

# Indoor Cabin Sauna Assembly Instructions



## Requirements:

- \* 2 People (recommended)
- \* Step or Extension Ladder
- \* Cordless Drill (we supply the bit)
  - \* Tape Measure
  - \* Rubber Mallet
- \* Carpenter's Hammer
  - \* 7/16" wrench

View the assembly process on

[https://youtu.be/lkp\\_Qg-FRVM](https://youtu.be/lkp_Qg-FRVM)

# SaunaFin Indoor Cabin Sauna Assembly Instructions

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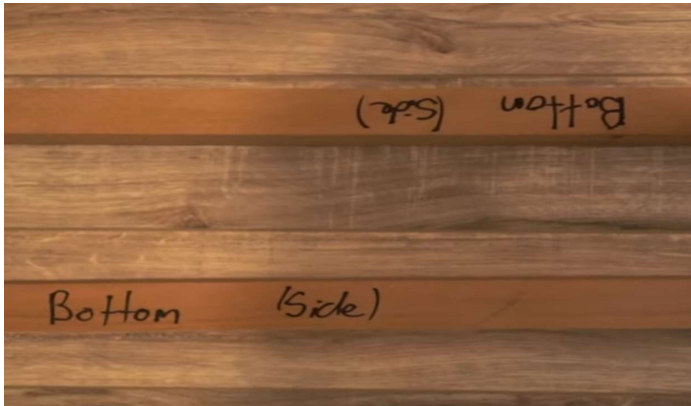
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# SaunaFin Indoor Cabin Sauna Assembly Instructions



Lay out and organize all of the sauna pieces.



Locate the 2 pieces marked "Bottom Side"



Using the provided 4 - "T-Nuts", tap them into the holes on the bottom of the side stave with a hammer.



Screw the threaded rod into each hole until your flush with the bottom of each T - nut.

# SaunaFin Indoor Cabin Sauna Assembly Instructions



Note that the grooves in the bottom staves are to face inwards towards each other.



*Wash your hands to prevent grease from the threaded rods getting on any of your wood sauna pieces.*



Slide the Front and Back Bottom Staves over the threaded rod and slide down.



The Front and Back Bottom Staves are flat on the bottom.

*(Once the sides and front and back staves are threaded down over the rods, square up your base.)*

# SaunaFin Indoor Cabin Sauna Assembly Instructions



Using the same method as in previous steps, place side wall staves on either side.



Organize your pieces, front, back and sides.

You will want to have many of each ready and nearby for easier installation.



Insert your front wall staves as shown.



Now insert a back wall stave.



# SaunaFin Indoor Cabin Sauna Assembly Instructions



Once the fronts and back are installed, insert another side stave on both sides.

Repeat this order all the way to the top.

Front, Back ,Sides!



When you reach this stage, its time to install the pre hung door.

Ensure your sauna is square as you assemble the walls to make future steps easier.



Carefully slide the groove of the door frame into the front wall staves.



Continue adding wall staves.

Same as before, Front, back and then the sides.

# SaunaFin

## Indoor Cabin Sauna Assembly Instructions



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



Continue to build the walls up using the same process as in earlier steps, - Front, Back ,Sides!

Bring wall staves into the sauna to make it more convenient in the assembly.



The staves should get easier to install and the structure much more stable as you progress upwards.

It is a good idea to try to ensure the sauna is "square" as you assemble to make future steps easier.



When you reach the top of the sauna door, insert the door top stave.

The door top stave is a full length stave with a groove for the door cut out.

# SaunaFin

## Indoor Cabin Sauna Assembly Instructions



The top staves will be “labelled”.

Install them on the walls they are labelled for.



Locate the 4 washers, 4 nuts and the wrench.



Place the washer then the nut on the threaded rods and tighten with wrench.

***Do not overtighten!***

Repeat on all 4 corners.



If necessary, use the rubber mallet to correct any warping or slightly out of place staves.

Tighten up the 4 bolts a bit more after using the rubber mallet.



# SaunaFin

## Indoor Cabin Sauna Assembly Instructions



Find one of the roof trim pieces.

It will have a hole in each end like in picture.



Place the roof trim on top of the side wall.

The holes will go over the threaded rods.



Using the rubber mallet, tap the roof trim into position.

Once in position, screw the roof trim piece to the side wall using 2 ½" (64mm) screws in the pre drilled holes.



Install a roof stave into the roof trim by sliding the grooves of the roof stave over the front and back walls and tapping the roof stave flush into the roof trim.

Continue to add the remaining staves across the roof.

# SaunaFin

## Indoor Cabin Sauna Assembly Instructions



When you reach the opposite side of the roof, tap the remaining roof trim piece flush into position using the rubber mallet.



Screw the roof staves into the front and back walls using 2 ½" (64mm) screws.

Screw the roof trim piece into side wall in the same manner as other side.



Secure outer trim pieces to the outside corners of sauna using 1 ½" (38mm) screws in the pre drilled holes.

Repeat for all 4 corners.



Line up front roof trim with the side roof trim ensuring they are flush and secure with 1 ½" (38mm) screws.

Repeat for the back roof trim piece.

# SaunaFin

## Indoor Cabin Sauna Assembly Instructions

Grab your interior trim pcs.

Measure each of the 4 corners inside your sauna and cut the trim pieces accordingly.

Place interior trim pieces flush in corners and secure with supplied nails.



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



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.



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



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

# SaunaFin Indoor Cabin Sauna Assembly Instructions



Place 2 ½" (64mm) screws in the pre drilled holes of the bench brackets.

Make sure bracket is snug to wall and fasten screws.

Repeat at other end of Sauna.



Bring in the top bench ( 7 slats ) and place on bench brackets.



Line up the remaining brackets to the supports on the bottom of the bench.



Secure benches 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 for all remaining brackets.

Repeat for Lower Bench

*\*Ensure center brackets are flush to wall before securing.*



# SaunaFin

## Indoor Cabin Sauna Assembly Instructions

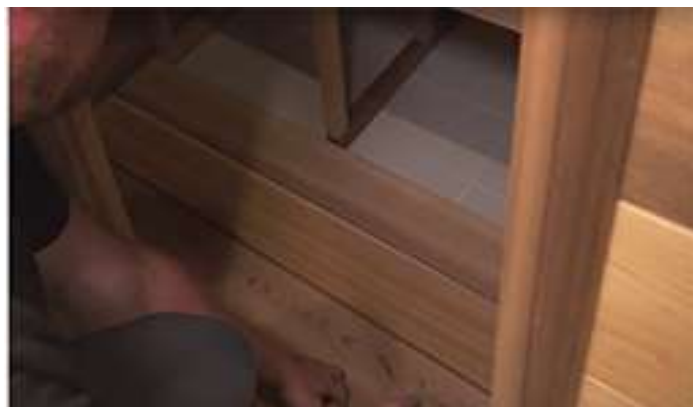


Secure the middle brackets to the back wall using 2 ½" (64mm) screws.



Repeat process if adding L-shaped benches.

Secure benches together using 2 ½" screws from underneath.



Place the duckboard floor in front of the benches on floor.

# SaunaFin

## Indoor 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 1/4" x 1 1/2" (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.

# SaunaFin

## Indoor 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.*



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.

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



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.***



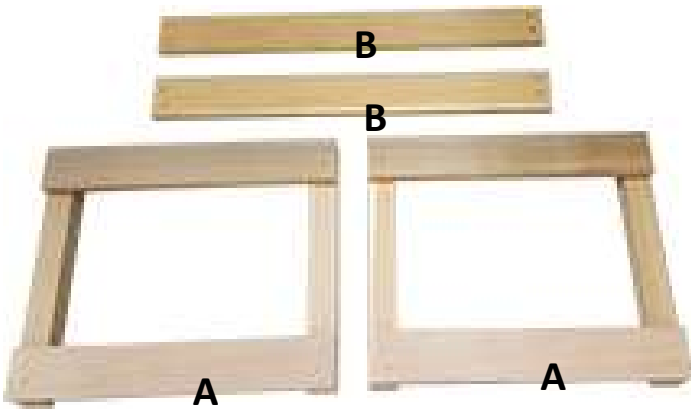
***\*The wiring for the electric heater most times enters the sauna underneath the heater as shown in the above 2 pictures.***

• 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

## Indoor 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.



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" (64mm) screws.

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



# 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 switch not required for indoor sauna.**  
**You can use standard light switch. Often installed in wall next t sauna.**



*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 Cedar Indoor Cabin Sauna!



Or to view the assembly process got to:  
[https://youtu.be/lkp\\_Qg-FRVM](https://youtu.be/lkp_Qg-FRVM)

## 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.**

### 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: \_\_\_\_\_