



Preston Sauna Installation & Owner's Manual



Revised February 2017

Read this entire manual through to the end before proceeding with the assembly.

CHECK YOUR BOXES

Be sure to immediately check your boxes against your shipping list and bill of lading. Examine for any damage and notify Almost Heaven Saunas if there needs to be a repair or replacement of damaged or missing materials.

ELECTRICAL REQUIREMENTS

All electrical wiring must be performed by A QUALIFIED LICENSED ELECTRICIAN. Because of the heat involved in the sauna, it is required that you use copper wire with 90°C 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 and according to the instructions provided with the heater.

LOCATING THE SAUNA

Your Preston Indoor Sauna was 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 an integral floor platform. Your saunas 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.)

ASSEMBLY

Two people should be involved in the assembly of the Preston Sauna. The wall and roof sections are large and need two individuals to lift and hold in place during assembly.

BASIC TOOLS

You should have the following tools:

- Cordless drill for driving screws
- 1/8" drill bit
- Stepladder or stool
- Rubber mallet
- Claw hammer
- Screwdriver (Phillips and Flathead)
- Framing square
- Utility knife
- Level

Almost Heaven Saunas
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Preston Sauna Packing List

- | | |
|--|---|
| <input type="checkbox"/> 4 Floor Risers | <input type="checkbox"/> Upper Long Bench |
| <input type="checkbox"/> 4 Wall Support Rails | <input type="checkbox"/> Upper Side Bench |
| <input type="checkbox"/> Wall Section A | <input type="checkbox"/> Back rest with pre-mounted LED light |
| <input type="checkbox"/> Wall Section B | <input type="checkbox"/> LED power supply |
| <input type="checkbox"/> Wall Section C | <input type="checkbox"/> Short Back Rest |
| <input type="checkbox"/> Wall Section D | <input type="checkbox"/> Hardware packet |
| <input type="checkbox"/> Wall Section E | <input type="checkbox"/> Bucket with liner |
| <input type="checkbox"/> Wall Section F | <input type="checkbox"/> Ladle |
| <input type="checkbox"/> Wall Section G | <input type="checkbox"/> Thermometer/hygrometer |
| <input type="checkbox"/> Window Section H | <input type="checkbox"/> Door knob kit |
| <input type="checkbox"/> Door Section I | <input type="checkbox"/> Heater fence kit |
| <input type="checkbox"/> Window Section J | <input type="checkbox"/> Harvia 8.0kw heater |
| <input type="checkbox"/> 4 Roof Support Rails | <input type="checkbox"/> Box of sauna stones |
| <input type="checkbox"/> 3 Roof Sections | <input type="checkbox"/> Assembly manual packet |
| <input type="checkbox"/> 2 pieces of roof trim | <input type="checkbox"/> Vertical bench support |
| <input type="checkbox"/> Lower Bench | |



1. Connect the 4 FLOOR RISERS

Your existing floor will serve as the floor for your sauna. The pre-fabricated rails and risers will be placed on your existing floor and provide the structural support for the sauna room. The 4 floor risers are pre-drilled, and you will assemble them using 2” stainless steel screws. Measure to make sure the frame is square before driving the screws.

NOTE: Use a level to make sure your surface is flat before you begin assembly. If you find that the selected spot is not perfectly even, you may use shims to keep things level during assembly and then remove them when the process is complete.



2. Position the WALL SUPPORT RAILS

Using 2” screws, draw the wall support rails together at the corners through the pre-drilled holes.

Tip: Use the pre-drilled holes as pilot holes to drill a deeper hole. This will help prevent the screws from stripping.

Place the 4 wall support rails with the groove facing up on top of the assembled floor riser.

Tip: Drive the screws in partially, reverse screw, and then drive them in all the way. This also helps keep the screws from stripping.

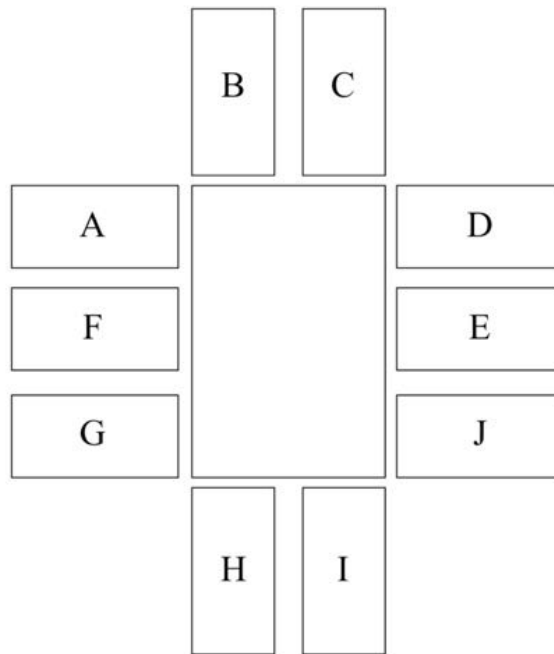
Make sure the wall support rails are square with the floor risers by measuring to make sure the edge is 1” all the way around.



3. Fasten WALL SUPPORT RAILS

Using 2” screws, attach the support rails to the floor riser; be sure the groove is facing up. Use 4 screws for each rail.

Note: Making sure the support frame is square is important for the proper assembly of the remainder of the sauna. You want to make sure this setup phase is done correctly.



4. Position WALL SECTION A & B

Position Wall Section A so that it overlaps Wall Section B.

Note: Have someone available to help steady the panels during assembly.



Wall Section A comes with pre-drilled holes. Use them to connect Wall Section A to Wall Section B.



5. Position WALL SECTION C

Wall Section B and Wall Section C will fit together by way of their tongue-and-groove profile — no screws required. Use mallet to lightly tap panels into place.



6. Position WALL SECTION D

Position Wall Section D so that it overlaps Wall Section C. Wall Section D comes with pre-drilled holes. Use them to connect Wall Section D to Wall Section C.



7. Position WALL SECTION E

Wall Section E and Wall Section D fit together by way of their tongue-and-groove profile — no screws required.



8. Position WALL SECTION F

Wall Section F goes across from Wall Section E. Connect Wall Section F to Wall Section A. Wall Section F and Wall Section A will fit together by way of their tongue-and-groove profile — no screws required.



9. Position UPPER LONG BENCH and LOWER LONG BENCH (optional)

While the front is open and it's easy to maneuver, position the upper and lower long benches. Do not fasten them in place yet. (You may also choose to insert the benches after the wall and roof sections have been completely installed.)



10. Position WALL SECTION G

Connect Wall Section G to Wall Section F. Wall Section G and Wall Section F will fit together by way of their tongue-and-groove profile — no screws required.



11. Position WINDOW SECTION H

Position Window Section H beside Wall Section G. Wall Section G comes with pre-drilled holes. Use them to connect Wall Section G to Window Section H.



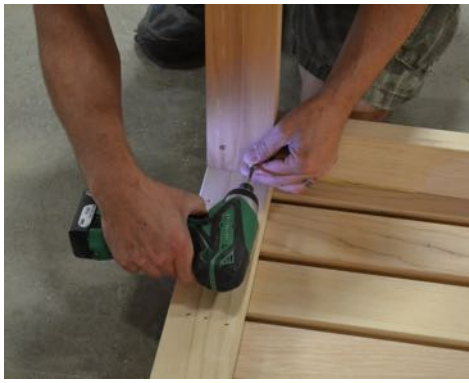
12. Position WALL SECTION I

Connect Door Section I to Window Section H. Door Section I and Window Section H will fit together by way of their tongue-and-groove profile — no screws required.



13. Position Window Section J

Window Section J connects to Wall Section E by way of their tongue-and-groove profile. Window Section J comes with pre-drilled holes. Use them to attach Window Section J to Door Section I.



14. Install VERTICAL BENCH SUPPORT to UPPER SIDE BENCH

Outside the sauna where there is room to maneuver, attach the vertical brace board to the Upper Side Bench using the pre-drilled holes.



15. Position UPPER SIDE BENCH

Position the Upper Side Bench as shown. Use the pre-drilled holes to fasten it to both the Upper Long Bench and to the wall. **Tip:** Have a helper on hand to hold Upper Side Bench in place during installation.



16. Attach UPPER LONG BENCH and LOWER LONG BENCH

Use 2" screws to fasten the benches you positioned in step 9. Drive screws through the pre-drilled holes located on top, on the side, and on bottom of the benches to attach the benches firmly to the bench supports and walls.



17. Attach Back Rest with Pre-Mounted LED Light

Measure the desired position at which you want to install the first back rest. (Suggested: 8-12" above the bench and centered on the wall.) Use the pre-drilled holes to attach the back rest to Wall Sections B and C.



18. Attach Second Back Rest

Attach the second back rest on the same level as the back rest with the pre-mounted LED light. Use the pre-drilled holes to attach it to Wall Sections A and F.



19. Drill Hole for LIGHT CORD

The LED lighting comes installed on the back of the Long Back Rest. Find the cord coming from the light switch and drill a small hole in Wall Section C or D to insert the Light Cord through so it comes through to the outside of the sauna.



20. Mount POWER SUPPLY

Use provided screws to position Power Supply where it is most convenient for you on the outside of Wall Section C or D (depending on where you drilled the hole).

Optional: Secure excess wire with zip tie or some other fastener as desired.



21. Connect to POWER SUPPLY

Plug the Cord into the Power Supply. Plug the Power Supply into any wall outlet, and flip the switch mounted on the back of the bench to operate the LED light.



22. Build ROOF SUPPORT

Assemble 4 roof support rails by fastening with 2" screws through the pre-drilled holes.

NOTE: Be sure that the rails are square and level and that the screw head does not protrude into the groove.



23. Attach ROOF SUPPORT over walls

Position the completed Roof Support over the wall sections. Once in place on all 4 sides, use 2" screws to attach Roof Support to wall sections. Use 3-4 evenly spaced screws per rail.

NOTE: Tap the Roof Support firmly in place with a rubber mallet so wall sections are fully inserted into the groove before screwing into place.



24. Position ROOF SECTIONS

Place three Roof Sections on top of the Roof Support, nesting the tongue of one section into the groove of the other. Measure around perimeter before fastening to be sure distance from edge is equal. Fasten roof sections to rails using pre-drilled holes.

NOTE: Fasten edge of first section for positioning the last two sections so that when you exert pressure to nest the sections together, they won't slide off the other side.



25. Attach ROOF TRIM

Find the package of 2 Roof Trim pieces and attach on the left and right sides of the sauna to cover the raw edges of the Roof Sections.

NOTE: The trim pieces are not pre-drilled. You may install using finish nails.



26. Attach VENT COVER

Screw the Vent Cover over the vents on Wall Section C using the pre-drilled hole.

NOTE: Tighten only enough so vent cover will turn freely over vents.



27. Mount the HEATER

Mount the heater as shown in the manufacturer's instructions and in the supplemental Heater Installation Guide. The heater should be mounted on Wall Section G, over the vents and 7" from the floor of the sauna. All the necessary hardware is supplied with the heater.

Drill a hole below and behind the heater to run the wire and/or conduit according to local electrical codes. The heater will be hard-wired according to the specific wiring requirements for your heater.

Do not attempt to wire the heater yourself. Contact a licensed electrician in accordance with your local electrical codes. Heater brand may vary depending on where the sauna was purchased. Install sauna stones in accordance with heater manufacturer instructions.

Typical wiring requirements for distances of up to 30 feet from the breaker box are as follows:

4.5kw-6.0kw heaters require 10-2 w/ground, copper wire only, and 30amp non-GFCI breaker.

8.0kw heater requires 8-2 w/ground, copper wire only, and 40amp non-GFCI breaker.



28. Your fence kit will arrive banded with stretch wrap. It consists of four pieces, shown here.



29. Prop up the first pre-assembled portion and attach the two long horizontal pieces. Make sure the countersunk holes on the wall mounting bracket face inward.



30. Attach the final piece — the remaining pre-assembled portion.



31. DOOR HINGE ADJUSTMENT

The tension on the sauna door hinges has already been set, but you may adjust it to make it either looser or tighter as the need arises. Look for the small hinge box that is included with your sauna kit. It contains both the hex wrench and set pins needed to adjust your door tension.

After the sauna is assembled, and with the door closed, take the hex wrench and insert it in the top of the hinge. Once the wrench is fitted into the hex opening, turn the hex wrench clockwise (toward the wood wall and away from the glass) to tighten the hinge tension. Turn the hex wrench counterclockwise (toward the glass and away from the wood wall) to loosen the hinge tension. You will feel the tension adjust while you are tightening or loosening it. While

leaving the hex wrench inserted and the tension held in place, insert the set pin into the hinge as shown. Repeat the process with the other hinge as each hinge must be tightened to the same degrees of tension.

Tip: The door should close gently on its own without slamming shut. Save the hex wrench for future adjustment.



32. Attach DOOR KNOB

Take the two sections of the door knob and insert the thread through the hole in the door. Tighten so that handles are snug to glass.

NOTE: Hand tighten only and be sure rubber gas-ket is between knob and glass.

OPERATION

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris. Rinse off the sauna stones and install them in or on the heater in accordance with the heater manufacturer's instructions. Improper placement of heater stones can result in lower than desired heat temperatures. The first time you turn the heater on, set it to the maximum setting and operate it for about 30 minutes with the door propped open. Then close the door and allow your sauna to come up to the desired temperature.

Since you most likely will use your sauna as both a "wet sauna" and a "dry sauna", you should install the sauna stones that have been included with the heater, following the manufacturer's instructions. These stones are necessary if water will be sprinkled on the heater to create the "wet sauna", and they will produce more consistent heating in the dry mode (without the use of water). It is common for a stone to occasionally crack during initial heating. If excess amounts of water are used during sauna, prop door open to let the humidity escape. Not much water is necessary to achieve a "wet sauna".

The amount of ventilation in the sauna can be adjusted by means of the vent located toward the top of the sauna. It is important to have adequate fresh air flowing through the sauna, and this flow can be adjusted with the movable vent cover.

TRADITIONAL STEPS IN TAKING A SAUNA BATH

STEP #1 - Set your heater so that the sauna room achieves the desired temperature, usually between 150° F and 170° F. As a novice, you should begin at the lower end of this range and work your way up to the higher temperatures over several sauna baths.

STEP #2 - Remove all clothing (except maybe your swimsuit), eyeglasses, contact lenses, jewelry, etc. Take a quick shower with warm water and soap, or a quick dip in your hot tub.

STEP #3 - Enter the sauna initially for about 5 to 15 minutes. Bring a towel into the sauna onto which you can sit or lay. Leave the sauna room once you have begun to perspire freely.

STEP #4 - Now you may take a cold plunge in your swimming pool, shower or snow bank. After that, relax and cool down for another 10 to 20 minutes.

STEP #5 - Re-enter the sauna. On this return visit you may wish to sprinkle small amounts of water onto

