ALMOST HEAVEN
SAUNAS

Saddle Mountain 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 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.

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A WORD ABOUT OUR SAUNAS

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

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

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

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

LOCATING THE SAUNA

Because the traditional sauna experience involves a heating-cooling-resting regimen, it is important to plan ahead before installing your sauna. Our method of construction allows you to place your sauna in a wide variety of settings.
Be sure the surface is firm and level, and can support the weight of the sauna and its users (1,000+ lbs). A deck or concrete slab is certainly an option, but if your sauna sits directly on the ground, be sure the base boards sit on paver stones or something similar to prevent the sauna from settling into the ground.

BASIC TOOLS

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

- Cordless Drill
- Drill Bit Set
- Bit Set
- Rubber Mallet
- Hammer
- Framing square
- Adjustable Wrench
- Utility knife
- Level
- Tape Measure
- Ladder
- Table or Skill Saw

FIRST CONSIDERATIONS

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

ELECTRICAL REQUIREMENTS

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

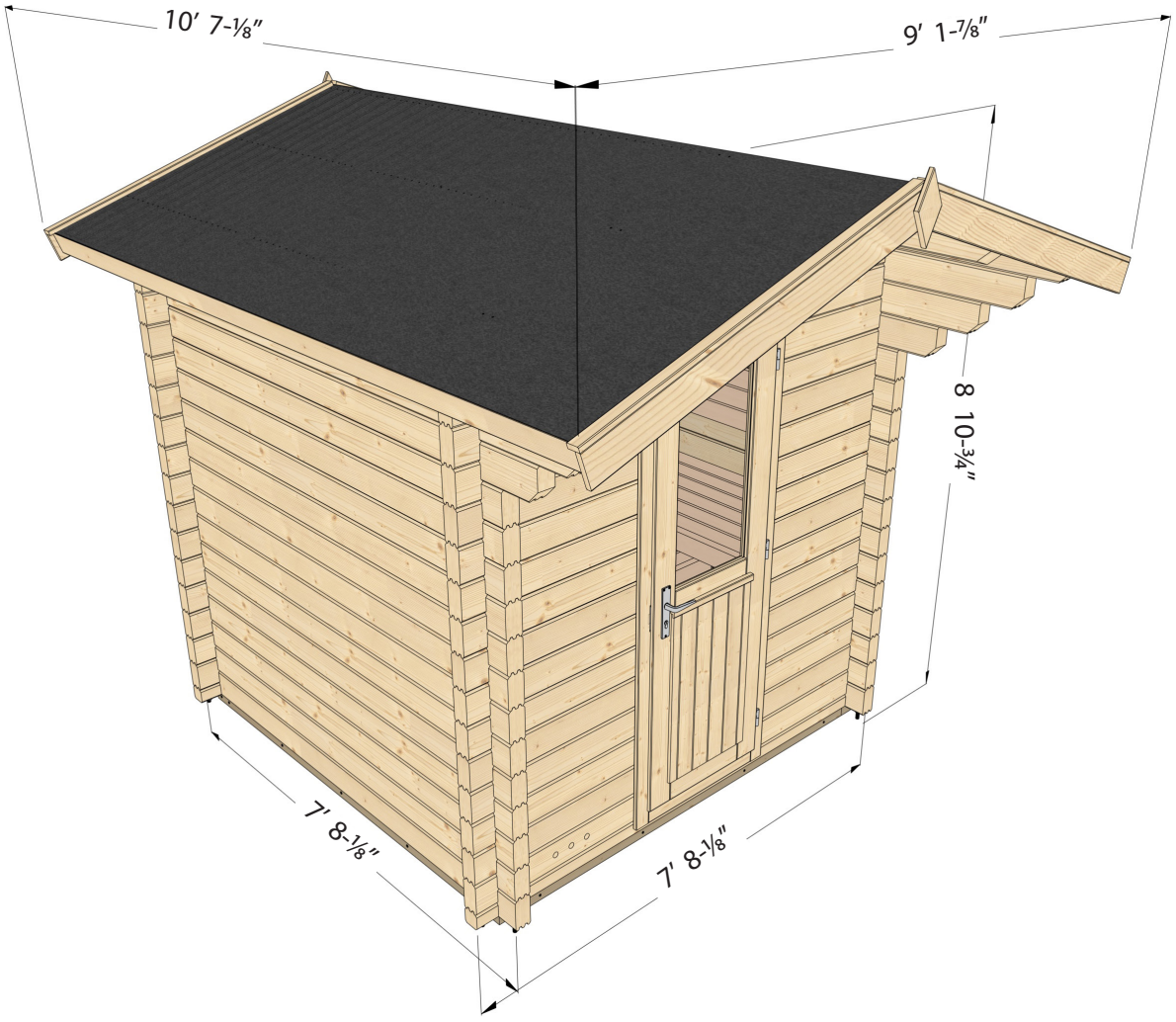
Use copper wire with 90C insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements for your particular situation. All wiring must conform to all national, state and local codes and regulations.

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

PARTS LIST

Part Number	Name	Profile (W x H) inches	Length inches	Quantity
001	Wall Plank 001 - Rear Base	2-¾ X 2-⅝	92-⅛	1
002	Wall Plank 002 - Rear Ventilation	2-¾ X 5-⅜	92-⅛	1
003	Wall Plank 003 - Main Wall	2-¾ X 5-⅜	92-⅛	40
004	Wall Plank 004 - Rear Wall Top (Top Nut Cutouts)	2-¾ X 5-⅜	92-⅛	1
008	Wall Plank 008 - Front Base	2-¾ X 2-⅝	92-⅛	1
009	Wall Plank 009 - Front Ventilation	2-¾ X 2-⅝	32-½	1
010	Wall Plank 010 - Front Wall Right (Wiring Holes)	2-¾ X 5-⅜	32-½	14
011	Wall Plank 011 - Front Wall Left	2-¾ X 5-⅜	32-½	13
012	Wall Plank 012 - Front Wall Door Top	2-¾ X 5-⅜	92-⅛	1
013	Wall Plank 013 - Front Wall Top (Top Nut Cutouts)	2-¾ X 5-⅜	92-⅛	1
015	Wall Plank 015 - Side Wall Top Overhang Layer 1	2-¾ X 5-⅜	99	2
016	Wall Plank 016 - Side Wall Top Overhang Layer 2	2-¾ X 5-⅜	105-⅞	2
017	Wall Plank 017 - Side Wall Top Overhang Layer 3	2-¾ X 5-⅜	112-¾	2
018	Wall Plank 018 - Side Wall Top Overhang Layer 4 (Right)	2-¾ X 5-⅜	125-⅝	1
019	Wall Plank 019 - Side Wall Top Overhang Layer 4 (Left)	2-¾ X 5-⅜	125-⅝	1
W1-1	Roof Gable - Rear	2-¾ X 16	92-⅛	1
W2-1	Roof Gable - Front	2-¾ X 16	92-⅛	1
AR1	Base Frame - Left/Right Sides	2-¾ X 1-¾	83-½	2
AR2	Base Frame - Middle	2-¾ X 1-¾	78	7
SP1	Support Brace 1 - Bench Supports	1-¾ X 2-¾	23-¼	5
SP2	Support Brace 2	1-¾ X 1-¾	78-¾	2
SP3	Support Brace 3	1-¾ X 1-¾	75-⅛	2
PR1	Purlin - Sides	2-¾ X 5-½	125-⅝	2
PR2	Purlin - Top	2-¾ X 5-½	125-⅝	1
FB2-1	Floor Boards	3-½ X ¾	78-½	23
RB2-1	Roof Boards	3-½ X ¾	55-⅞	72
FIB1-1	Floor Trim	¾ X ¾	80-¾	4
Dia-1	Diamond Board	¾ X 5-½		2
EaE5-1	Eave Edging	¾ X 3-¾	125-⅝	2
FaB7-1	Fascia Board	¾ X 4-¾	57-½	4
RE2-1	Roof Edge Reinforcement	1-¼ X 1-⅝	125-⅝	2
YPapp-1	Roof Felt Roll		130	4
WB1-1	Wind Brace	⅝ X 1-¾	57-½	4
U70-76P	Door			1
Fim	Fixing Kit			1
QULSI30X35	Cylinder for Door			1
QLIU-1	Door Handle Set			1
QULKAK	Door Handle Plate Set			1
QNA1.4X40Me	Nail - 1.4mm X 40mm			24
QNA2.5X50Zn	Nail - 2.5mm X 50mm			200
QNA3X70Zn	Nail - 3mm X 70mm			250
QNA2X16Zn	Roofing Nail - 2mm X 16mm			250
QKRPP4.5X50Zn	Screw - 4.5mm X 50mm			180
QKRPP4.5X70Zn	Screw - 4.5mm X 70mm			50
QKRPP5X100Zn	Screw - 5mm X 100mm			50
QKRPP6X150Zn	Screw - 6mm X 150mm			26
KL1	Threaded Rod - M10		78-¾	8
KL2	Threaded Rod - M10		12-⅝	4
KL3	Threaded Rod - M10		9-⅞	4

Part Number	Name	Profile (W x H) inches	Length inches	Quantity
QMUKK10Zn	Nut - M10			8
QSE12X35Zn	Washer - 12mm X 37mm			8
QMUJ10Zn	Extension Nut - M10			8
QMUPL10Zn	Top Nut - M10			8
EL1	Bench	24-⅜ X 4-⅝	78-⅜	2
EL2	Side Bench	24-⅜ X 4-⅝	54-⅛	1
EL3	Back Rest	11-⅜ X 2-¼	74-¾	2
EL4	Heater Fence - Part 1			1
EL5	Heater Fence - Part 2			1
EL6	Bench Screen			1
EL7	Floor Grid			1
Rel-1	Roof Element	39 X 2-⅝	78-⅜	2
	Light Screen			
	Interior Light			
	Ventilation Shutter Inside (Sliding)			
	Ventilation Shutter Outside			
MMKSIHF1.5x3	Silicon Cable SIHF 3x1.5mm²		118-⅛	1
MMKSIHF2.5x5	Silicon Cable SIHF 5x2.5mm²		118-⅛	1

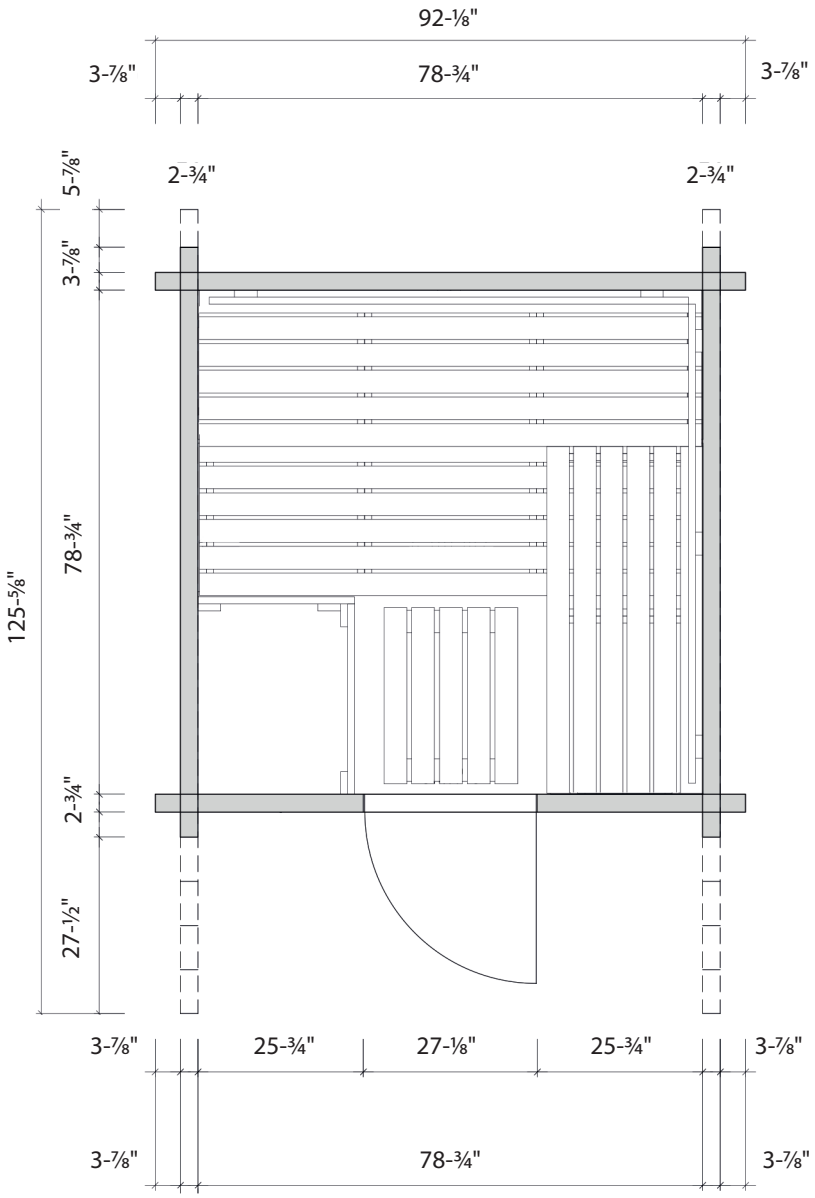


FOUNDATION PLAN

⚠ CAUTION

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

The foundation should be 83" X 83" for the sauna to sit on.



BASE ASSEMBLY

Place AR1 side base frames front to back on your foundation, then place the seven AR2 middle base frames between 16" Apart. Ensure the base frames are square, the corners are right angles, and the base is level. Screw them together using twenty-two 6 X 150 screws (1).

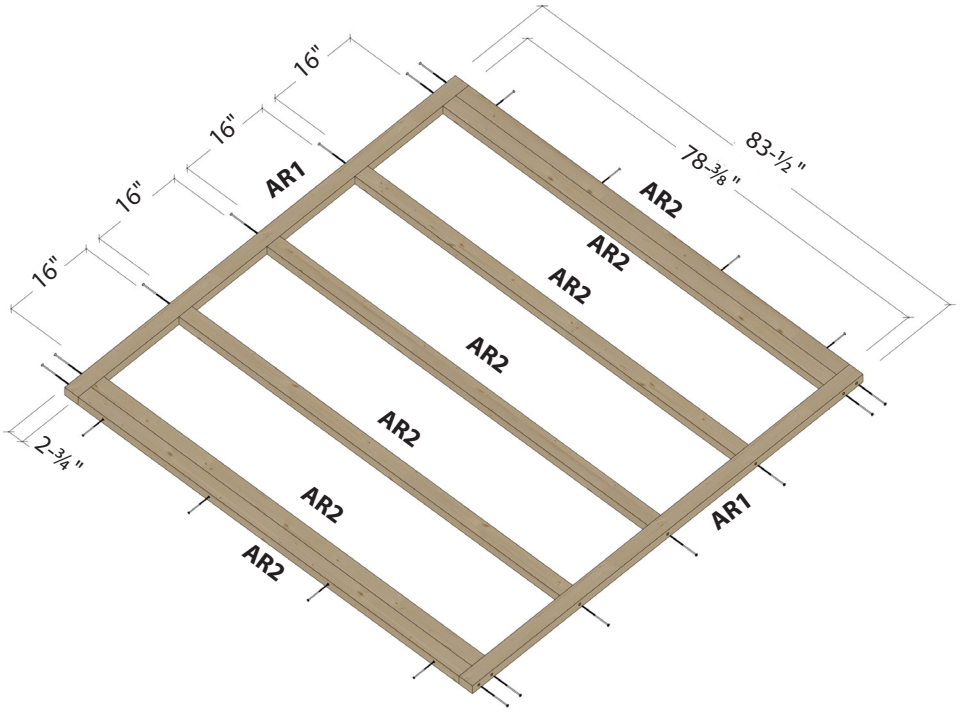


Image 1

WALL ASSEMBLY

NOTICE

- **ALL SCREWS MUST BE PREDRILLED BEFORE INSTALLING TO PREVENT BREAKAGE.**
- **Never hit the tongue of the planks directly with a hammer, use a wooden strip/block in between.**

Place 001 on the back of the base frame, and 008 in the front with the flat edge against the base frame. Ensure the wire channels are locate on the left side of the door opening on plank 008 (2).

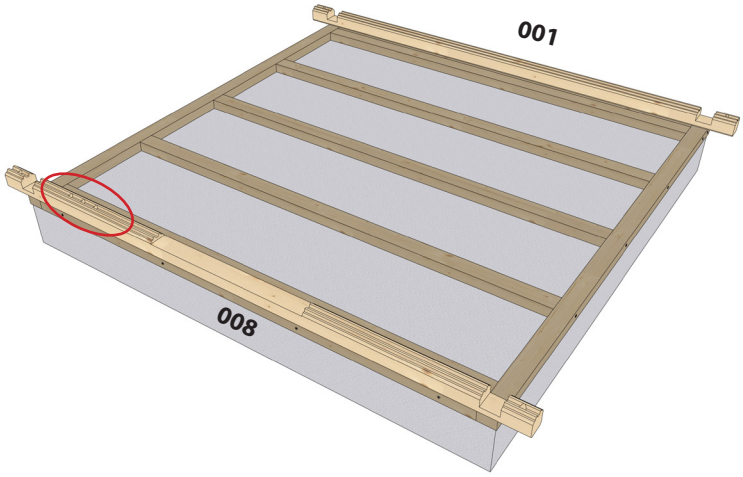
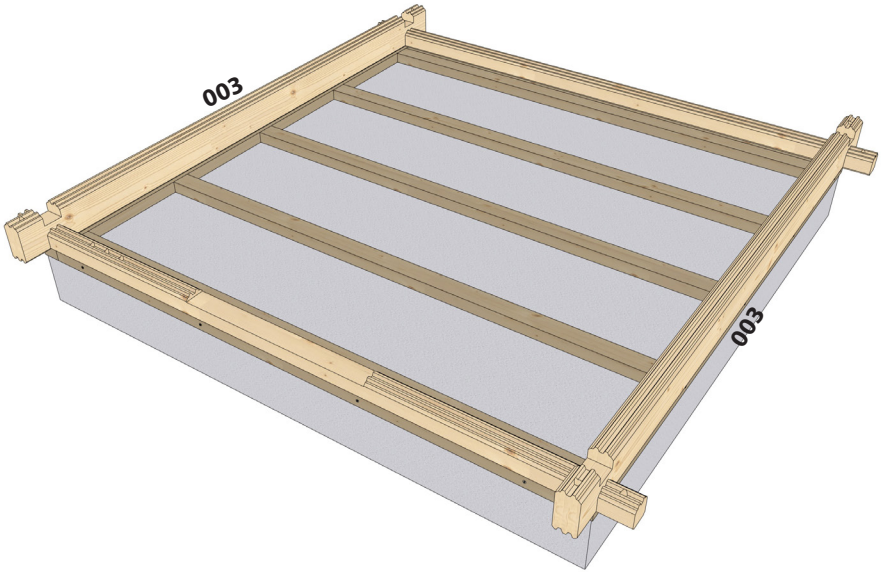


Image 2

Place one 003 on each side to connect 001 and 008, ensuring the wall planks are square on the corners (3). We recommend checking corner to corner is the same dimension in both directions to confirm it is square. As recommended, fasten the sauna base to the sauna foundation in the overlap joints between 001/003 and 003/008 using concrete anchor or other similar fastening hardware(4).



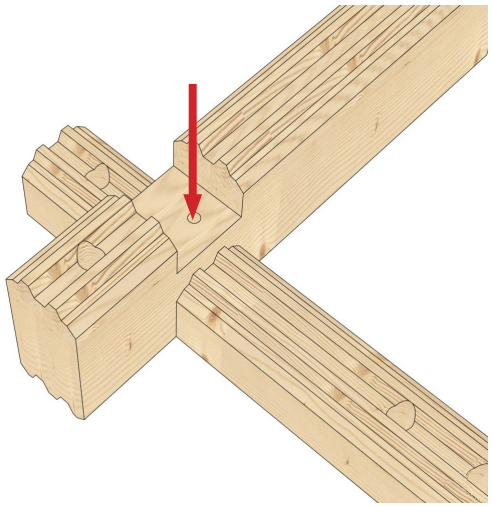


Image 4

In the back, place 002 and notice the location of the ventilation cut out. In the front, place 009 on the left side and 010 on the right (5). Continue with 003 on both sides and on top of 002. Use 011 on top of 009, and alternate stacking front/back and sides until you have 7 rows on the sides (6).

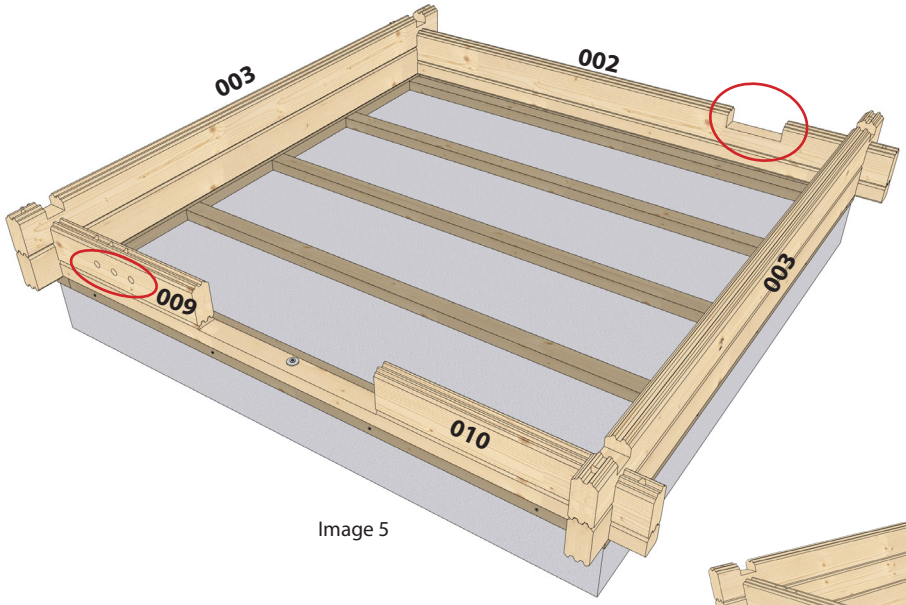


Image 5

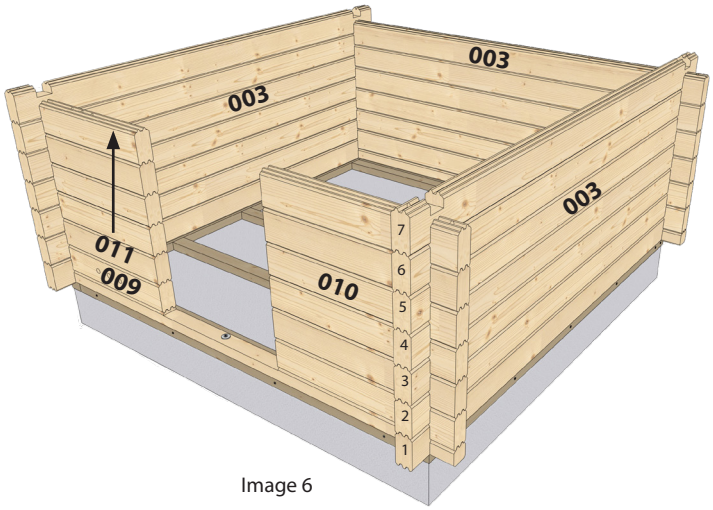


Image 6

Place the door into the front wall opening so the door swings outward; then install the door cylinder, plates and handle (7-8).

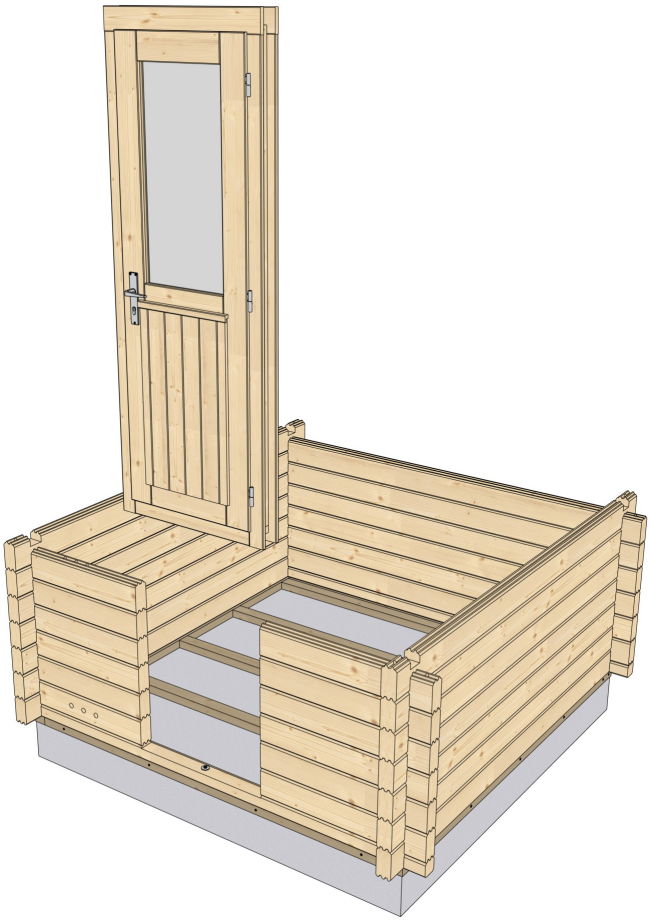


Image 7

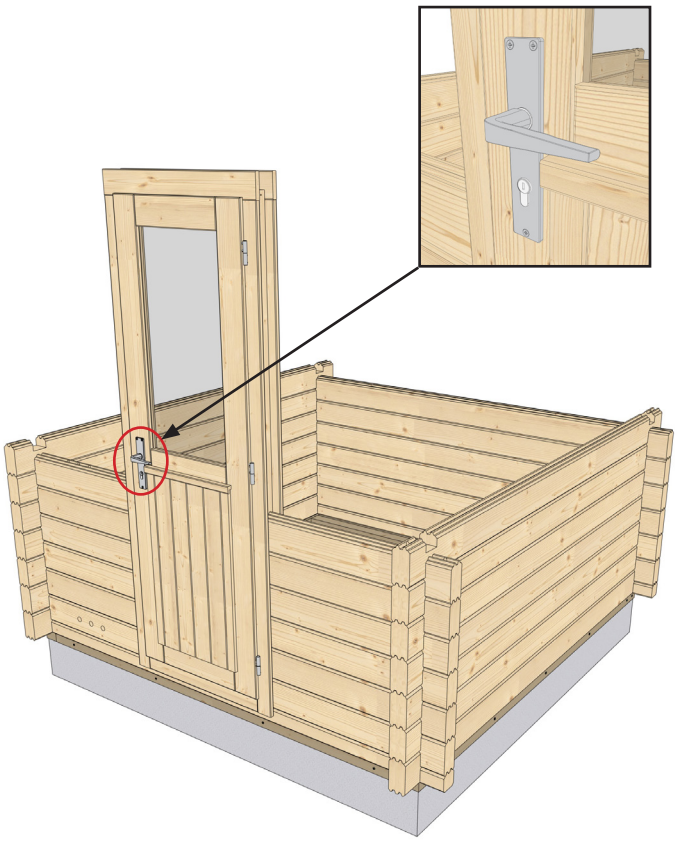


Image 8

Continue placing planks 003, 010, and 011 until you have 14 rows across the front and back. On the next three rows of the side wall planks, use planks 015, 016, and 017. Between 016 and 017, use 012 for the front wall on top of the door (9). Make sure the holes in plank 012 line up with 011 below it.

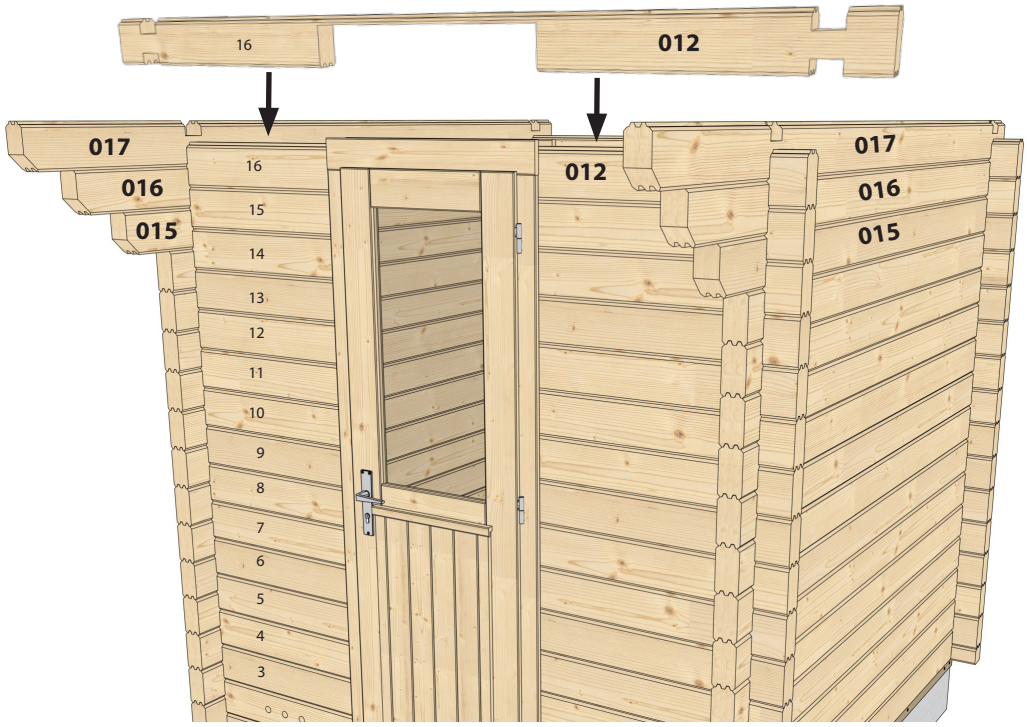


Image 9

Place plank 013 on top of 012, and then use 018 and 019 for the side walls (10). Make sure the holes in plank 013 line up with plank 012.



Image 10

THREADED ROD INSTALLATION

Connect the four KL2 to four KL1 threaded rods, as well as four KL3 threaded rods to the last four KL1 threaded rods using the QMUJ10Zn extension nut. Screw the QMUPL10Zn top nut onto one end KL2/KL3 rod (11). The longer rod assembly's with the KL2 rod will go through the side planks (ending with 018/019), and the shorter KL3 assembly's will go through the front/back planks (ending with 003/013). The top nut will sit inside a notched recess in the top of the plank. Screw the top nut into place using 4.5 X 50 screws. Tighten the rods by placing a washer and nut on the bottom and tightening (12).

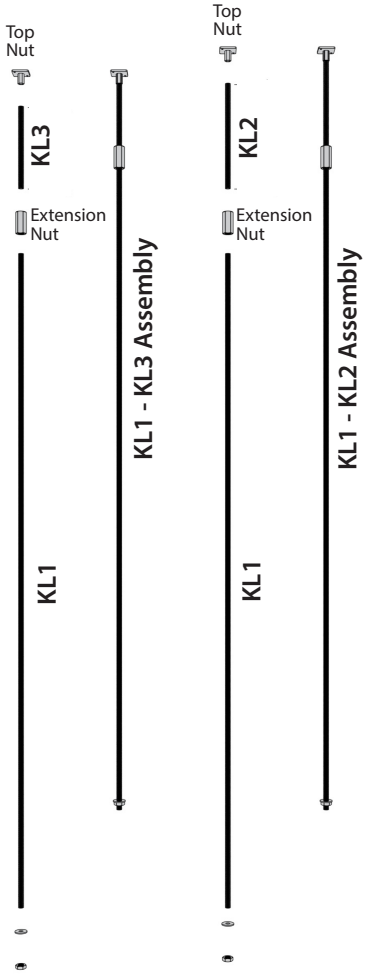


Image 11

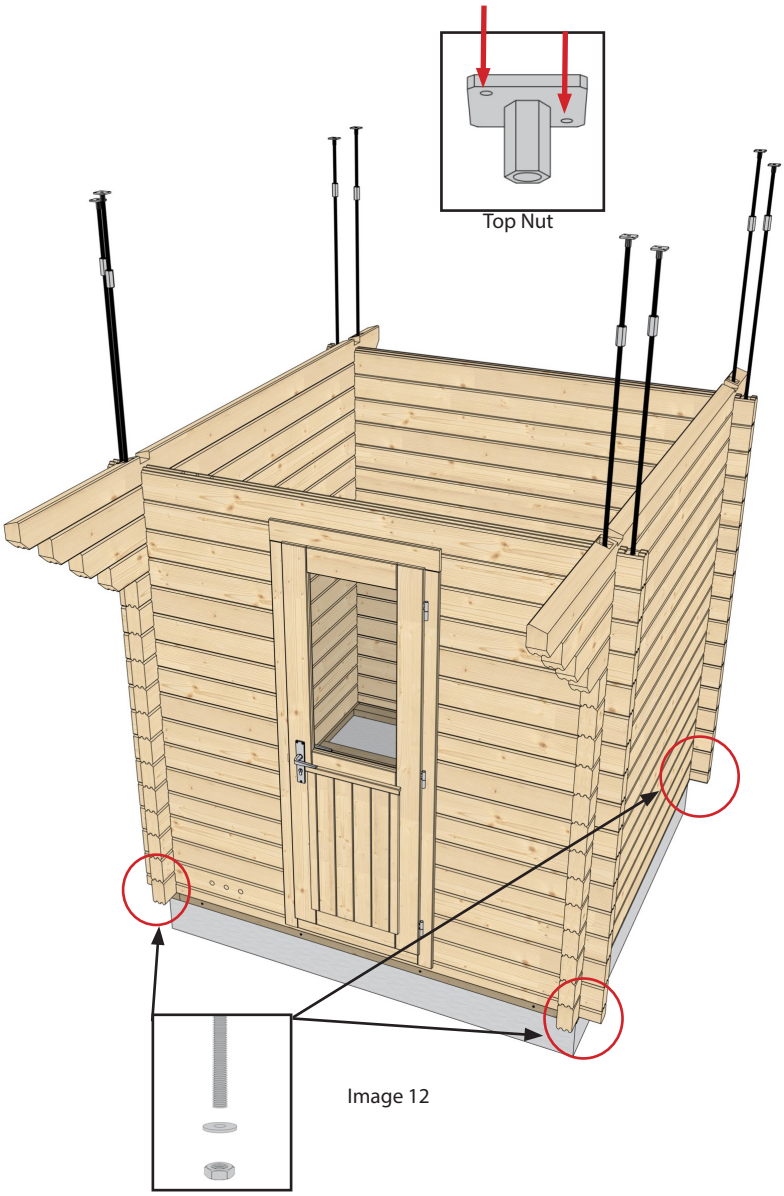


Image 12

ROOF GABLE AND INNER ROOF INSTALLATION

NOTICE

• ALL SCREWS MUST BE PREDRILLED BEFORE INSTALLING TO PREVENT BREAKAGE.

Place roof gable W1-1 on top of plank 003 in the back and W2-1 on 013 in the front. Make sure the holes are aligned between 013 and W2-1 (13). Using four 4.5 X 70 screws, fasten the gables in place (14).

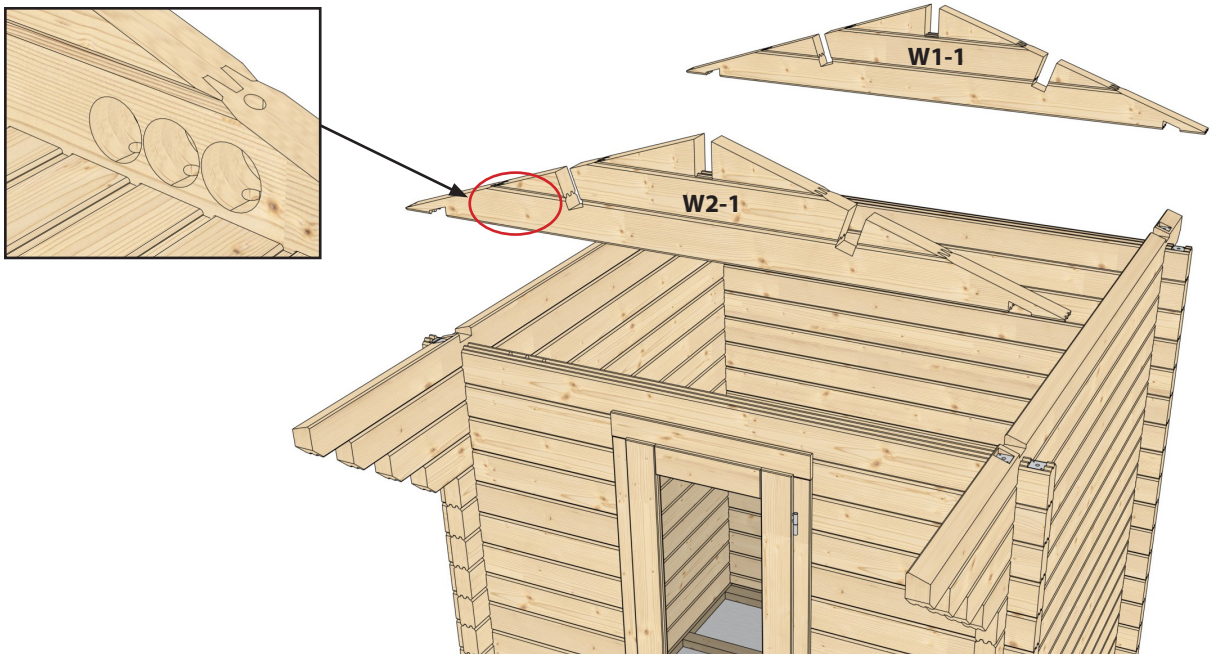


Image 13

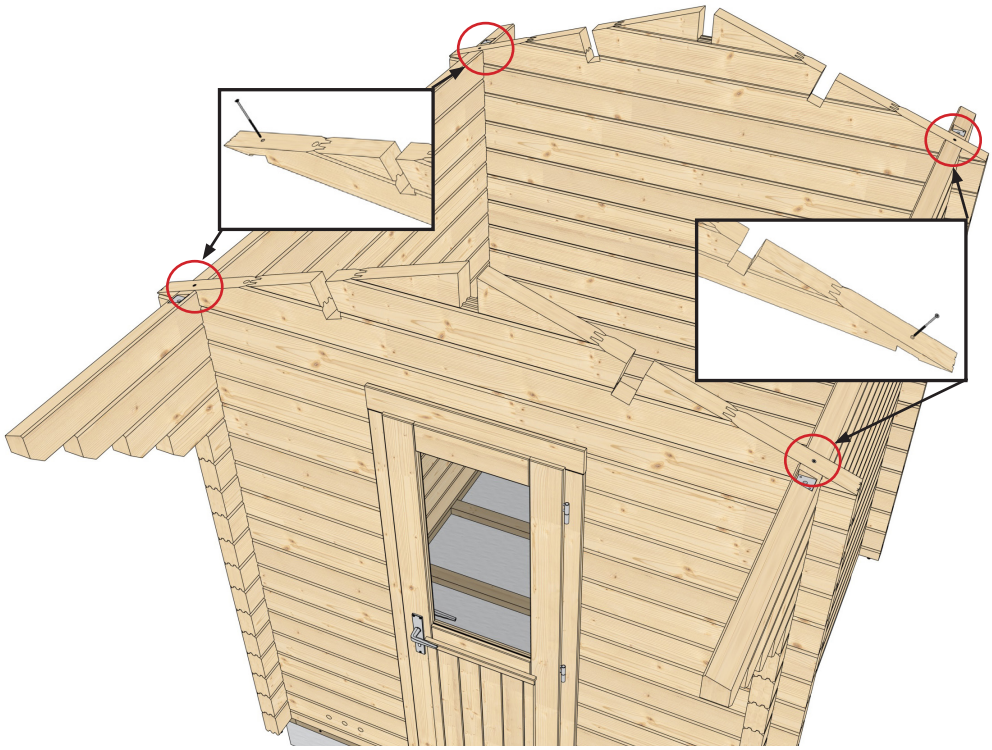


Image 14

NOTICE

• The sauna heater is mounted in the front left of the sauna. If your incoming power is in the back or left side, you can run the wires now through the wire channel in the planks on the left side of the front wall. They can be routed above the ceiling to conceal them to get them to the opposite side of the sauna. If not, you can bore a hole in the planks at your desired location near the heater.
• Similarly for the sauna light, which mounts in the back right, you can run the wires through the wire channels if your incoming power is near the front corner of the sauna. If not, you can bore a hole in the planks at your desired location near the light.

Running the wires must run done now if using the wire channels, because once the ceiling is in place you will no longer have access.
Mount support braces SP2 and SP3 using four 5 X 100 screws in each board. Ensure each board is level and the bottom is 84-5/8" from the top of the base frame (15).

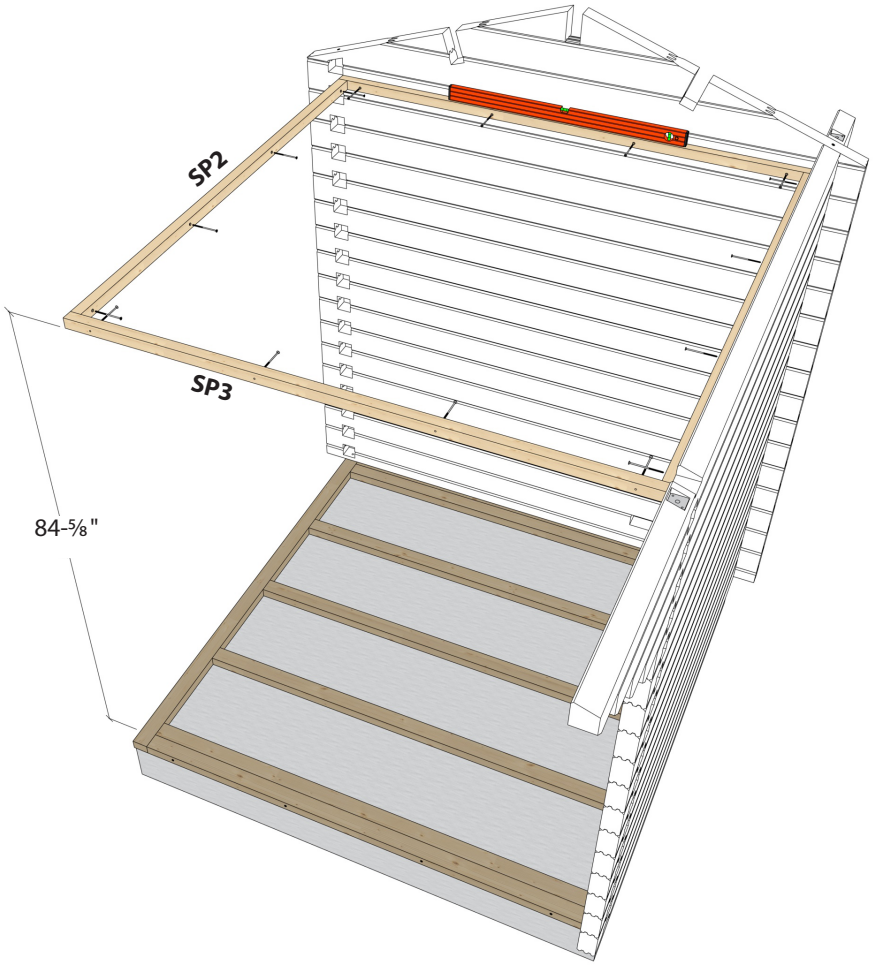


Image 15

Place the two Rel-1 roof elements on top of the support braces by joining the tongue on one and the groove on the other. Fasten the roof elements to the support braces using four 4.5 X 70 screws on each side (16). You will need to countersink the screw roughly 1/2" into the roof element.

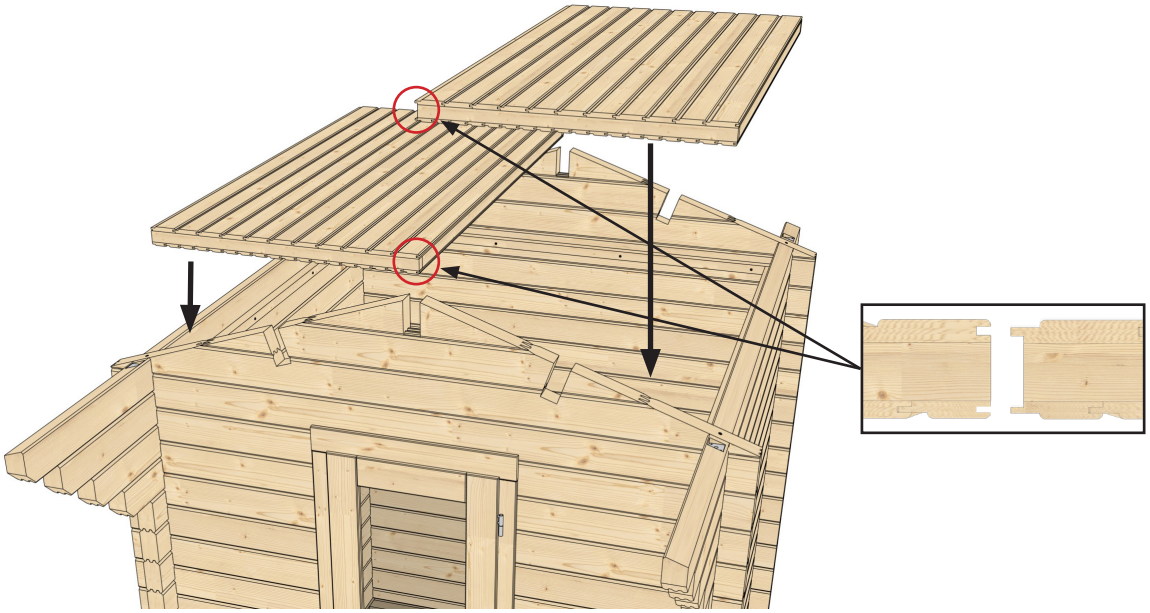


Image 16

ROOF INSTALLATION

Place the PR1/PR2 roof rafters into the cutouts in the gable ends. Fasten together by using a 6 X 150 screw at each joint (17).

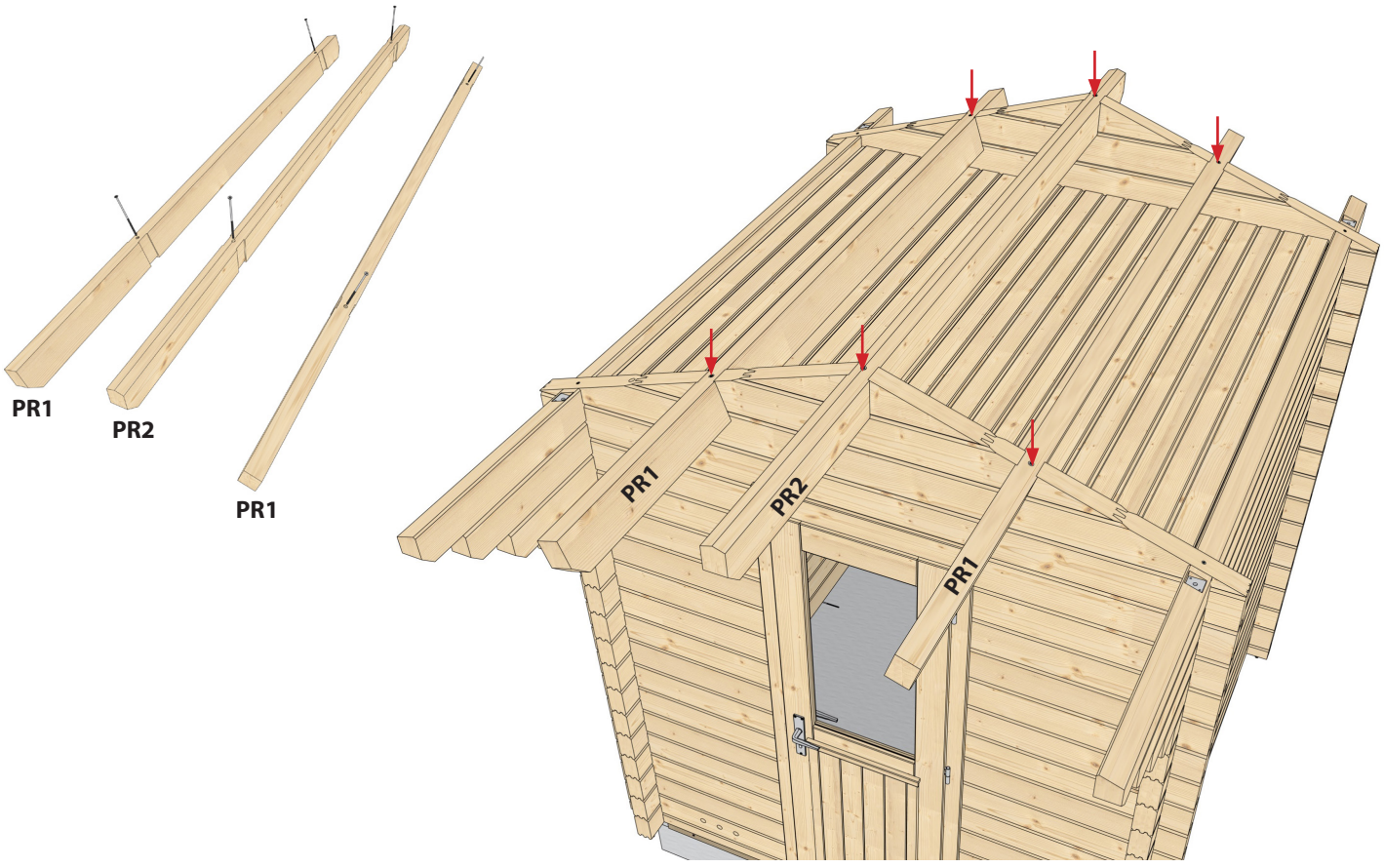


Image 17

Starting in the rear, install the RB2-1 roof boards with the groove towards the back (18). Nail two 3 X 70 nails into each rafter in each board (19).

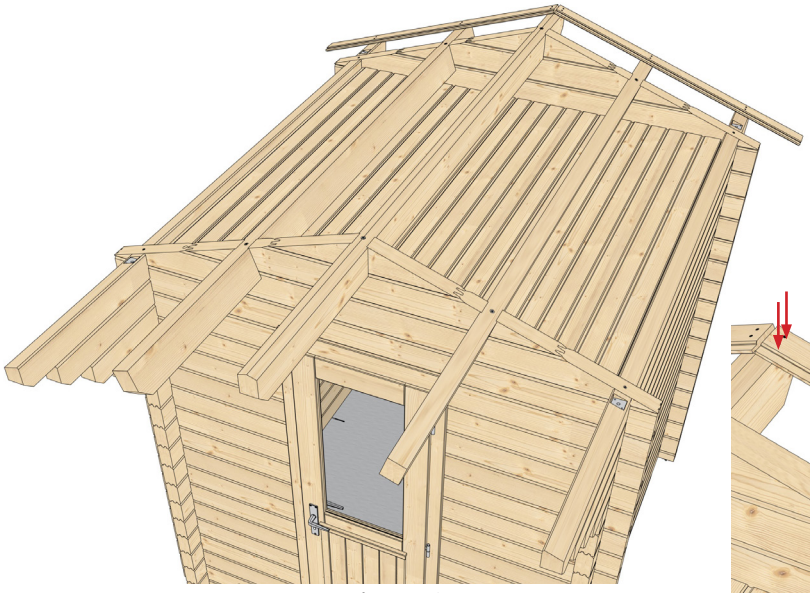


Image 18

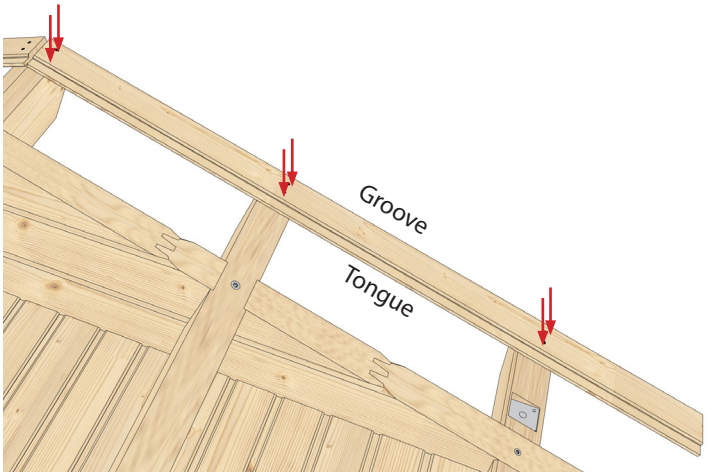


Image 19

Repeat the process placing roof boards and nailing place working towards the front. Make sure the boards are tight together, flush to the rafters, and they stay vertical. If they don't stay vertical, the last board will not be even on the front (20). The last board may need the width cut down to fit flush on the end.

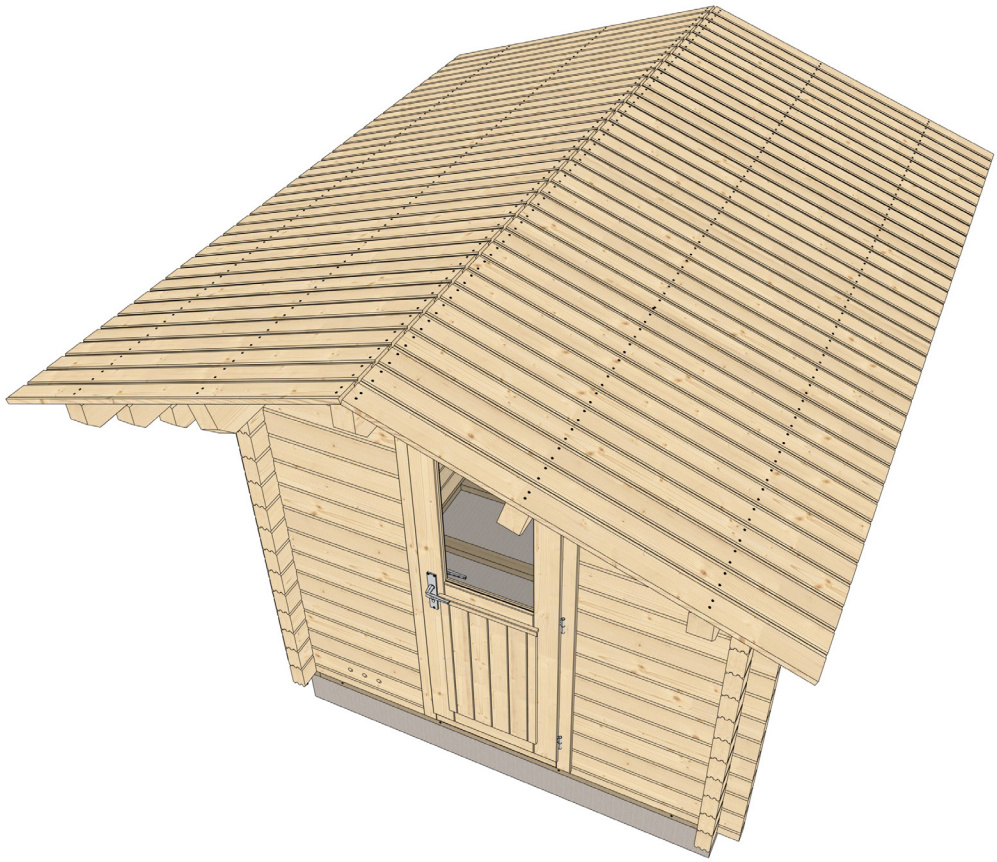


Image 20

Install the RE2-1 roof edge reinforcement boards, then the EaE5-1 eave edging boards to the bottom of the roof boards using six 4.5 X 50 screws in each board (21).

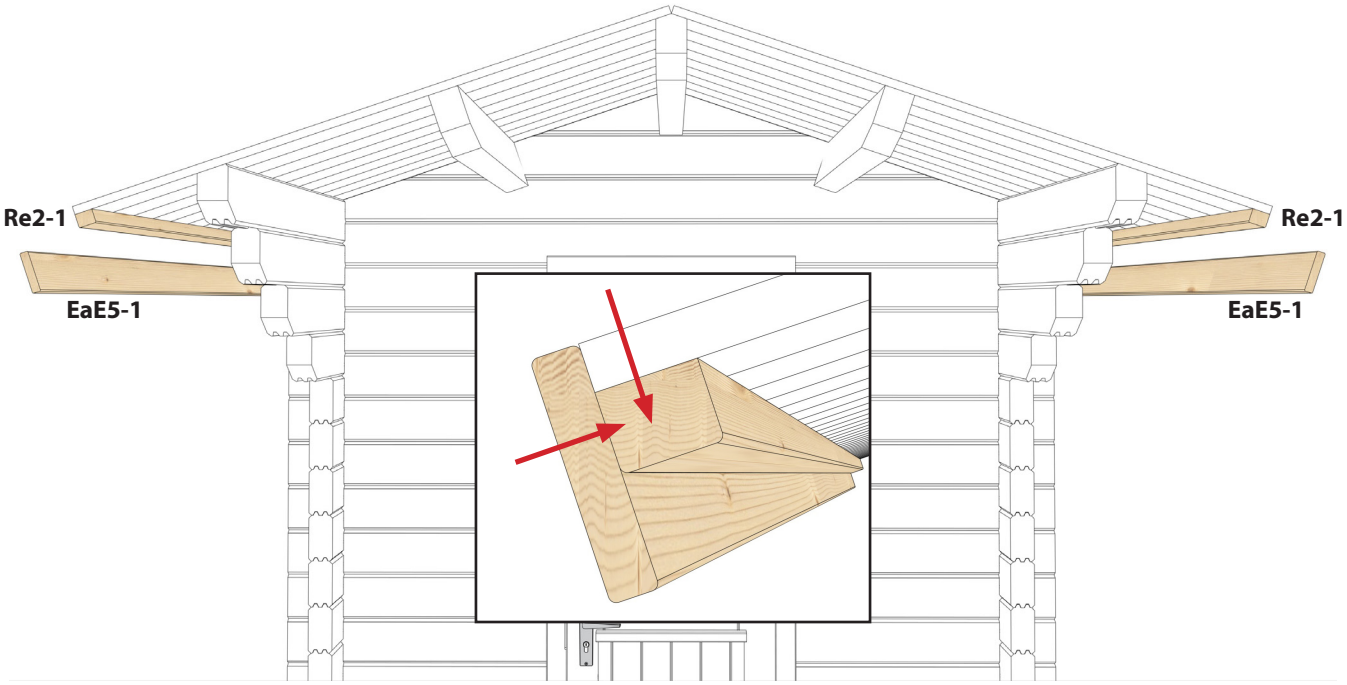


Image 21

Install the FaB7-1 facia boards to the front and rear of the sauna using four 4.5 X 50 screws in each board (22). Screw into the end each roof rafter and RE2-1 roof reinforcement board.

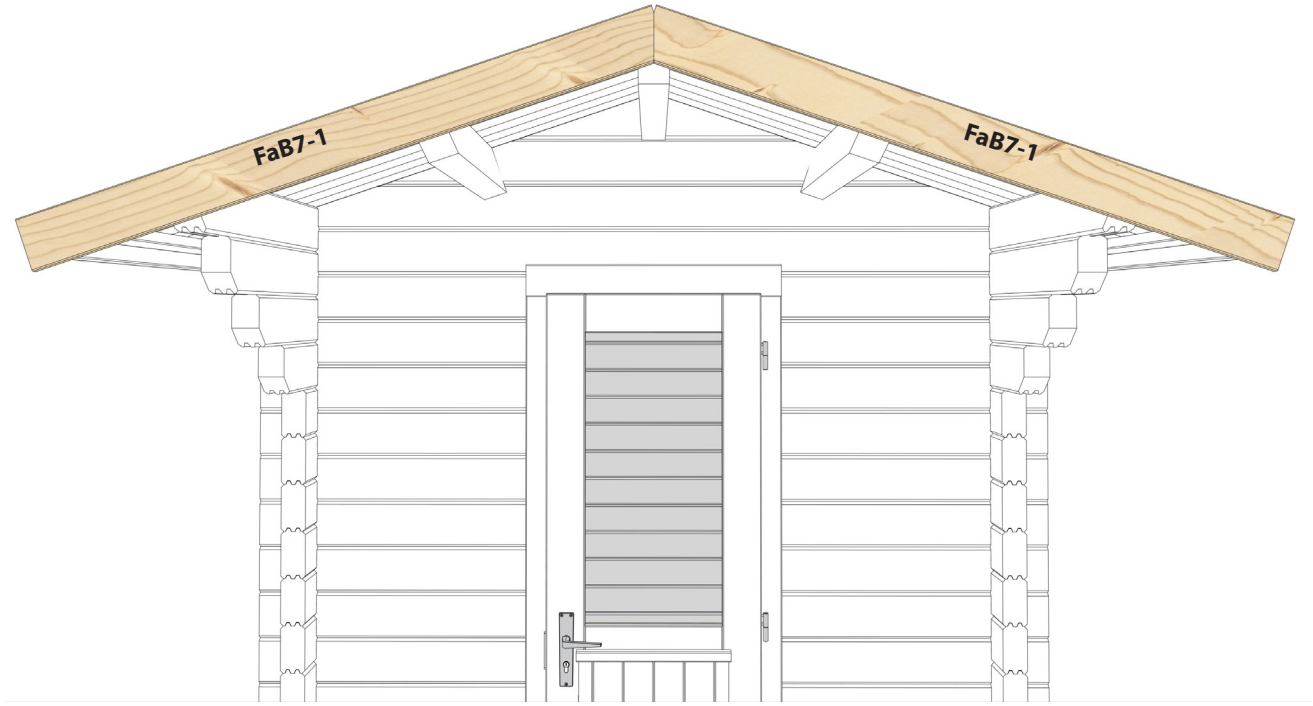


Image 22

Roll out the roof felt running front to back between the facia boards, covering the lower edge of the roof first with a ¾" overhang of the eave edging. Nail into place using 2 X 16 roofing nails, one at the bottom edge and one about half way up. Nail twenty rows of these nails down the sheet from front to back. Now lay sheet on the upper left side. Lay the sheet so the top portion overlaps the top edge of the roof, and overlaps sheet 1. Again, nail the bottom edge, the middle of the sheet, and then one into the top that is overlapped into the other side. Lastly, lay sheet 3 and install similarly to sheet 2. Again nail at the bottom, middle of the sheet, and then the top edge that is overlapped (23).

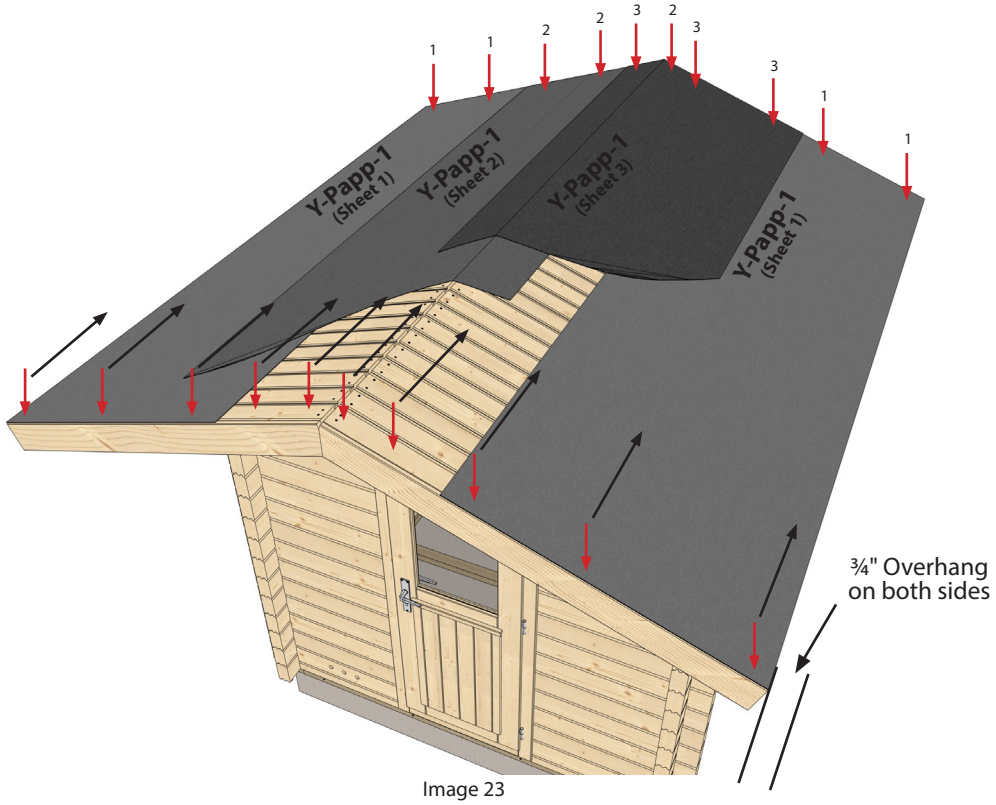


Image 23

Install the wind brace WB1-1 to clamp the edge of the roof felt between the wind brace and the facia board. This will help prevent the roof felt from lifting up in a strong wind. Fasten the wind brace to the facia board using four 4.5 X 50 screws in each board. Then install the diamond board Dia-1 to the front and back peak on the facia board using two 4.5 X 50 screws in each board (24).

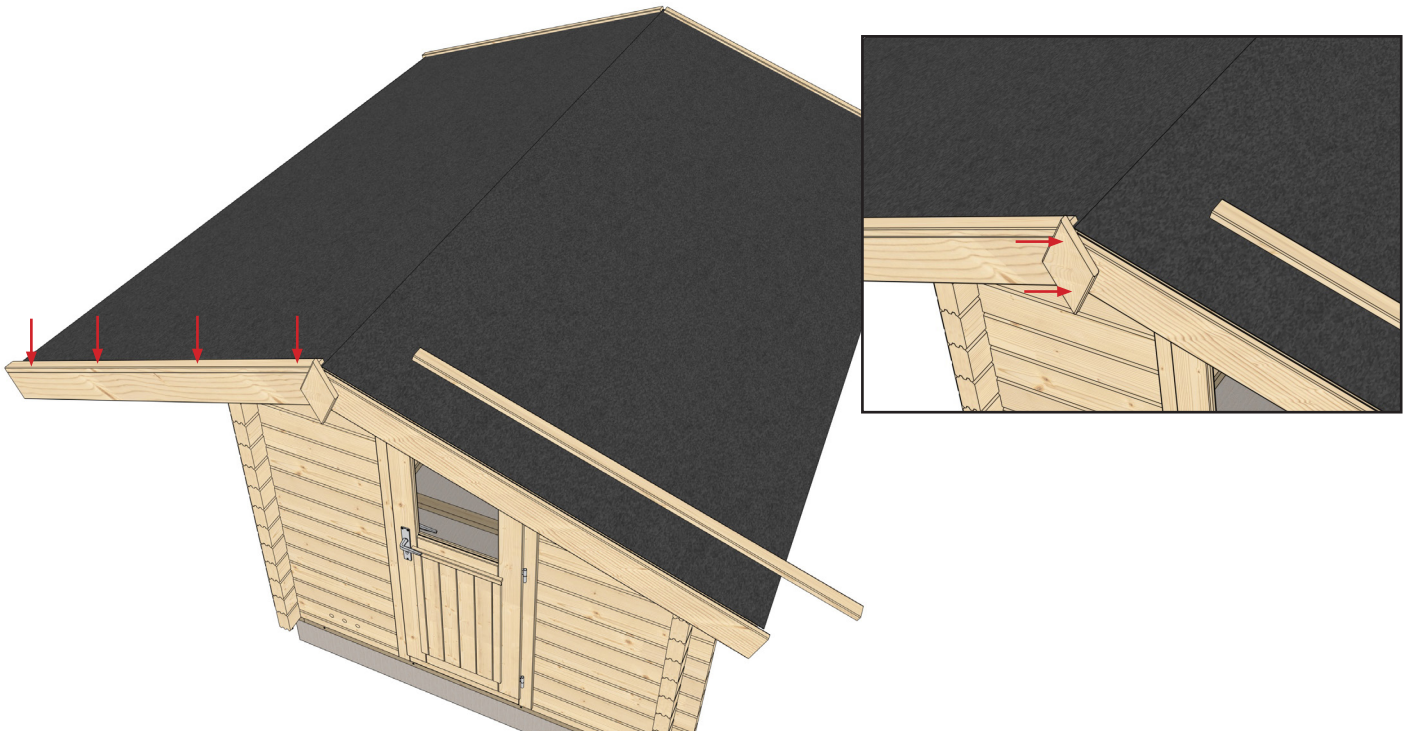


Image 24

NOTICE

• We recommend purchasing shingles, metal roofing, or another suitable roof covering from your local hardware store to finish covering the roof.

BENCH AND INSIDE COMPONENT INSTALLATION

Install the floor boards FB2-1 running front to back. Nail into place using 2.5 X 50 nails, with a nail into each base frame board (25). The tongue and groove should fit together, but don't hammer them tight together so they can expand/contract. Also leave a 1/8" to 1/4" gap between the floor boards and the side walls so the boards can expand/contract in temperature changes. The final board may need to be cut down to fit.

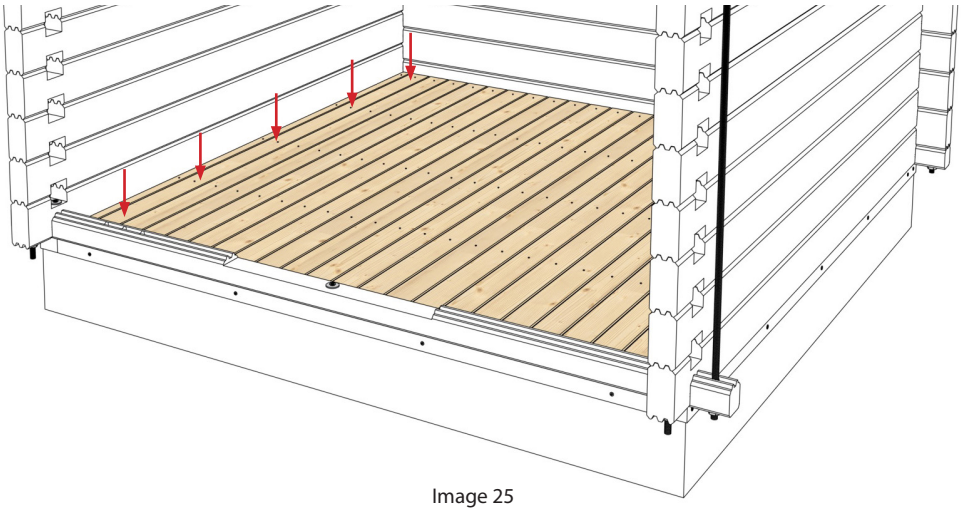


Image 25

Next, install the floor trim FIB1-1 around the perimeter of the floor. The trim will need to be cut to size, and **make sure you fasten it to the wall planks and not the floor boards.** Fasten the floor trim to the wall planks using five 1.4 X 40 nails into each trim piece (26).

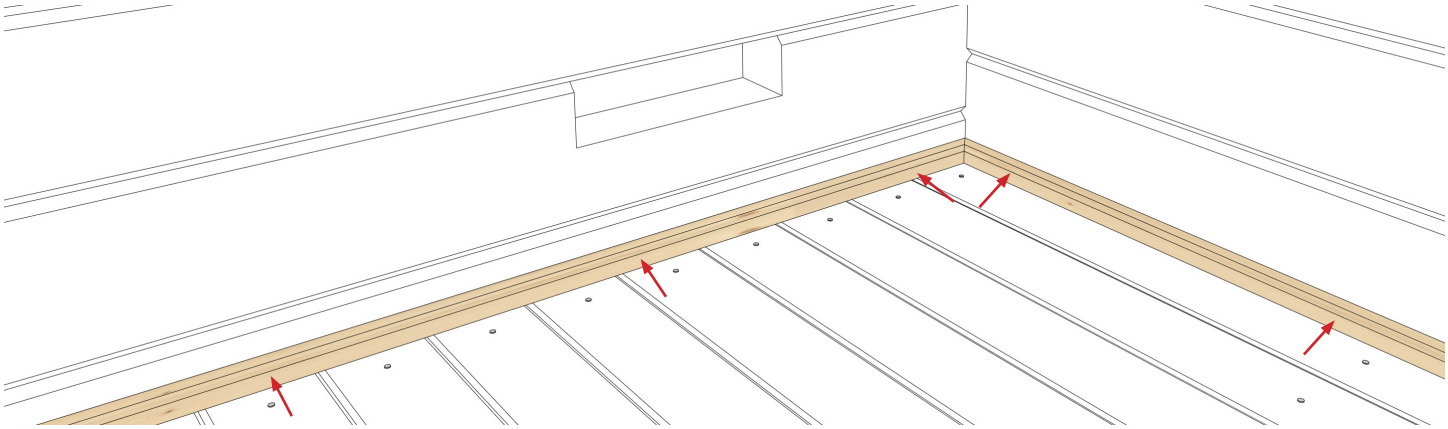


Image 26

Mount the ventilation slide over the cut out using four 4 X 40 screws (27).

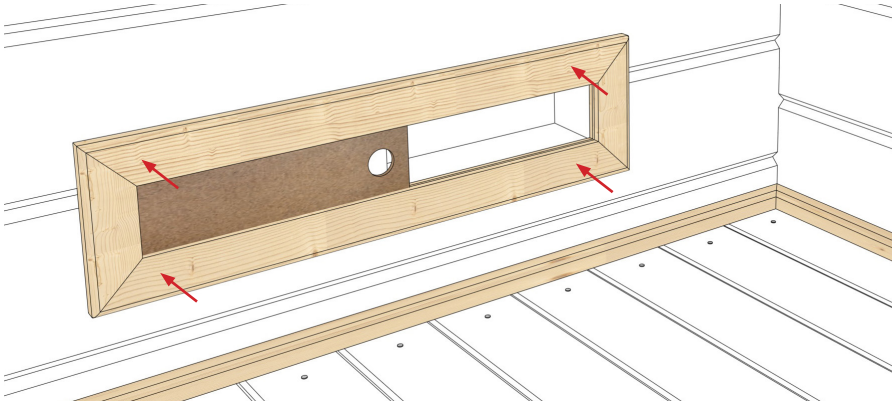


Image 27

Mount the support braces SP1 for the benches using two 5 X 100 screws in each brace (28).

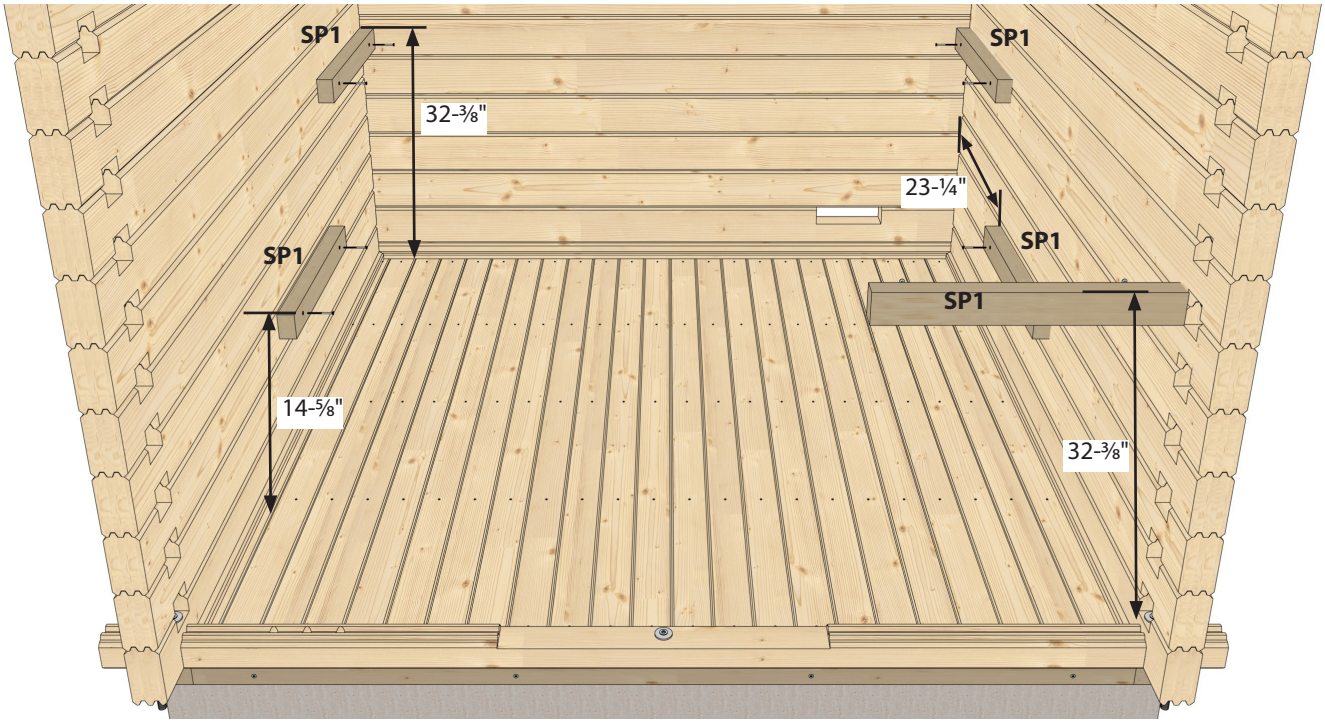


Image 28

Place the upper benches on the support braces and fasten together on the bottom using four 4.5 X 50 screws (29). Then place the lower bench on the bottom supports (30).

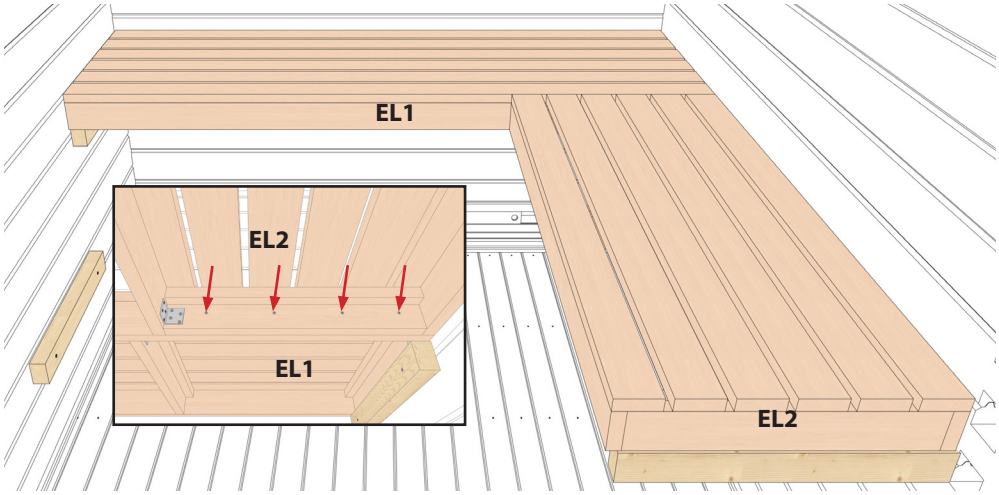


Image 29

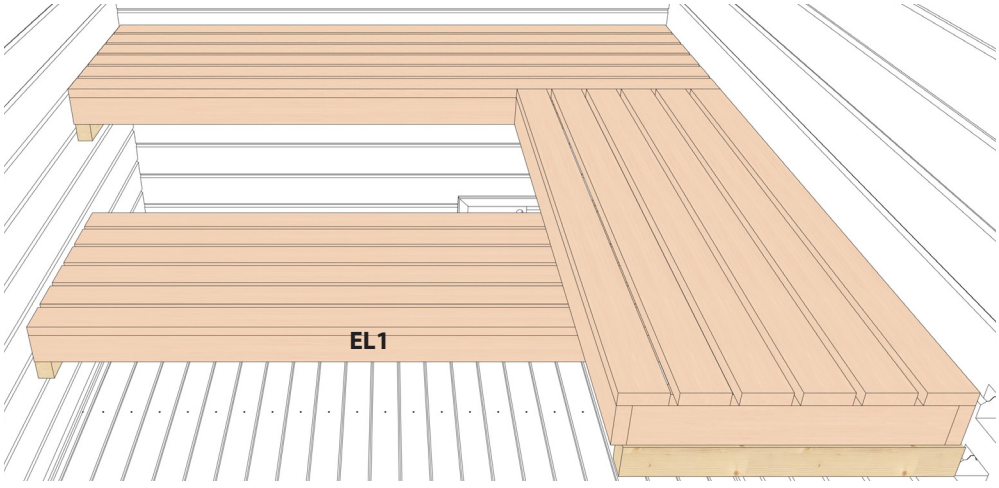


Image 30

Fasten the bench screen EL6 to the front of the upper bench from behind, and the back of the lower bench using six 4.5 X 50 screws (31). Then attach the back rests EL3 to the wall using three 4.5 X 70 screws in each. We recommend placing the back rest 10" from the top of the bench, but you may place it at a height that is most comfortable for you (32).

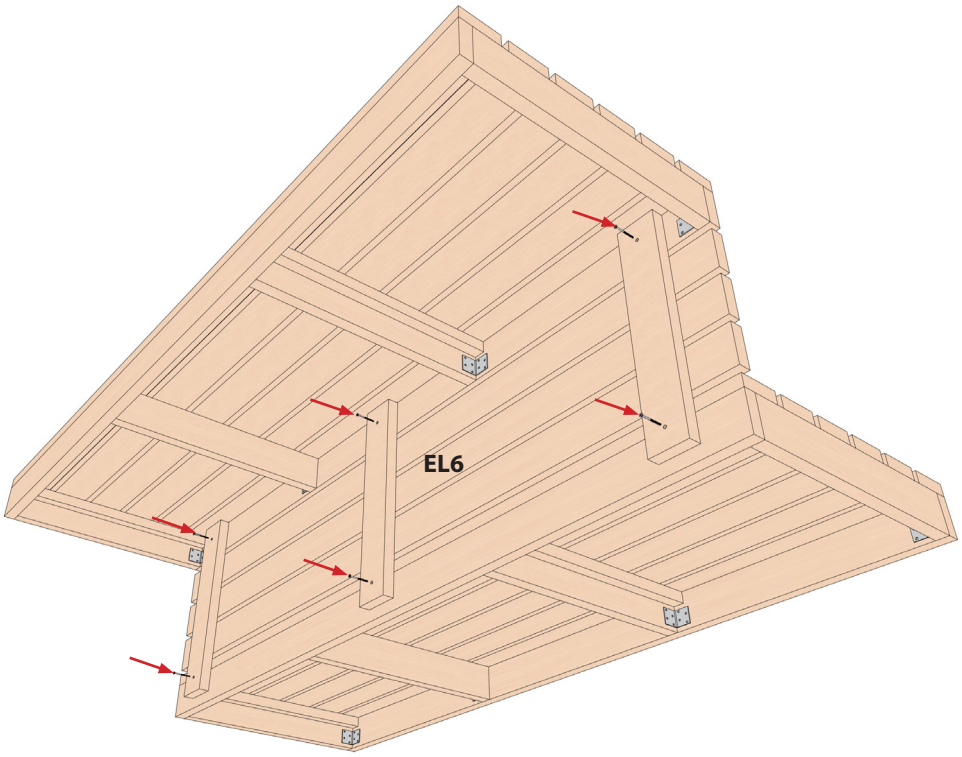


Image 31

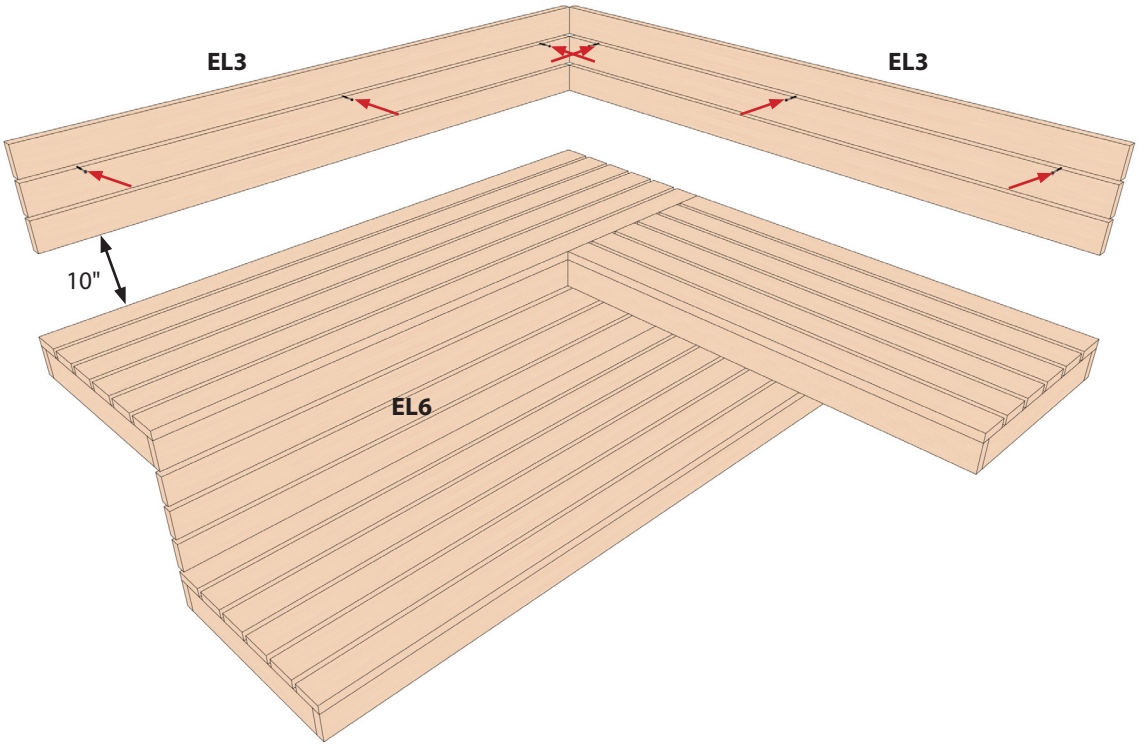


Image 32

Connect EL4 and EL5 heater fence parts together using 4.5 X 50 screws, and then fasten to the walls in the front left corner using 4.5 X 50 screws (33). This might be easier to do after the heater is installed. Install the light in the back right corner, and cover with the light screen using four 3.5 X 40 screws. Lay the floor grid EL7 inside the door (33).

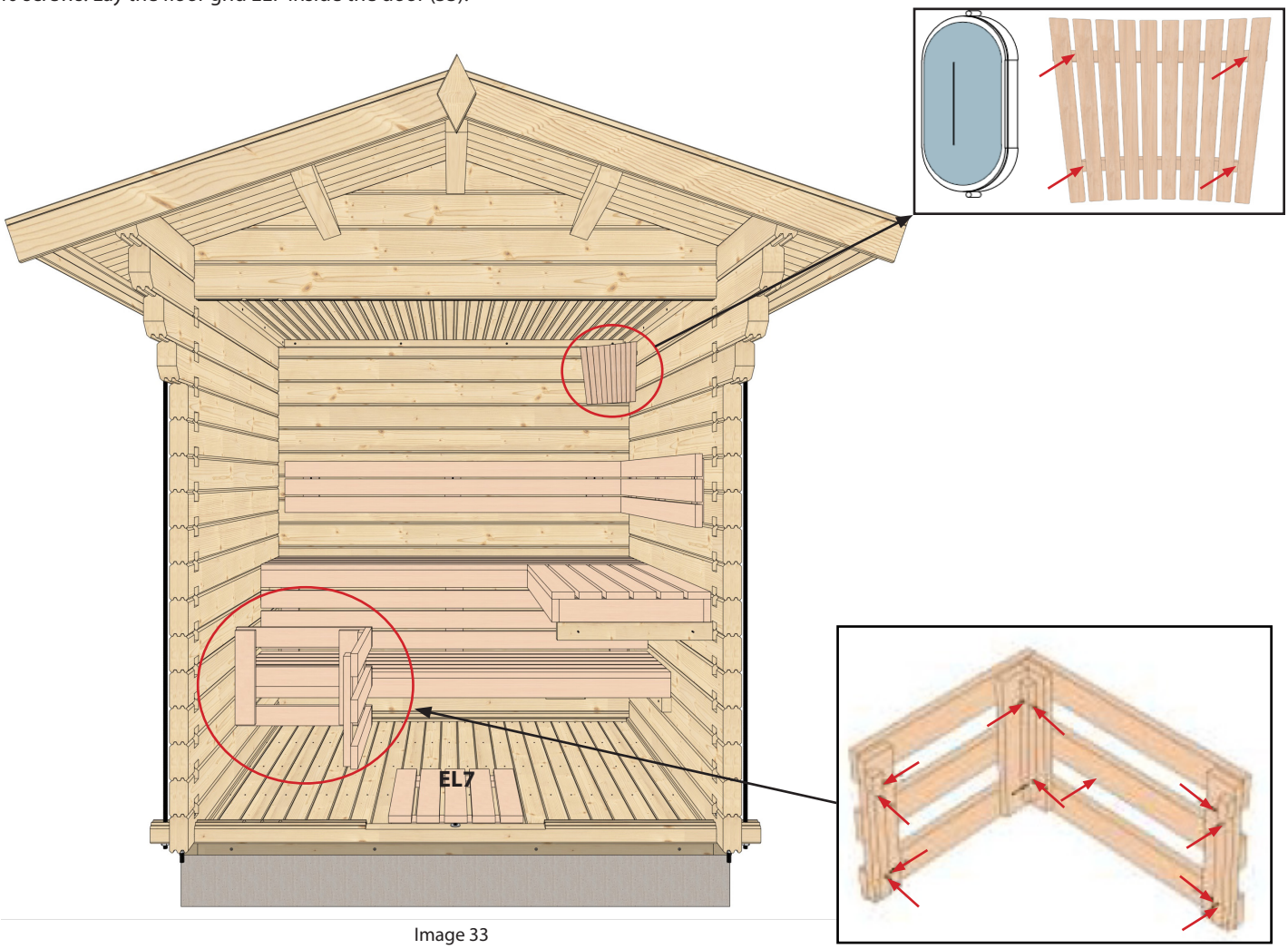


Image 33

Fasten the outer ventilation cover on the outside of the cutout in the back using four 4.5 X 5 screws (34). From the inside, fasten the door to the front wall planks using six 4.5 X 50 screws (35).

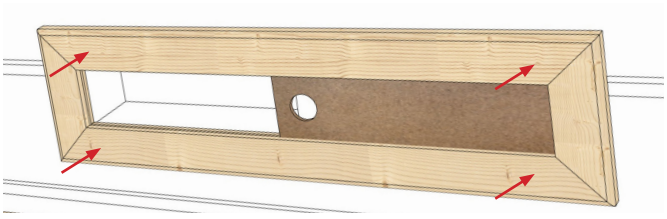


Image 34

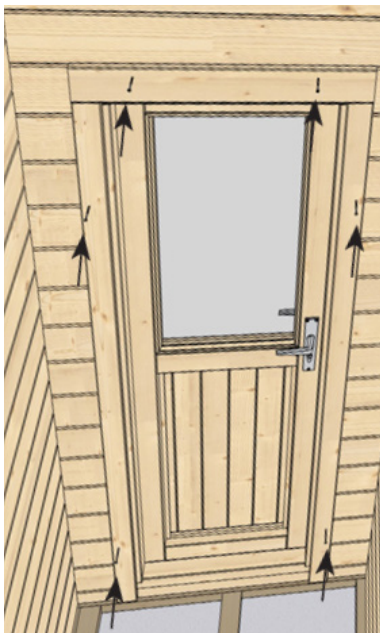


Image 35

HEATER - *Please see heater manual.*

⚠ DANGER

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

⚠ CAUTION

• Improper installation of heater or heater mounting bracket could cause the heater to fall leading to burns and other injuries.

• Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

FINAL THINGS

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

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

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

TRADITIONAL SAUNA USE

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

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

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

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

CARE & MAINTENANCE

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

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

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

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

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

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

ALMOST HEAVEN
SAUNAS