

SaunaFin Cedar Pod Sauna Assembly Instructions



Requirements:

- 2 People (recommended)
- * Carpenter's Hammer
- * Step Ladder
- * Cordless Drill (we supply the bit)
- * Tape Measure
- Carpenter's Level
- * Impact Driver
- * 7/16" open end, socket or crescent wrench
- * Crowbar
- * 1 1/2" or less staples or nails to fasten bevel siding

View the assembly process on 

SaunaFin

Cedar Pod Sauna Assembly Instructions

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Cedar Pod Sauna Assembly Instructions

Sauna Base Preparation

A solid base for your sauna is recommended and can be made from any of the following.



Concrete Pad



Wooden Deck



Crushed Gravel



Patio Stones/Paver Blocks

Sauna Size	8' x 6' (244 x 182cm)	8' x 7' (244 x 214cm)	8' x 8' (244 x 244cm)
Minimum Base Size	95"x71"	95"x83"	95"x95"
	(241x180cm)	(241x211cm)	(241x241cm)
Options			
Porch	Add 24" (60cm) to total length.		
Changeroom	Add 48" (120cm) to total length.		

It is recommended to build your base larger than required to provide a sitting area for cooling off during your sauna session.

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Cedar Pod Sauna Assembly Instructions



Assembling the floor:

Lay the outer four sides of the floor on your level base with the front and rear pieces (the ones with the X's on them) opposite each other (notched edges upward).



Secure the four mitred corners together with two 3" (76mm) screws per corner, ensuring that pieces are flush with each other, as shown.



Lay the floor joists inside the frame.



Align the floor joists with the X's on the floor frame so that the sides of the joists are flush with the lines beside the X's.

Floor joists should be flush at the top with the inside of the floor frame.

Fasten with two 3" (76 mm) screws on each end.

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Cedar Pod Sauna Assembly Instructions



Start laying the floor boards down starting at the front of sauna with the “tongue” facing the back.

** The floor boards should sit inside the floor frame.*



Continue laying down the floor boards tapping with a mallet to ensure they are tight together.

Once tightly together, fasten each floor board with one 1 ½” (38mm) screw or nail into each floor joist.



Wedge the last floor board in to make sure it is tight.

A small gap at the end is normal and will be covered by the sauna wall.



Locate the back bottom wall assembly.

Position the wall flush with the back edge of the floor.

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Cedar Pod Sauna Assembly Instructions



The wall should overhang $\frac{1}{2}$ " (13mm) on each side of the floor assembly.

After ensuring the back wall is flush to edge, attach wall to floor with 3" (76mm) screws using the pre drilled holes.



Place the remaining wall bottoms roughly where they will go with the flat side facing the front of the sauna and the 2"x2" (51mm x 51mm) brace towards the rear of the sauna.



Install a stave on either side to establish the correct placement of the bottom walls.

Line up the wall bottoms with the grooves in the stave, screw stave to wall bottom with 3" (76mm) screws.

Repeat on opposite side.

**** The number of grooves depends on the options purchased with your sauna.***



Once wall bottoms are in the correct location, attach to floor using 3" (76mm) screws in the pre-drilled holes.

Repeat for any remaining wall bottoms (if applicable)

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Cedar Pod Sauna Assembly Instructions



Install one front side panel onto the wall bottom.

Secure panel on both ends with 3" (76mm) screws.

Repeat Process for changeroom wall.
(if applicable)



Install a stave across the walls for support.

Square up walls and secure with 3" (76mm) screws.

** This is temporary and will be removed later.*



Insert door onto bottom wall groove making it tight against left wall and secure with 3" (76mm) screws.

Repeat for Changeroom door.
(if applicable)



Attach the opposite side wall panel by tapping it with a rubber mallet to ensure walls fit tightly together and then securing with a 3" (76mm) screw.

Repeat for Changeroom door.
(if applicable)

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Cedar Pod Sauna Assembly Instructions



Install a stave across this wall for support as well.
Square up walls and secure with 3" (76mm) screws.

** This is temporary and will be removed later.*



Install the middle back wall.

Secure with 3" (76mm) screws.



For added support, brace the middle section on both sides in the same manner as the lower support staves.

** This is temporary and will be removed later.*



To make it easier to get in and out of sauna during assembly, center out the door handle (small) on the outside of the door and secure with 2" (51mm) screws using the pre-drilled holes.

Repeat for Changeroom door.
(if applicable)

**Magnets are very strong and may require some force to pull the door open the first time.*

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Cedar Pod Sauna Assembly Instructions



Attach top walls using 3" (76mm) screws on the front and back wall assemblies.

Install on changeroom wall.
(if applicable)



Ensuring the ends are flush, fasten the two halves of the roof top board together using 2½" (64mm) Kreg screws into the pre-drill screw pockets as shown.



Using the markings on the front and back top walls, center the assembled top stave.

Use a rubber mallet to "finesse" into place if needed.

Secure with 3" (76mm) screws.



Starting on one side of top stave, use the rubber mallet and included tapping block to get staves tight.



Secure staves into the walls with 3" (76mm) screws working your way from top to bottom.

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Cedar Pod Sauna Assembly Instructions



Continue adding staves working your way down the sauna.

When you come to a support stave, remove the screws from the support stave, tap it tightly into place and then secure with 3" (76mm) screws.



Use a crowbar and rubber mallet to finesse the last wall stave (flat edge on bottom) into place and secure with 3" (76mm) screws.



Repeat the process to add staves to other side of sauna.



To apply the watershield membrane, place the black front side adhesive strip oriented towards the top.

Peel back the top 3 or 4" (76mm-101mm) of the backing from the top, and apply so that the bottom edge is flush with the bottom of the sauna wall.

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Cedar Pod Sauna Assembly Instructions



Peel off the rest of the backing, and smooth the entire piece onto the wall.



Wrap the membrane around front of sauna and secure with staples.



Continue in the same manner, overlapping the reflective part on the lower membrane.



When you have applied three strips on each side, place the final strip across the peak as shown.

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Cedar Pod Sauna Assembly Instructions



Install the beveled siding smooth side out, skinny end up and flush with bottom of sauna.

Use rust-proof staples or 1½" (38mm) stainless nails with ¼" (6mm) head.



Fasten the first strip of the beveled siding flush with the bottom edge of the wall staves.

Space nails out approximately every two feet.

*** Make sure not to drive them on an angle, or drive the head of the nail below the surface of the siding.**



Each strip should be overlapped about 1" (25mm), so use a 4½" (114mm) spacer as shown.

*** Drive the nails ABOVE the overlap**

1" – 1 ¼" (25mm-32mm) from the bottom edge.



Continue to add the bevel siding up to the top of the sauna on both sides maintaining the proper spacing.

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Cedar Pod Sauna Assembly Instructions



Use the last piece of Bevel siding as a ridge cap at the top of the sauna.



Center the top piece of trim out slightly above the bevel siding and secure into staves with 2 ½" (64mm) screws.

** Do not fasten screws into seams.*



Continue to add the trim pieces in this manner.
Repeat for the back wall of sauna.



Install the inside handle at the desired height centered horizontally on the inside of the door and secure with 2" (51mm) screws in the pre-drilled holes.

Repeat for Changeroom door.
(if applicable)

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Cedar Pod Sauna Assembly Instructions



Secure doors with 2 ½" (64mm) screws through the empty hole in the hinges.



Install towel hanger at desired height on outer wall using 1 ½" (38mm) screws.

Repeat for Changeroom wall.
(if applicable)



If ordered, Install the thermometer centered above the door using a 1 ½" (38mm) screw.

** The main structure of your Cedar Pod Sauna is complete.*

** Please refer to each of the remaining sections to install the various upgrades and options chosen.*

Benches

**Standard*

**Signature*

Heater

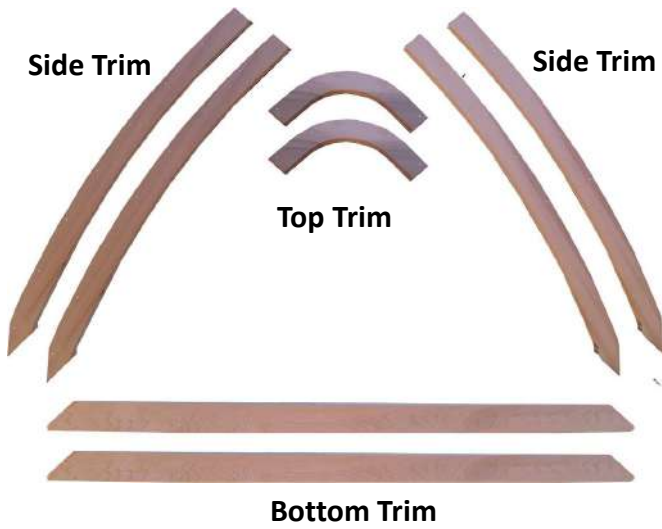
Saaku Electric

Standard Wood Burning Stove

Harvia M3 Wood Burning

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Cedar Pod Sauna Assembly Instructions



Each trim piece has a groove cut into it.

This will go to the inside of the cut out for the window.



The glass window in the pod sauna is heavy, it is recommended to get assistance carrying and installing it.



Starting on the outside of the pod sauna, slide the trim pieces into the window opening.

Starting with the top trim piece, ensure it is centered and then secure with 1 ½" (38mm) screws.

Line up the side trim pieces and screw into place, then the same with the bottom trim piece.



Once the trim pieces are installed on the outside of the sauna, carefully bring the pod window inside.

With assistance, place the window into the opening tight against the outside trim.

Once in position, secure the inside trim following the same process as the outside trim.

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Cedar Pod Sauna Assembly Instructions



Space two bench supports next to the side wall where the bench will go.

Place the bench on top, and adjust the position of the supports so that they are directly under the underside cross members, flush with the front trim, and in contact with the wall.



Once the bench supports are in the proper position, secure the bench to the supports with 2 ½" (64mm) screws between the bench boards, front and back, at each support.



Screw bench to floor and walls with 2 ½" (64mm) screws.



Position Back rest in groove on bench.

**** If desired, you can use 2 ½" (64mm) screws in between slats to secure the back rest to the walls.***

Repeat process for opposite side bench and change room benches. (if applicable)

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Cedar Pod Sauna Assembly Instructions



To install the standard porch seats, screw the leg into the end of the seat with 2 ½" (64mm) screws.

Attach the angled brace from the seat to the leg with 2 ½" (64mm) screws.



Use a level or carpenter's square to make to make sure the porch seat is level.



Secure the porch seat to the front wall from underneath using (3) - 2 ½" (64mm) screws in the pre drilled holes.



Secure Bench leg to floor with 3" (76mm) screws.

Repeat for other porch bench.

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Cedar Pod Sauna Assembly Instructions



Start the assembly of the signature benches by laying out the bench brackets.



Place Signature bench on bench supports.

Place the 4 seat brackets under the benches lined up with the curved seat support bracket on bottom of bench.



Screwing from the bottom up into the seat support bracket, use 3 – 2 ½" (64mm) screws to secure the seat bracket to the bench

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Cedar Pod Sauna Assembly Instructions



Using 2 ½" (64mm) screws, fasten the bottom of each seat bracket to the floor of the pod sauna.



Place the back rest in groove on the bench bracket.



Screw the back rest into the front and back walls with a 2 ½" (64mm) screw.

Screw in between seat slats to make screw less visible.

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Cedar Pod Sauna Assembly Instructions



Slide the front enclosure into bench.



Secure the front enclosure to the walls using 2 ½" (64mm) screws.

Screw between seat slats to make screws less visible.



Repeat for opposite side bench.

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Cedar Pod Sauna Assembly Instructions

*The following installation instructions are for the Helo Cup (Saaku) electric heater.
Always refer to the original sauna heater manual for confirmation.
Always Read all instructions carefully.*



Measure the proper distances for the heater template according to the heater manufacturers instructions.



Using the template provided, drill four 9/64" holes to fasten the heater to the wall.

Install the two ¼" x 1 ½" hex head lag screws (supplied with the heater) into the upper two holes.



Tighten these screws until their heads are about 1/8" from the wall.

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Cedar Pod Sauna Assembly Instructions

*The following installation instructions are for the Helo Cup (Saaku) electric heater.
Always refer to the original sauna heater manual for confirmation.
Always Read all instructions carefully.*



Hang the heater on the two upper screws.

Rinse the rocks with water before placing in the heater.

Install the two ¼" x 1" hex head lag screws (supplied with the heater) into the two lower mounting holes.

Carefully place the rocks loosely so that the air can circulate through the heater.

Tighten all 4 hex head lag screws to lock the heater in place.

Packing the rocks too tightly may cause the heater high limit switch to trip.

The rocks must fully cover the heating elements.

****Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process before using.***



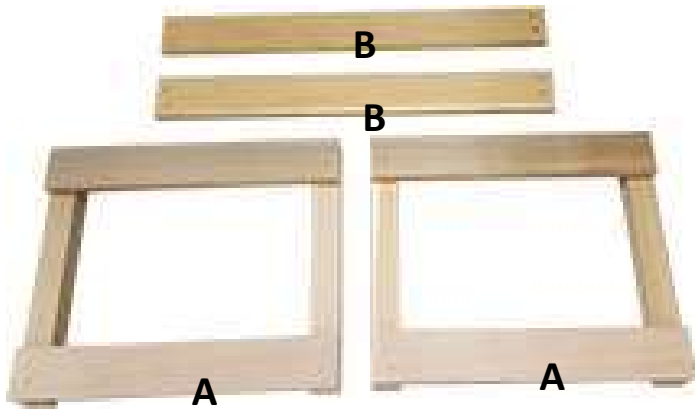
****The wiring for the electric heater most times enters the sauna underneath the heater as shown in the above 2 pictures.***

• All wiring should be installed according to the heater manufacturers instructions and by a licensed electrician.

• **Do NOT use a G.F.I breaker**

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Cedar Pod Sauna Assembly Instructions



Locate the pieces for your heater guard.
They consist of the following:
(A) 2 - Assembled side pieces
(B) 2 - heater guard support
4 – 2 ½” screws
8 – 1 ½” screws



Stand the 2 Assembled side pieces (A) of the heater guard on edge with pre-drilled holes on the bottom.

Screw heater guard support (B) to either side using (2) – 1 ½” screws per side.



Assemble remaining heater guard support (B) to the 2 ends in the same manner as previous step.



Place assembled heater guard around electric heater and screw to wall using (4) 2 ½” screws.

****Make sure heater guard is level before securing.***

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Cedar Pod Sauna Assembly Instructions



To begin the installation of the wood burning heater, position the woodstove close to the opening in the back wall of the pod sauna.

*** Woodstove is very heavy and 2 people are recommended for lifting.**



With 2 people, lift the woodstove into the pre cut hole and push in until it is tight against the wall.

*** Woodstove is very heavy and 2 people are recommended for lifting.**



With your helper holding the woodstove from the outside, center out the woodstove on the inside of the sauna.

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Cedar Pod Sauna Assembly Instructions



Secure the wood stove with provided 1 ½” lag screws.

Repeat for all 16 holes.

**** Do not overtighten as this will strip the screws.***



Attach the chimney elbow to the wood burning stove by pushing the provided bolts into place and hand tightening the nuts on the other side.

Repeat for all 4 corners.



Tighten the bolts completely with an impact drill or a wrench., you may have to use a wrench to hold the nut on the inside.

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Cedar Pod Sauna Assembly Instructions



Insert the flanged end of the chimney stack onto the elbow firmly.

** Some finessing may be required.*



Ensure that the flanged end of the chimney is securely in place



Place the rocks in the top of the heater.

Rinse the rocks before placing in the heater to wash off any residual particles from the manufacturing process.

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Cedar Pod Sauna Assembly Instructions



Start by removing all protective film from stainless steel parts before installation.



Install floor protecting sheet against back wall centered between benches.



Install back wall shield centered over chimney hole with 1 ½" (38mm) screws.



Remove the rear chimney cover from the stove.

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Cedar Pod Sauna Assembly Instructions



Insert the Chimney adapter into rear hole tapping with a rubber mallet until it is snug.



Bring stove into position, centered in front of hole, about 6" (15cm) away from wall.



Place the short connector through the hole in the sauna from the outside.



Slide short connector onto chimney adapter.

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Cedar Pod Sauna Assembly Instructions



Insert the “T” connector to the short connector ensuring it is straight.

Secure with provided screws.



Attach the chimney cover plates using 1 ½” (38mm) screws ensuring halves are level.

****Top Plate should overlap the bottom plate.***



Attach middle chimney connector to the “T” with provided screws.



Attach rain guard to top chimney piece and secure with provided screws.

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Cedar Pod Sauna Assembly Instructions



Wrap the chimney support strap around chimney and use the provided nut and bolt to secure.

**Snug up only hand tight*



Attach chimney support braces to the sauna using 1 ½" (38mm) screws. Ensure not to screw into any seams.



Tighten up the chimney support brackets with a 7/16" (11mm) socket or wrench until snug.



Attach chimney top onto chimney and secure with provided screws.

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Vent Kit Assembly Instructions

(Optional)

In most cases, venting is not required for proper sauna function, however it increases air flow circulation as well as ventilation when the sauna is not in use.

Many people prefer not to install vents in pre fabricated saunas.

Generally, you have access to add a vent to your sauna once assembled if it is deemed necessary.

Vent Kit

Contents

Stainless Steel 3"x 7" Grill (X2)

Cedar Vent Cover

1 ½" Stainless Steel screws (X13)

Tools Required

Hole saw or drill bit to drill holes

Cordless Drill

Robertson bit



The Location of the vent depends on the type of sauna purchased and the location of the heater. Use the following instructions as a guide to help you determine where the vent should be located.

Inlet – Low below heater

Outlet – High up at far corner away from heater

Ex. Saunas with the heater on the back wall in the middle, the inlet would go under heater on the back wall and the outlet would go high on the front wall.

Saunas with the heater on the front wall would have the inlet under the heater on the front wall and the outlet high on the back wall for maximum airflow.

For Saunas with wood heaters, get the inlet as close as possible to the wood heater and the outlet high in the opposite corner.

Panoramic Saunas – Follow these guidelines with the inlet holes positioned on the front wall under the heater and the outlet holes being positioned as high up in the opposite corner on the staves.



Inlet under electric heater on Back wall



Inlet beside wood heater on Back wall

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Vent Kit Assembly Instructions

(Optional)



If an electric heater is chosen, Drill inlet holes centered underneath the heater on the back wall close to the floor.

** A 2" diameter hole saw was used in pictures but more holes with a smaller drill size will also work)*



If the sauna is being installed with a wood heater, drill inlet holes close to floor and the side of the heater as in the above picture.



Install 1 of the stainless steel vent grills over the inlet holes on the outside of the sauna centered over the holes using 1 ½" screws. (6pcs)



On the wall away from the heater, close to the top, drill the outlet holes in the same manner as the previous step



Install the other Stainless Vent cover over the outlet holes on the outside using 1-1/2" stainless steel screws. (6pcs)



Install the cedar vent cover over the outlet holes on the inside of the sauna with a 1 ½" screw.

** Tighten screw enough that the vent cover still rotates smoothly.*

www.saunafin.com

Vent Kit (Option)

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Sauna Light Assembly Instructions

(Optional)

If a light is ordered, SaunaFin supplies the light fixture only.

The light switch and any other electric components need to be purchased separately and should be installed according to the light manufacturers instructions and by a licensed electrician.

We cannot supply any other electrical components needed to wire up the light.

For outdoor saunas, you can use weatherproof boxes, conduit and light



Weatherproof Conduit & Light Switch



Weatherproof Light Switch
(purchased separately)

If you are installing a light switch on the outside of your sauna, it is recommended to install it outside the door using the appropriate weatherproof conduit and switches.

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Sauna Light Assembly Instructions

(Optional)



The best placement for your light would be inside the sauna to the right of the door on the front wall. (as shown)



You can also install on the ceiling.
(Do not install light where you may hit your head on it)

Installing the light under one of the benches can create a relaxing ambiance within the sauna that many customers enjoy.



Recommend low profile "pancake box" rather than standard octagon box. This can be surface mounted flush inside of the sauna with light fixture fitting over the box.

PRODUCT MAINTENANCE:

1. To clean the outside of the fixture, use a dry or slightly dampened clean cloth (use clean water, never a solvent) to wipe the surface of the fixture.
2. To clean the inside of the fixture, first disconnect power to the fixture by turning off the circuit breaker or by removing the fuse at the fuse box. Next, use a dry or slightly dampened clean cloth (use clean water, never a solvent) to wipe the interior surface of the fixture.
3. Do not use any cleaners with chemicals, solvents or harsh abrasives. Use only a dry soft cloth to dust or wipe carefully.

Congratulations on the assembly of your new Western Red Cedar Pod Sauna!



For assistance in the assembly of your Cedar Pod sauna please visit our support page at:

Or to view the assembly process got to:

MAINTAINING YOUR SAUNA AFTER INSTALLATION

Interior

It is recommended to vacuum or sweep out the inside of your sauna frequently to remove dirt and other debris. Under normal conditions, a slight wash of the floor and benches with warm soapy water several times a year will maintain its cleanliness. You can use a sheet of fine grit sandpaper or a low pressure wash to remove more stubborn stains or for a deeper cleaning of the interior of your sauna.

Never use ammonia or harsh cleaners as they can turn the wood gray.

Exterior

Depending on the humidity and weather conditions in your area, the cedar will either shrink or expand based on the amount of moisture absorption. The desired effect is to have the cedar expand into the bands therefore making the sauna staves much tighter.

Over time the lumber will weather naturally as a result of sun and rain, it will change into a weathered grey colour. This natural weathering will not harm the wood or impair the sauna's performance.

If you wish to retain the natural color of your SaunaFin Sauna, there are many cedar stains on the market and almost as many opinions as to which is best.

We encourage you to rely on your own research and referrals.

Recommended Stains Include:

Behr Premium Semi-Transparent Waterproofing Stain & Sealer

Sikkens Proluxe Cetol SRD Translucent Stain

<https://www.realcedar.com/outdoor/finishing-choices/>

Note: never treat the interior of the Sauna, and never apply paint or varnish to the exterior.

You may need to tighten the bands after a period of time, usually within the first few months.
(Barrel Saunas Only)

Water Seepage

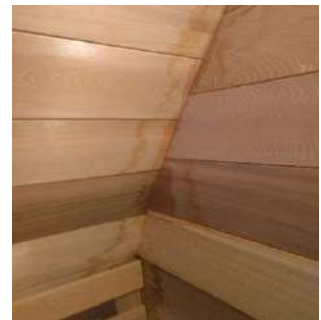
Some minor water seeping into the sauna is expected and normal for an outdoor sauna. If your sauna is properly installed, you should not have water dripping in but you should expect some water seepage, especially on the top and sides of the sauna.

This is due to the porous characteristics of the wood and to the ball-and-socket profile design of the staves.

Water Seepage will not harm the sauna. The moisture will evaporate once you turn on the heater and the sauna heats up.

If the water marks are bothersome, they can be easily removed with a light sanding (80 or 100 grit)

To minimize seepage, select a location for your sauna that is under cover, or choose one of our roofing options.



Normal Water seepage



HOW TO TAKE A SAUNA

1. Pre-heat your sauna to the desired temperature (usually between 80-100°C)
2. While it's warming up, take a nice hot shower.
3. Enter the pre-heated sauna, relax and allow your body to perspire in the soft dry heat. Do not throw water on the rocks during the first part of the session.
4. Cool off with a cold shower or a quick swim in a lake or pool.
5. Re-enter the sauna and sprinkle water on the rocks. This will increase humidity to assist in perspiration. Half a cup every 5 minutes should be enough. Too much water will just cool off the rocks and you'll get less steam.
6. After a 20-30 minute sauna, cool off in the shower or lake or pool.
7. Repeat this sauna/cold shower process as often as desired.
8. After each use, leave the door fully open for a few hours if possible so the wood can dry out.

**These are guidelines only. Enjoy your sauna in whichever way you desire.
Children must be supervised by an adult.**

WARRANTY

Manufacturer warrants our saunas against defects in materials and workmanship under normal/residential use for a period of five (5) years, as applicable, from the date of receipt of the product by the original end-user consumer. This warranty does not apply to normal wear and tear and/or natural weather conditions. This warranty does not cover regular required maintenance of the sauna, (eg. Tightening bands on the barrels, cleaning or staining the sauna) refer to your sauna assembly manual for maintenance guidelines. This warranty does not cover misuse or negligence and the manufacturer and associated retailers are not liable for any injury or damage caused by the product. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 5 year warranty.

Purchaser Name: _____ Date: _____

Purchased From: _____