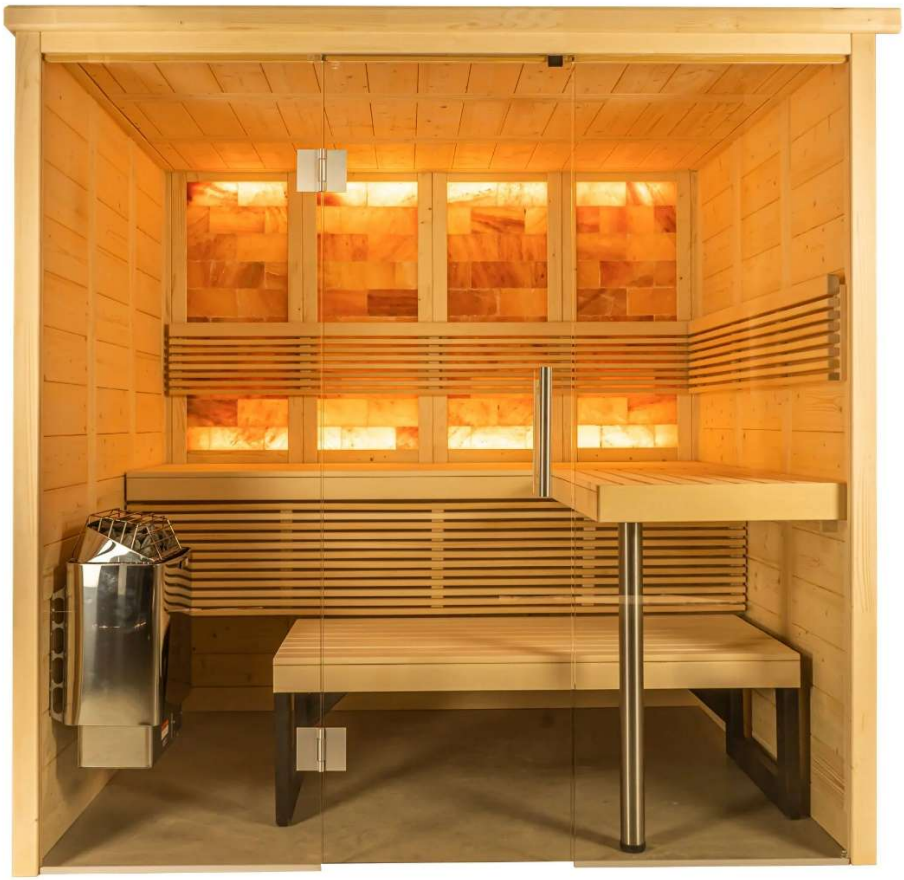
ALMOST HEAVEN
SAUNAS

Himalaya 4 Person 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 INURY 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



• 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 ºF. 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.

ELECTRICAL REQUIREMENTS

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 Himalaya sauna:

- Cordless drill with 1/8" & 3/8" drill bits, and Phillips bit
- ½" or 5/8" Forstner Bit (For Heater Install)
- Rubber mallet
- 1.5mm Hex Wrench or Socket
- Framing square
- Utility knife
- Level
- Ladder or Stepstool

NOTES FOR ASSEMBLY

Be sure the surface where you are placing the sauna is flat and level. A concrete, tile, vinyl, laminate or similar surface is suitable; placing the sauna on carpet is not recommended. We recommend that two people complete the assembly of the sauna. Should you have any questions during assembly, please feel free to call us at 888-355-3050, or email sales@almostheaven.com.

Kit will contain the following components, as well as labeled bags of screws and hardware:

1 – Base Frame, Rear
1 – Base Frame, Right
2 – A/B Wall Panel with Multiclip
1 – A/B Salt Stone Wall Panel, Ventilation Cutout
1 – Front Wall Header
2 – Corner Post 90° with Multiclip and Groove – Left & Right
4 – Roof Support Slats (2 different lengths)
2 – Upper Benches (2 different lengths)
1 – Upper Bench End Trim
2 – Lower Bench Struts 2x45°
1 – Bench Screen
1 – Glass Door
1 – Glass Panel
1 – Stainless Steel Post (post and bench attachment)
1 - Headrest
1 – Set of Door Hinges
2 – Salt Wall Lighting LED
1 – Hardware Bag

1 – Base Frame, Left
4 – A/B Wall Panels
3 – A/B Salt Stone Wall Element
1 – A/B Roof Panel
2 – A/B Roof Panels with Grooves
2 – Corner Post 90°
3 – Bench Support Slats
2 – Mounting Slats for Bench Screen
1 – Lower Bench Panel
2 – Lower Bench Feet
2 – Backrests (2 different lengths)
1 – Ventilation Cover
1 – Glass Panel with Holes for Door Hinges
3 – Roof Trim Slat (1 Front, 2 Sides)
2 – "U" Aluminum Profile
1 – Door Handle Set
1 – Door Magnet & Sleeve Plate

It is suggested that you lay out all of the components so that it is easy to identify the pieces once you get started with assembly.

SAUNA ASSEMBLY

⚠ CAUTION

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

FLOOR ASSEMBLY

Begin assembly by placing the three base frames on the floor (1). Using your rubber mallet, install the dovetail key into both corners (2). You will need access to the rear of the sauna, so ensure it is far enough away from a wall to gain access.



Figure 1



Figure 2

WALL ASSEMBLY

Begin assembling walls by placing salt stone wall with ventilation hole on the rear base on the right-hand side (3). Place a 90° corner post next to the salt stone panel (4). Fasten corner post to the wall panel using 6X120 screws through the predrilled holes in the corner post (5-6). **When fastening using a predrilled hole near a salt block, use 6X90 screws. If you use 6X120, it will crack the salt blocks.**


Figure 3


Figure 4


Figure 5


Figure 6

Place a solid wood wall panel next to the corner post (7). Fasten this panel to the corner post using screws and predrilled holes as done above (5-6). Now place another similar panel next to it. Then place a wooden panel with multiclips into the side on the front right corner (8). Now slide the right front corner post down over the multiclips on the wall panel (9). Make sure the corner post is fully locked into place; tap top with rubber mallet if necessary.


Figure 7


Figure 8


Figure 9

Now place the remaining three salt stone wall panels on the back wall (10). Similar to (4-6) above, place the corner post and fasten using 6X120 & 6X90 screws into the predrilled holes (11-12).


Figure 10


Figure 11


Figure 12

Assemble the left wall using wooden panels as (7-9) above. Fasten the first panel to the corner post using 6X120 screws through predrilled holes in corner post. Place another wooden panel, followed by a wooden panel with multiclips (13-14). Now place the left corner post by sliding the multiclips over the clips on the end panel (15). Make sure the corner post is fully locked into place; tap top with rubber mallet if necessary.



Figure 13



Figure 14



Figure 15

Finish the wall assembly by inserting a 4X70 screw through the top on an angle to connect the middle panel to the adjacent outer panels (16-18). Red lines below show the direction to install the screws.



Figure 16



Figure 17



Figure 18

SALT WALL LIGHTS

Screw in a light bar clip roughly 6" in on each end, above and below the salt blocks (19). Also install one midway between these clips, ensure it is line with the first clips so the light bar snaps into the clips correctly. Snap the light bars into the clips, with the cord going in the direction of the nearest outlet (20). Now the sauna can be carefully slid into the final location to finish the assembly.



Figure 19



Figure 20

FRONT GLASS ASSEMBLY

Take the side piece of glass with hinge holes and apply the aluminum "U" channel to the bottom, then place into the groove on the left corner post. Orient the glass so the holes are towards the middle (21-22). Repeat for the solid piece of glass on the right side (23). NOTE: Door can swing either direction, to change swing direction, swap these two pieces of glass.



Figure 21



Figure 22



Figure 23

Place the header over the glass panels and insert the dowel pins into the predrilled holes in the corner posts (24-25). You may need to tap slightly with the rubber mallet to fully insert the pins into the holes.



Figure 24



Figure 25

Fasten the header to the corner posts by inserting a 4X70 screw on an angle on both ends (26).



Figure 26

ROOF ASSEMBLY

Locate the two long roof support slats. Measure in 4" and 27" from both ends and drill a hole using 1/8" drill bit (27). Screw roof supports into back and front walls using holes you drilled in previous step with 4X70 screws; ensure the top of the support is flush with the top of the wall (28).

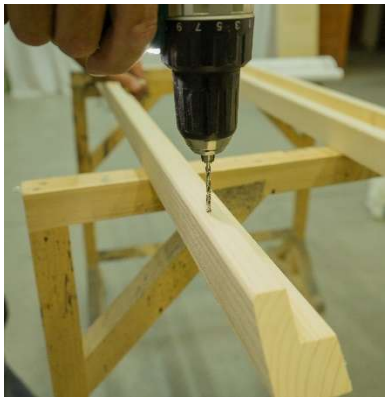


Figure 27



Figure 28

Repeat for the two short roof support slats. Measure in 4" on both ends and then the middle which is 29-1/8" from one end. Drill holes in these locations using 1/8" drill bit (27). Install on the two remaining walls using holes drilled in previous step (29-30).



Figure 29



Figure 30

Place one of the roof panels that has a notch on three sides onto the roof support slats (31-32).



Figure 31



Figure 32

Next to it, place the panel that has one tongue edge and one groove edge, and match the edge with the first panel you placed (33). Then carefully slide the last roof panel into place (34).



Figure 33



Figure 34

Fasten the roof panels to the roof support slats using 3.5X35 screws (35).



Figure 35

UPPER BENCH ASSEMBLY

In each inside back corner, measure up 32-1/4" from the floor and make a mark (36). Place the top of a bench support brace at the mark, running from the back corner towards the front and fasten using 5X70 screws (37). Repeat for right side bench support. On the right wall, measure 9-1/4" from where the bench support stopped, towards the front wall. Place another bench support starting at that mark, running towards the front and fasten into place (38).



Figure 36



Figure 37



Figure 38

Place the bench screen mounting slats beneath the front end of the bench support slats installed above (37) and fasten into place using 4X60 screws (39). Repeat for left side wall. Place the ventilation cover over the hole in the wall panel and fasten into place using 3.5X40 screws (40).



Figure 39



Figure 40

Carefully place the long bench onto the bench support braces and tilt up so its leaning against the back wall. (41-42). Place the bench screen in front of the bench screen mounting slats and fasten into place using 3.5X50 screws (42-43).



Figure 41



Figure 42



Figure 43

LOWER BENCH ASSEMBLY

Locate the lower bench panel and lower bench feet, place feet on both ends of the bench panel and fasten into place (44-45). Using the 45° struts, fasten into place to support the bench panel and feet (46-47).



Figure 44

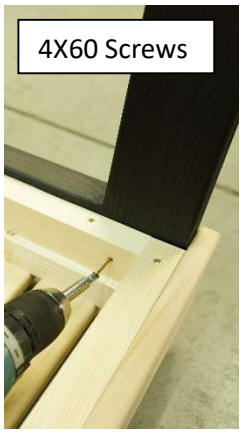


Figure 45



Figure 46



Figure 47

UPPER BENCH ASSEMBLY CONT.

Locate the shorter upper bench panel and bench end trim. Fasten the trim to the end of the bench that will be facing the glass wall panel (48). Place the post bench attachment in the corner on the end you installed the end trim and fasten into place (49). Place the post over the bench attachment and tighten the set screw (50).



Figure 48



Figure 49



Figure 50

Place the bench on the bench support (38, 51) and fasten into the long upper bench using 5X70 screws (52). Slide the rubber boot onto the base of the bench support post (53).



Figure 51



Figure 52



Figure 53

BACKREST INSTALLATION

From the top of the long bench measure up 11", this will be the placement for the bottom of the long backrest. Place the bottom of the long backrest at the 11" mark and fasten into place using 3.5X40 screws (54,55). Repeat for the short back rest.



Figure 54



Figure 55

ROOF TRIM INSTALLATION

Place the roof trim pieces on the left/front/right sides (56). The front piece should have 45° mitered corner on both ends, and the two side pieces will have one 45° mitered corner (57). Fasten to roof by installing 3.5X40 screws down through top of trim (58).



Figure 56



Figure 57



Figure 58

DOOR INSTALLATION

Place the hinge on the outside of the sauna, and then the plate on the inside and fasten together (59-60). Complete for both hinges.

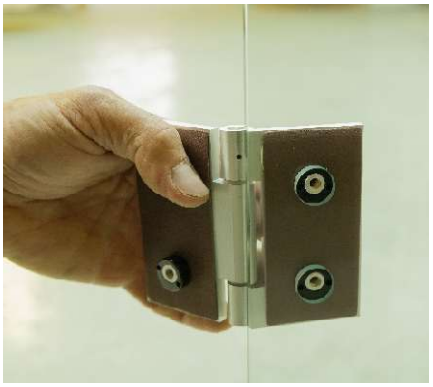


Figure 59



Figure 60

Measure 1-3/4" over from the solid glass panel on the gasket and make a cut (61). Measure over another 3/8" of an inch and cut again, remove the piece of gasket and install the magnet catch (62). Have someone hold the door and attach using hinges and process used above (60, 63). Once door is fastened with both hinges, close the door and ensure the catch aligns with the magnet (64). Slide the metal catch on the door as required to align with magnet.



Figure 61



Figure 62



Figure 63



Figure 64

When installing the door handle, the metal part is out the outside of the sauna and the wooden on the inside. Place a plastic spacer between the metal and the glass, and then another between the wood and the glass. Place the screw through the hole in the wood and loosely screw it into the metal piece (65). Place spacers on the bottom as done for the top and loosely fasten this as well (66). Finish tightening screws so door handle is tight and straight vertically.



Figure 65



Figure 66

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. Do not use any cleaning supplies, unless they are specifically for sauna use.

The salt stones will attract moisture, which will cause the formation of salt crystals. Clean the salt crystals regularly with a damp cloth, do not sure cleaning supplies on the salt stones.

HEATER

⚠ 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.

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 typically160-185+°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 10-20minutes.
- 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!

Optional accessories for your sauna, including a back rest, robe hook and much more are available at almostheaven.com/sauna-accessories/

ALMOST HEAVEN
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