

MrSauna® PreCut Room

Assembly Instructions and Owner's Manual

PACKAGE INCLUDES:

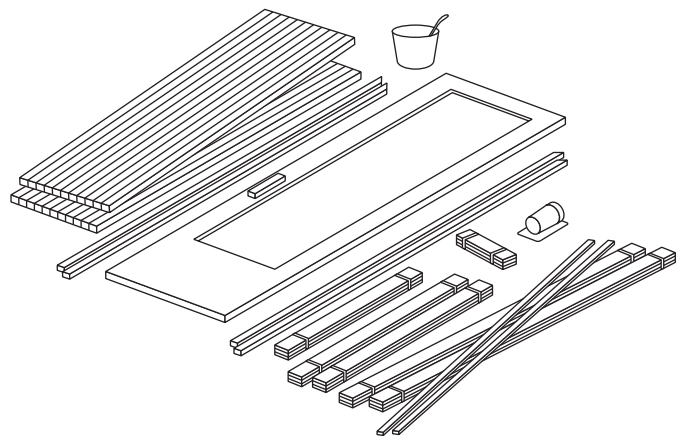
- **Wall & Ceiling Boards**
1" x 6" or 1" x 4" T & G V-joint western red cedar - A & Better clear select grade, kiln dried to moisture content of 10% or less.
- **Inside Corner Trim**
1/2" x 3/4" cedar
- **Base Trim**
5/8" x 2-1/4" cedar
- **Benches pre-assembled**
1" x 4" cedar
- **Bench Supports**
2" x 3" cleats
- **Door Assembly**
Pre-hung sauna door in mahogany jambs with self-closing hardware, cedar pulls, 7/16" x 2-1/8" inside & outside door trim, door stop, tempered glass window.
Door size: 24" x 72" Rough opening: 26" x 82"
- **Duckboard Flooring**
1" x 4" cedar grid, walkway only
- **Accessories**
 - Wooden Bucket with liner
 - Wooden Ladle
 - Cedar Headrest
 - Thermometer
 - Vapor-lok wall mount sauna light

Materials not provided with the kit include framing, insulation, exterior wall covering, nails and screws

Designed for installation in an existing space, Pre-Cut sauna rooms come as a complete kit...with everything needed to build a room after framing, wiring, insulation and exterior finish. Using a 2" x 4", 2" x 3", 1" x 3" framed wall-Pre-Cut saunas are ideally suited for odd-shaped rooms and rooms with sloped ceilings.

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Use only sauna room accessories and fasteners provided and approved for use in a sauna room.

Do not modify the sauna room. Do not apply sealants or finishes to the sauna room.

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Preparation

- 1.** The wall and ceiling boards are tongue and groove (T&G) and can be installed vertically or horizontally as specified when ordering. The T&G boards can be attached to standard stud framing (2" x 3" , 2" x 4" , etc.), furring strips over masonry walls, or plywood attached to metal studs. Blocking, furring strips, or plywood must be used when installing the boards vertically.
NOTE: walls longer than 8' should have the boards installed vertically to avoid splicing.
- 2.** Ceiling height is roughed in at 7' from the finished floor and the standard pre-hung door unit has a rough opening of 26" wide x 82" high. Optional low clearance doors are available with a rough opening of 26" wide x 74" high. The handicap access door requires a rough opening of 38" wide x 74" or 82" high. Please refer to the layout drawing supplied with the order proposal for correct door location. When positioning the door opening, remember that it is an out-swing unit requiring no latch or locking mechanism. Smaller rooms should have the door opening close to one of the side walls.
- 3.** If installing 1" x 4" or 2" x 4" style benching, horizontal studs must be located inside the wall framing at 32-3/4" and 14-3/4" on center from the floor. These are designed to accommodate the bench cleats. If you wish to install the benches at a different height, you must move the horizontal support studs accordingly.
- 4.** Walls and ceilings must be insulated prior to the installation of the T&G boards. This insulation can be any commonly used material including fiberglass batting (faced or unfaced) or rigid foam. Optimum heat retention is achieved when a foil faced insulation product is used. If not available on the insulation itself, a foil face vapor barrier can be installed.
- 5.** Electrical supply lines must be in place prior to the installation of the kit and must follow all local and national codes. For heater size, kilowatt, amperage and voltage requirements please refer to the sauna heater instructions. The wall mount light fixture requires a separate 120 volts supply line into a single gang wall box. This box should be mounted 6" down from the inside ceiling and should extend 1/2" beyond the stud so it will be flush with the interior wall surface. The switch for this light must be mounted outside the sauna room. ALL ELECTRICAL WORK MUST BE PERFORMED BY A LICENSED ELECTRICIAN.
- 6.** The floor of the sauna room can be any surface that is easy to sweep and clean. Typically, it is concrete, tile or rolled goods such as vinyl or linoleum. The duckboard provided with the kit is placed loosely on top of the sauna floor in the walk area only and is designed to be removed for cleaning.
- 7.** The exterior of the sauna walls can be any material (cedar, redwood, drywall, paneling, tile, etc.) as specified and supplied by the purchaser.

Installation Note: All fasteners (nails, screws, staples) should be galvanized

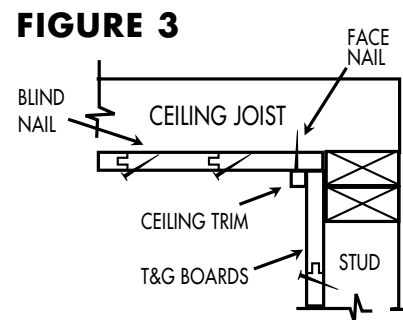
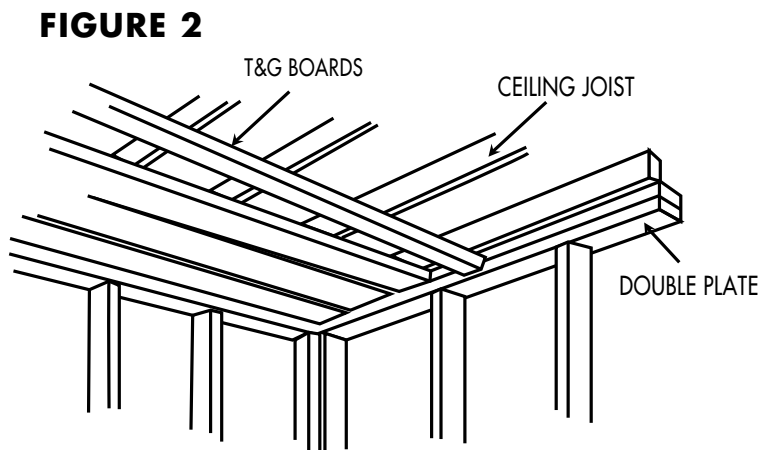
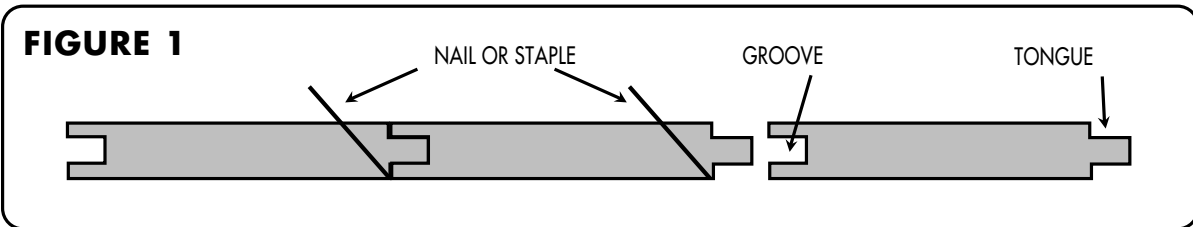
Step 1: Ceiling

Install tongue & groove boards by nailing through the tongue at a 45 degree angle using #4 finish nails or 1-1/4" staples and a pneumatic nail or staple gun (see figure 1). It may be necessary to pre-drill before nailing.

Start at the back and work forward, tongue facing forward (see figures 2 & 3). The first board must be face nailed as well as blind nailed. The face nails should be within 3/4" of the framing so that the wall paneling and trim will hide them.

Continue installing boards nailing through the tongue into each ceiling joist. Make sure all joints are pulled tightly together.

The width of the last board may need to be rip-cut to fit. Again, face nailing is required within 3/4" of the wall framing.



Step 2: Back Wall

NOTE: The direction of the wall boards is determined at the time the room kit is ordered and an appropriate amount of material is supplied for that application only. A room that is ordered for horizontal installation cannot be changed to a vertical installation. Please note the specified wood direction prior to proceeding.

Horizontal Application:

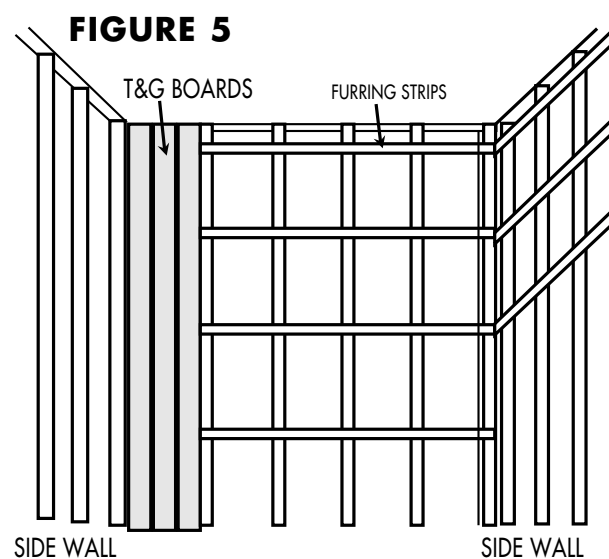
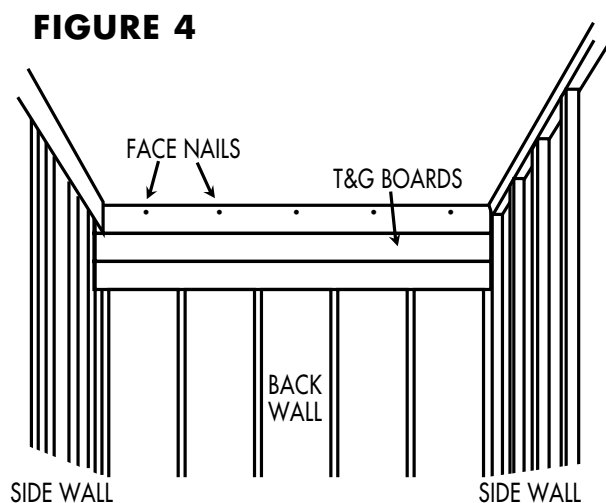
Start at the top and work your way down to the floor (see figure 4). Make sure that the top board is level. To construct a quality room, it is necessary to use a level periodically to make sure that the seams of the T&G are matched and even. Don't worry about small gaps around the ceiling since these will be covered by trim. As with the ceiling, the first board should be face nailed as well as blind nailed. All boards should be blind nailed. The last board may require rip-cutting and should be face nailed also.

Vertical Application:

Start at the back wall and install the first board, making sure it is level up and down (see figure 5). It should be face and blind nailed in the same manner as the first and last ceiling boards. Continue installing boards across the back wall, blind nailing each board. When you come to the end where you can no longer use a full width board, measure the gap and rip cut a board to fill in the space.

Step 3: Side Walls

Both side walls are installed in the same manner as the back wall. A perfect fit is not necessary in the corners since they are to be trimmed with the mouldings provided.



Step 4: Front Wall

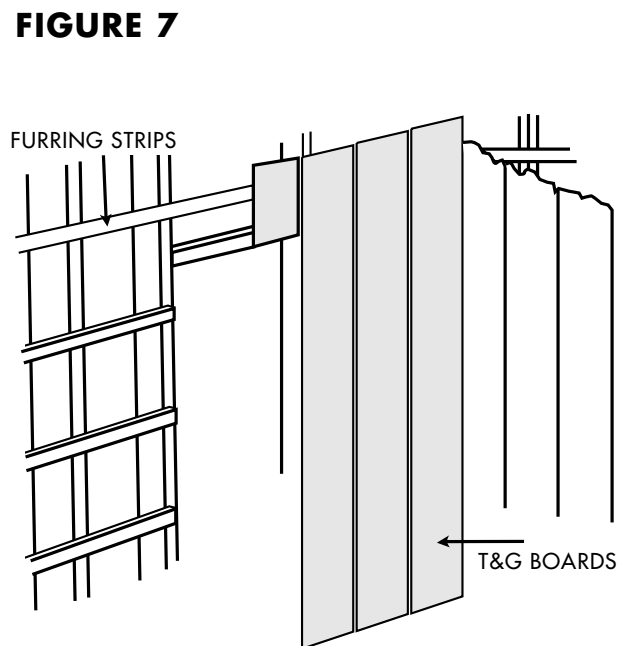
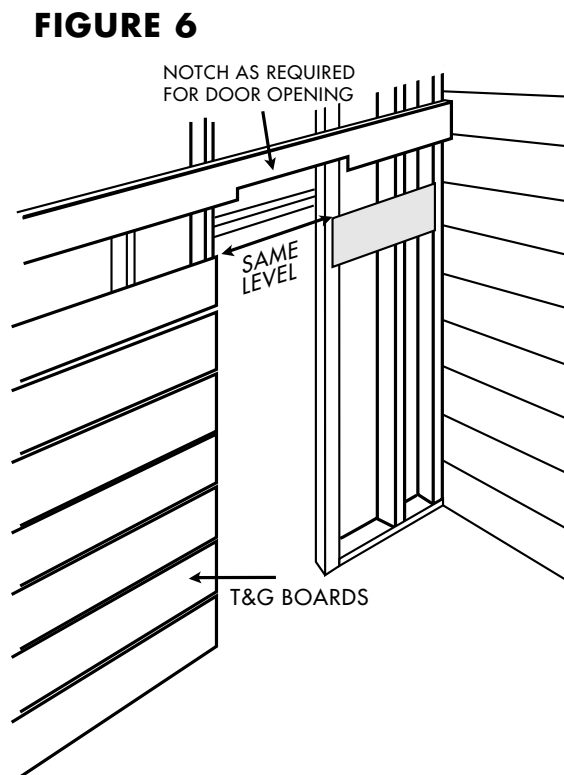
Horizontal Application:

Start at the top and work your way down to the floor (see figure 6). The top board will be the full width of the front wall. Make sure that the top board is level. Hold the board in place and trace the cut out for the top of the door opening with a pencil. Cut out the notch for the top of the door and nail or staple the top board in place. As with the ceiling, the first board should be face nailed as well as blind nailed.

After the top board is in place, continue installing boards down both sides of the doorway. The first boards should be started on the same level. Make the cut out for light box as needed. Pull the heater wire through a hole drilled in the T&G boards approximately 12" from the floor. Leave approximately 2 feet of wire to make the electrical connections.

Vertical Application:

Start at the side wall and install the first board level up and down with the tongue facing away from the corner (see figure 7). As with the ceiling, the first board should be face nailed as well as blind nailed. Continue across the front wall blind nailing each board. When you come to the doorway, hold a board in place and trace the door cutout with a pencil. Cut out the piece for the door and install the board. Install the pre-cut short boards across the top of the doorway until a full width board can be used on the other side. Make sure that this board is level before proceeding. As with the side and back walls, the last board may need to be rip cut to fit.



Step 5: Benches

Confirm what style bench you received with your room. This will be noted in your packing list as 1" x 4", 2" x 2", or 2" x 4" benching. Once you have determined your bench style, please follow the instructions for the installation of that type as shown below and on the next page. Carefully review the LAYOUT SHEET that accompanies the room. It shows the correct positioning of the benches and supports.

INSTALLATION OF 1" X 4" AND 2" X 4" STYLE BENCHES

1. These two styles of benches are installed using cleats at each end of the bench and by attaching the upper bench to the wall along its length (see figures 8 & 9).
2. Benches less than 6' long do not require a center support leg.
3. In some cases, benches are shipped with one end open to allow for a custom fit. Benches requiring an angled end cut are always supplied with an open end. A 2" x 3" bench end piece is supplied to close the end once it is cut.
4. The upper back wall bench should be installed first, as indicated. Attach one end to the side wall through the cleat at the appropriate height. Attach the other end of the same bench in the same manner being careful to keep the bench level. In addition to the 3 screws used in the bench cleats, the bench frame should also be secured to the wall.
5. Install the lower back wall bench next. If your sauna has additional benches along a sidewall, install them last. Remember to install the upper bench before the lower.
6. After all the benches are installed you can finish installing the remaining inside corner trim from the top of the benches to the ceiling trim.

FIGURE 8

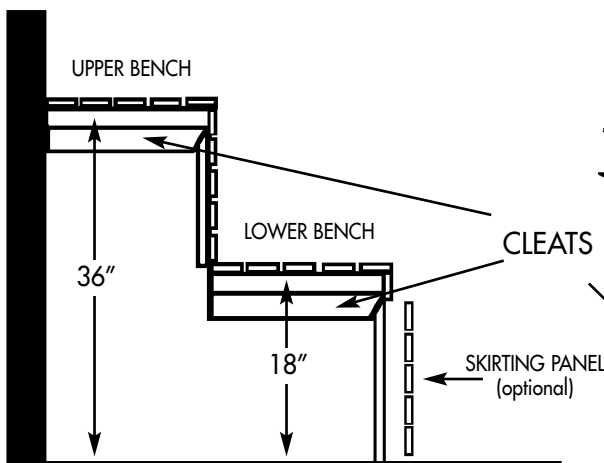
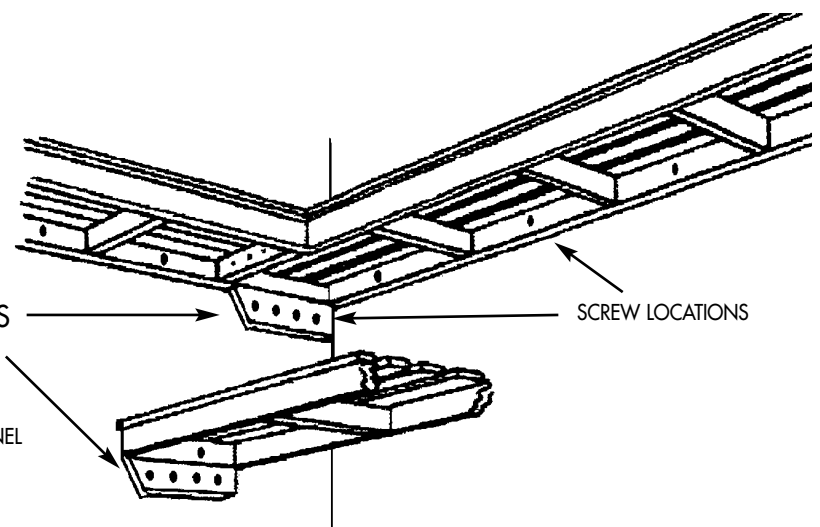


FIGURE 9



Step 6: Corner Trim

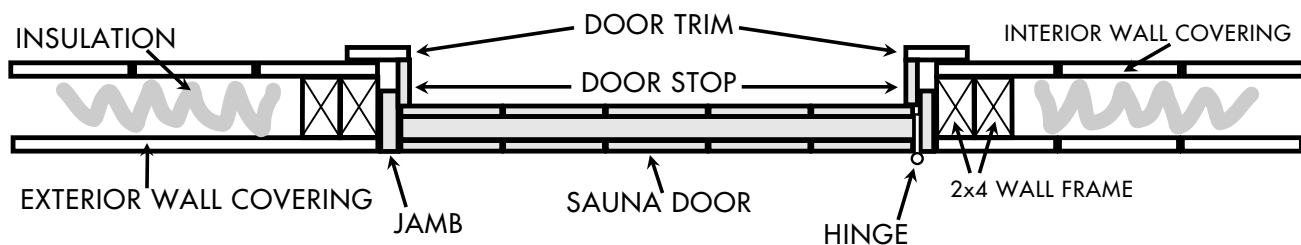
1. Start by installing the trim around the ceiling of the room, using #4 finishing nails. All nails are to be countersunk.
2. Next, install the corner trim from the benches up to the ceiling trim. Nail trim from both exposed sides.
3. Finally, install the corner trim on the front wall.

Step 7: Prehung Door Unit

NOTE: Installation of the door will require two people. One person will be inside the room and one person will be outside of the room. The person inside the room will need shims, nails, hammer and level.

1. Remove the double-headed nails from the door jambs and reposition them to allow the door unit to fit in the rough opening. Orient the door to swing out and shim to plumb and level (see figure 12).
2. The outside of the door jamb should be flush with the exterior of the room. Do not worry that the inside of the jamb is not flush with the interior of the room. The door stop will make up the difference when it is installed.
3. When the shims are in place, begin installing 3 screws through the jamb from the inside of the room. Screw through the shims and into the door framing studs. It may be necessary to adjust the shims as you proceed.
4. Now that the door is in place, permanently remove the double headed nails from the jambs and open the door. Remove the spacers from around the out side of the door, and cut the excess off the shims with a razor knife.
5. Close the door and install the door stop. To set the door stop properly, the outside of the door should be flush with the outside of the door jamb. The stop should cover the jamb and come flush with the cedar or redwood on the interior wall. Nail the door stop in place with #6 finish nails.
6. Install the interior door trim, mitering the corners and nailing in place with #4 finish nails. Exterior door trim is installed in the same way.
7. Adjust the tension on the spring hinges as per the hinge manufacturer s instructions supplied with the kit.
8. Install the door handles at a height of 36" from the floor to the center of the handle . Use 1-5/8" drywall screws to attach handles.

FIGURE 7



Step 8: Heater Installation

The installation of the heater shall be according to the manufacturer's instructions, and by following the templates provided. The warning plate, which is provided with the heater, should be installed at this time. Do not put the sauna rocks in the heater at this time.

IMPORTANT NOTE: All electrical work must be performed by a licensed electrician.

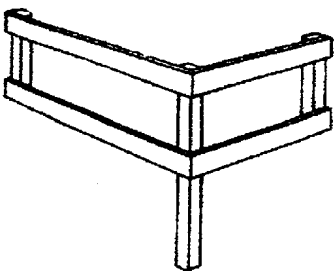
HEATER GUARD

Some heaters DO NOT require a wooden fence in residential applications

If your heater does require a guard, and it is pre-assembled, please proceed to #1 below. If your heater guard requires assembly, please proceed to # 3 below.

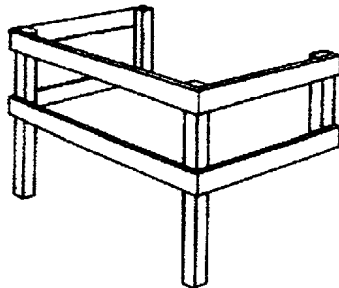
1. Place the pre-assembled guard around the heater. Leave at least 2" of space between the heater and the guard on all three sides.
2. Attach it to the wall behind the heater with the 1-5/8" screws provided.
3. If a heater guard kit was supplied with your room, it will be necessary for you to assemble it prior to installation (see figures 13, 14 & 15). It will also be necessary to miter the corners of the top trim. Use #6 finishing nails to assemble the fence and attach the trim. Use 1-5/8" screws to attach the fence to the wall.

FIGURE 13



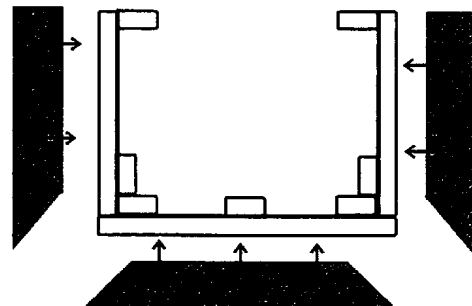
TWO-SIDED OR CORNER
HEATER GUARD

FIGURE 14



MIDDLE OF WALL
HEATER GUARD

FIGURE 15



TRIM TOP OF FENCE

Step 9: Clean-Up & Start-Up

Once assembly of your sauna is completed, a number of steps still remain before you can enjoy the first sauna. Curing a sauna is a simple process of cleaning the sauna completely, operating the heater for the first time, and allowing the heat to break-in the heater and woodwork.

1. CLEAN-UP

Begin by removing all construction remains. Next vacuum the floor, benches and walls. Wipe down all the wood with a damp (not dripping) cloth using warm water.

2. THERMOMETER

Install the thermometer 6-8" down from the ceiling on a wall opposite from the door. This allows it to be seen through the door window from outside the room.

3. SAUNA ROCK PLACEMENT

To properly install the sauna rocks in the heater, first wash them to remove any dust or dirt. Next refer to the heater installation sheets for correct rock placement.

4. HEATER STARTUP

After all electrical connections have been completed, operate the heater on high for 1 hour to burn off any impurities. Leave the door open slightly to release the small amount of odor and smoke which may occur.

Step 10: Sauna Care & Maintenance

A sauna in residential use generally requires very little care and maintenance. A double layer of terrycloth should be used on top of the benching for comfort as well as keeping the bench top free of perspiration stains. When finished using the sauna, wet towels should be removed immediately.

Under normal conditions as a dry sauna, (minimal use of water), washing the floor occasionally will maintain its cleanliness.

Cedar can be washed with a mild solution of liquid cleaner and water to remove light soil and perspiration stains. Never use ammonia or harsh chemicals which will turn the cedar a dark gray.

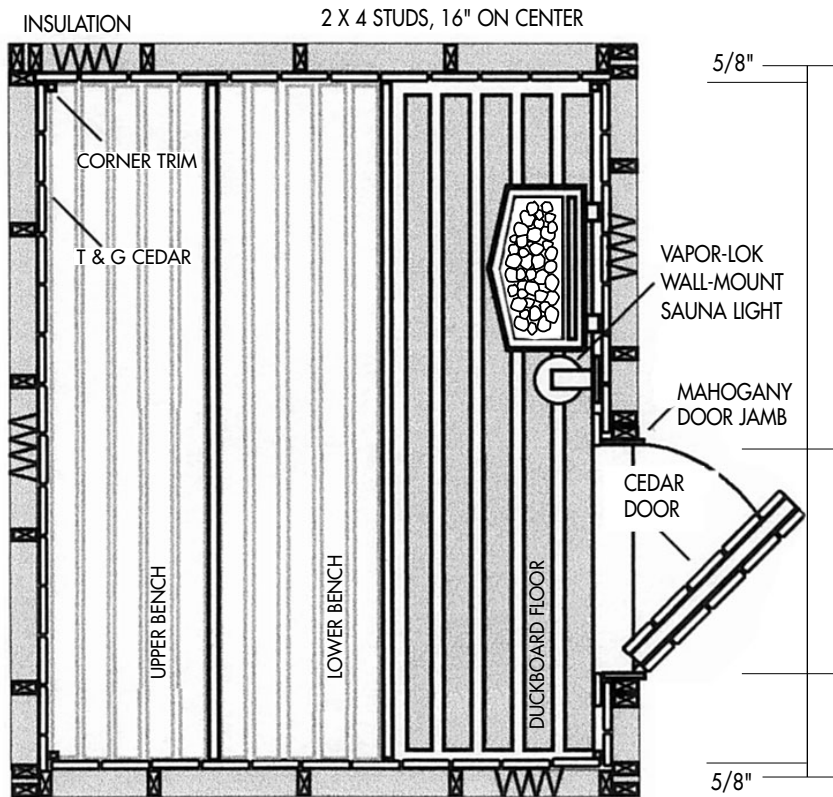
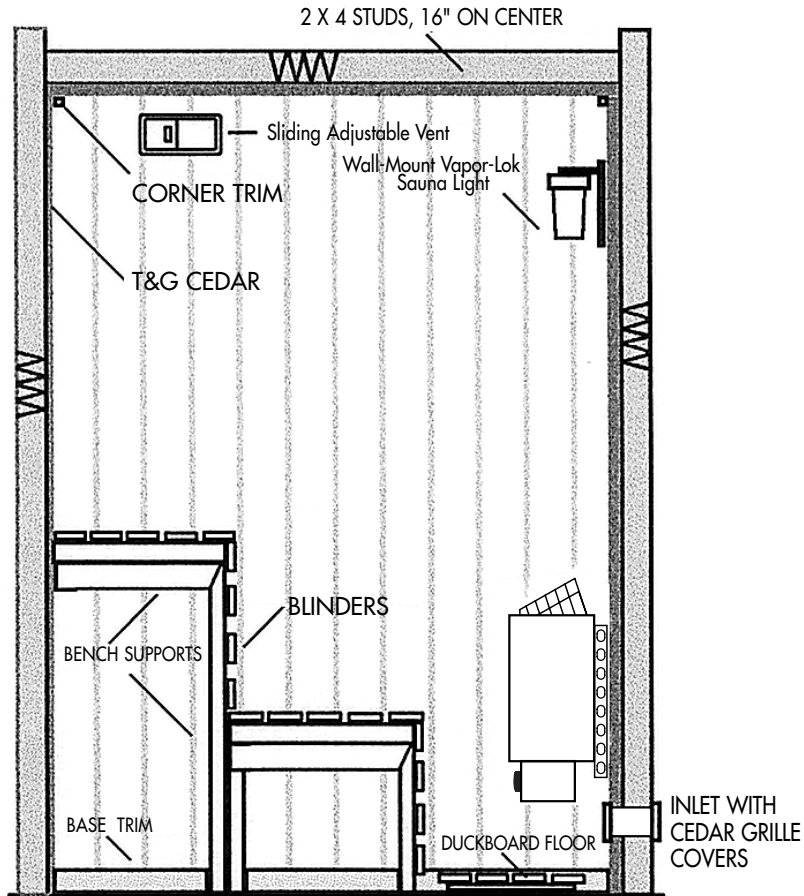
Redwood (unlike cedar) should never be washed or allowed to become wet. Redwood and water do not react well together, excess water will cause redwood to discolor permanently. A slightly damp cloth may be used to wipe cool surfaces for cleaning.

The sauna light can be used with any color bulb, 60 watt or less. Amber-orange bulbs are best at providing a soft, warm and comfortable light. A shorter than normal bulb life is common for sauna lights.

*** * * * * CAUTION * * * * ***

NEVER use or apply any type of sealant, finish, coating or oil to the interior surfaces of your sauna! The high temperatures in your sauna may cause the release of harmful, or even fatal, toxic fumes. DO NOT use polyurethane, paint, wood sealer, etc.

Pre-cut Sauna Diagram



Room Accessories

<i>Model</i>	<i>Description</i>
<i>SA-LAD</i>	<i>Wooden Ladle</i>
<i>SA-WBUCK</i>	<i>Wooden Bucket with Liner</i>
<i>SA-TH 1</i>	<i>Thermometer</i>
<i>SA-HY 1</i>	<i>Hygrometer</i>
<i>SA-HT 1</i>	<i>Hygrometer / Thermometer</i>
<i>SA-HGLASS</i>	<i>Hourglass</i>
<i>SA-ROCKS</i>	<i>Sauna Rocks-30 lbs</i>
<i>SA-SIGN</i>	<i>Sauna Sign</i>
<i>SA-HR</i>	<i>Wooden Sauna Headrest</i>
<i>SA-WLT</i>	<i>Vapor-Lok Wall Light</i>
<i>SA-2TB</i>	<i>2-Peg Towel Bar</i>
<i>SA-4TB</i>	<i>4-Peg Towel Bar</i>
<i>SA-WL</i>	<i>Wooden Wall Lampshade</i>