

SaunaFin Cedar Mini Pod Sauna Assembly Instructions

Please read and understand the complete instructions prior to assembly and use of your sauna. Customer agrees not to hold SaunaFin and any of its authorized dealers liable for improper installation, maintenance and repair of this product



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 **You Tube**

SaunaFin Cedar Mini Pod Sauna Assembly Instructions

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SaunaFin Cedar MiniPod Sauna Assembly Instructions

Sauna Base Preparation

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



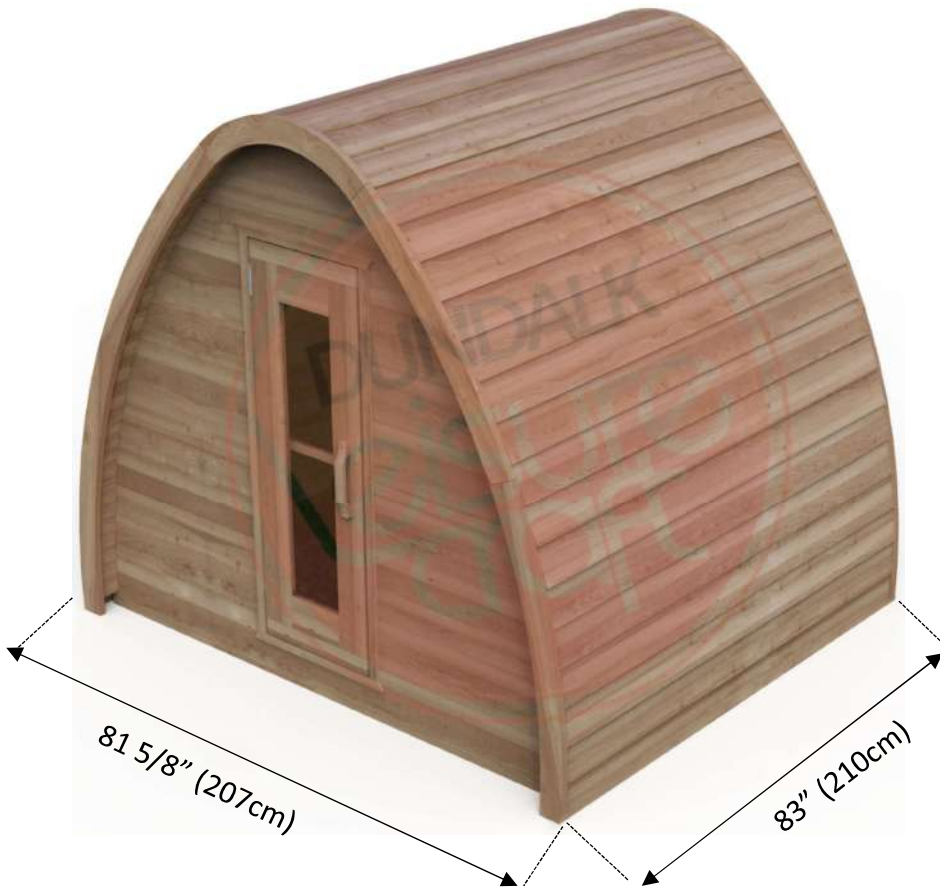
Concrete Pad



Wooden Deck



Patio Stones/Paver Blocks



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

SaunaFin Cedar Mini Pod Sauna Assembly Instructions



Lay the floor pieces upside down on your level base.

Note what sides have the tongue and groove on them and slide them into each other



Secure floor pieces together using 2 ½" (64mm) screws.

Screw in between each floor joist.



Flip the assembled floor over and place in position.



Locate the back bottom wall panel.

Place the panel centered to the outside edge of the sauna floor.

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The wall should overhang 1/2" (13mm) on each side of the floor assembly.

Ensure the back wall is flush to edge, attach wall to floor with 2 1/2" (64mm) screws using the pre drilled holes.



Repeat the same process for the front lower wall.



Install the middle back panel onto the lower back wall.

Fasten using 2 1/2" (64mm) screws



Install one side panel onto the front wall bottom.

Make sure the panel is flush on the side and secure with 2 1/2" (64mm) screws on both sides of the panel.

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Install a stave across the walls for support.

Make sure both walls are square and then secure the stave with a 2 ½" (64mm) screw at each end.

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



Insert the door onto the bottom wall groove making it tight against the side wall panel.



Install the opposite wall panel and fasten on each side using a 2 ½" (64mm) screw.



Install another stave across this side for support.

Square up walls and secure with 2 ½" (64mm) screws.

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

SaunaFin Cedar Mini Pod Sauna Assembly Instructions



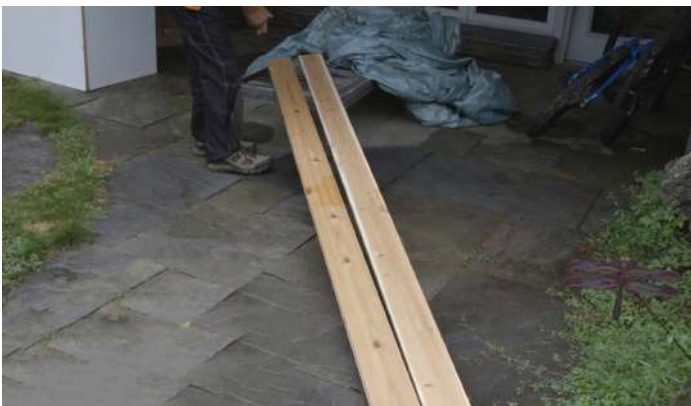
Slide the front top wall piece over the door and onto the side wall panels.



Secure the top wall panel on both sides with 2 ½" (64mm) screws.



Install the top back wall panel in the same manner as the front.



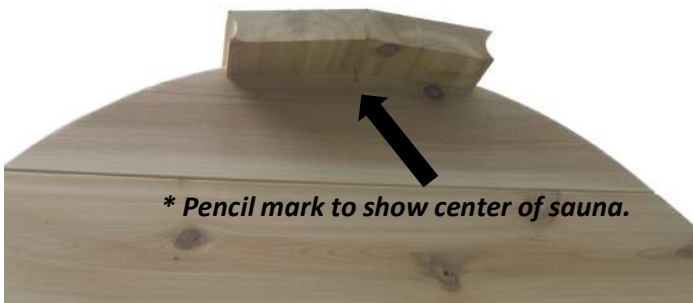
Locate the 2 top roof staves.
These will be flat on one side and concave on the other.

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Pre place 2 ½" (64mm) screws into the pocket holes.

Ensuring the ends are flush, fasten the two halves of the roof top board together using 2½" (64mm) screws.



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 both sides with 2 ½" (64mm) screws.



Starting on one side of the top stave assembly, start installing the wall staves.



Use the supplied tapping block and a rubber mallet to tap the staves tight to each other.

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Continue adding staves working down the sauna.

When you come to the support staves, remove the screws from the support stave, tap it tightly into place and then secure with 2 ½" (64mm) screws.



Pry the bottom 2 staves tight into the stave above, and secure with 2 ½" (64mm) screws.



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



To apply the ice & water shield 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 staves.

The membrane should go over each end a bit to help prevent leaking.

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



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



Overlap the membrane on the front and back as close to the edge of the sauna as possible.



Use a utility knife to cut the membrane off flush with the edge of the sauna staves.

Repeat for the back end of the sauna as well.

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Using 2 ½" (64mm) screws, install the top middle trim piece centered on the end of the staves.

If installed correctly, the trim pieces should be about 1" (25mm) under the bottom of the stave.



Line up the next piece of trim and secure in the same manner as the previous step.

Continue this process to the bottom of the sauna on both sides.

Repeat at the other end of the sauna.



Locate the spacer for the bevel siding.



Start the first piece of bevel siding flush with the bottom of the sauna staves.

Secure the siding using a staple gun.

SaunaFin Cedar Mini Pod Sauna Assembly Instructions



Use the spacer block for consistent spacing between the bevel siding pieces.

For easier installation, you can cut or break spacer in half to use at both ends at the same time.



Continue to attach the bevel siding on both sides of the sauna until you get to the top.



When you reach the top, center the top piece of bevel siding and secure with staples.

Add more staples to all the bevel siding pieces if your sauna is located in an area prone to heavier winds.



Place the outer door handle (small) on the outside of the door at your desired height 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.***

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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 hooks at the desired height on outer wall using 1 ½" (38mm) screws.



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

Congratulations!

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

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Bring in the back wall bench and the 2 back wall bench supports and position roughly where they will be on the back wall.

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



Once the bench supports are in the proper position, secure the bench to the supports with 1 ½" (38mm) screws between the bench boards, front and back, for each support.



Bring in the side wall bench and place the supports so they are in line with the cross members on the bottom of the bench.

Secure the bench to supports by screwing through the slats into the supports using 1 ½" (38mm) screws.

Note that the bench supports for the side wall have a spacer on back for the backrest.



Attach the side wall bench to the back wall bench from underneath by first ensuring they are flush on the top and then securing with 2 ½" (64mm) screws.

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Pre place 2 ½" (64mm) screws into the wall bench supports.



Ensure the bench is level and then secure the bench supports to the wall with the pre placed screws.

Secure the bench to the support from the top using 1 ½" (38mm) screws between the slats.

Repeat process for the other end of the back wall bench and the front wall side of the side wall bench.



Square up the supports and secure to the floor with 2 ½" (64mm) screws.



Position Back rest in groove on bench.

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

SaunaFin Cedar MiniPod Sauna Assembly Instructions



Using the 2 headrests put together as in the picture as a guide for the heater to sit on, Measure the proper distances for the heater template according to the heater manufacturers instructions.

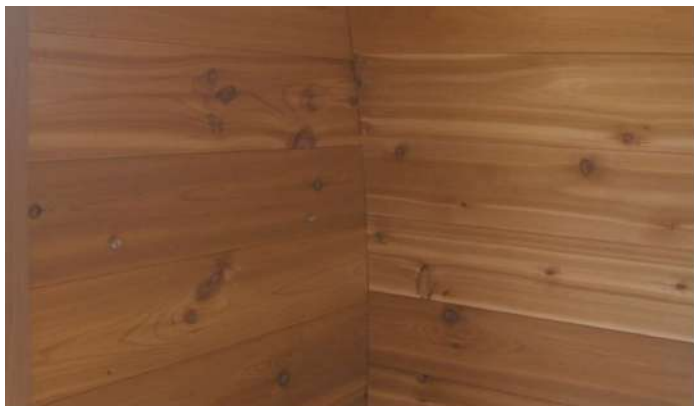


With the heater in place or by using the provided template, mark where the 4 lag bolts are to be placed.



Remove the heater and drill a pilot hole where you marked the position of the 4 holes.

Be careful not to drill all the way through the stave.



Tighten the top 2 lag screws until their heads are about 1/8" from the wall.

SaunaFin Cedar MiniPod Sauna Assembly Instructions



Hang the heater on the two upper screws.

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

Ensure heater is level, tighten all 4 hex head lag screws to lock the heater in place.



Roughly assemble the pieces of the heater guard.

Stand the 2 Assembled side pieces of the heater guard on edge with pre-drilled holes on the bottom and place the heater front supports on top.



Make sure front supports are flush to the sides and secure with (2) – 1 ½" screws per side.



Pre place 2 ½" (64mm) screws in the pre drilled holes of your assembled heater guard.

SaunaFin Cedar Mini Pod Sauna Assembly Instructions



Center the heater guard around the heater and ensure it is level.

Screw the heater guard into the wall using the pre placed 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.

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

The rocks must fully cover the heating elements.

SaunaFin Cedar MiniPod Sauna Assembly Instructions

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



Drill inlet holes centered underneath the heater on the front 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)*



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" (38mm) screws. (6pcs)



Drill the outlet holes high up on the back wall in the same manner as the front wall. Install the stainless grill on the outside and then the sliding vent cover inside with a 1 ½" (38mm) screw.



Tighten screw enough that the vent cover still rotates smoothly.

SaunaFin Cedar Mini Pod Sauna Assembly Instructions

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 the mini pod sauna, 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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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 the light 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 to 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 Red Cedar Mini Pod 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

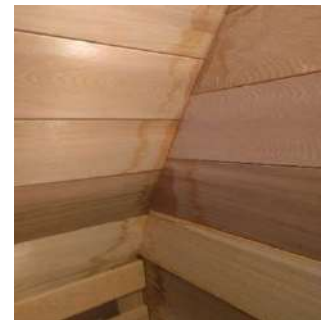
Some minor water seeping into the sauna is expected and normal for an outdoor sauna. If your sauna is properly installed, you should not have water dripping in but you should expect some water seepage, especially on the top and sides of the sauna.

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: _____