

# SaunaFin

## Outdoor Cedar Cabin Sauna

### Assembly Instructions

*Please read and understand the complete instructions prior to assembly and use of your sauna.*



#### Requirements:

- \* 2 People (recommended)
- \* Step or Extension Ladder
- \* Cordless Drill (we supply the bit)
  - \*Tape Measure
  - \* Rubber Mallet
  - \* Impact Driver
- \* 7/16" open end, socket or crescent wrench

View the assembly 

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions

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# SaunaFin Outdoor Cedar Cabin 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

***(Refer to the below chart for minimum base requirements)***

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

Sauna Size	5'x6' (152x183cm)	5'x7' (152x213cm)	5'x8' (152x244cm)	4'x6' (122x183cm)	6'x6' (183x183cm)	6'x7' (183x213cm)	6'x8' (183x244cm)
Minimum Base Size	59" x 71" (150x180cm)	59" x 83" (150x211cm)	59"x95" (150x241cm)	47"x71" (119x180cm)	71"x71" (180x180cm)	71"x83" (180x211cm)	71"x95" (180x241cm)

***\* All measurements in above chart are "depth x widths"***



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



## Assembling the floor:

Grab the 2 Floor Pieces and put together as in photo.



Screw the floor pieces together using 2 ½" (64mm) screws in the pre-drilled holes.

Lay the assembled floor on your solid base.



Locate the 4 – T-nuts. (*inset 1*)

Lift up each corner of the floor and insert a T nut into hole from underneath.

Apply weight or tap from underneath to get the teeth of the T nuts to grab into wood.



Start with the bottom staves which have the notches as shown in picture.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Insert the bottom stave into the floor with the corner notch facing inwards.

Repeat for all 4 bottom staves.

*Ensure that your base is steady & level.*



Unwrap your threaded rods and hardware.

Insert the threaded rod through each corner as shown.

Using your finger, thread rod into T nut until you can feel it is flush on the bottom.



Once the threaded rods are in each corner, using a helper, lift each side of the assembled base and screw a 3" screw through assembled floor into each of the starting wall staves. Repeat every 12" or so on all 4 sides.



Gather up all of your remaining wall staves.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Start by putting your first side wall stave over the threaded rods on the side of sauna.

Slide it down tight onto the bottom Stave.

Repeat for opposite side wall.



Repeat process for Front and back walls.

***Make sure that corner notches are facing inwards.***



Continue building walls up alternating between the side walls and the front and back walls.

***Make sure that corner notches are facing inwards.***



The front wall staves will vary in size depending on what options were chosen for your sauna.

After the 3<sup>rd</sup> row of staves, Locate the door to insert.



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Slide the door assembly into the groove in front wall.



Continue to assemble the walls alternating like before between the side walls and front and back walls.

***Ensure that corner notches are facing inwards.***



The door top stave will have a groove cut into it to slide over the door.



When you reach the top, grab the 2 assembled pieces marked "top side".

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Insert the top sides as shown, with highest part of angle cut towards the inside of sauna.



Grab the Front and back gables.

*Grab the 4 washers and nuts as well.*



Place the front gable on top of front Wall.



The holes in the notch on end of front gable should slide over the threaded rod.

Place a washer and nut over threaded rod and snug up.



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Place a washer and nut on the threaded rod as shown.

Use a 7/16" (11mm) wrench to tighten up nut.

**Do not overtighten**

Repeat on other side.

Repeat for Back Gable.



Locate the 2 fascia pieces.

***They will be 2 pcs assembled together the same length as the roof boards but have the side trim attached.***



Place 2 1/2" (64mm) screws in the pre drilled holes to assist in installation.



Place the fascia on top of the wall like shown.

Use a rubber mallet to "knock" the grooves of the fascia board into place.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



The groove of the fascia board should sit flush against the wall corner.



Screw the pre placed screws in the fascia board to the sauna walls.



Gather your roofing staves.



Lay them out against the fascia on either side as shown.

***\*The grooves should slide into each other.***

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Continue on both sides until you reach the peak.



Use your rubber mallet to snug up the roof staves into each other on both sides of roof.

***\* Do not fasten staves at this point!***



Use the rubber mallet to finesse the roof peak assembly into the roof staves.



When the roof staves are all flush and in the proper location, secure the roof staves to the sauna gable wall using 2- 2 1/2" (64mm) screws per stave.



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



The distance from the screws to the edge of staves should be 6 ¾".

Continue on both ends of sauna.



Grab your 4 pieces of roof trim and pre place 1 ½" (38mm) screws in the pre drilled holes.

Ensure trim is flush to fascia end on the edge and top and attach with the pre placed screws.



Secure the trim at the peak and all remaining screws.

Repeat on other end of sauna.



Get all your roofing shingles strips together.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions

Watershield membrane may come as sheet for you to pre-apply to roof. Or it may come pre-installed on roof shingles strips.



To apply the watershield membrane, place the black front side adhesive strip oriented towards the edge of the sauna roof.

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



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



Repeat on other side of the roof.



Use the last strip to overlap the other 2 pieces evenly. Remove the adhesive backing and smooth out the ice and water shield over the other strips.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Note that some strips come in two pieces, they are numbered to ease in the installation process.



Find the shingle stripped marked "Bottom".



Lay the "bottom" strip of shingles on the roof as shown.

The bottom of the shingle strip should be flush with the edge of fascia stave and it should overhang the trim  $\frac{1}{2}$ " (12mm).



Fasten the shingle strips down to the roof using  $1\frac{1}{2}$ " (38mm) screws.

Secure approximately every 16" (406mm).

***\*Fasten screws within  $1\frac{1}{2}$ " (38mm) from the top of shingle strip to ensure they will be covered by the shingle overlap.***



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Continue fastening strips until you get to the top.



Secure one of the smaller shingle strips marked "Top" to the peak of the roof.

Repeat on other side.



Pre place 2 ½" (64mm) screws into the pre drilled holes of the ridge cap.

Center ridge cap so the same amount overhangs on each end of sauna and secure.



Grab your corner trim and pre place 1 ½" (38mm) screws in the pre drilled holes.

Slide the corner trim up tight to the roof as shown in picture and fasten screws.

Repeat on other 3 corners.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Center out the door handle (small) on the outside of the door and secure with 2" (51mm) screws using the pre-drilled holes.

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



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.



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



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

***\* The main structure of your Outdoor Cabin Sauna is complete.***

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

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Ensure the bench bracket is snug to the back and side wall.

Fasten the bench bracket to the back wall, side wall and floor using 2 ½" (64mm) screws.



Repeat at opposite end of sauna.

Again securing the bracket to side and back walls and floor with 2 ½" (64mm) screws.



Place the top bench onto the bench supports.

Line the middle bench supports up with the seat support on the bottom side of the bench.



Secure the middle bench support to the back wall of the sauna using a 2 ½" (64mm) screw near the top of the bracket.

Level up the bracket and secure it to the back wall at the bottom of the bracket in the same manner.

Line up any remaining brackets to the seat supports on the bottom of the bench and repeat the above process.



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Ensuring the bench brackets are square, secure the middle bench brackets to the floor using 2 ½" (64mm) at the front and back.



Now that the bench brackets are in place, lay the top bench down on top of them. The seat supports on the bottom of the bench should line up with the bench brackets.

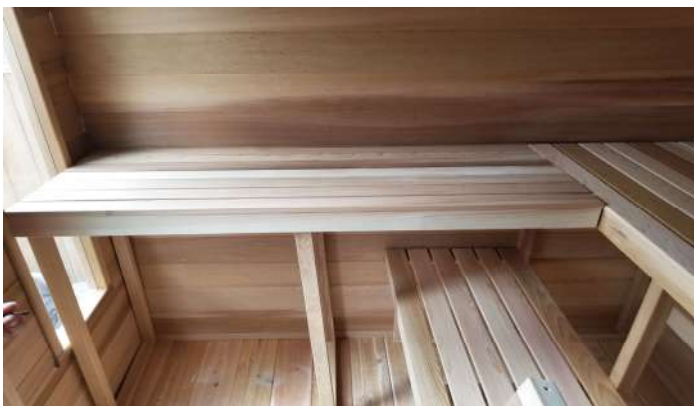
Secure the top bench to the brackets using 1 ½" (38mm) screws making sure to screw between the slats of the bench to make the screws less visible.

Repeat on the bottom Bench.



If adding L-shaped benches, place the bench brackets on the side of the sauna opposite where the heater will be located.

Picture shown is with a top L – bench only, larger saunas may have a 2 tier I-bench.



Secure the top L- bench to the brackets using 1 ½" (38mm) screws making sure to screw between the slats of the bench to make the screws less visible.

If L bench is 2 tier, repeat on bottom bench.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Secure the L bench to the back wall bench using 2 ½” (64mm) screws from underneath.



To install the inside corner trim, measure each of the 4 corners inside your sauna and cut the inside trim pieces accordingly.

Use the supplied finishing nails to attach the trim.



Single tier L Bench



Two-tier L Bench

# SaunaFin Outdoor Cedar Cabin 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" (6mm x 38mm) hex head lag screws (supplied with the heater) into the upper two holes.

Tighten these screws until their heads are about 1/4" (6mm) from the wall.



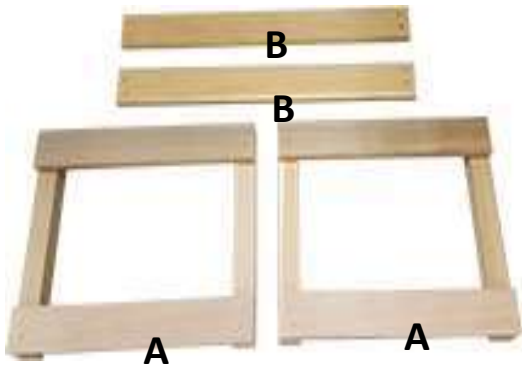
Hang the heater on the two upper screws.

Install the two ¼" x 1" (6mm x 25mm) hex head lag screws (supplied with the heater) into the two lower mounting holes.

Level the heater and tighten all 4 hex head lag screws to lock the heater in place.



# SaunaFin Outdoor Cedar Cabin 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" (64mm) screws

8 – 1 ½" (38mm) 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" (38mm) screws per side.



Place assembled heater guard around electric heater and screw to wall using (4) 2 ½" (64mm) screws.

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

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



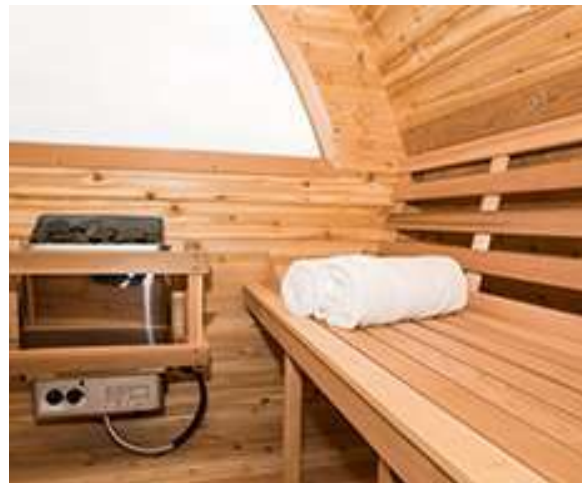
Rinse the rocks with water before placing in the heater.

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

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**

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



To install the wood burning heater, lift the heater into the hole in the back of the sauna.

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



Secure the wood stove with the provided 1 ½" (38mm) 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.



Using a wrench to hold the nut on the inside, tighten the bolts completely with an impact drill or a wrench.



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



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

*\* Some finessing may be required.*



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



Rinse the rocks with water before placing in the heater.

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

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



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



Install the floor plate centered between the benches at the back wall.



Using 2 people, place the Harvia M3 Heater centered on the floor plate.



Insert the adapter pipe on the back of the stove as a guide.

Slide it up against the back wall.

This is to find the placement for the hole you will soon cut out.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Using a pencil or pen, trace around the outside of the adapter pipe.



Measure out 1" (25mm) past your circle and draw another line.  
This will be the line you cut out so the chimney pipe will fit through.



Start a hole inside your circle with a drill bit or other method, then use a reciprocating saw to cut out the circle as neat as possible.



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



# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Connect the short chimney connector to the adapter pipe using the stainless steel screws provided with the chimney kit.



Slide the short Chimney connector through the hole and insert the chimney adapter into the back of the stove.



On the outside of the sauna, level up the chimney connector and then attach the chimney cover plates using 1 ½" (38mm) screws ensuring halves are level.

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



Insert the "T" connector to the short connector ensuring it is straight.

Secure with provided screws.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



Attach middle chimney connector to the "T" with provided screws.



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



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.

# SaunaFin Outdoor Cedar Cabin Sauna Assembly Instructions



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.



Connect the stove handle to the door with the 2 provided screws.



***\* Rinse the rocks with water before placing in the heater.***

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

**Congratulations on the installation of your  
Harvia M3  
Wood Burning Heater!**



# 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***

# Vent Kit Assembly Instructions

## (Optional)



Drill inlet holes centered underneath the heater.  
(if sauna is being installed with a wood heater,  
drill close to the side of the heater)



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



Install 1 of the stainless steel vent grills over the  
inlet holes on the outside of the sauna centered  
over the holes using 1 1/2" 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

Vent Placement: Vent location depends on  
sauna model and where heater is located.  
Inlet: low behind heater  
Outlet: high at far corner from heater.



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 1/2" screw.

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

# SaunaFin

## 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.



# SaunaFin

## 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 Outdoor Cabin Sauna!



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: \_\_\_\_\_