

Pre Cut Installation Instructions

Prior to Installing the Pre Cut Package:

Make sure the controls, contactor, thermostat (if used) and electrical power (both the heater and the light) are in place. Check the door width, height and jamb size. Check the ceiling direction and height. Make sure that this is the final floor surface.

Open all boxes and compare your product to your material list. CHECK FOR HORIZONTAL or VERTICAL WALL MATERIAL.

Grade your T&G material and put each wall into a good, better or best pile. Remember to install your best boards at eye level, and your less desirable material under the benches.

STEP 1: INSTALL CEILING BOARDS (For rooms with HORIZONTAL wall T&G).

The groove end of the board should butt to the wall with the tongue facing you. Anchor the first board by nailing it at an angle through the tongue and into the as many ceiling joist as possible. Hide your staple marks by slipping the groove of the next board over the tongue of the previous. Anchor the next board as you did the first.

Occasionally check the consistency of the gap between your ceiling boards and the approaching wall. This allows you to recognize how square your approach is at a manageable stage. Cut the last board down if needed.

STEP 2: INSTALL HORIZONTAL WALLS.

Your starting point will be at the highest part of your floor. Hold board ½ off floor (groove down and tongue up) level and anchor your board by blind nailing through the tongue. Install five boards on this wall. Move to the adjacent wall and install 5 boards on this wall making sure to match up your lines and check for level. Follow this pattern of wrapping the room one wall at a time progressing with only 5 boards at a time. This will allow you to correct problems with leveling and matching lines by making small adjustments.

Step 3: INSTALL CEILING and WALL BOARDS (For rooms with VERTICAL wall T&G).

Install only 5 boards on your CEILING by following the procedures in Step1. Next install 5 vertical "WALL" boards on the left and right walls by matching the lines with your Ceiling boards. Follow this pattern of 5 ceiling board, 5 walls and then 5 wall boards and recheck your boards with a level and adjust accordingly. The seams on your ceiling should line up with the seam on two side walls.

STEP 4: INSTALL CEILING TRIM.

Cut each 1X2 material to length and nail it flush to the wall while butting it to the ceiling.

STEP 5: INSTALL BENCH SUPPORTS.

Locate your bench support drawing. The 2X2 supports will be anchored to the walls and the 2X4 supports (if provided) will be installed in the middle of your longest bench. Assemble all your supports by nailing and screwing the pieces together. Place bench supports in positions and check for level. Cut down if necessary and anchored them to the walls.

STEP 6: INSTALL FLOOR TRIM.

Cut each 1X2 material to length and nail it in place. Remember to leave off the front wall until the door and door trim have been installed.

STEP 7: INSTALL THE BENCHES.

Review your room drawing for the proper bench placement. Your benches are shipped open ended in case they should need to be cut down. Measure your bench area, cut down the bench and close up the open end by nailing the remaining spreader. Lay the upper bench on the supports and anchor this bench to each wall. Install the lower benches. Make sure any return benches are anchored together and the two benches tops are level. Install the bench face trim.

STEP 8: INSTALL THE CORNER TRIM.

Cut each 1X1 material to length and nail it to the wall. Corner trim should fit between the ceiling trim and either the base trim or bench top.

STEP 9: INSTALL BACKREST. (Only provided with ECC models)

If possible, have the consumer sit on the upper bench and position the backrest to their comfort. Or the top of the backrest should rest 20" from the top of the bench. Anchor your backrest by centering it between the walls and driving screws through the predrilled holes. Use the wood plugs to cover the screw holes.

STEP 10: INSTALL 1X4 BENCH SLATS (only provided with ECC models).

This 1X4 material will run wall to wall between upper and lower bench only. Cut the material to fit, space the boards evenly and anchor them the front of the bench supports.

STEP 11: HANG THE HEATER.

Refer to the heater installation instructions

STEP 12: INSTALL THE SAUNA DOOR.

Assemble your door jamb by stapling or screwing the top piece to the two side pieces. Mount the hinges in the pre-routed areas of your door slab. Finish by mounting the door hinges to the doorjamb. Level and hang the door in the rough opening. Mount the door handles and use the small iron bar to adjust the swing tension. Trim out your door and put base trim on the front wall.

STEP 13: INSTALL FLOOR.

Walking Area only; simply lay the preassembled floor in the walking area. Full Floor: This material will cover the entire sauna floor but needs to be cut to fit around the heater guardrail and bench supports. It should be built in sections for easy removal.

STEP 14: INSTALL HEATER GUARDRAIL.

Review the diagram labeled "Guard Rail Detail" Assembled your 1X4 by nailing at the mitered joints and then attach it to the vertical 2X2 post. Anchor the first level of the 1X4 sides 2" from the top of your post and the second layer 4" from the bottom of the first. Space the guard rail evenly around the heater and attach it to the wall with screws.