ALMOST HEAVEN
SAUNAS

Yukon 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.

ALMOST HEAVEN
SAUNAS

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 cube 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
- 1/4" Hex Bit
- Socket 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

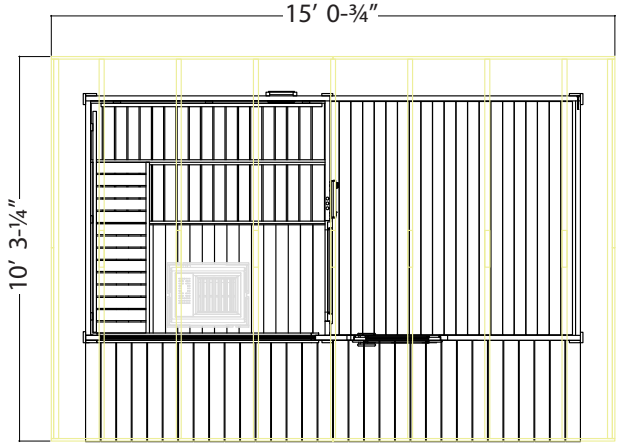
No. of items	Name	Dimensions inches
Base frame		
2	Base frame (impregnated)	81-⅞ x 1-⅝ x 5-¾
2	Base frame (impregnated)	78-⅜ x 1-⅝ x 5-¾
1	Base frame (impregnated), middle wall	75-¼ x 1-⅝ x 5-¾
2	Base frame (impregnated)	75-¼ x 1-⅝ x 5-¾
W1: Front side with window and door		
1	Block plank with holes for air supply	85 x 5-¾ x 1-⅝
9	Block plank	85 x 5-¾ x 1-⅝
14	Block plank	41 x 5-¾ x 1-⅝
3	Block plank	4-⅝ x 5-¾ x 1-⅝
3	Block plank	11-¼ x 5-¾ x 1-⅝
2	Block plank	78-⅜ x 5-¾ x 1-⅝
2	Block plank	81-⅞ x 5-¾ x 1-⅝
1	Block plank below the window	85 x 5-¾ x 1-⅝
1	Block plank above the window	78-⅜ x 5-¾ x 1-⅝
1	Block plank above the door	81-⅞ x 5-¾ x 1-⅝
1	Block plank with holes for ventilation	78-⅜ x 5-⅛ x 1-⅝
1	Block plank with holes for ventilation	81-⅞ x 5-⅛ x 1-⅝
W2: Side wall		
15	Block plank	75-¼ x 5-¾ x 1-⅝
1	Block plank upper triangle	75-¼ x 15-⅝ x 1-⅝
W3: Rear wall		
1	Block plank with holes for exhaust air	78-⅜ x 5-¾ x 1-⅝
14	Block plank	78-⅜ x 5-¾ x 1-⅝
15	Block plank	81-⅞ x 5-¾ x 1-⅝
1	Block plank with holes for ventilation	78-⅜ x 5-⅛ x 1-⅝
1	Block plank with holes for ventilation	81-⅞ x 5-⅛ x 1-⅝
W4: Side wall		
15	Block plank	75-¼ x 5-¾ x 1-⅝
1	Block plank upper triangle	75-¼ x 15-⅝ x 1-⅝
W5: Medium wall		
14	Block plank	4-⅜ x 5-¾ x 1-⅝
13	Block plank with hole for cable	38-⅝ x 5-¾ x 1-⅝
1	Block plank with hole for cable	38-⅝ x 5-¾ x 1-⅝
1	Block plank above the door	75-¼ x 5-¾ x 1-⅝
1	Block plank upper triangle	75-¼ x 15-⅝ x 1-⅝
Floor		
7	Base frame (impregnated)	75 x 3-⅞ x 1-⅝
7	Base frame (impregnated)	78-½ x 3-⅞ x 1-⅝
6	Base frame (impregnated)	10-¾ x 3-⅞ x 1-⅝
41	Floor boards	74-¾ x 3-¾ x ¾
1	Floor boards with cutout	74-¾ x 2-⅜ x ¾
1	Floor boards with cutout	74-¾ x 2-⅜ x ¾
4	Skirting board	75-¼ x 1 x ¾
1	Skirting board	78-¾ x 1 x ¾
1	Skirting board	37-⅜ x 1 x ¾
1	Skirting board	38 x 1 x ¾
1	Skirting board	38-¼ x 1 x ¾
1	Skirting board	3-¾ x 1 x ¾
1	Skirting board	5-½ x 1 x ¾
1	Skirting board	3-⅛ x 1 x ¾
2	Skirting board	30-¾ x 1 x ¾

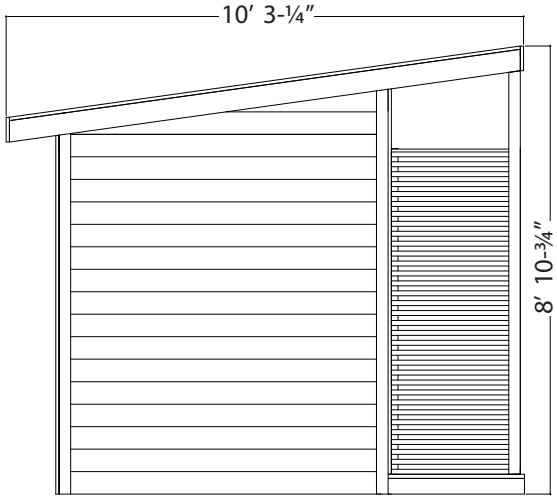
No. of items	Name	Dimensions inches
Corner covers		
10	Corner cover	39-⅜ x 3-⅛ x ¾
2	Corner cover	64-⅛ x 3-⅛ x ¾
2	Corner cover 82°	64-⅛ x 3-⅛ x ¾
1	Corner cover with cutout	64-⅛ x 3-⅛ x ¾
2	Corner cover	53-½ x 3-⅛ x ¾
2	Corner cover 82°	53-½ x 3-⅛ x ¾
1	Corner cover with cutout	53-½ x 3-⅛ x ¾
Inner roof		
1	Roof panel	74-⅜ x 37-⅝ x 2-⅛
1	Roof panel	74-⅜ x 37-⅝ x 2-⅛
1	Roof panel	78 x 37-⅝ x 2-⅛
1	Roof panel	78 x 37-⅝ x 2-⅛
1	Roof support strip 82°	75-¼ x 1-⅝ x 1-⅝
1	Roof support strip 82°	78-¾ x 1-⅝ x 1-⅝
1	Roof support slat	75-¼ x 1-⅝ x 1-⅝
1	Roof support slat	78-¾ x 1-⅝ x 1-⅝
2	Roof support strip 2x82° left	72-¾ x 1-⅝ x 1-⅝
2	Roof support strip 2x82° right	72-¾ x 1-⅝ x 1-⅝
Outer roof		
7	Roof rafters 82°	67-⅝ x 5-⅛ x 1-⅝
7	Roof rafters 82°	67-⅝ x 5-⅛ x 1-⅝
2	Wind batten support strips 82° top	78-¾ x 1-⅝ x 1-⅝
2	Wind batten support strips 82° bottom	44-⅜ x 1-⅝ x 1-⅝
66	Roof tongue and groove planks	89-⅝ x 3-¾ x ¾
2	Wind battens 82° sideways bottom	61-⅞ x 5-⅞ x ¾
2	Wind battens 82° sideways top	61-⅞ x 5-⅞ x ¾
4	Wind battens	90-⅜ x 5-⅞ x ¾
1	Roof support left	100-⅜ x 2-¾ x 2-¾
1	Roof support right	100-⅜ x 2-¾ x 2-¾
Outer door		
1	Outer door incl. door frame	77 x 35 x 2-¾
2	Door panel inside	76-¾ x 2-⅛ x ¾
1	Door panel inside	30-¾ x2-⅛ x ¾
Inner door		
1	Glass incl. frame	74-¾ x 32-¼ x 2
2	Door panel inside	79-½ x 2-⅛ x ¾
1	Door panels inside	29-½ x 2-⅛ x ¾
Window		
1	Insulating safety glass	62-½ x 19-⅞ x ⅝
2	Window frame	71 x 22 x 1-¼
Interior fittings		
1	Bench	74-¾ x 23-⅝ x 3-½
1	Bench	74-¾ x 19-⅝ x 3-½
1	Bench	51-⅜ x 23-⅝ x 3-½
2	Backrests	70-⅞ x 8-⅝ x 1-⅞
2	Bench support slats	37-⅝ x 3-½ x 1-⅛
3	Bench support slats	23-⅜ x 3-½ x 1-⅛
2	Heater protection grille	39-⅜ x 3-½ x 1-⅛
1	Heater protection grille	19-¼ x 2-¾ x 1-⅛
1	Heater protection grille	26-⅝ x 2-¾ x 1-⅛
1	Heater protection guard (strut)	22-⅝ x 3-½ x 1-⅛

PARTS LIST CONTINUED

No. of items	Name	Dimensions inches
Terrace		
6	Base frame (impregnated)	82-¼ x 3-¾ x 1-⅝
32	Terrace floorboards	32-½ x 4-¾ x 1
2	Cover strip	32-½ x 3-¾ x 1
2	Screen element	77-½ x 30-¾ x 2-⅜
2	Roof supports	100-⅜ x 2-¾ x 2-¾
Accessories		
2	Ventilation slide 620P	8-½ x 6-¾ x ¾
2	Ventilation grille	9-⅞ x 9-⅞ x 1-⅛
2	Headrest 520S	16-⅞ x 9-⅞ x 2-¾
1	Lamp protective grille 920S	
1	Lamp without bulb	
2	Polymer adhesive (290 ml)	
12	Stainless steel ventilation grille	
2	Metal angle	2-⅜ x 2-⅜ x ⅛
146	Iron pins	4-¾ x ½ x ⅛
2	Roofing felt	
1	Assembly material set	
1	Assembly instructions	

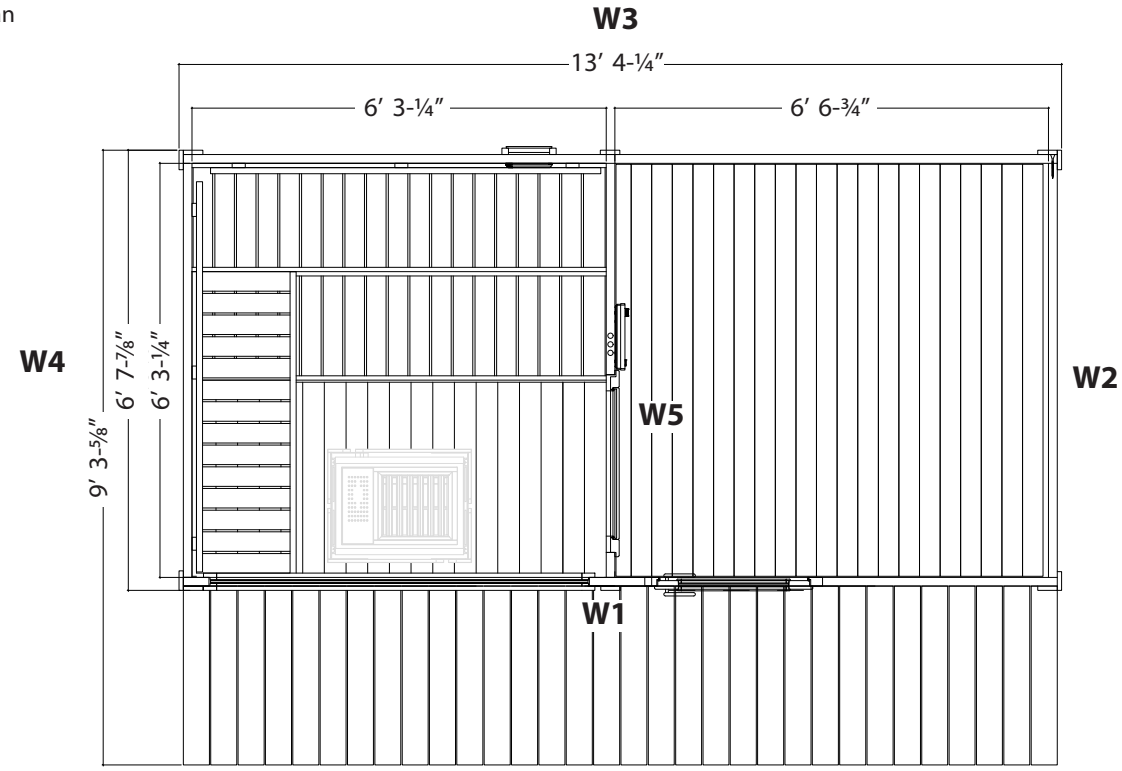
OVERALL DIMENSIONS





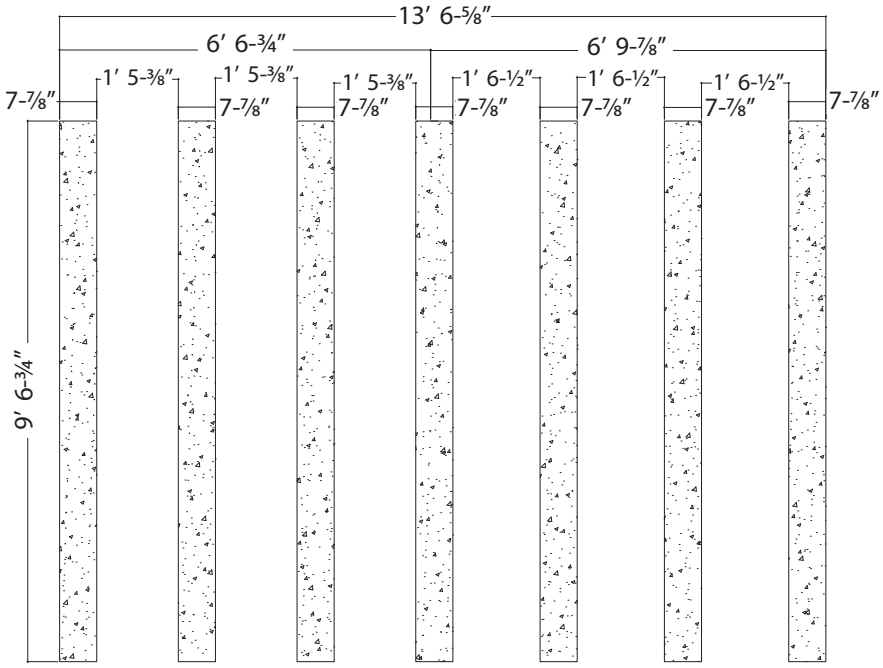
FLOOR/FOUNDATION PLAN

Sauna Floor Plan



Sauna Foundation.

Note: This shows minimum foundation for the base frame to lay on, a completely solid rectangular foundation is acceptable.



BASE ASSEMBLY

⚠ 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.

Place the base frames, ensuring the highlighted features are placed accordingly (1). Glue the corners and lap joints and screw together using twelve 5 X 90 screws.

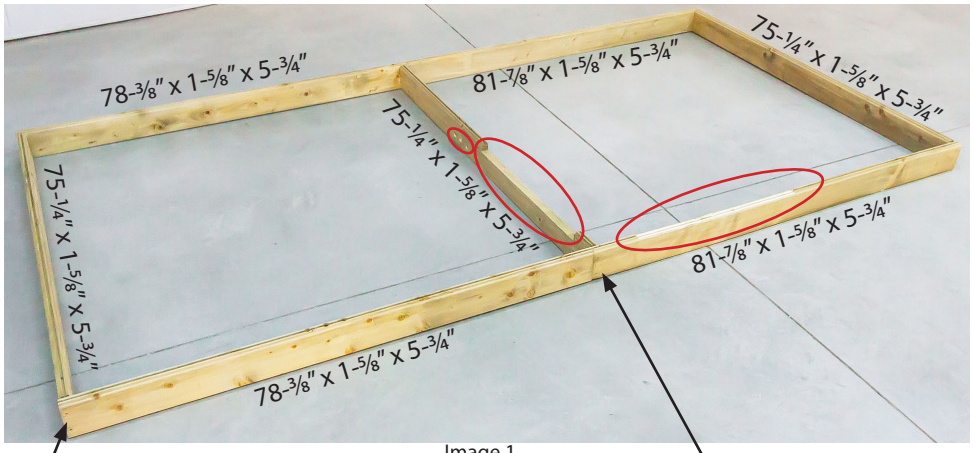
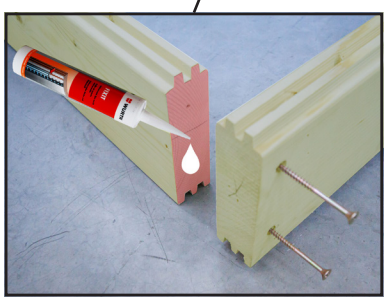
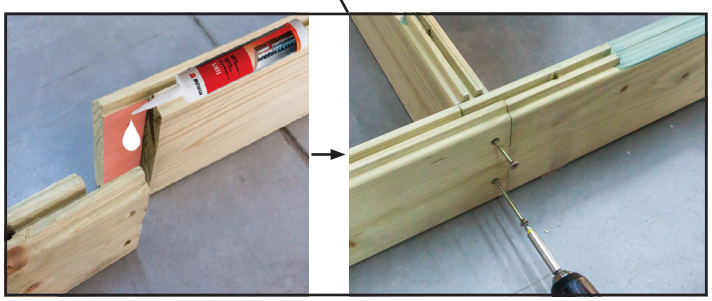


Image 1





Hammer sixteen iron pins into the predrilled holes in the base frame (2).

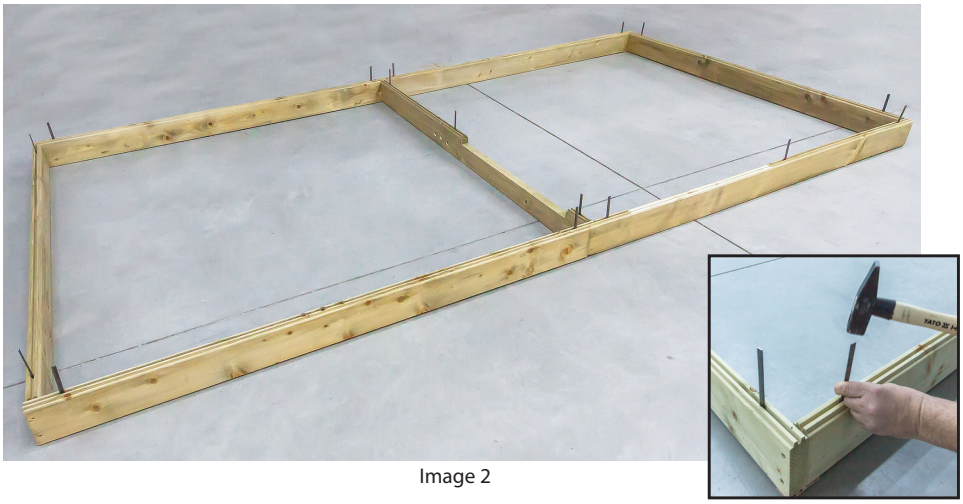


Image 2

Place the floor base frames inside the outer base frames so they are roughly 10-3/4" apart. Toe screw them to the outer base frames using 5 X 60 screws (3). Note the notches in the base frames for routing the wires for the heater. Then place the short base frames below where the heater will be sitting, by screwing through the long base frames into the ends of the short frames (4). **Note:** We recommend running the wires for the heater if you intend on connecting the power on the back of the sauna. The wires will be routed up the interior wall to the ceiling to conceal their path. You may choose to drill through the front wall near the heater if you intend to connect to power on the front wall and avoid routing wires now.

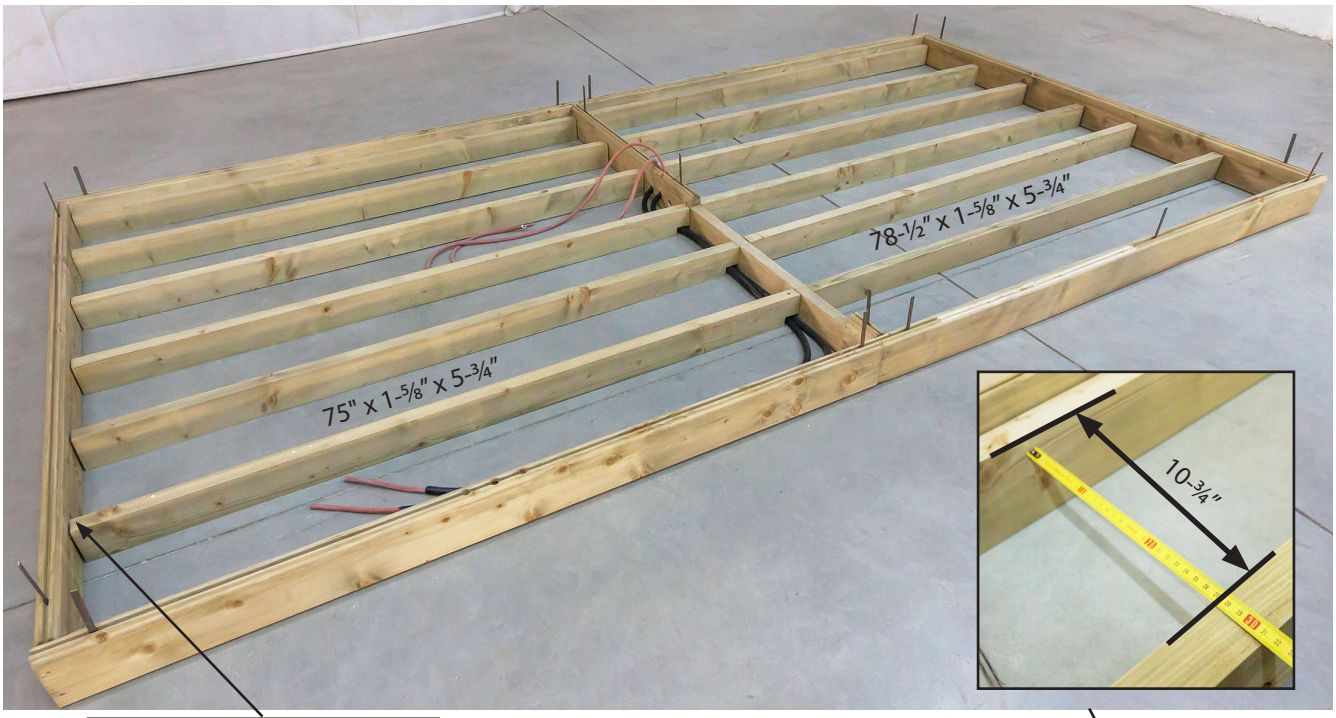


Image 3

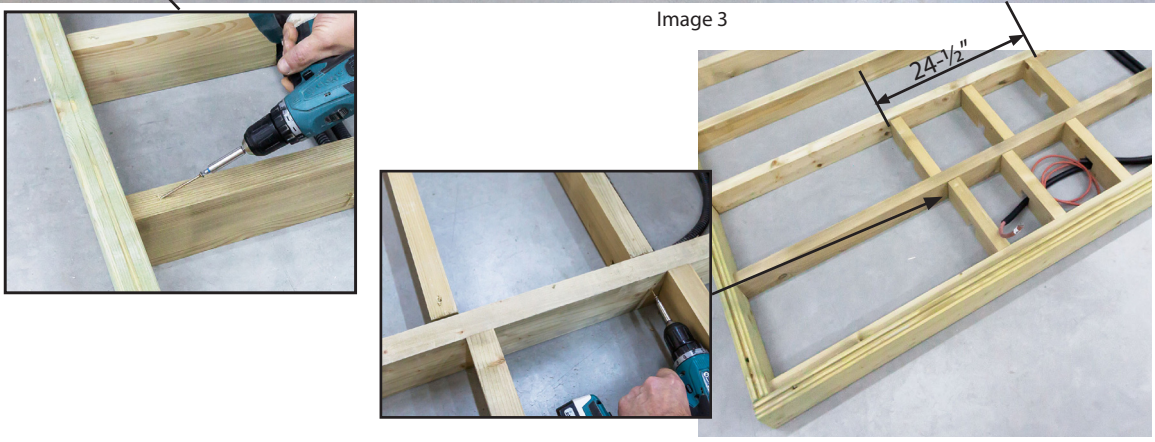


Image 4

WALL ASSEMBLY

NOTICE

- **WE RECOMMEND ALL SCREWS MUST BE PREDRILLED BEFORE INSTALLING TO PREVENT BREAKAGE.**
- **Never hit the groove of the planks directly with a hammer, use a wooden strip/block in between.**
- **Check that the corners are a right angle when connecting before full fastening.**

Start installing the wall planks on the base frame layer by layer. Toe nail screw the ends of the boards, then glue and screw the joints as you did with the base frame using 5 X 90 screws. Once each layer is placed, hammer in the sixteen iron pins to the wall plank (5).

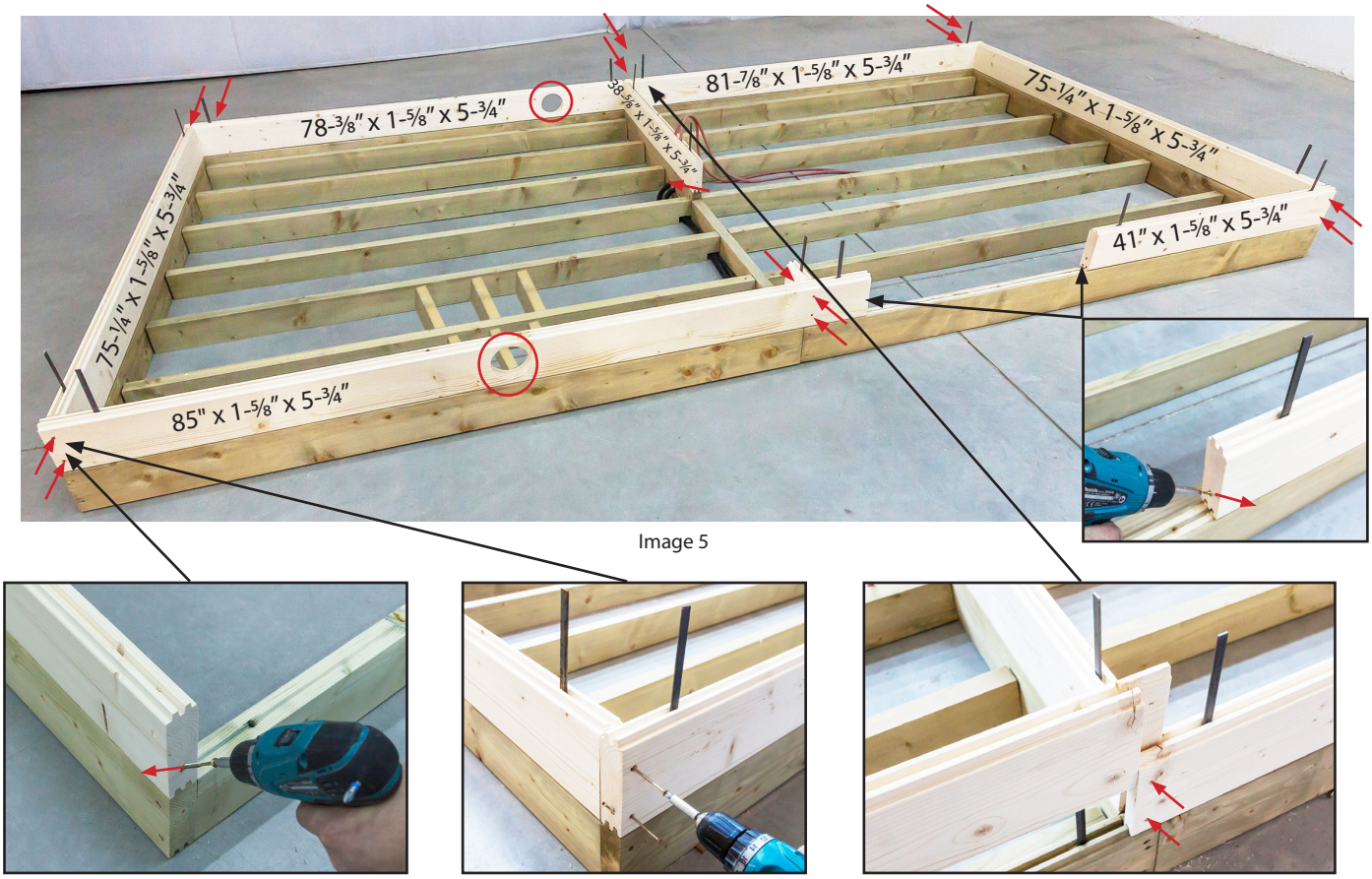


Image 5

Repeat this process for 10 rows of wall planks (6).

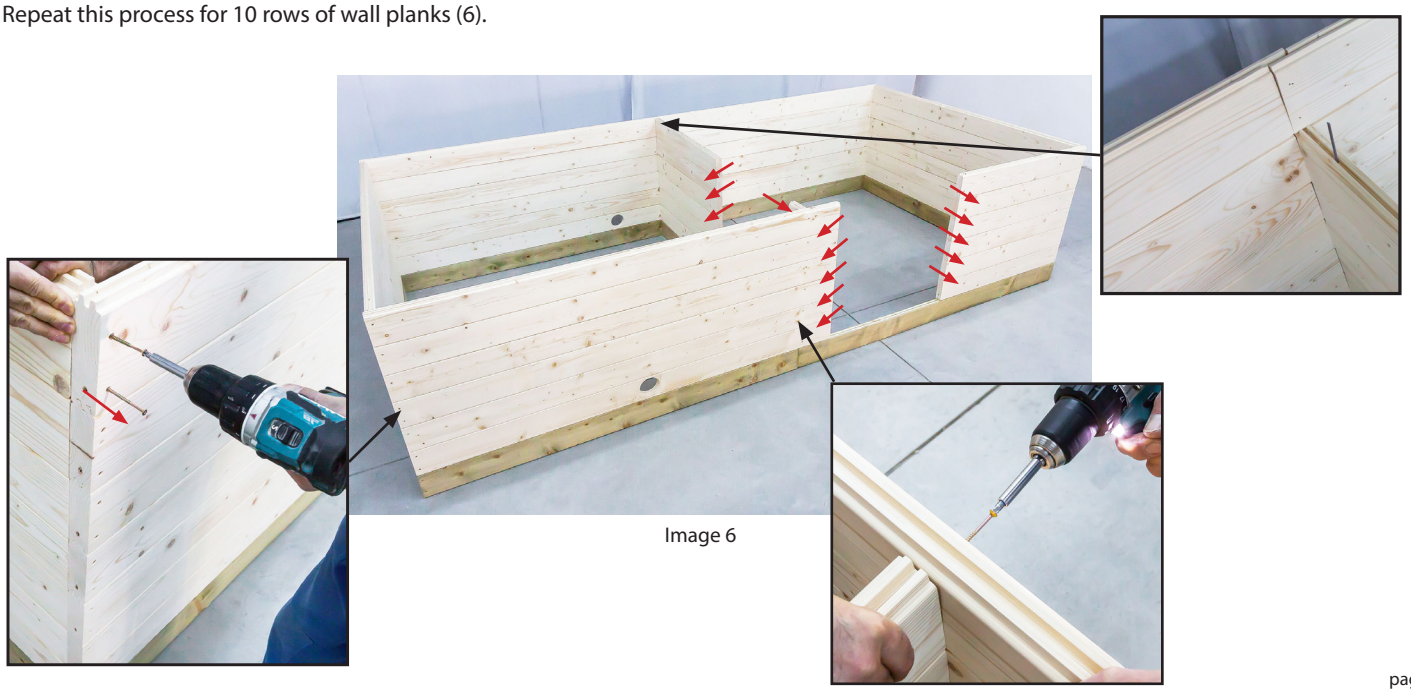


Image 6

On the 11th row, you need to place the below window cutout plank, then three of the shorter planks on either side (7). Toe screw the ends to the plank below, as well as two through the front face similar to previous steps using 5 X 90 screws.



Image 7

On the 15th row, you need to place the above window cutout plank and above door cutout plank (8). Toe screw the ends to the plank below, as well as two through the front face similar to previous steps using 5 X 90 screws.

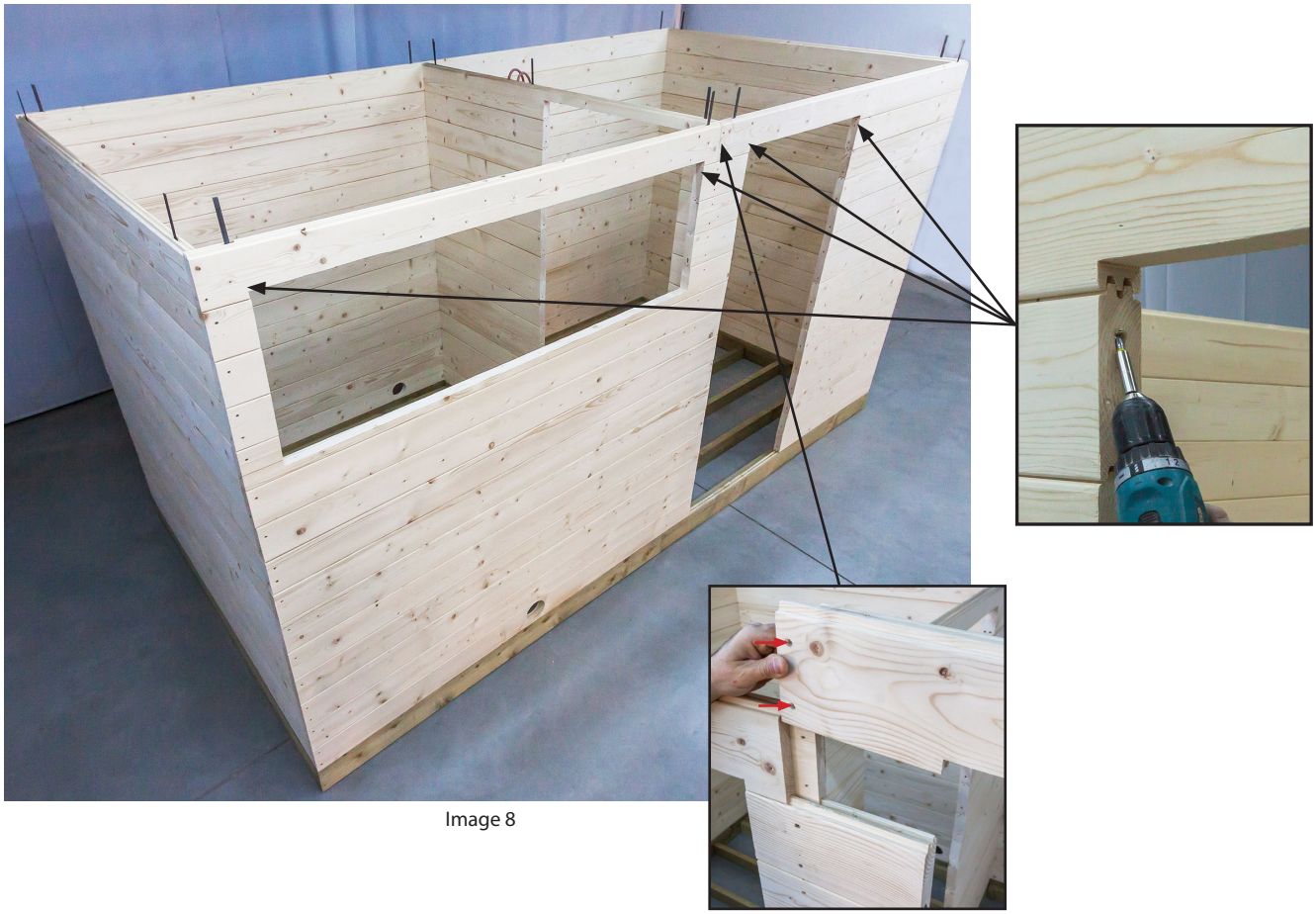


Image 8

Install the 3 upper triangles on the side and middle walls, route the heater wires accordingly if using the middle wall wire channels. Place 2 rows of front wall planks similarly to previous steps and fasten to the triangles using 5 X 90 screws (9-10). Note: Image 9 only shows the 1st row.



Image 9

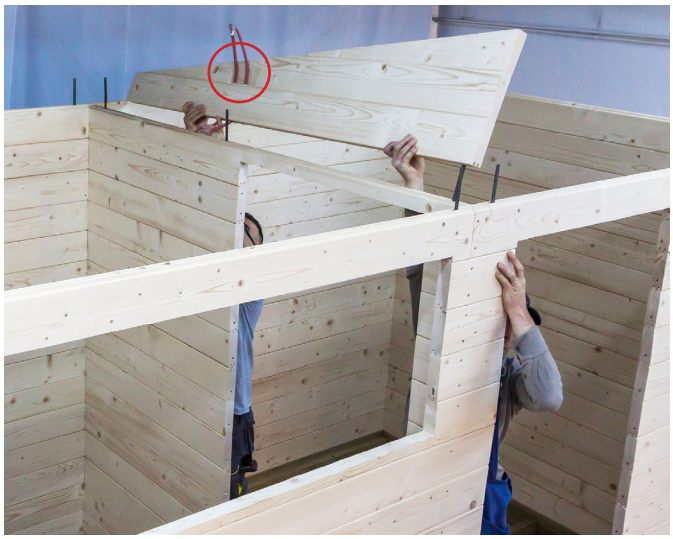


Image 10

Place the front and rear planks with ventilation holes, and install the 12 ventilation grills. Toe screw the ends to the plank below, as well as two through the front face similar to previous steps using 5 X 90 screws (11).

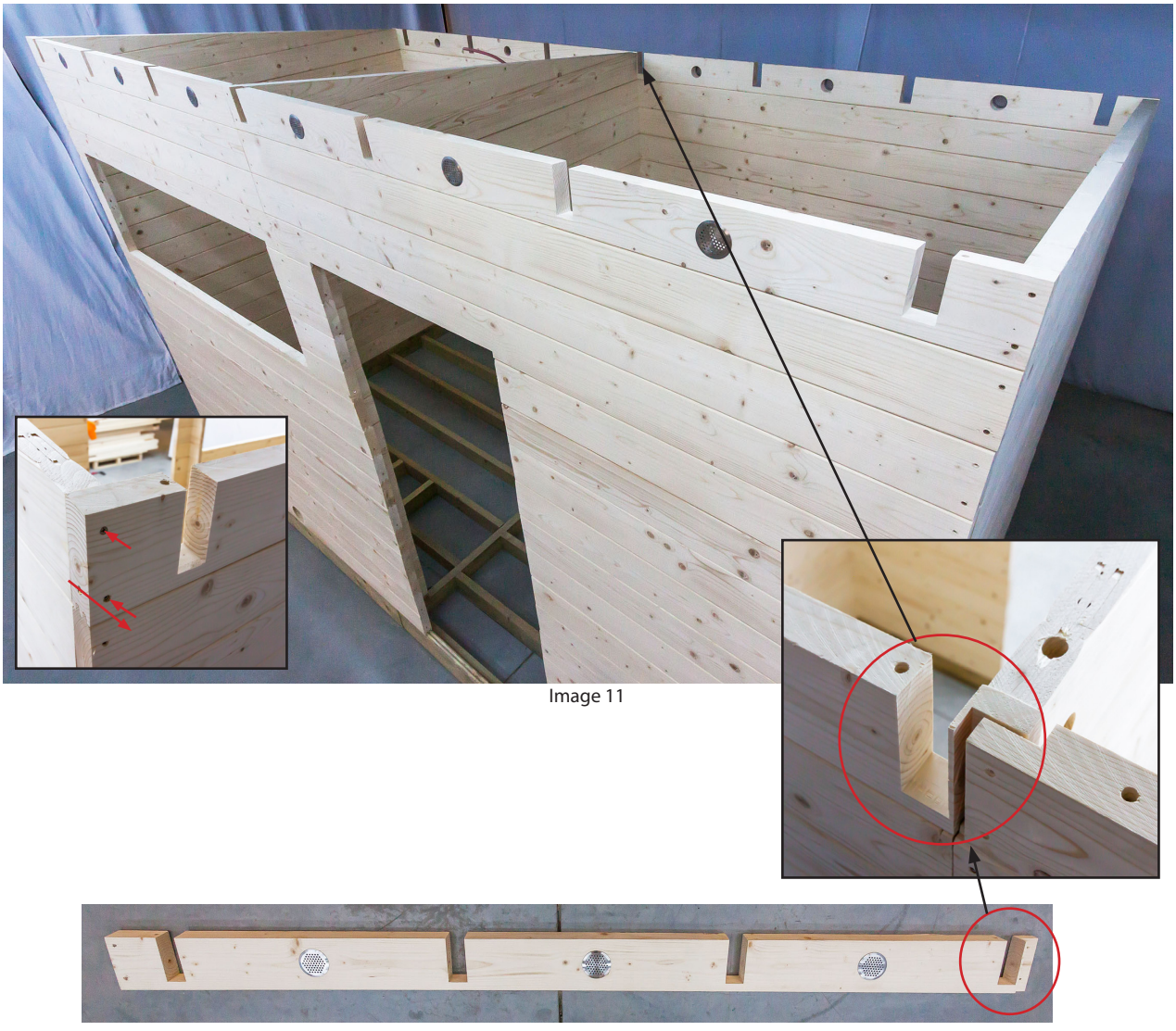


Image 11

FLOOR INSTALLATION

Starting with the middle wall floor boards with the cutouts (74-¾ x 2-⅜ x ¾), lay them over the middle base frame and fasten through the tongue/groove using 3.2 X 40 screws into each base frame (12-13). Ensure the screws are countersunk so the next floor board does not have interference issues. Continue by placing the rest of the floor boards (74-¾ x 3-¾ x ¾) groove over the tongue of the previous board, on either side of the cutout floor board. Fasten using 3.2 X 40 screws to connect the floor board to each base frame. The board at the wire routing for the heater will need cut short, as well as the last board on both sides, you may need to cut the boards width to fit the gap (14). Fasten down through the top of the floor board at the edge into the base frames using six 3.2 X 40 screws; there will be trim that covers these screws.



Image 12



Image 13



Image 14

INTERIOR ROOF INSTALLATION

Install the roof support strips 8-1/4" down from the top of the walls using four 4 X 70 screws into each piece (15). The angled side wall strips will fit between the front and back walls, and the back wall pieces will have an 82 degree slant on top for the roof piece (16). The roof support strips have specific locations and will only fit in those locations (17).

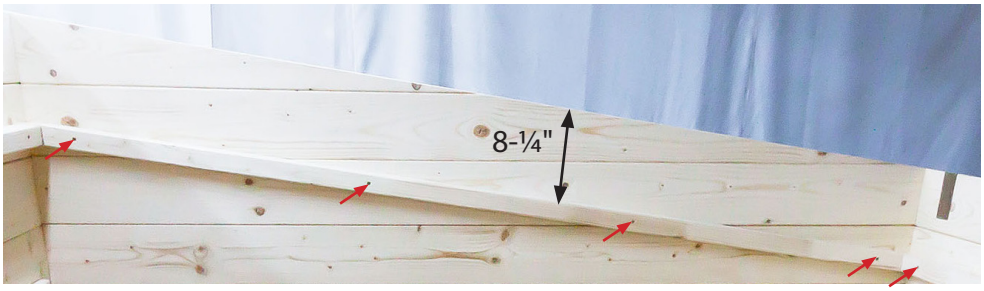


Image 15

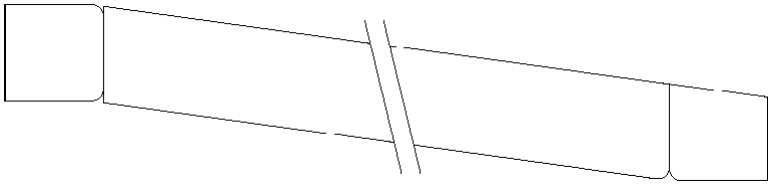


Image 16

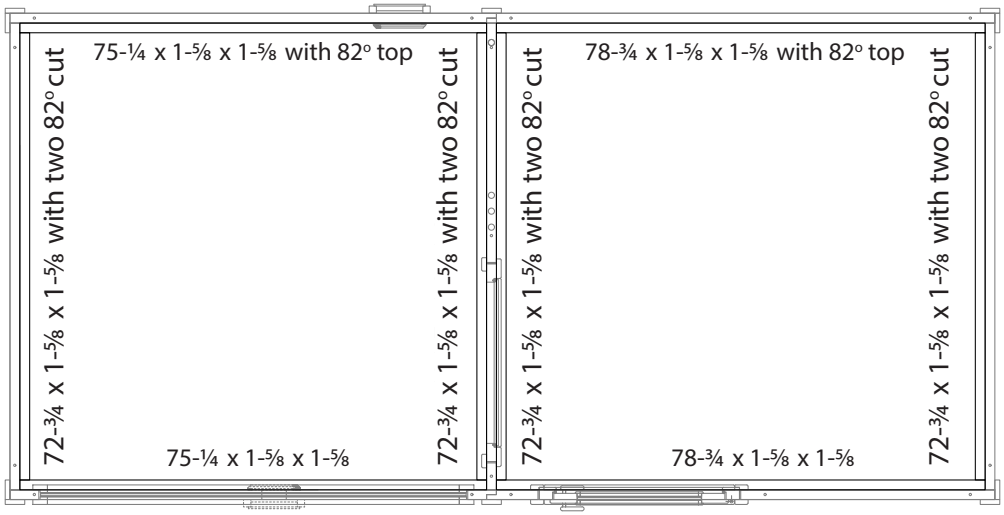


Image 17

⚠ DANGER

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

Drill a hole into the wall to open the channel for routing the wire for the sauna light, and route the wire (18-19). Install the light base, wire the light, and install the cover (20-21).

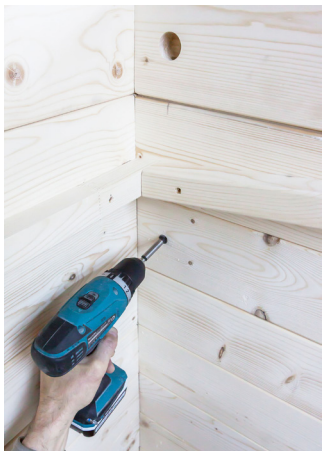

Image 18


Image 19

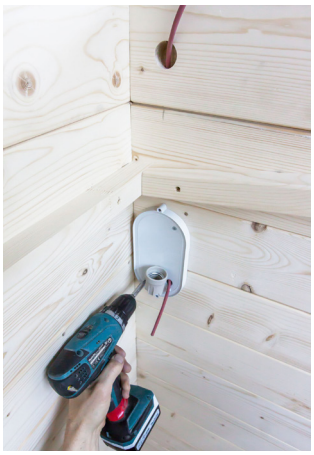

Image 20


Image 21

Install the four roof panels on top of the roof support strips (22-24). Now install the lamp protective grille over the light using four 3.5 X 40 screws (25).


Image 22


Image 23

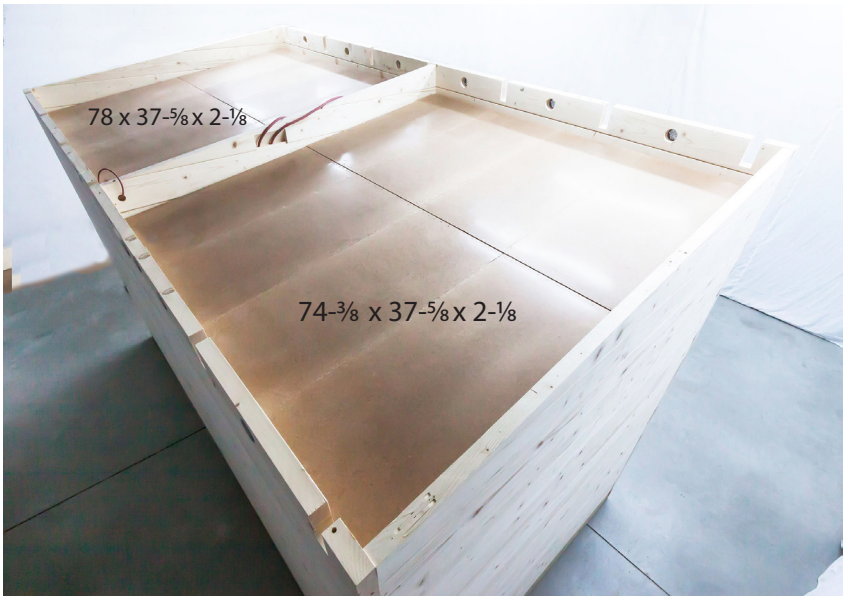


Image 24


Image 25

BENCH & BACKREST INSTALLATION

Install the bench support slats in the sauna; 23-⅜ x 3-½ x 1-⅛ for the upper benches and 37-⅝ x 3-½ x 1-⅛ for the lower bench. The upper support slats will be 33-⅛" off the floor, the lower support slats will be 14-½"; fasten using three 5 X 60 screws into each support (26-27). Place the 23-⅝" deep long bench on the upper support braces and the 19-⅝" deep long bench on the lower supports. Place the short bench between the front wall and upper bench and fasten together using three 4.5 X 50 screws (28-29).

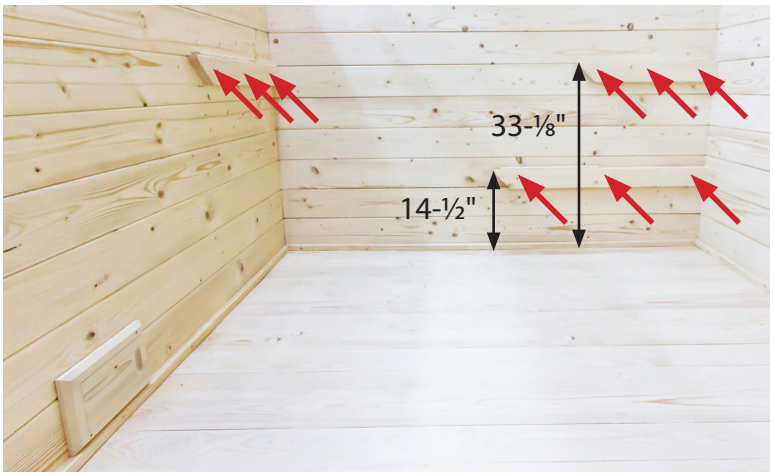


Image 26


Image 27


Image 28


Image 29

Place the backrests 8-10" from the top of the bench, or whatever feels the most comfortable for you, and fasten using three 3.5 X 50 screws in each back rest (30).



Image 30

WINDOW, DOOR & SKIRTING BOARD INSTALLATION

Insert the window frame inside the sauna and fasten using twelve 3.2 X 40 screws (31). Then place the glass from outside, and then install the outside window frame using twelve 3.2 X 40 screws (32-33)



Image 31



Image 32



Image 33

Install the inside door from the entrance room pushing it into place towards the sauna room. Fasten the door in place by using door panels inside the sauna room and fasten using eleven 3.2 X 40 screws (34-36).

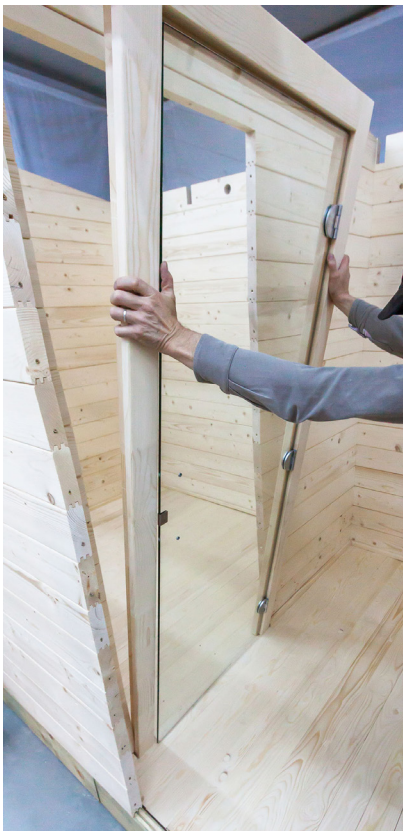


Image 34



Image 35



Image 36

Install the door handle onto the glass door (37-38).

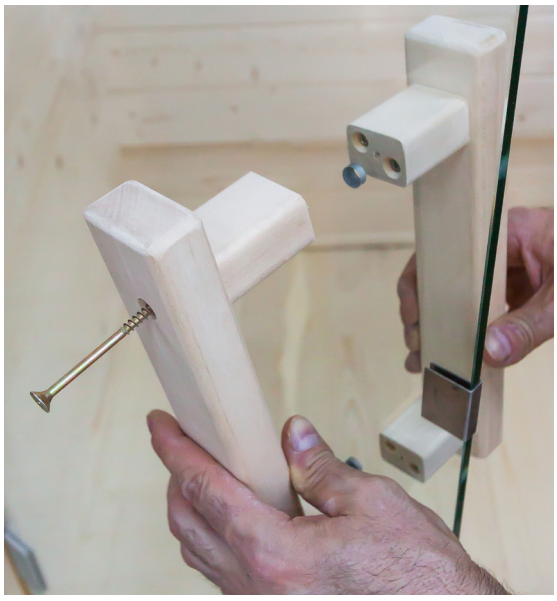


Image 37

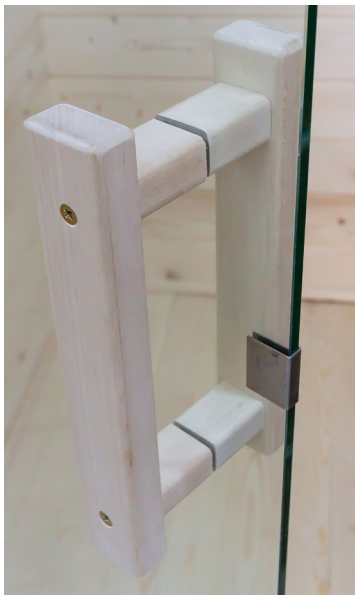


Image 38

Now place the outside door from outside the sauna (39-40). Similar to the inside door, attach the door using door panel pieces and a piece of 30-¾ x 1 x ¾ skirting board at the base of the door using fourteen 3.2 X 40 screws (41).



Image 39



Image 40



Image 41

Install the correctly sized skirting boards at the base of each wall by fastening through it into the wall planks using 3.2 X 40 screws (42-44).

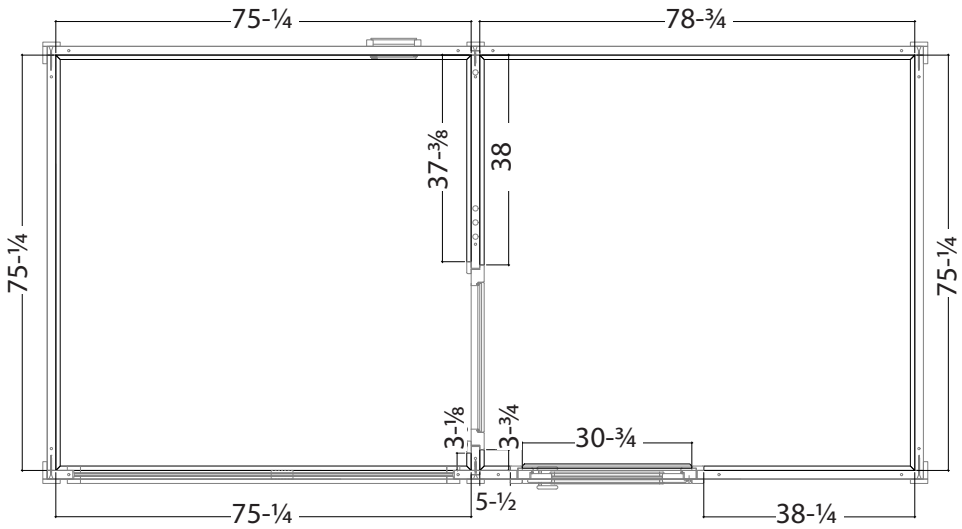


Image 42



Image 43



Image 44

Install the ventilation slides over the two ventilation holes on the inside of the sauna using four 3.5 X 40 screws in each slide (45).

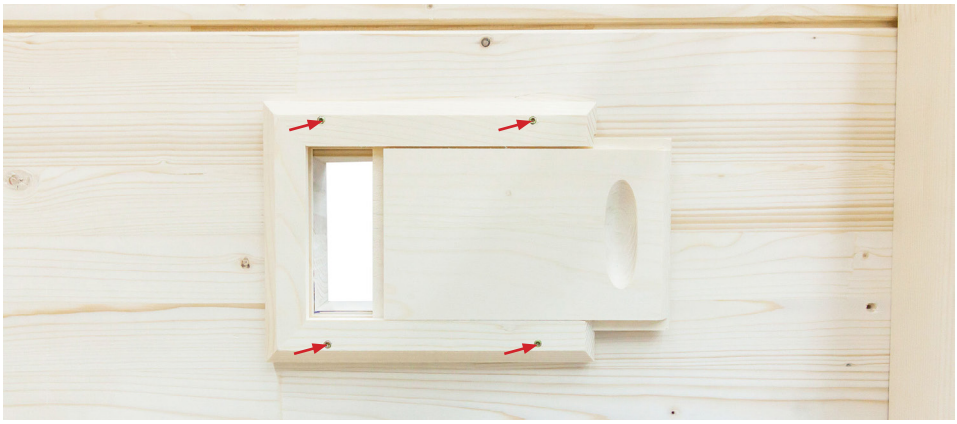


Image 45

OUTER ROOF INSTALLATION

Glue and screw the outer roof rafters using two 6 X 120 screws in each rafter (46-47).

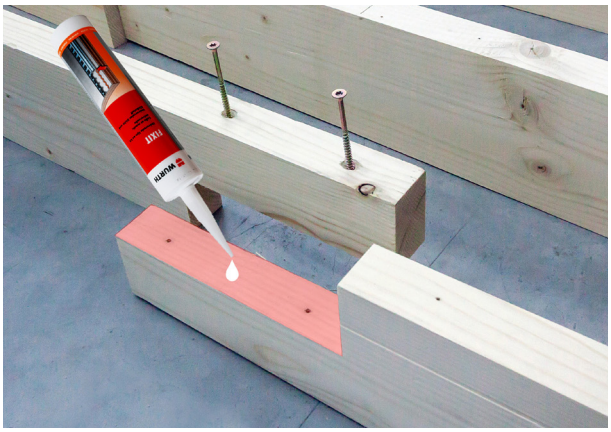


Image 46

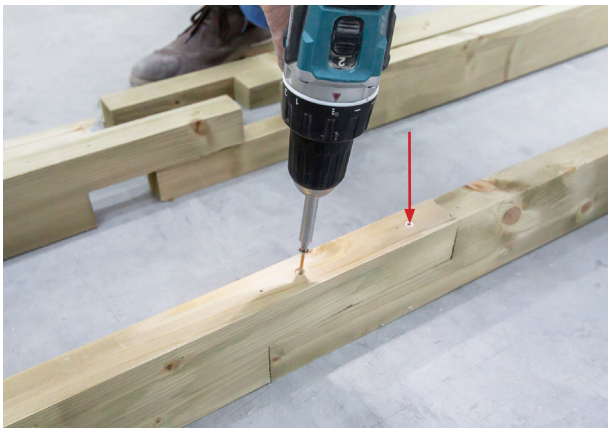


Image 47

Now place the rafters into the cutouts in the ventilation planks and fasten into place using fourteen 6 X 150 screws (48-50).



Image 48

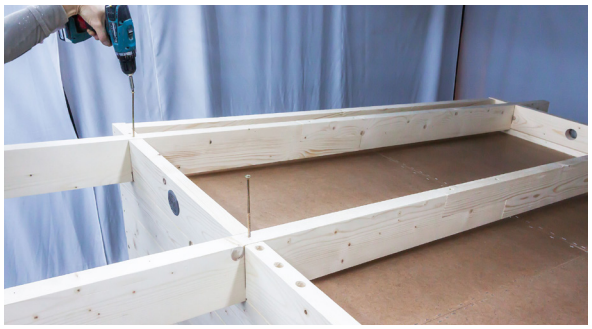


Image 49



Image 50

Fasten the tongue and groove roofing boards starting at the front peak with the groove up, and working down the roof to the back fastening into each roof rafter and end wall using 3.5 X 35 screws (51). Leave an equal overhang on both ends of the sauna. When you get to the last board, you will need to cut the width so it doesn't overhang the rafters (52).



Image 51



Image 52

Attach the wind batten support strips to both ends of the roof below the tongue and groove, taking note of the 82º cuts on the ends of the boards. Fasten the support strips using 3.5 X 50 screws (53). Then fasten the wind batten strips to the end of the roof rafters into the wind batten support strips using 3.5 X 50 screws (54). Again take note of the 82º cuts on the ends of the boards. Lastly, repeat for the front and back , connect them into the ends of the roof rafters and side wind battens (55-56).



Image 53



Image 54



Image 55



Image 56

Install the roofing felt on top of the tongue and groove roof planks.

NOTICE

• We recommend purchasing shingles, metal roofing, or another suitable roof covering from your local hardware store to finish covering the roof. The roofing felt is only meant to be an initial roofing.

TERRACE INSTALLATION

Fasten together the terrace base frames using two 4 X 80 screws in each base frame (57). Fasten the first base frame to the front of the sauna base frame using 4 X 70 screws, then connect the cover strip on each end to the first base frame using two 3.5 X 50 screws (58-59). Fasten the next base frame to the opposite end of the cover strip, and the last one mid span between them, again using 3.5 X 50 screws. Then place the terrace floor boards on top, equally spaced, and fasten using six 3.5 X 50 screws in each board (60).

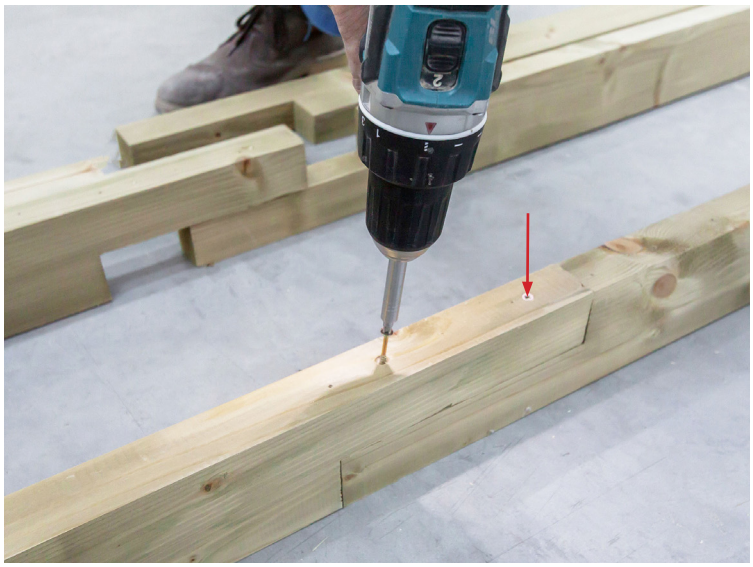


Image 57



Image 58



Image 59



Image 60

CORNER COVER INSTALLATION

Install the corner covers using 3.5 X 50 screws (61-64). The ends of the corner covers will have an 82º cut where required.



Image 61



Image 62



Image 63



Image 64

OUTSIDE VENTILATION GRILLE, SCREEN ELEMENTS & ROOF SUPPORT INSTALLATION

Then install the outside ventilation grilles over both ventilation holes using four 3.5 X 50 screws in each (65). Then install the two screen elements on both ends of the terrace using 4 X 70 screws (66).



Image 65



Image 66

Install the roof support posts on both ends at the screens. Install the support post clip into the terrace floor, then fasten the clip to the support. Fasten the post to the screen, and lastly to the roof rafter, all using 4 X 70 screws (67).

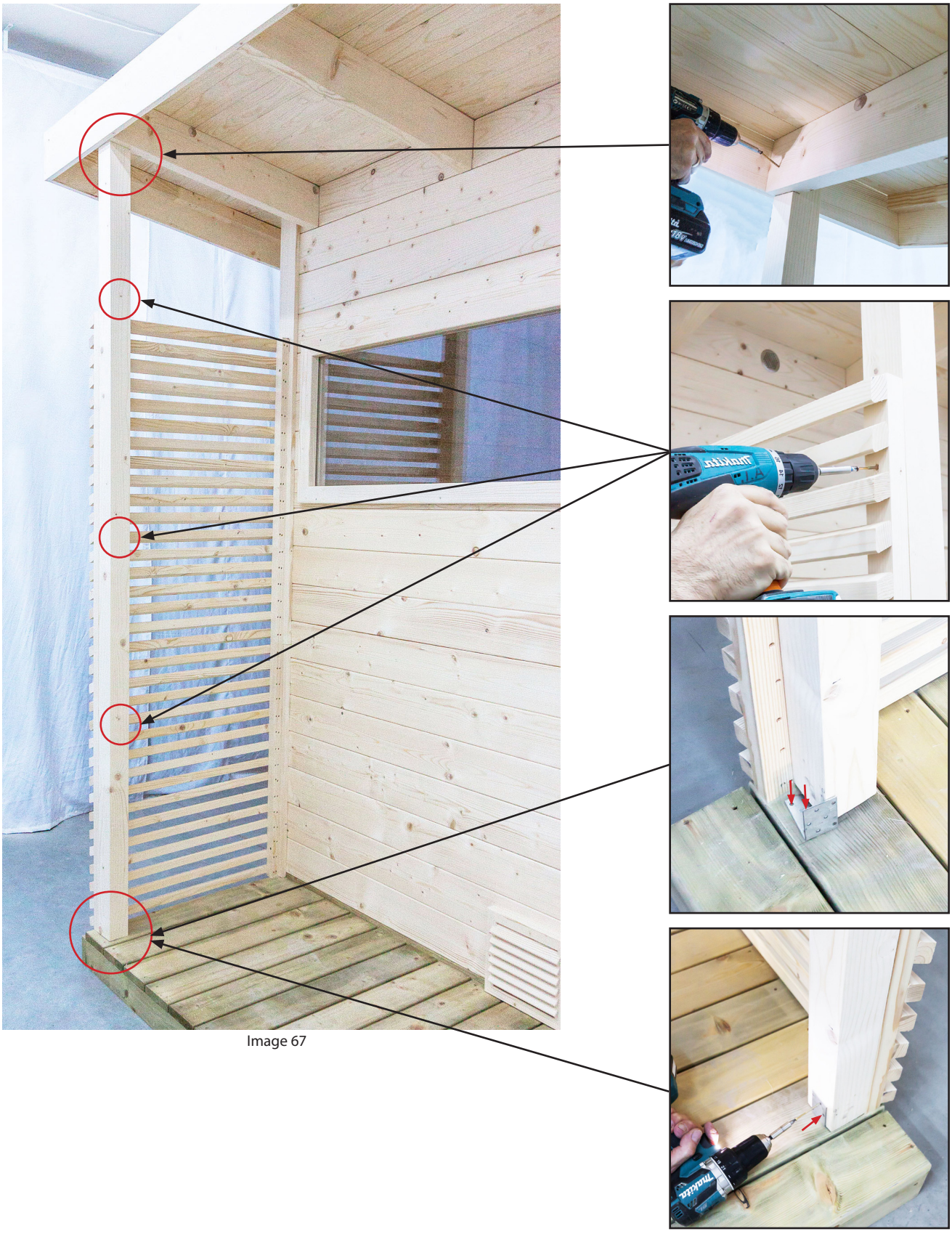


Image 67

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.

ACCESSORIES
Almost Heaven Saunas offers a full line of accessories to compliment your sauna. From red cedar leg rests, back rests, drink holders, robe hooks and magazine racks to eucalyptus fragrance and more, visit www.almostheaven.com for all of your sauna accessory needs!

ALMOST HEAVEN
SAUNAS