

SECTION 13056

SAUNAS



PART 1 GENERAL

1.1 SECTION INCLUDES

- A. Pre-cut sauna rooms, heater, controls and accessories.
- B. Modular sauna rooms, heater, controls and accessories.

1.2 RELATED SECTIONS

- A. Section 03300 - Concrete: Sub floor and or foundation work.
- B. Section 06100 - Rough Carpentry: Installation of stud walls or furring strips and ceiling joists.
- C. Section 07210 - Insulation: Installation of insulation between wall studs and ceiling joists.
- D. Section 09900 - Painting: Finish painting and/or staining of exterior surfaces.
- E. Section 09260 - Gypsum Board: Gypsum board wall construction.
- F. Section 13900 - Fire Suppression: Fire sprinkler heads.
- G. Section 10650 - Basic Electrical Methods and Materials: Electrical work from supply, including final connections to controls, heater and lighting.

1.3 SUBMITTALS

- A. Submit under provision of Section 01300.
- B. Product Data: Manufacturer's data sheets on each product to be used, including:
 - 1. Preparation instructions and recommendations.
 - 2. Storage and handling instructions and recommendations.
 - 3. Installation methods.
- C. Shop drawings:
 - 1. Provide plan, elevations and details of construction and assembly.
- D. Verification samples: For each finish product specified, two samples, minimum size 6 inches (150 mm) in length representing typical wood material.

1.4 QUALITY ASSURANCE

- A. Installer Qualifications: Apex's local branch installers.

1.5 DELIVERY, STORAGE AND HANDLING

- A. Store products in manufacturer's unopened packaging until ready for installation. Inspect for freight damage immediately.

1.6 PROJECT CONDITIONS

- A. Maintain environmental conditions (temperature, humidity, and ventilation) within limits recommended by manufacturer for optimum results. Do not install products under environmental conditions outside manufacturer's absolute limits.

PART 2 PRODUCTS

2.1 MANUFACTURERS

- A. Acceptable Manufacturer:
Apex Wine Cellars & Saunas
15540 Woodinville-Redmond Road, Suite A800
Woodinville, WA 98072
Toll Free: 888-999-9749, Telephone: 425-398-0565, Fax: 425-398-0803
Email: JohnG@GroupApex.com, Website: <http://www.apexsaunawine.com>
- B. Substitutions: Not Permitted
- C. Requests for substitutions will be considered in accordance with provisions of Section 01600.

2.2 SAUNA

- A. Pre-Cut Sauna Rooms:
 - 1. Walls and ceiling interior materials shall be 11/16 inches thick, 1 by 4 nominal (normal V-joint), kiln dried to 11% or less, T and G clear, Western Red Cedar. Boards to be blind nailed using galvanized nails, or comparable galvanized staples. Wallboards applied horizontally unless specified otherwise.
 - 2. Benches shall be preassembled by manufacturer. Tops fabricated of clear 1 by 4 nominal S4S, and faces of clear curved cedar, both kiln dried Western Red Cedar. Top with 3/4 inch (19 mm) space.
 - a. Bench width of 19 inches (483 mm)
 - b. Bench width of 23 inches (584 mm)
 - c. Side bench supports of 2 by 2 nominal and center bench supports of 2 by 4 nominal clear, Kiln-dried Western Red Cedar. Provide Apex vertical safety support system.
 - d. Backrest: Curved, clear Western Red Cedar, full length upper bench.

3. Internal room trim at corner, top, bottom and inside door casing shall be clear, Kiln-dried Western Red Cedar.
4. Heater Guard rail shall be constructed of clear, Kiln-dried Western Red Cedar to surround heater. Dimensions shall match UL requirements for proper spacing heater and guard rail.
5. Door shall be prehung on a three-sided clear vertical grain fir jamb. Doors are RO 26 (660 mm) by 82 inches (2083 mm) for residential and RO 38 inches (965 mm) by 82 (2083 mm) (ADA) for commercial. Doors include door pulls, internal casing, two 4 inch (102 mm) butt hinges and one 4 inch (102 mm) spring hinge. Doors are designed with no threshold leaving a ½ inch to ¾ inch (13mm to 19mm) air space on the bottom for air flow into the sauna.
 - a. Door shall be made of vertical grain Douglas Fir rails with sealed double pane, tempered glass window of 16 inches by 67 inches (406 mm by 1702 mm).
 - b. Door shall be hand crafted, with clear 1 by 4 TG kind-dried Western Red Cedar with sealed double pane, tempered glass window 16 inches by 67 inches (406 mm by 1702 mm).
6. Heater shall be sized according to the size room and according to the UL requirements. Heater shall be UL listed. Only factory approved igneous rocks shall be placed inside the heater shall.
7. Controls shall be UL listed and matched with heater according to the UL requirements.
8. Removable deck boards; Snap lock deck 12 inches (305 mm) by 12 inches (305 mm) plastic tile are in the walking area in front of the benches.
9. Removable deck boards; Cedar deck boards, 1 by 4 S4S kiln dried Western Red Cedar.
10. Light shall be wall mounted, UL Listed, vapor-proof light. Frosted white globe with satin finish, neoprene gasket, brushed aluminum base.
 - a. 110 V lighting
 - b. Low voltage lighting.
11. Accessories shall include thermometer-hygrometer, copper bucket, copper ladle, head/back rests, wall light, sand timer and leg rest.
12. Apex sauna bathing instruction plaque.

B. MODULAR SAUNA ROOMS:

1. Wall and ceiling panels shall be framed of 2 inches by 2 inches (51 mm by 51 mm) framing, insulated with fiberglass batts, vapor barrier of type C Reynolds building foil. Panel interior shall be lined with 1 inch by 4 inches (25 mm by 102 mm), V-joint, kiln dried, clear Western Red Cedar.
 - a. Panel exterior shall be lined with 1 inch by 4 inches (25 mm by 102 mm) V-joint, kiln-dried clear Western Red Cedar.
 - b. Panel exterior shall be lined with ¼ inch (6mm) smooth Luan Mahogany plywood on walls to be hidden or covered with drywall, tile or wallpaper.
2. Benches shall be preassembled. Width of benches equals 19 inches (483 mm). Tops of clear 1 by 4 nominal S4S, and faces of clear 2 by 4 nominal S4S, both kiln dried Western Red Cedar. Top with ¾ inch (19 mm) space. Internal cross framing of fir. Tops fastened from bottom with staples. Side bench supports of 2 by 4 nominal clear, kiln-dried Western Red Cedar installed by factory.
3. Interior and exterior trim at corner, top, bottom and door casing shall be clear, Kiln-dried Western Red Cedar.
4. Heater guard rail shall be constructed of clear, Kiln-dried Western Red Cedar to surround heater. Dimensions shall match UL requirements for proper spacing heater and guard rail.

5. Door shall be prehung on mahogany jamb into one of the wall panels. Doors include door pulls, internal casing, two 4 inch (102 mm) butt hinges and one 4 inch (102 mm) spring hinge.
 - a. All-glass doors: 5/16 inch (8 mm) bronze tinted glass (no wood on the door itself), Mounted on 2 inch (51 mm) thick cedar jamb. Available 24 inches by 72 inches (610 mm by 1829 mm) and 24 inches by 80 inches (610 mm by 2032 mm).
 - b. Doors shall have a RO 24 inches by 72 inches (610 mm by 1829 mm).
- c. Doors shall have a RO 38 inches by 72 inches (965 mm by 1829 mm).
 - d. Door shall be made of vertical grain Douglas Fir rails with sealed double pane, tempered glass window 16 inches by 67 inches (406 mm by 1702 mm).
 - e. Door shall be hand crafted with clear 1 by 4 nominal TG kiln dried Western Red Cedar with sealed double pane, tempered glass window 16 inches by 67 inches (406 mm by 1702 mm).
6. Heater shall be sized according to the size room and according to the UL requirements. Heater shall be UL listed. Only factory approved igneous rocks shall be placed inside the heater shall.
7. Controls shall be UL Listed and matched with heater according to the UL requirements.
8. Removable Cedar 1 by 4 nominal S4S kiln dried Western Red Cedar in the walking area in front of the benches.
9. Light shall be wall mounted, UL Listed, vapor-proof light. Frosted white globe with satin finish, neoprene gasket, brushed aluminum base.
 - a. 110V lighting
 - b. Low voltage lighting
10. Accessories shall include thermometer, wooden bucket, wood ladle, head/back rests, wall light.
11. Apex sauna bathing instruction plaque.

2.3 SAUNA HEATER AND CONTROL

- A. Apex Digital Heater w/ separate controls:
 1. 23 inches H by 16 inches W by 11 inches D (584 mm H by 406 mm W by 279 mm D).
 2. 50 lb. (23 kg) of igneous sauna stones.
 3. DC60 digital control with adjustable time and temperature.
 4. Capacity: 4.5kW, up to 210 cubic feet.
 5. Capacity: 6.0kW, up to 310 cubic feet.
 6. Capacity: 8.0kW, up to 425 cubic feet.
- B. Apex Steamy Series:
 1. 23 inches H by 16 inches W by 14.5 inches D (584 mm H by 406 mm W by 368 mm D).
 2. 50 lb. (23) kg of igneous sauna stones.
 3. Separate "Steamy" control and contactor box.
 4. Designed to provide lower temperature and higher humidity.
 5. Steam generator can be connected to water supply or tank can be manually filled.
 6. Capacity: 6.0kW, with built-in steam generator, up to 300 cubic feet.
 7. Capacity: 8.0kW, with built-in steam generator, up to 420 cubic feet.

- C. Apex Designer S with Separate Controls
 - 1. 23 inches H by 16 inches W by 11 inches D (584 mm H by 406 mm W by 279 mm D).
 - 2. 50 lb. (23 kg) of igneous sauna stones.
 - 3. Separate, wall-mounted controls, (SC series).
 - 4. Capacity: 4.5kW, up to 210 cubic feet.
 - 5. Capacity, 6.0kW, up to 310 cubic feet
 - 6. Capacity, 8.0kW, up to 425 cubic feet

- D. Apex Designer B with Built-in Controls:
 - 1. 23 inches H by 16 inches W by 11 inches D (584 mm H by 406 mm W by 279 mm D).
 - 2. 50 lb. (23 kg) of igneous sauna stones.
 - 3. Built-in, side or front-mounted controls with thermostat and 9+1 timer (60 minutes on, with 9 hour delay)
 - 4. Capacity: 4.5kW, up to 210 cubic feet
 - 5. Capacity: 6.0kW, up to 310 cubic feet
 - 6. Capacity: 8.0kW, up to 425 cubic feet

- E. Apex Pro Series:
 - 1. 28 inches H by 20 inches W by 20 inches D (711 mm H by 508 mm W by 508 mm D).
 - 2. 140 lb (64kg) of igneous sauna stones
 - 3. Separate wall-mounted controls (SC series).
 - 4. Use with contactor box CB7-1 or CB7-3.
 - 5. Capacity: 10.5kW, up to 600 cubic feet
 - 6. Capacity: 12.0kW, up to 740 cubic feet
 - 7. Capacity: 14.4kW, up to 950 cubic feet

- F. Apex Mini Series:
 - 1. 17 inches H by 15 inches W by 7 inches D (432 mm H by 381 mm W by 178 mm D).
 - 2. 25 lb (12 kg) of igneous sauna stones.
 - 3. Built-in, side-mounted controls (left or right side) with thermostat and 9+1 timer (60 minutes on, with 9 hour delay).
 - 4. Capacity: 2.1kW, up to 100 cubic feet
 - 5. Capacity: 3.0kW, up to 150 cubic feet

- G. Apex Digital Control DC60:
 - 1. Control with room temperature and time remaining display on three-button panel.
 - 2. Finish: White
 - 3. Finish: Chrome
 - 4. Finish: Brass
 - 5. Finish: Nickel
 - 6. Finish: Gold
 - 7. Flush-mounted, outside of sauna.
 - 8. 3 1/32 inches (77mm) W by 3 1/16 inches (78mm) H.

- H. Apex SC-9 Control:
 - 1. Control with 9+1 timer (60 minutes on with 9 hour delay), thermostat, light switch and indicator light.
 - 2. 4 ½ inches (114mm) W by 10 inches (254mm) H.
- I. Apex SC-60 Control:
 - 1. Control with 60 minute timer, thermostat, light switch and indicator light.
 - 2. 4 ½ inches (114mm) W by 10 inches (254mm) H.
- J. Apex SC-CLUB Control:
 - 1. Control with on/off switch. Used in commercial saunas only if an attendant is on duty. Thermostat, light switch and indicator light.
 - 2. 4 ½ inches (114mm) W by 10 inches (254mm) H.
- K. Apex Steamy-SM Control
 - 1. Control with timer, thermostat, and light switch
 - 2. Three knobs for traditional sauna, lower temperature sauna with a small steam generator.
 - 3. Surface mounted.
 - 4. 9 5/8 inches (244mm) W by 8 inches (203mm) H by 3 inches (76mm) D.

PART 3 EXECUTION

3.1 EXAMINATION

- A. Do not begin installation until spaces and supporting surfaces have been properly prepared.
 - B. Work required for preparation prior to installation shall be proved as follows: Refer to other sections of the specifications for requirements.
 - 1. Sub floor and/or foundation work.
 - 2. Installation of stud walls (or furring strips) and ceiling joists.
 - 3. Gypsum board wall construction shall be taped and finished as required by local codes.
 - 4. Frame door for rough opening.
 - 5. Frame ceiling down to 7 feet high
 - 6. Installation of insulation between wall studs and between ceiling joist.
 - 7. Finish painting and staining of exterior surfaces, finished flooring surface.
 - 8. Electrical work from supply, including final connections to controls, heater and lighting.
 - 9. Fire sprinkler heads shall have a 300 degree temperature rating.
- 13056-6
- C. If preparation is the responsibility of another installer, notify architect of unsatisfactory preparation before proceeding.
 - 1. Wall framing shall be on 16 inches (406 mm) centers. Standard framed wall shall have 2 by 4 studs, bottom base plated treated, and ceiling lowered to 84 inches (2134 mm) I.D. from finish floor to ceiling. Existing masonry walls or metal studs shall have furring strips for nailing of T and G wall boards.
 - 2. Wall shall be insulated with R13 rated foil faced fiberglass insulation for 2 by 4 stud walls or R19 for 2 by 6 stud walls. Ceiling shall be insulated with foil faced fiberglass insulation with insulation full depth of joist thickness, min R19.

3.2 PREPARATION

- A. Clean surfaces thoroughly prior to installation.
- B. Prepare surfaces using the methods recommended by the manufacturer for achieving the best result for the substrate under the project conditions.

3.3 INSTALLATION

- A. Install in accordance with manufacturer's instructions.

3.4 PROTECTION

- A. Protect installed products until completion of project.
- B. Touch-up, repair or replace damaged products before substantial completion.

END OF SECTION