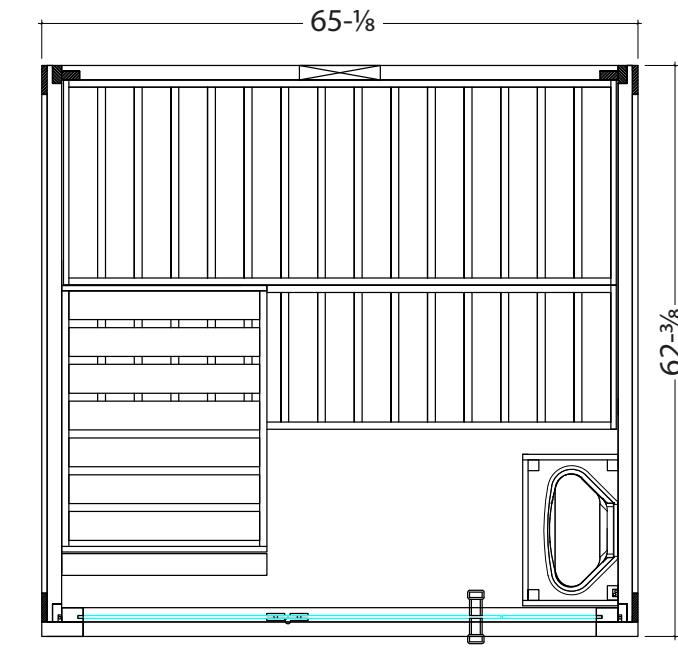
No. of items	Name	Dimensions inches
<b>Interior fittings</b>		
1	Bench	60-1/2 x 22-1/2 x 3-1/8
1	Bench	60-1/2 x 19-5/8 x 3-1/8
1	Bench	29-1/8 x 22-1/2 x 3-1/8
1	Bench foot	22-1/2 x 37 x 2-3/8
1	Heater protection grille	15-3/8 x 28-3/4 x 2
2	Heater protection grille	11-7/8 x 16-7/8 x 2
<b>Accessories</b>		
1	Headrest	11-7/8 x 11 x 2-3/4
1	Door handle set lime wood/black wood	
1	LED RGBW - integrated into roof support slat	60-7/8 x 7/8 x 5/8
1	LED technology 40W (white)	
1	silicone cable 5x2.5mm <sup>2</sup>	157-1/2
1	Cable cover slat	78-3/4 x 1-5/8 x 1-1/8
1	Ventilation slit	22 x 5-1/2 x 5/8
1	Door magnet, sleeve plate, black	
2	Door hinges 8652-05, black	
1	Aluminium U-profile, black	22-3/8
1	Aluminium U-profile, black	10-3/8
1	Installation material set	
1	Assembly instructions	

FLOOR PLAN - SMALL

LEFT FLOOR PLAN

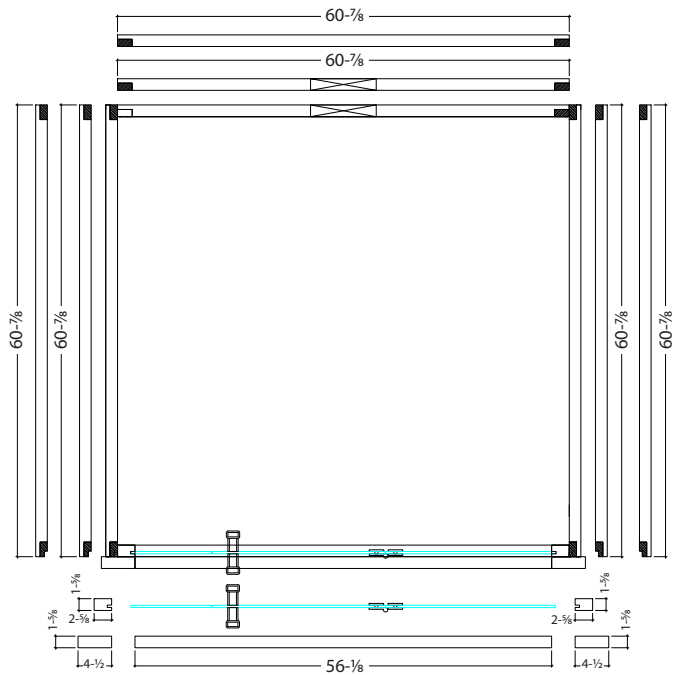


RIGHT FLOOR PLAN

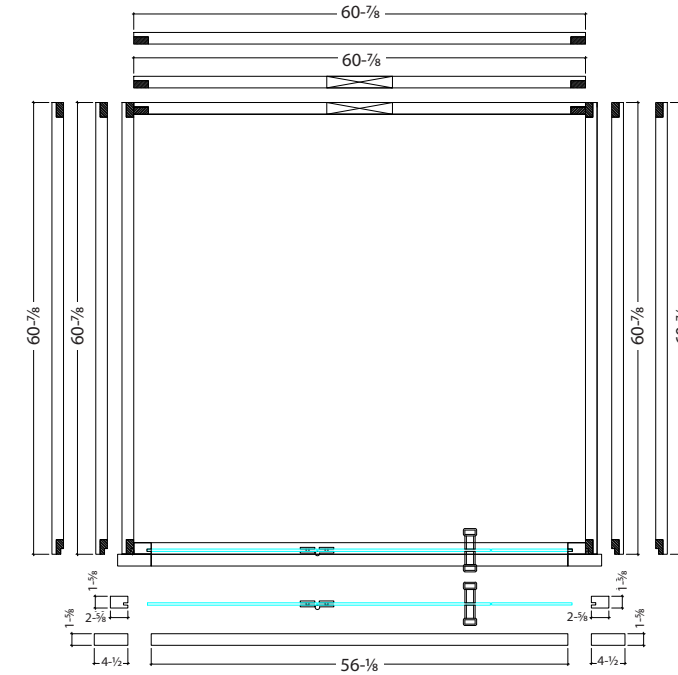


COMPONENT LAYOUT - SMALL

LEFT FLOOR PLAN



RIGHT FLOOR PLAN

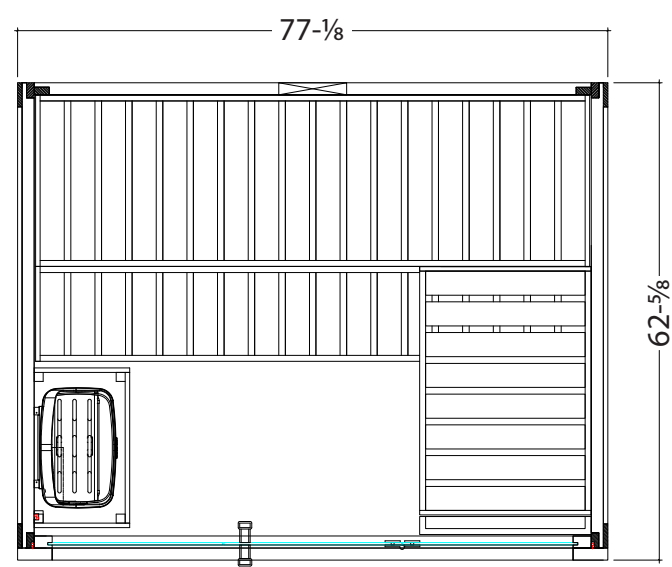


## PARTS LIST - MEDIUM

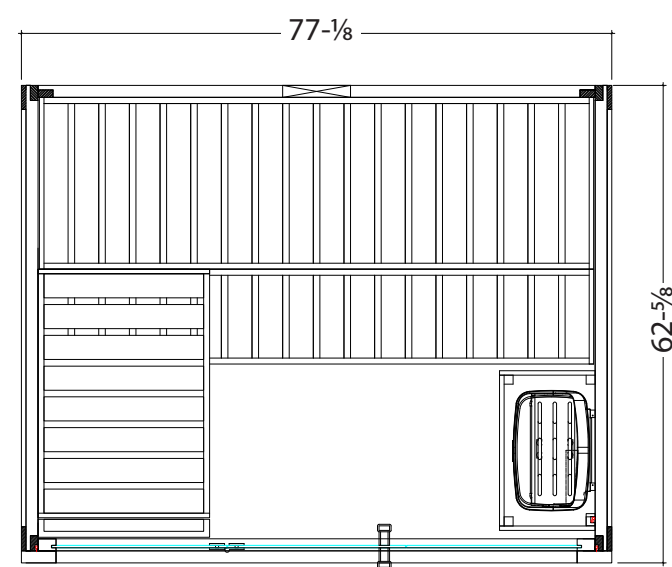
No. of items	Name	Dimensions inches	No. of items	Name	Dimensions inches
<b>Wall elements</b>			<b>Interior fittings</b>		
1	Wall element, bottom right - Electrical element	60- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Bench	72- <sup>1</sup> / <sub>2</sub> x 22- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub>
1	Wall element, top right - Electrical element	60- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Bench	72- <sup>1</sup> / <sub>2</sub> x 19- <sup>5</sup> / <sub>8</sub> x 3- <sup>1</sup> / <sub>8</sub>
1	Wall element, bottom rear - Ventilation element	72- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Bench	32- <sup>1</sup> / <sub>2</sub> x 22- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub>
1	Wall element, top rear	72- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Bench foot	22- <sup>1</sup> / <sub>2</sub> x 37 x 2- <sup>5</sup> / <sub>8</sub>
1	Wall element, bottom left - Electrical element	60- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Heater protection grille	19- <sup>5</sup> / <sub>8</sub> x 28- <sup>3</sup> / <sub>4</sub> x 2
1	Wall element, top left - Electrical element	60- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>	2	Heater protection grille	12- <sup>5</sup> / <sub>8</sub> x 16- <sup>7</sup> / <sub>8</sub> x 2
1	Element above door, black	68- <sup>1</sup> / <sub>8</sub> x 4- <sup>3</sup> / <sub>4</sub> x 1- <sup>5</sup> / <sub>8</sub>	<b>Accessories</b>		
1	Element with groove for glass, right, black	79- <sup>3</sup> / <sub>4</sub> x 2- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Headrest	11- <sup>3</sup> / <sub>4</sub> x 11 x 2- <sup>3</sup> / <sub>4</sub>
1	Element with groove for glass, left, black	79- <sup>3</sup> / <sub>4</sub> x 2- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	Door handle set lime wood/black wood	
1	Mounting rail above door, black	23- <sup>1</sup> / <sub>2</sub> x <sup>3</sup> / <sub>4</sub> x <sup>3</sup> / <sub>8</sub>	1	LED RGBW - integrated into roof support slat	72- <sup>7</sup> / <sub>8</sub> x <sup>7</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>
2	Cover, front, black	79- <sup>3</sup> / <sub>4</sub> x 4- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	LED technology 40W (white)	
1	Cover, top front, black	68- <sup>7</sup> / <sub>8</sub> x 4- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>	1	silicone cable 5x2.5mm <sup>2</sup>	157- <sup>1</sup> / <sub>2</sub>
<b>Roof elements</b>			1	Cable cover slat	78- <sup>3</sup> / <sub>4</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>1</sup> / <sub>8</sub>
2	Roof element	57- <sup>3</sup> / <sub>4</sub> x 36- <sup>1</sup> / <sub>4</sub> x 2- <sup>1</sup> / <sub>4</sub>	1	Ventilation slit	22 x 5- <sup>1</sup> / <sub>2</sub> x <sup>5</sup> / <sub>8</sub>
<b>Glass elements</b>			1	Door magnet, sleeve plate, black	
1	Glass door	74- <sup>3</sup> / <sub>4</sub> x 23- <sup>1</sup> / <sub>4</sub> x 8mm	2	Door hinges 8652-05, black	
1	Glass element with holes for door hinges	76 x 22- <sup>7</sup> / <sub>8</sub> x 8mm	2	Aluminium U-profile, black	22- <sup>3</sup> / <sub>8</sub>
1	Glass element	76 x 22- <sup>7</sup> / <sub>8</sub> x 8mm	1	Installation material set	
<b>Support slats</b>			1	Assembly instructions	
3	Bench support slats	22- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>			
2	Bench support slats	34- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>			
2	Roof support slats	54- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>			
1	Roof support slat	72- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>			
1	Roof support slat with LED	72- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>			
4	Cover slats, outside corners	79- <sup>3</sup> / <sub>4</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>			
2	Cover slats, outside, top	54- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>			
1	Cover slat, inside, top	57- <sup>1</sup> / <sub>4</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>			

FLOOR PLAN - MEDIUM

LEFT FLOOR PLAN

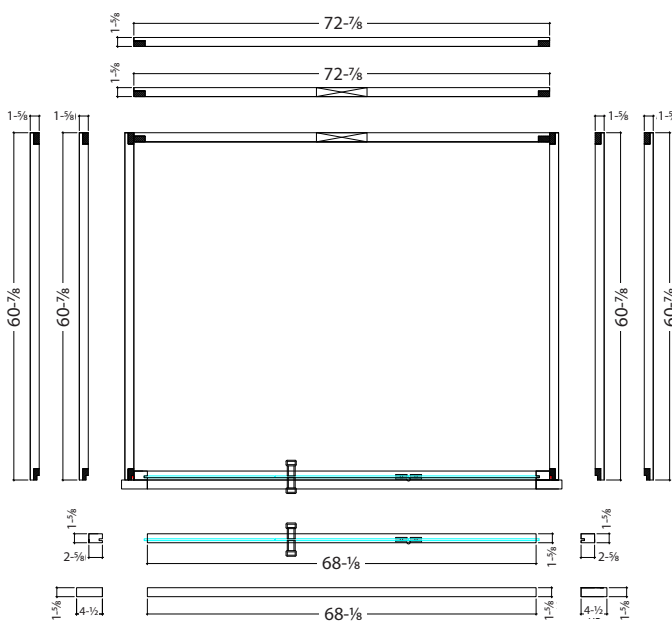


RIGHT FLOOR PLAN

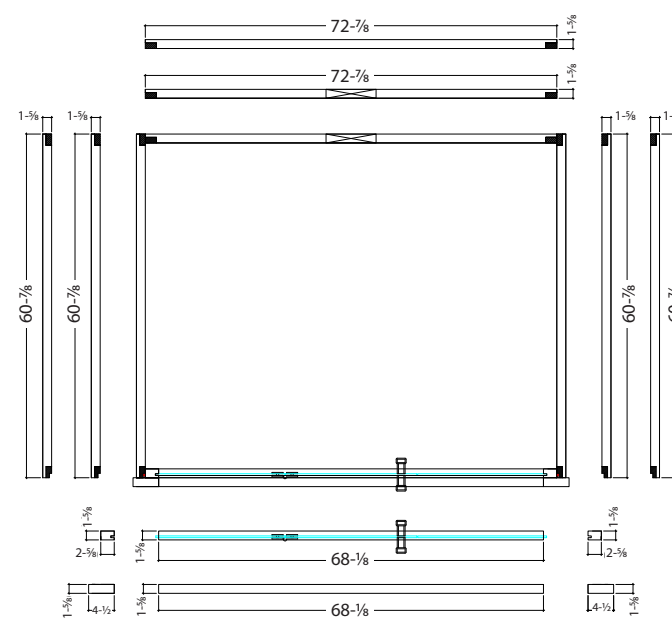


COMPONENT LAYOUT - MEDIUM

LEFT FLOOR PLAN



RIGHT FLOOR PLAN



## PARTS LIST - LARGE

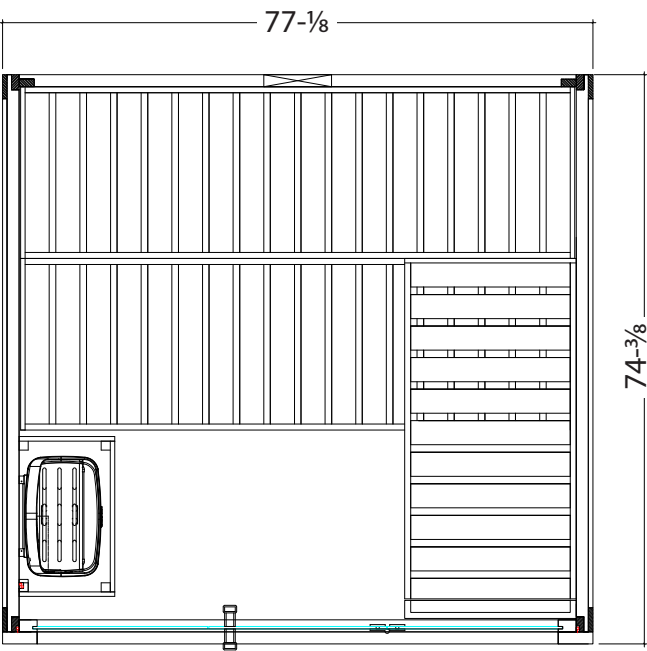
No. of items	Name	Dimensions inches
<b>Wall elements</b>		
1	Wall element, bottom right - Electrical element	72- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Wall element, top right - Electrical element	72- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Wall element, bottom rear - Ventilation element	72- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Wall element, top rear	72- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Wall element, bottom left - Electrical element	72- <sup>7</sup> / <sub>8</sub> x 40- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Wall element, top left - Electrical element	72- <sup>7</sup> / <sub>8</sub> x 42- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Element above door, black	68- <sup>1</sup> / <sub>8</sub> x 4- <sup>3</sup> / <sub>4</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Element with groove for glass, right, black	79- <sup>3</sup> / <sub>4</sub> x 2- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Element with groove for glass, left, black	79- <sup>3</sup> / <sub>4</sub> x 2- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Mounting rail above door, black	23- <sup>1</sup> / <sub>2</sub> x <sup>3</sup> / <sub>4</sub> x <sup>3</sup> / <sub>8</sub>
2	Cover, front, black	79- <sup>3</sup> / <sub>4</sub> x 4- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Cover, top front, black	68- <sup>7</sup> / <sub>8</sub> x 4- <sup>1</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
<b>Roof elements</b>		
2	Roof elements	69- <sup>3</sup> / <sub>4</sub> x 36- <sup>1</sup> / <sub>4</sub> x 2- <sup>1</sup> / <sub>4</sub>
<b>Glass elements</b>		
1	Glass door	74- <sup>3</sup> / <sub>4</sub> x 23- <sup>1</sup> / <sub>4</sub> x 8mm
1	Glass element with holes for door hinges	76 x 22- <sup>7</sup> / <sub>8</sub> x 8mm
1	Glass element	76 x 22- <sup>7</sup> / <sub>8</sub> x 8mm
<b>Support slats</b>		
3	Bench support slats	22- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
2	Bench support slats	44- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
2	Roof support slats	66- <sup>1</sup> / <sub>2</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Roof support slat	72- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
1	Roof support slat with LED	72- <sup>7</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>5</sup> / <sub>8</sub>
4	Cover slats, outside corners	79- <sup>3</sup> / <sub>4</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>
2	Cover slats, outside, top	66- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>
1	Cover slat, inside, top	69- <sup>1</sup> / <sub>4</sub> x 3- <sup>1</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>

No. of items	Name	Dimensions inches
<b>Interior fittings</b>		
2	Benches	72- <sup>1</sup> / <sub>2</sub> x 22- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub>
1	Bench	44- <sup>1</sup> / <sub>2</sub> x 22- <sup>1</sup> / <sub>2</sub> x 3- <sup>1</sup> / <sub>8</sub>
1	Bench foot	22- <sup>1</sup> / <sub>2</sub> x 37 x 2- <sup>5</sup> / <sub>8</sub>
1	Heater protection grille	19- <sup>5</sup> / <sub>8</sub> x 28- <sup>3</sup> / <sub>4</sub> x 2
2	Heater protection grille	12- <sup>5</sup> / <sub>8</sub> x 16- <sup>7</sup> / <sub>8</sub> x 2
<b>Accessories</b>		
1	Headrest	11- <sup>3</sup> / <sub>4</sub> x 11 x 2- <sup>3</sup> / <sub>4</sub>
1	Door handle set lime wood/black wood	
1	LED RGBW - integrated into roof support slat	72- <sup>7</sup> / <sub>8</sub> x <sup>7</sup> / <sub>8</sub> x <sup>5</sup> / <sub>8</sub>
1	LED technology 40W (white)	
1	silicone cable 5x2.5mm <sup>2</sup>	157- <sup>1</sup> / <sub>2</sub>
1	Cable cover slat	78- <sup>3</sup> / <sub>4</sub> x 1- <sup>5</sup> / <sub>8</sub> x 1- <sup>1</sup> / <sub>8</sub>
1	Ventilation slit	22 x 5- <sup>1</sup> / <sub>2</sub> x <sup>5</sup> / <sub>8</sub>
1	Door magnet, sleeve plate, black	
2	Door hinges 8652-05, black	
2	Aluminium U-profile, black	22- <sup>3</sup> / <sub>8</sub>
1	Installation material set	
1	Assembly instructions	

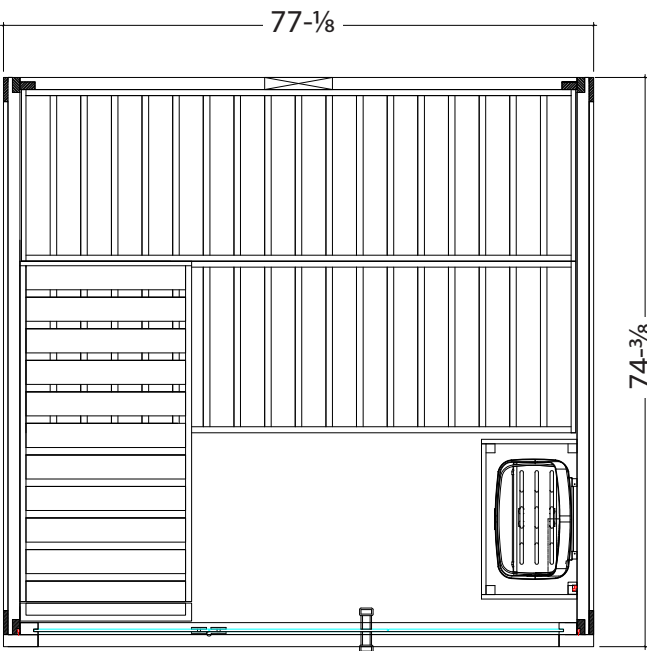


FLOOR PLAN - LARGE

LEFT FLOOR PLAN

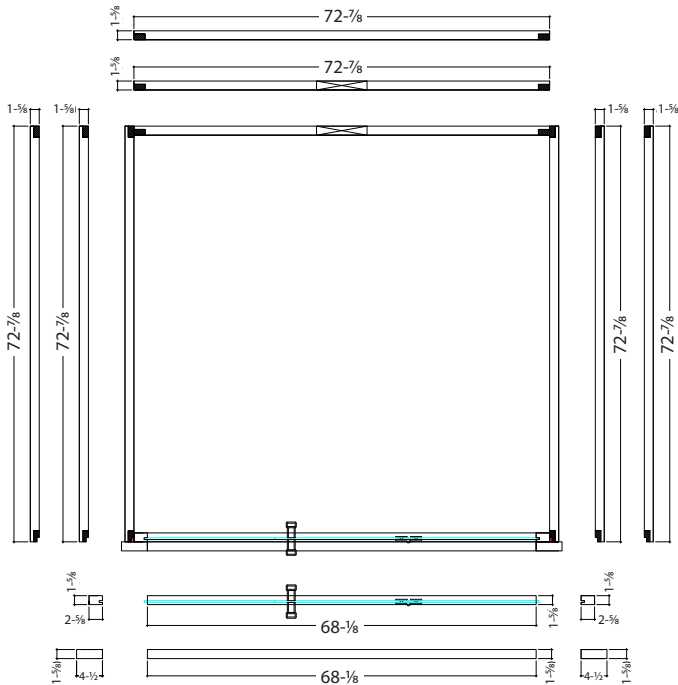


RIGHT FLOOR PLAN

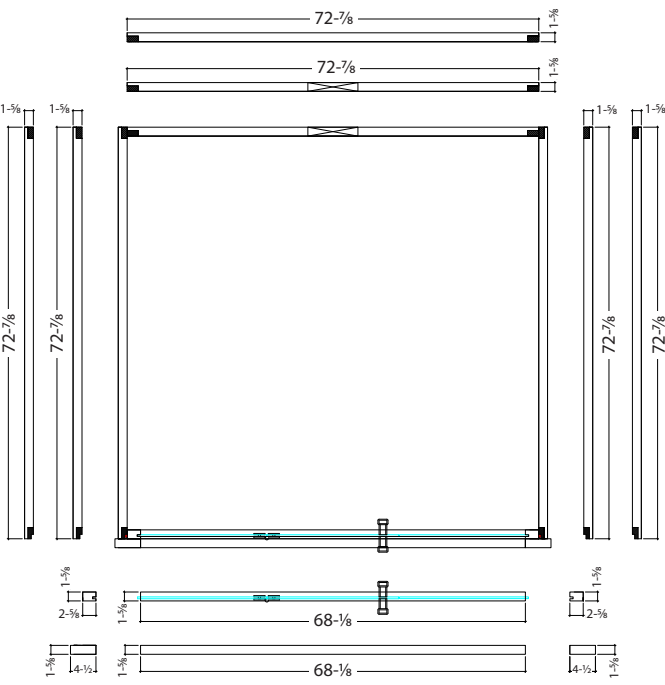


COMPONENT LAYOUT - LARGE

LEFT FLOOR PLAN



RIGHT FLOOR PLAN



## WALL 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.
- These instructions follow the right floor plan; for a left floor plan, install noted elements on the opposite side.
- For Medium and Large units, the door can be hinged on either side. Position the glass elements accordingly to install door with preferred swing.

Start by placing the "wall element, bottom rear - ventilation element" at the back of where the sauna will be going, then on the right side place the "element, bottom right". Predrill and screw through the side of the right panel into the edge of the rear ventilation element using three 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 "element, bottom left" and again predrill and fasten using three 5 X 80 screws (2).

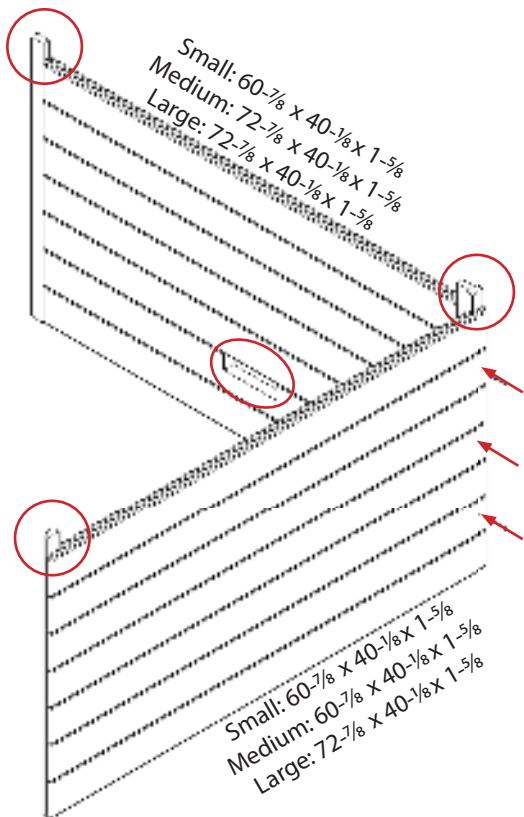


Image 1

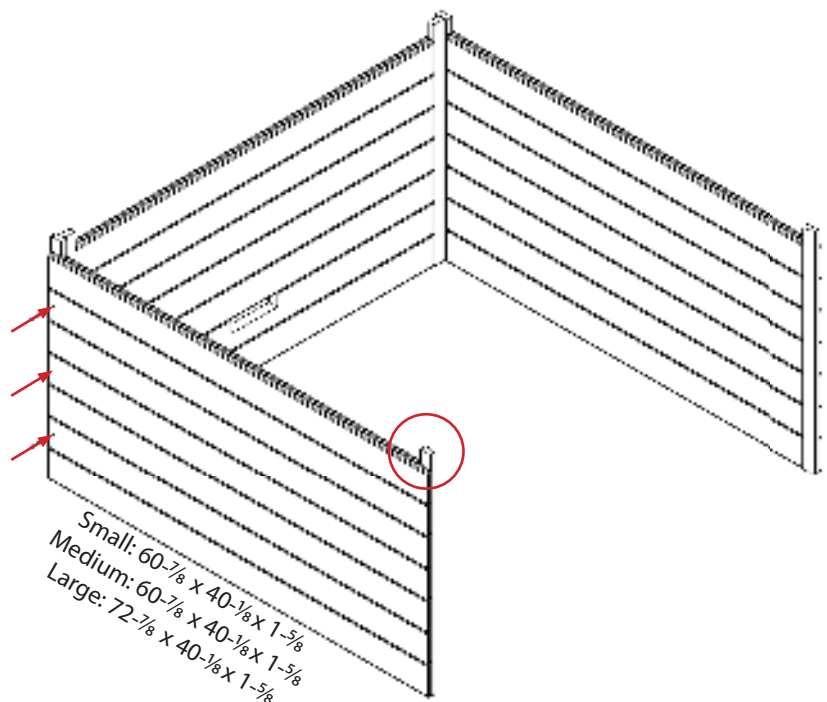
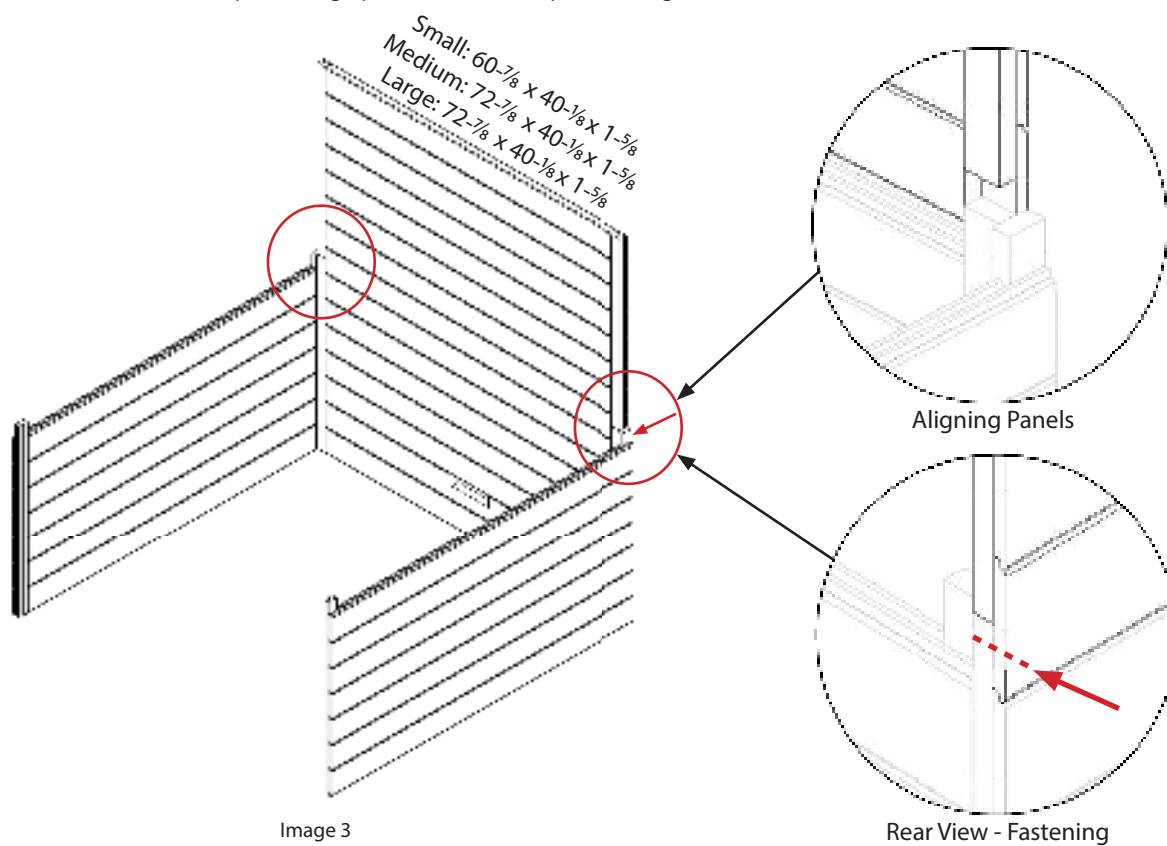
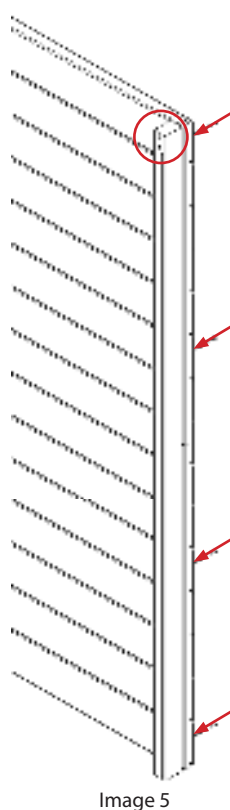
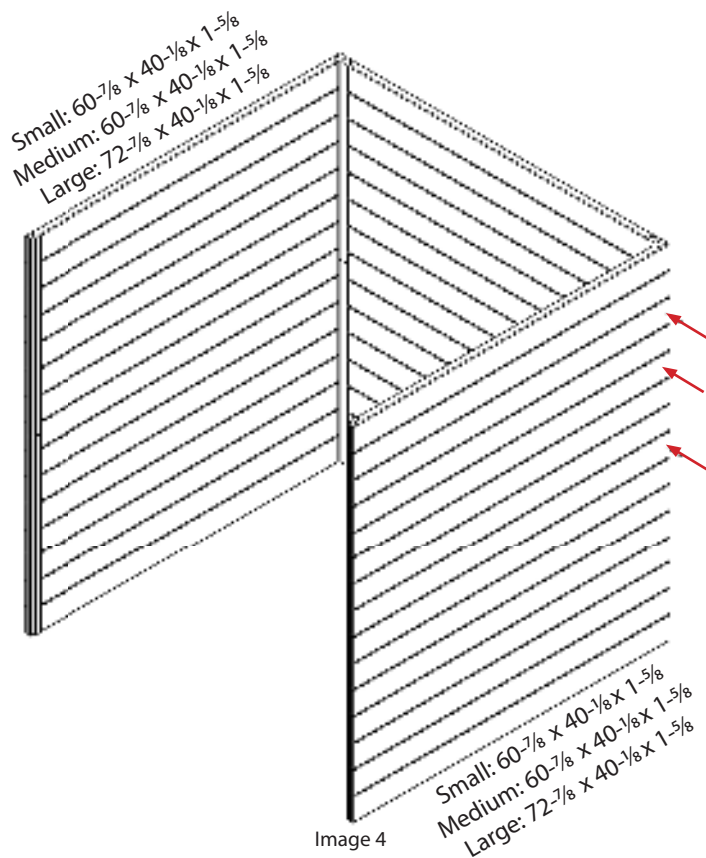


Image 2

Place the "wall element, top rear" on top of the rear bottom element, making sure the panels align on the corners. Predrill and fasten through this panel into the board that was protruding up from the bottom panels using one 5 X 80 screw in each side (3).



Install the two top left and top right wall elements and again predrill and fasten using three 5 X 80 screws in each side (4). Next install the two "elements with groove for glass" on the inside of the front edge of the side walls by predrilling and fastening using four 5 X 80 screws from the outside (5-6). Make sure the holes for the above door element are located at the top.



Place the above door element between the groove glass elements and slide the dowel pins into holes in the top. Then at the top of the glass groove elements where the above door element meets, predrill through the above door element into the glass groove element. Then install two 4 X 70 screws through your predrilled holes to connect the pieces together (7).

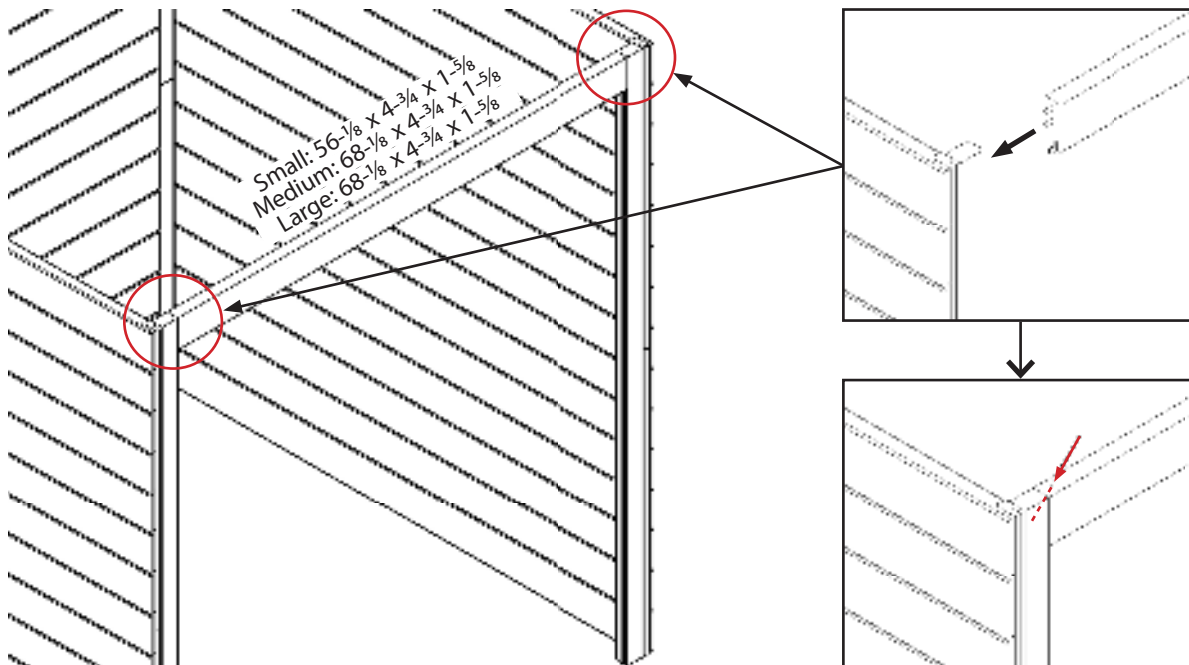


Image 7

## 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.

This point is where you decide the swing direction of the door. By placing the "glass element with holes for door hinges" on the left of the sauna, the door will be hinged on the left, and vice versa for the right (8-9).

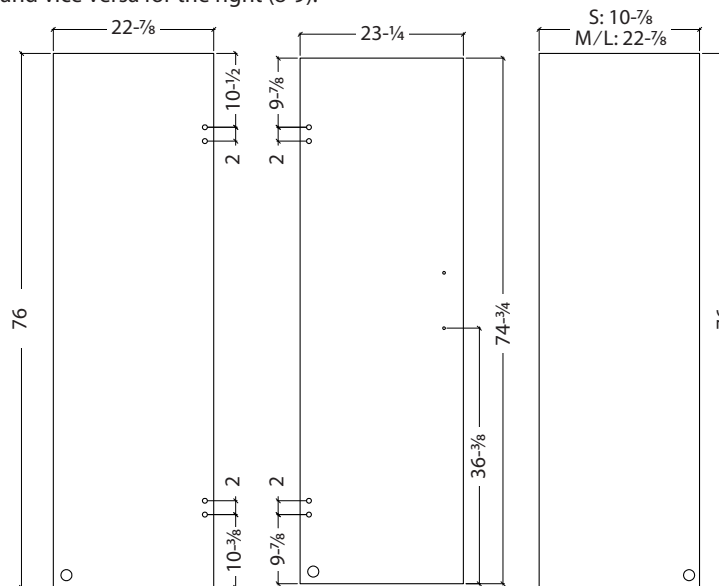


Image 8

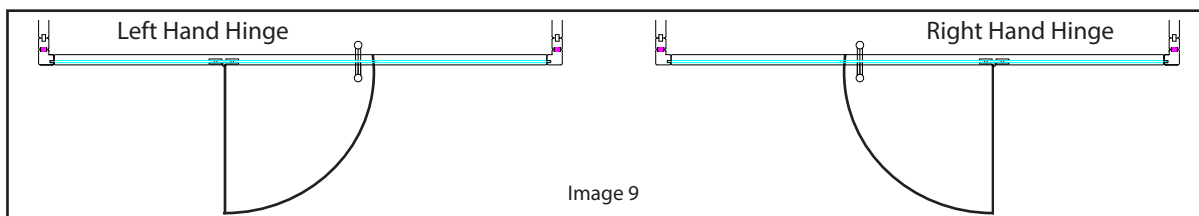
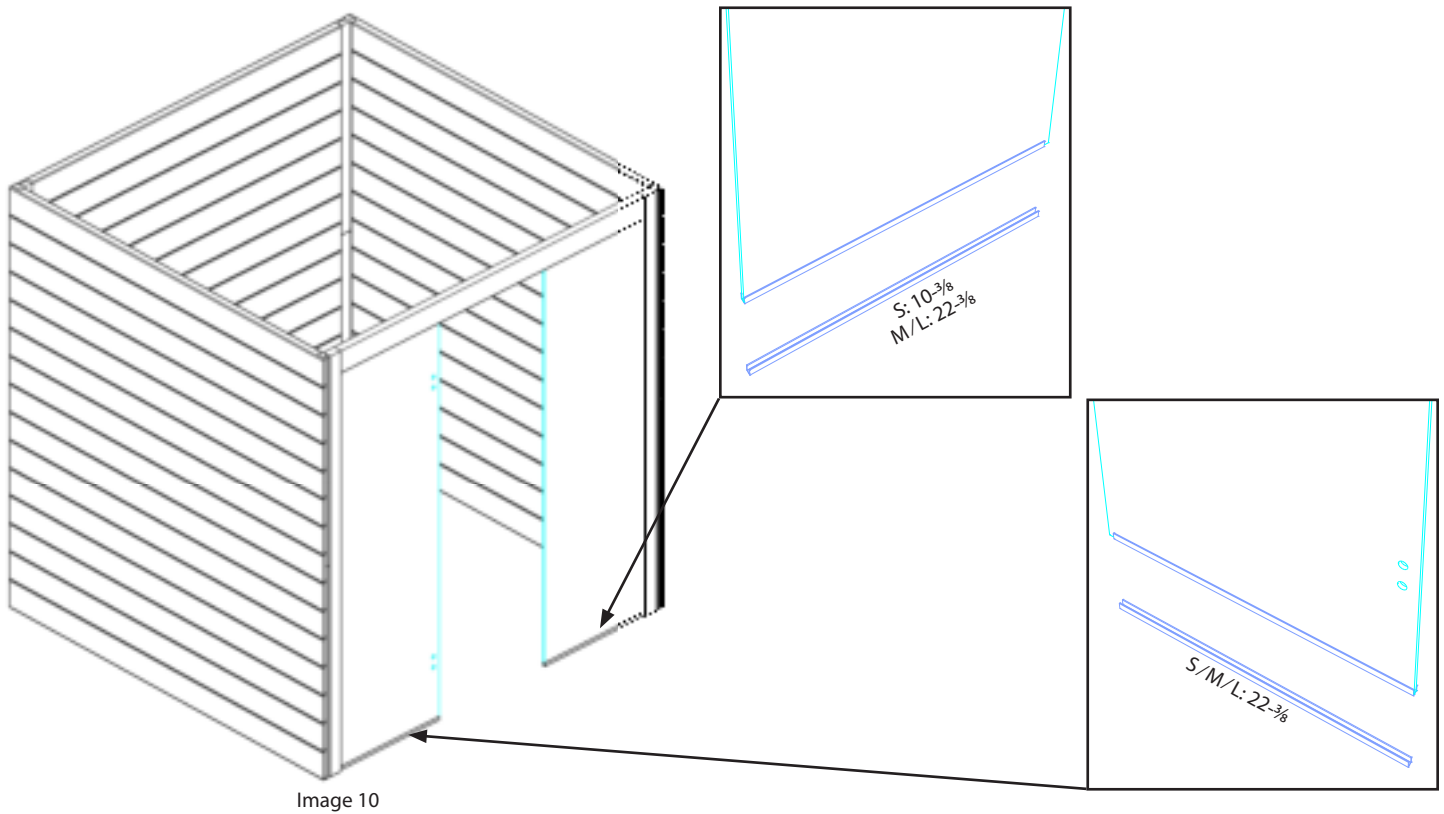
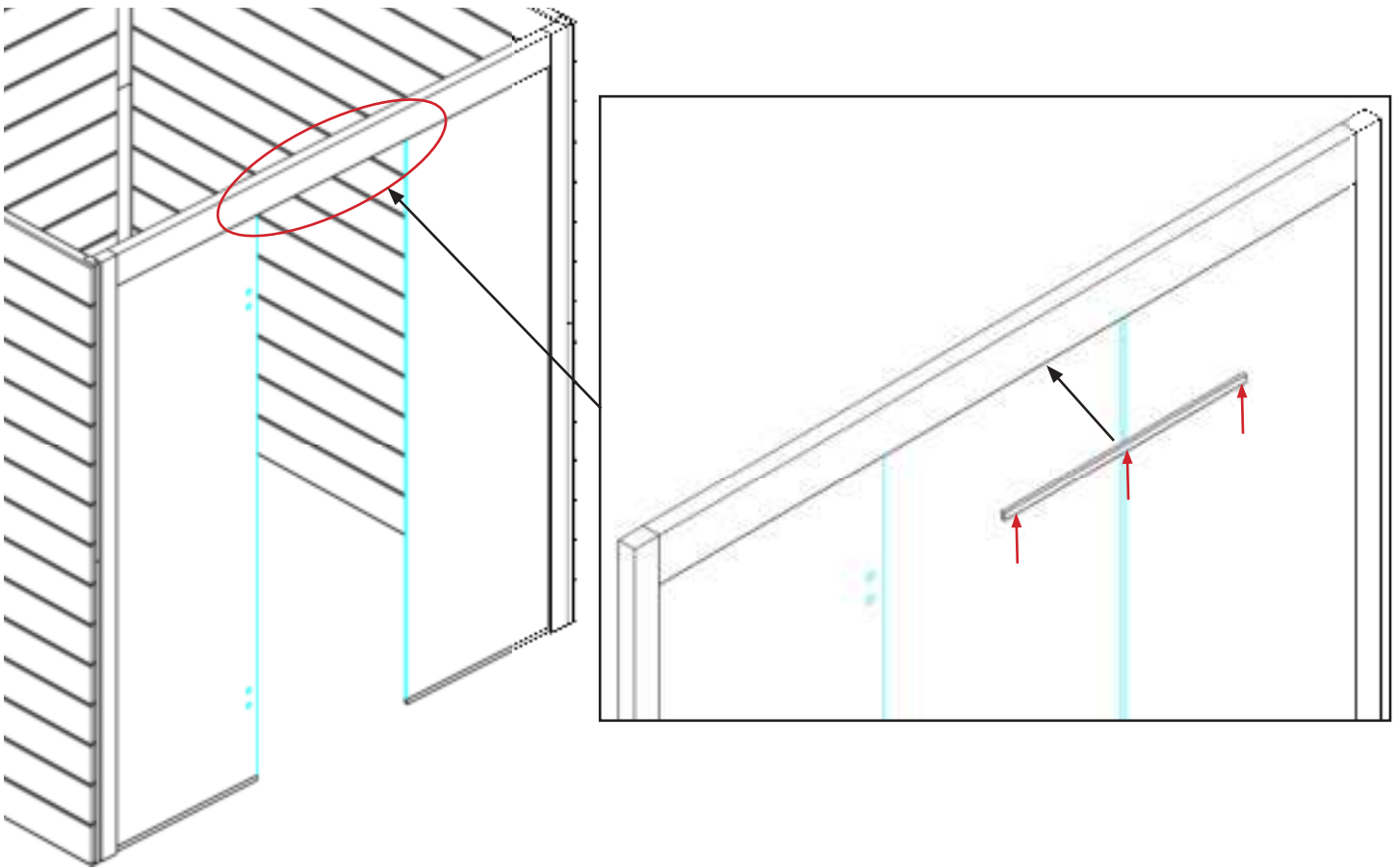


Image 9

Place the aluminum U-profile on the bottom of the glass, then slide both pieces of side glass into the above door element (10).



Install the "mounting rail above door" into the "element above door" between the two pieces of glass and fasten in place using three 3.2 X 40 screws (11).



## FRONT TRIM INSTALLATION

Place the two "cover, front, black" in front of the "element with groove for glass" and predrill and fasten from inside the sauna using five 4 X 70 screws in each side (12-13). Then place the "cover, top front, black" in front of the "element above door" and predrill and fasten from inside the sauna using five 4 X 70 screws (14-15).

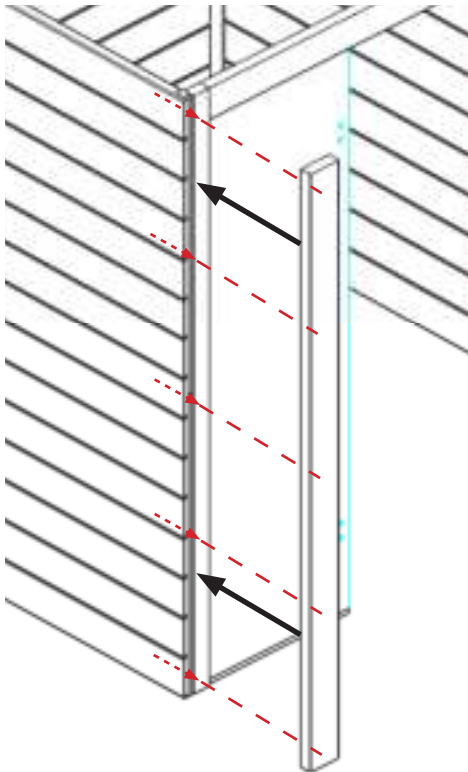


Image 12

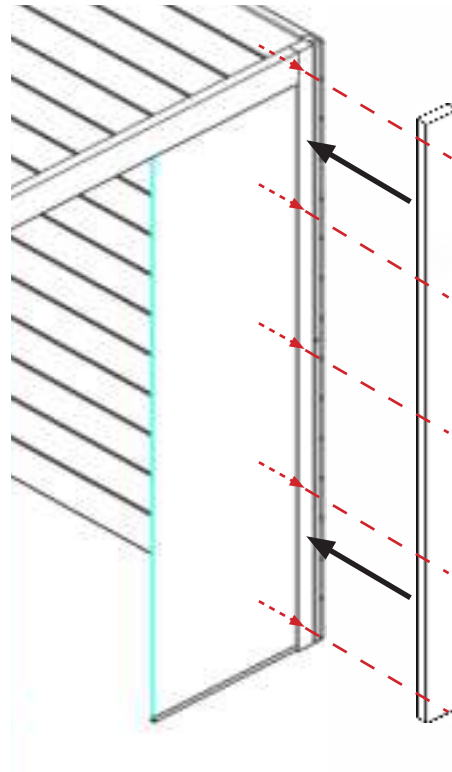


Image 13

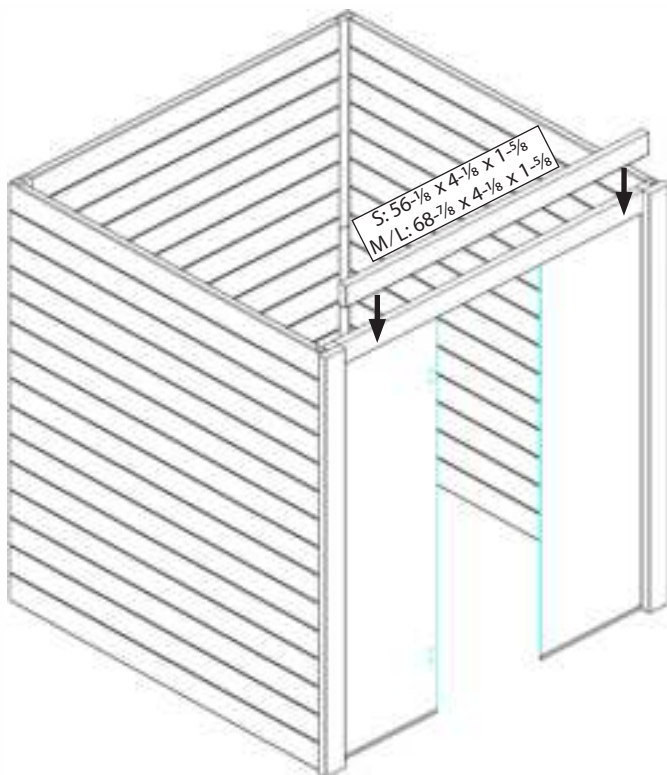


Image 14

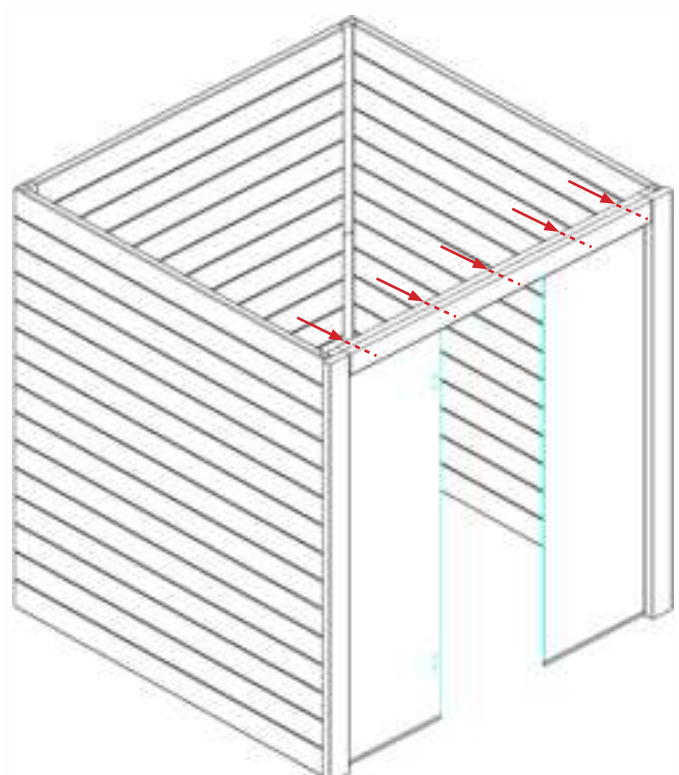


Image 15



## ROOF & EXTERIOR TRIM INSTALLATION

Install the roof support slat with LED on the rear wall, the two side wall roof supports and the front wall roof support by predrilling and fastening using four 4 X 70 screws in each (16-17). Install the support so it is 2-1/4" below the top of the walls.

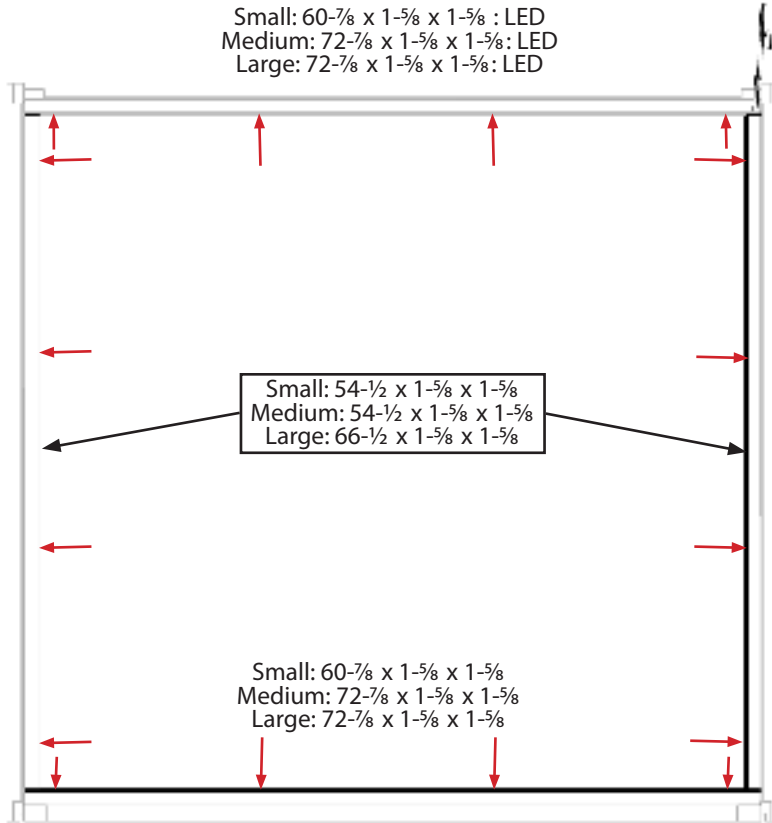


Image 16

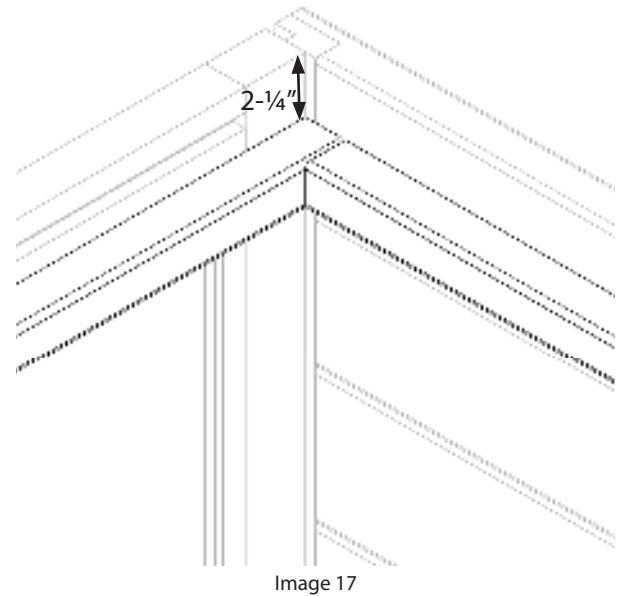


Image 17

Place the roof elements on top of the roof support slats, being careful to route the LED cord out of the sauna and not damage it. Predrill and fasten the roof elements to the roof support slats using six 4 X 70 screws in each roof element (18-19).

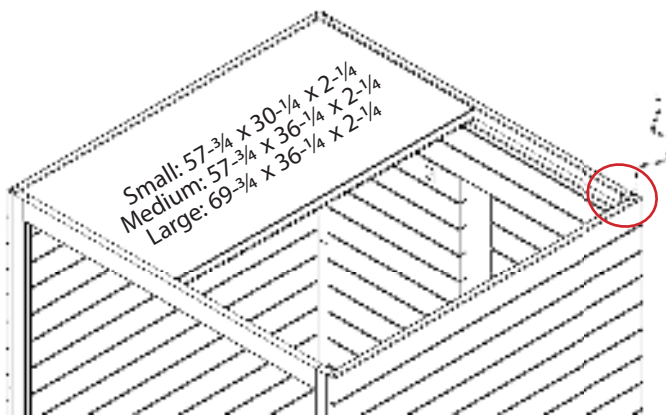


Image 18

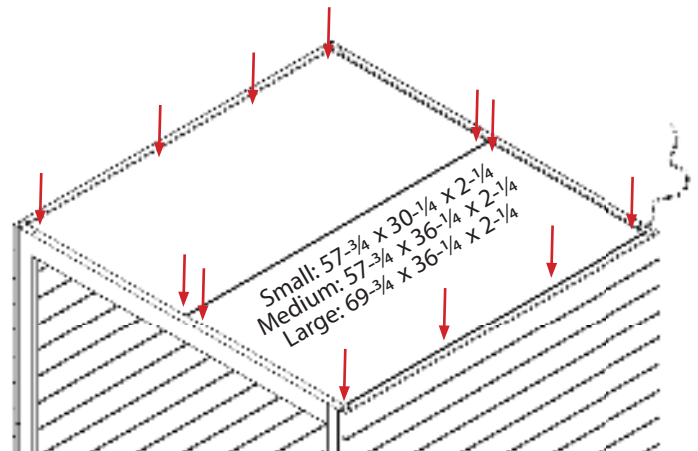


Image 19

Install the “cover slat, inside” over the joint in the roof elements by predrilling and fastening using eight 3.2 X 40 screws (20).

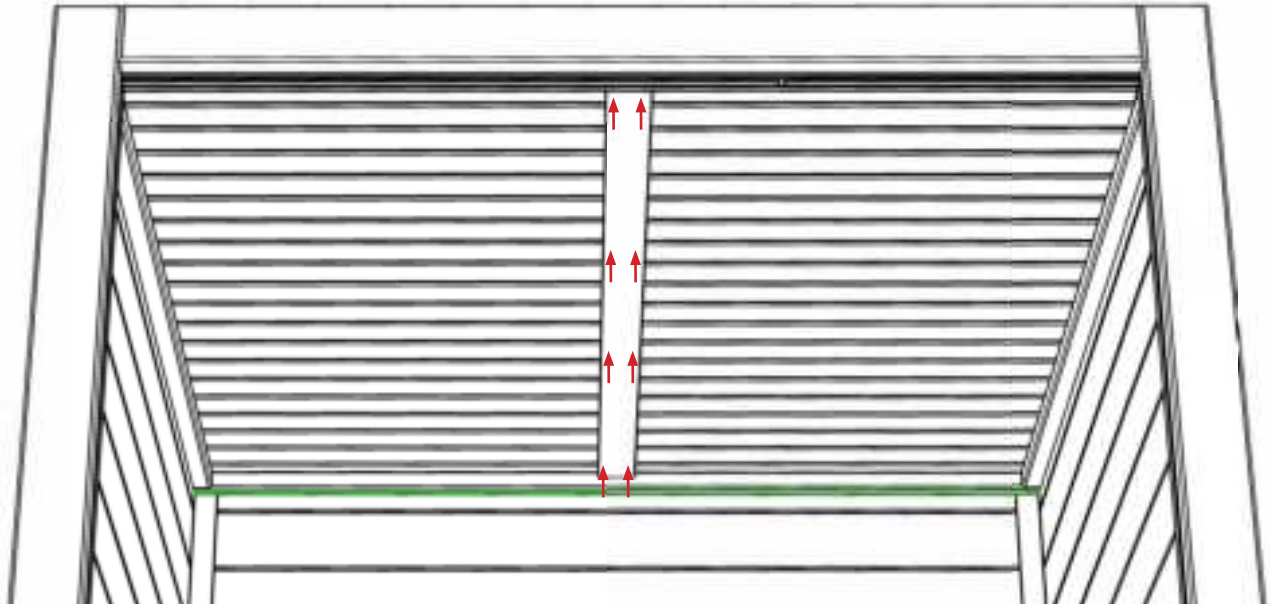


Image 20

Install the “cover slat, outside corners” and “cover slat, outside top” by fastening with four 3.2 X 40 screws in each piece (21). Complete for both sides of the sauna.

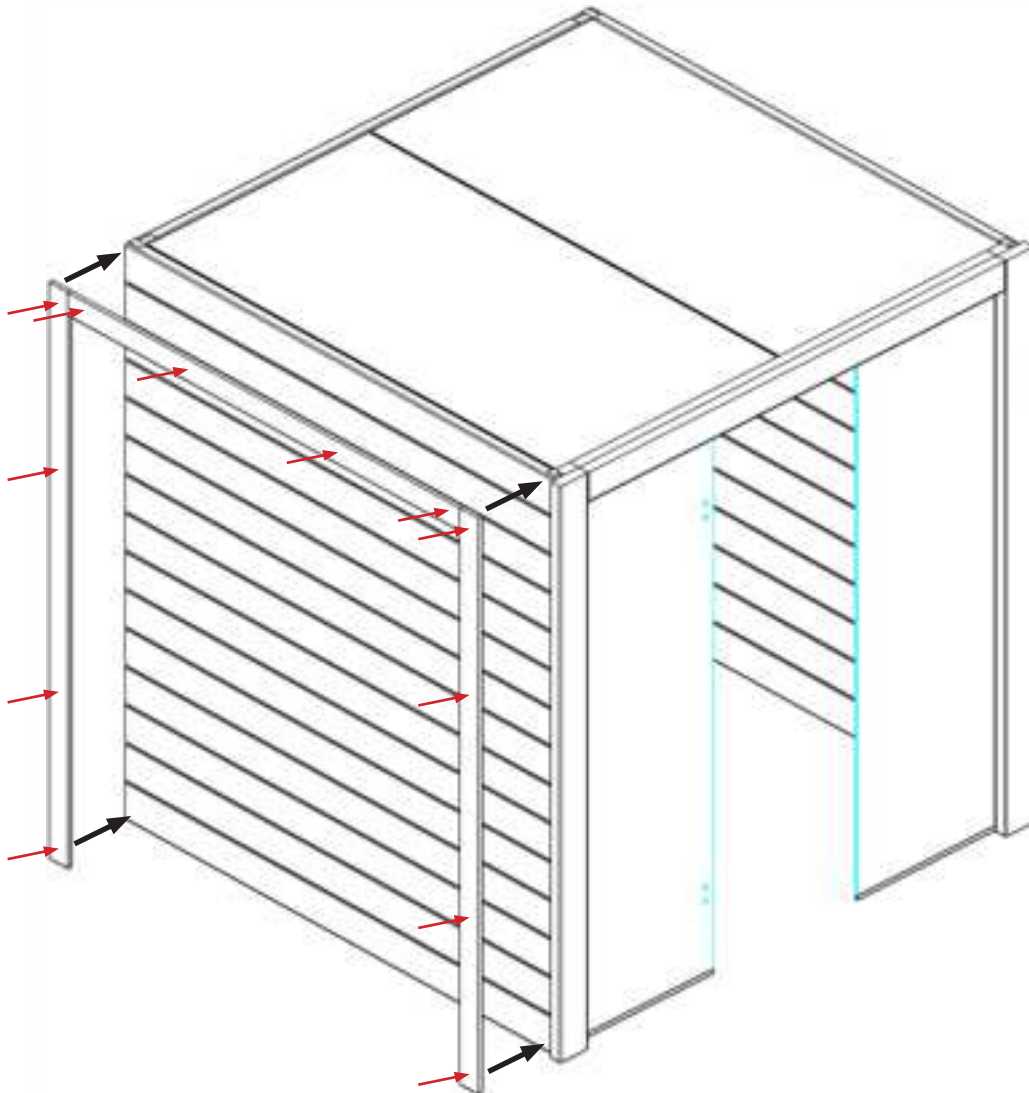


Image 21



## VENTILATION SLIDE, BENCH, & BACK REST INSTALLATION

Place the ventilation slide over the ventilation cutout and predrill and fasten using four 3.5 X 40 screws (22).

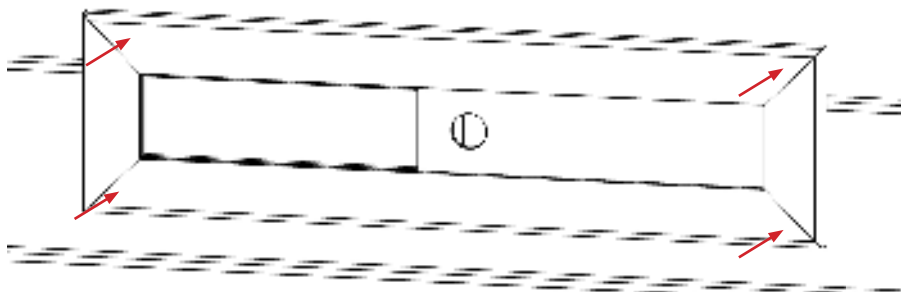


Image 22

Install an upper bench support slat  $22\frac{1}{2} \times 1\frac{5}{8} \times 1\frac{5}{8}$  on each side wall  $33\frac{7}{8}$ " off the floor by predrilling and fastening using three 5 X 70 screws in each slat. Then install the lower bench support slat on each side  $16\frac{1}{8}$ " off the floor by predrilling and fastening using three 5 X 70 screws in each slat (23-24).

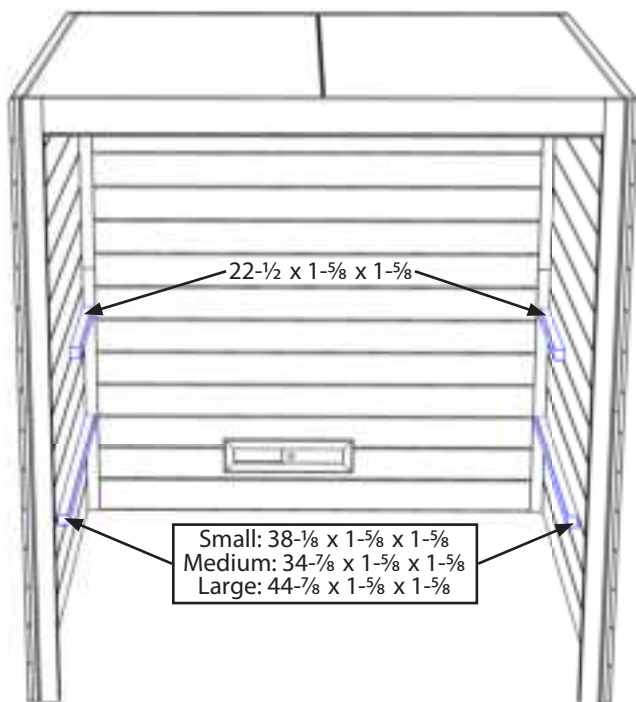


Image 23

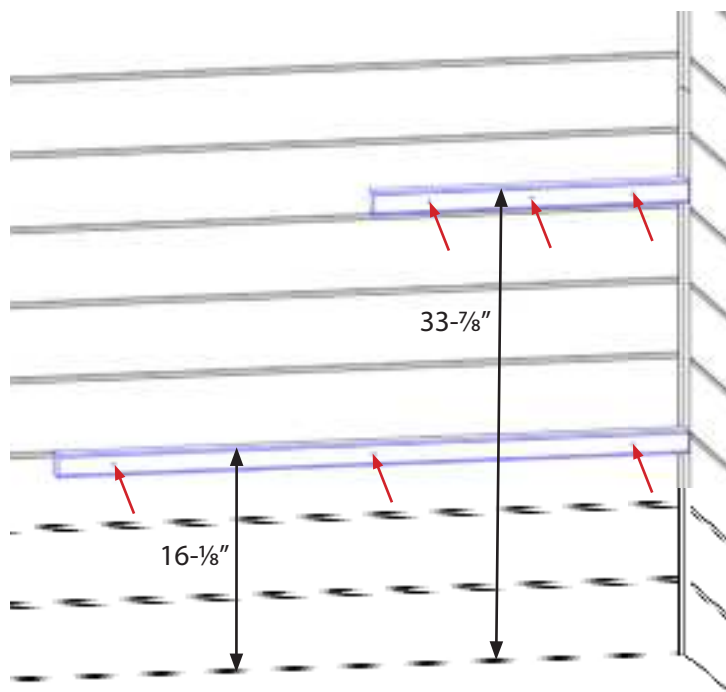


Image 24

Attach the last upper bench support slat to the bench foot by predrilling and fastening using three 5 X 70 screws; place it  $3\frac{1}{8}$ " below the top (25).

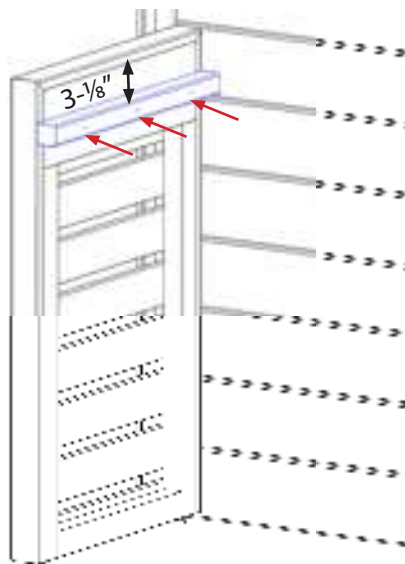


Image 25

Place the upper and lower benches on the bench support slats, then place the short bench against the front face of the upper bench. From underneath the short bench, fasten it to the front face of the upper bench by predrilling and fastening using three 5 X 70 screws (26). Depending on which layout you choose, it could be placed on the right or left wall. Fasten the short bench to the bench foot by predrilling and using three 5 X 70 screws. Lastly, fasten the bench foot to the side wall by predrilling and using three 5 X 90 screws (27).

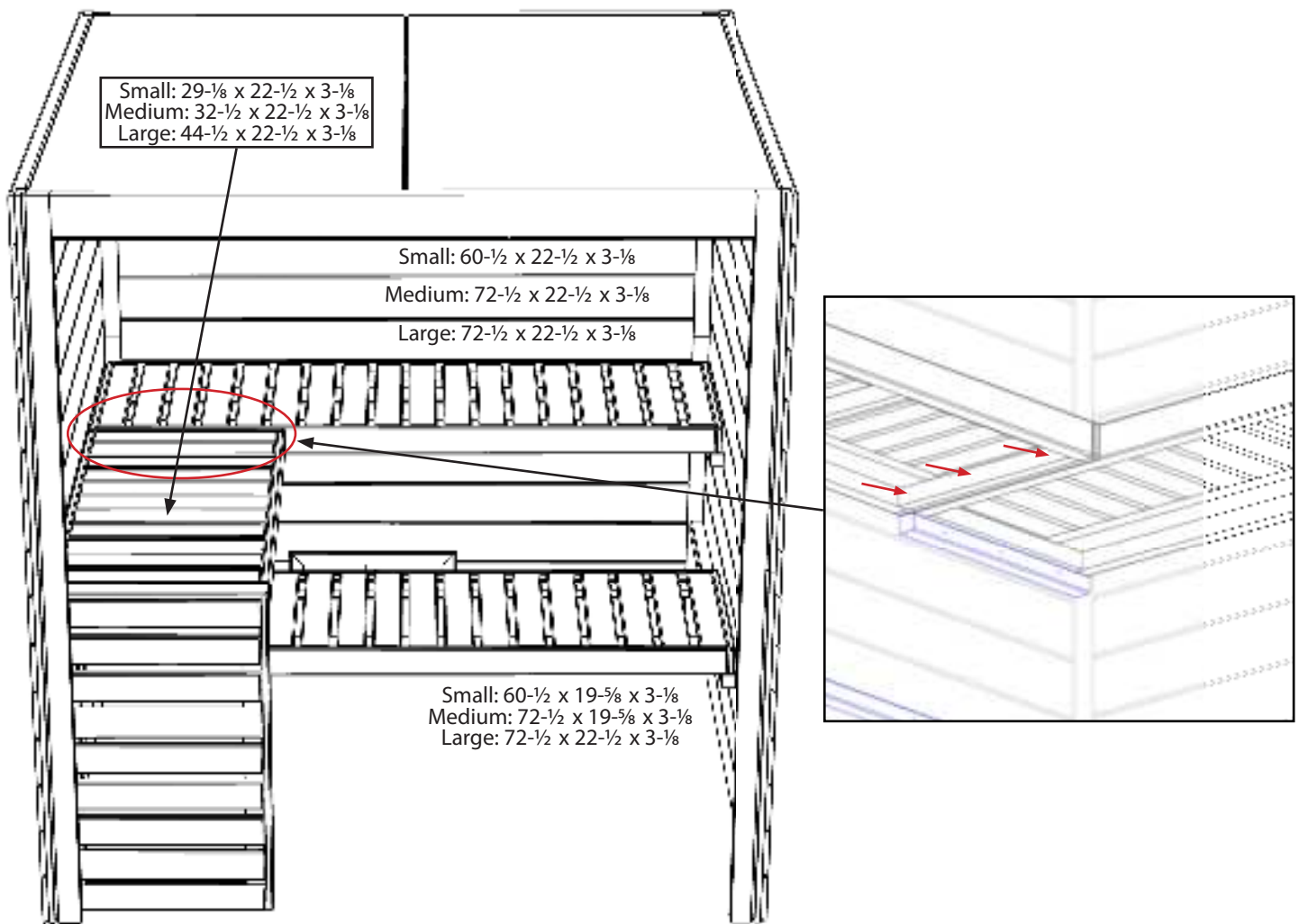


Image 26

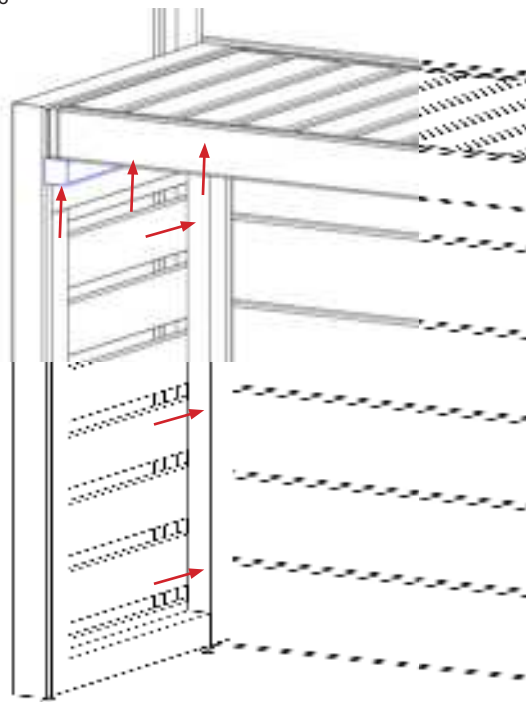


Image 27

## DOOR 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.

Remove the cover and back plates on the hinges, and install them to the glass panel with hinge holes. Ensure they are oriented so the hinges swing outward (28). Make sure the hinges are flat and not rotated; to adjust, rotate the spacers that are in the hinge holes (29). Once flat, replace the back plate and cover plate (30-31). Now repeat this process for the door glass; ensure the door glass is oriented so the bottom handle hole is 36- $\frac{3}{8}$ " from the bottom of the glass (32).

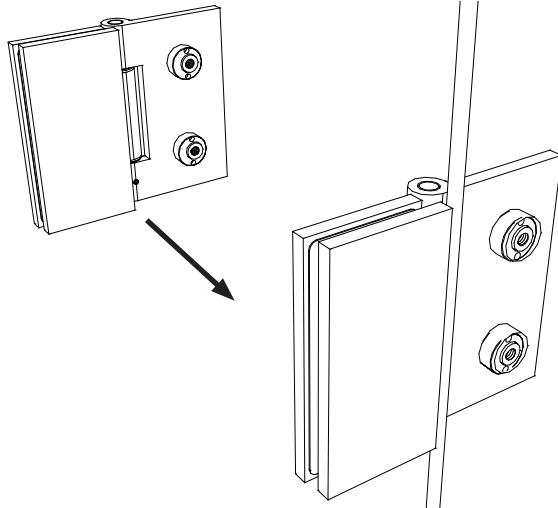


Image 28

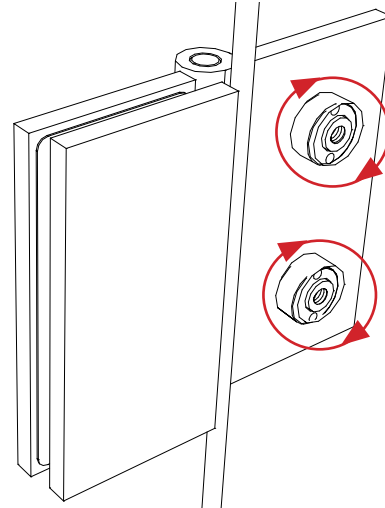


Image 29

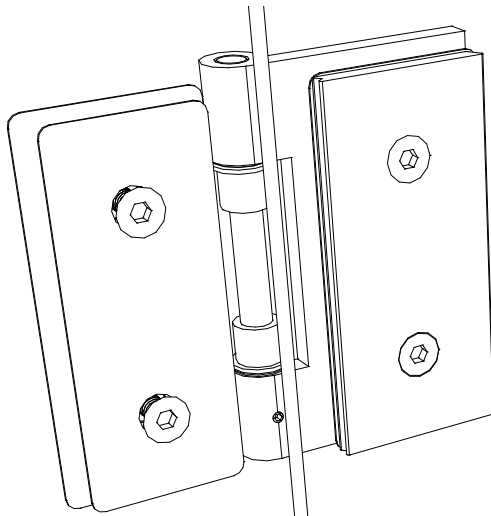


Image 30

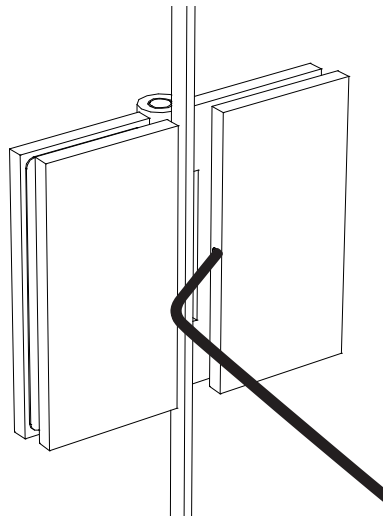


Image 31

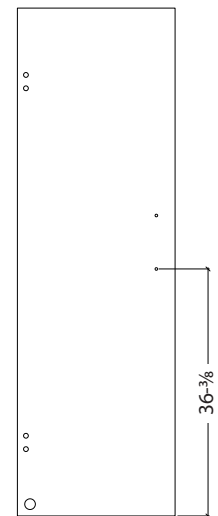


Image 32

Install the door handle with the screws on the inside of the sauna (33).

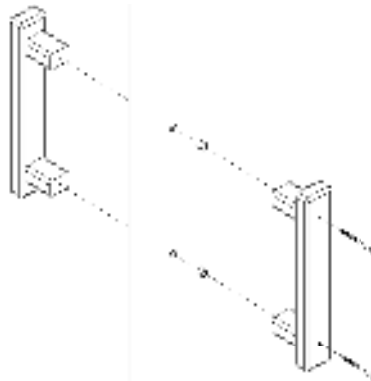
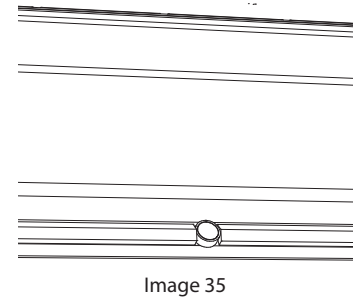
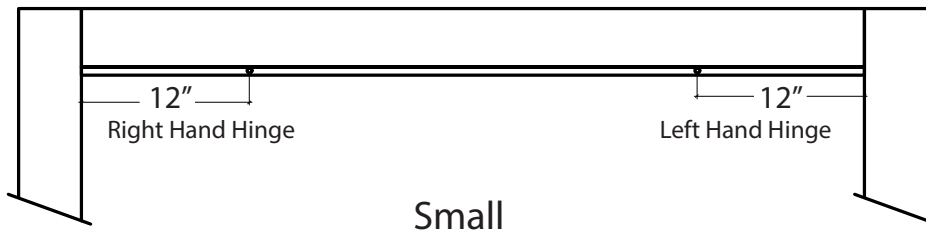
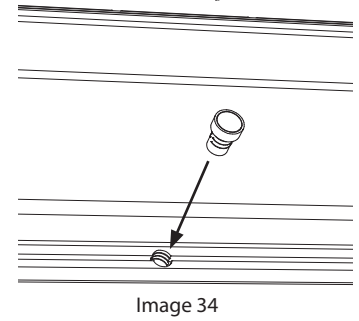
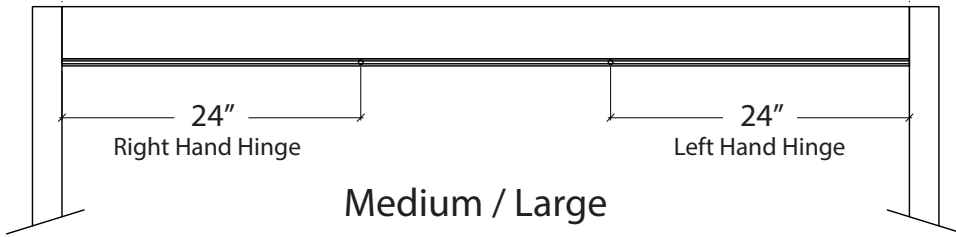
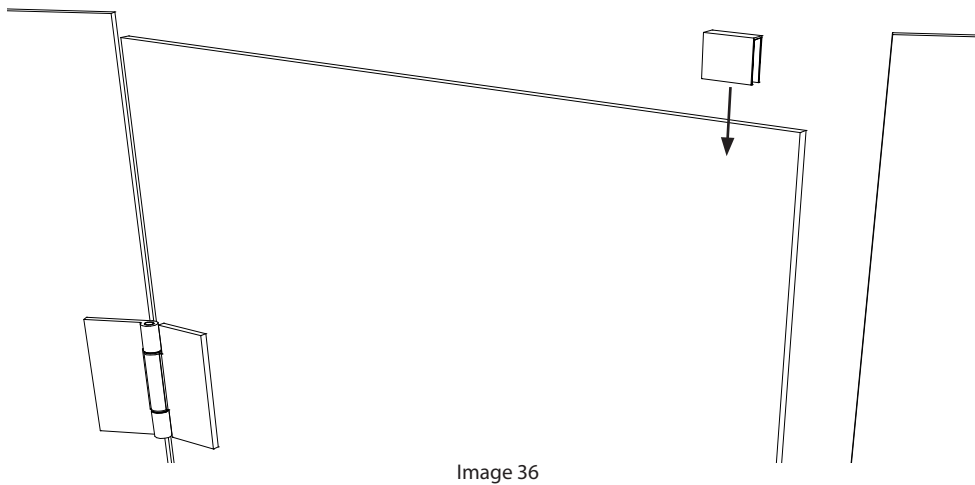


Image 33

At the above door element, cut a slit in the gasket to expose the hole for the magnet. Insert the magnet into the hole, and then remove any gasket that is in front of the magnet (34-35). Your slit should be on side of the door opposite the hinges.



Now place the magnet catch over the top of the door and align with the magnet (36).



## HEATER PROTECTION GRILLE

Attach the two side panels to the front panel using four 3.2 X 60 screws (37). Attach the heater grille to the wall using four 3.2 X 60 screws (38). You may chose to install the heater grille after the heater, it may be easier depending on your heater.

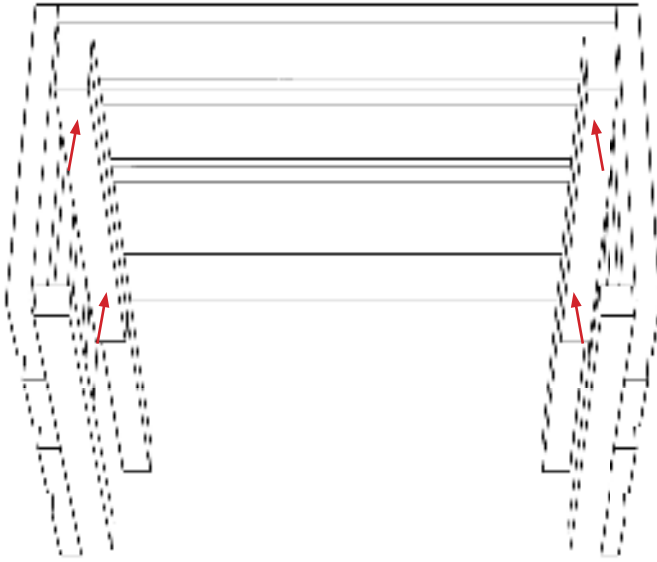


Image 37

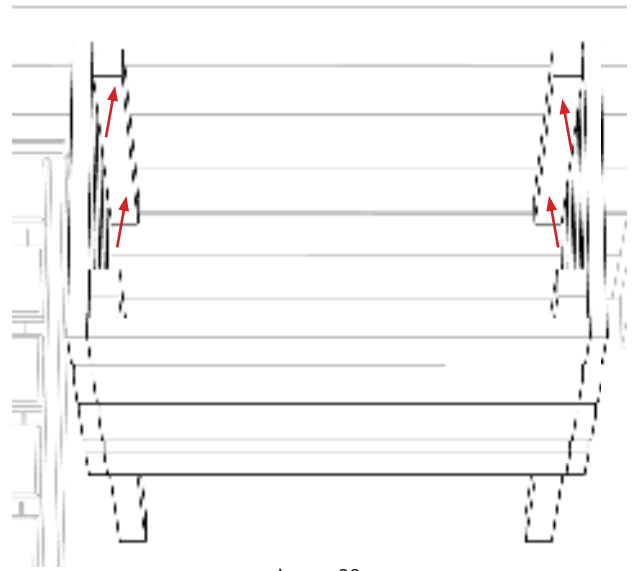


Image 38

**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.

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 3.2 X 60 screws (39-40).

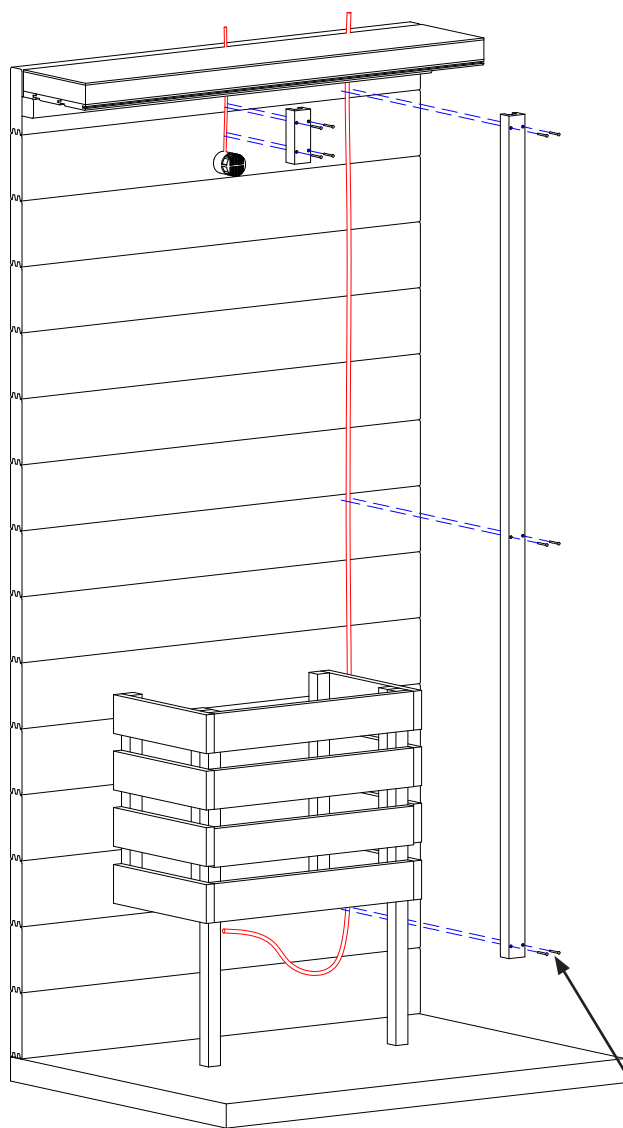


Image 39

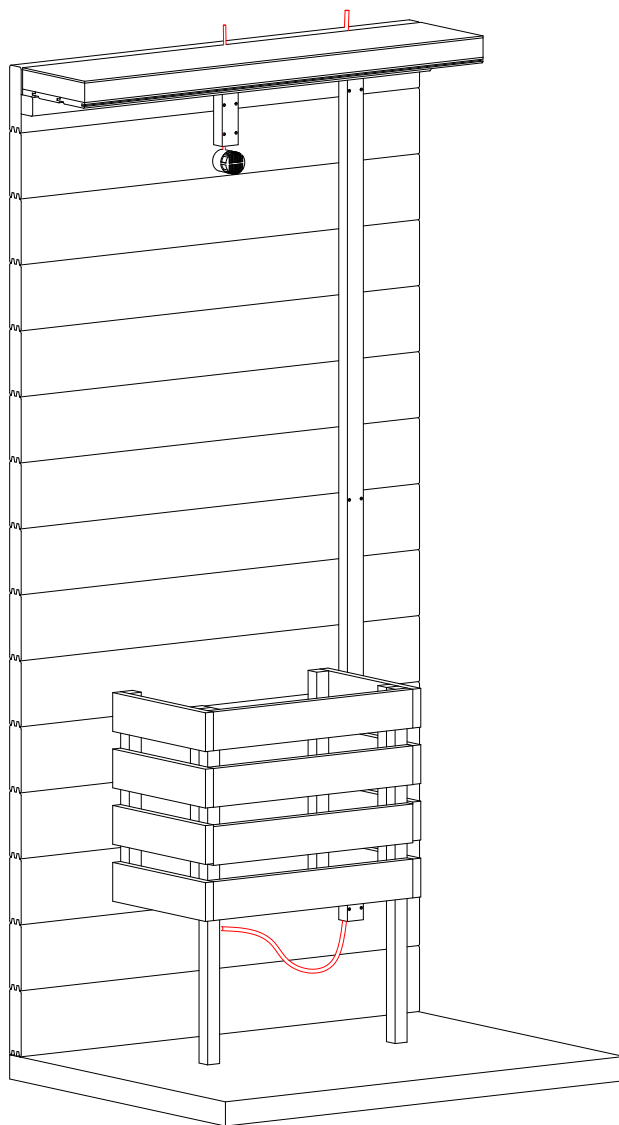
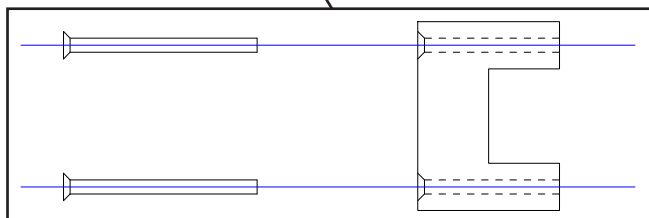


Image 40



## 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!**

AA  
**ALMOST HEAVEN**  
SAUNAS