



SUPERIOR SAUNA & STEAM

PREFAB SAUNA KIT ASSEMBLY INSTRUCTIONS

Thank you for your purchase.

Please read through all instructions before beginning the installation. All the instructions you should need to assemble or maintain your sauna are in this assembly pack or in the packaging. If you should need or are missing any other literature please look on the Literature Library on our website, www.superiorsaunas.com.

We appreciate your business.

Enjoy your Superior Sauna Experience!

TOOLS NEEDED:

- Claw Hammer
- Rubber Mallet
- Electric Drill
- Level
- Phillips Screw Driver
- Open End Wrenches

FASTENER LIST:

- 3½" - 3¾" for Benches
- 3½" - 3¾" for Bench Frames / Rails
- 3½" - 3¾" for Backrests
- 2½" for Heater Guard
- 3½" - 3¾" for "T" Braces under benches
- 2" for Bench Valances
- 3" for Door / Jamb (or longer Torx head screws)
- 1" for various Trim pieces

NOTE: Your sauna room has been pre-assembled to ensure quality. Every part is pre-drilled and labeled with numbers and assembles according to expanded assembly diagrams in the crate.



PreFab Superior Sauna Kit Assembly Instructions

These instructions are to be used with the instructions included in the crate.

STEP 1:

Prepare work site. Study these instructions and assembly diagrams included in the crate. Lay out walls in numbered order.



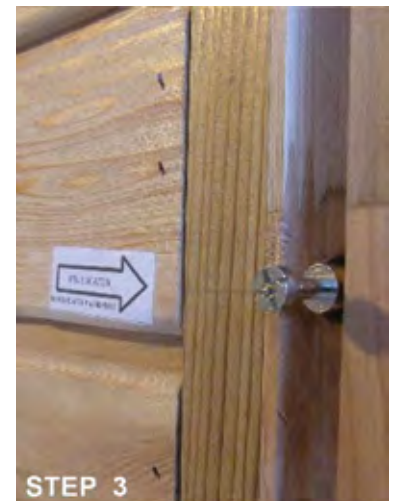
STEP 2:

Begin with assembling base frame using provided Phillips screws, see assembly diagrams for details. Using a level, adjust leveling feet with an open ended wrench. Be sure base frame is completely level.



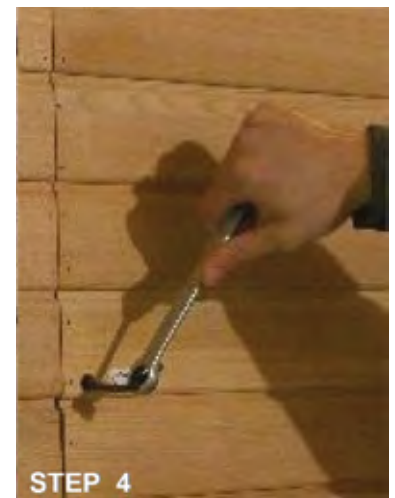
STEP 3:

Begin installing wall panels. Find panel labeled '1' and install 2 phillips cam bolts into wall end, do not over tighten. Lift wall panel '1' into place making sure wall fully seats into base frame.



STEP 4:

Install cam bolts into wall panel '2' and lift into place. Tilt wall '2' away from wall '1' and align cam bolts with cam lock holes. Pull walls together tight and use provided allen wrench to tighten cam locks to secure walls together. Continue installing wall panels in numbered sequence until only door opening is left.



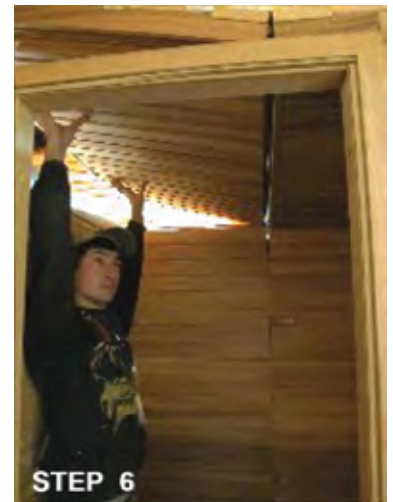
STEP 5:

Open box that contains the sauna door. Remove door fasteners and hardware from the box and lift door into place. Make sure door is fully seated into base frame. Using a drill with a Phillips bit, fasten door jamb to framing. Open door to ensure it is square so that it closes properly and install door handle and spring roller latch.



STEP 6:

Lift ceiling panel '1' into place and continue installing all ceiling panels into place making sure they are fully seated in top of wall panels.

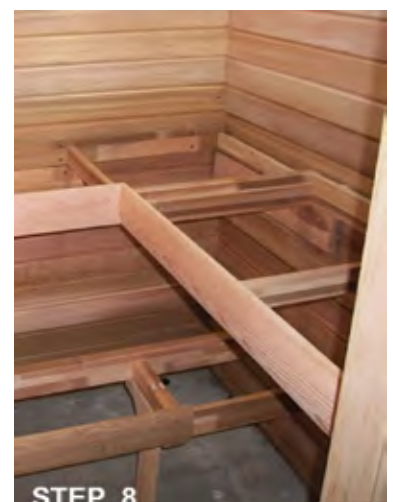
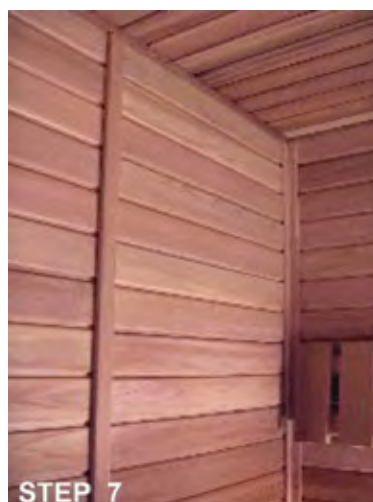


STEP 7:

Install interior moulding trim using provided small Phillips screws. Using screws instead of finishing nails will make your sauna room easier to disassemble and move if needed, without damaging trim pieces. Fasten all kit moulding trim pieces in place.

STEP 8:

Begin fastening bench supports into walls. Once bench supports are fully installed, set bench frames into place and fasten down.



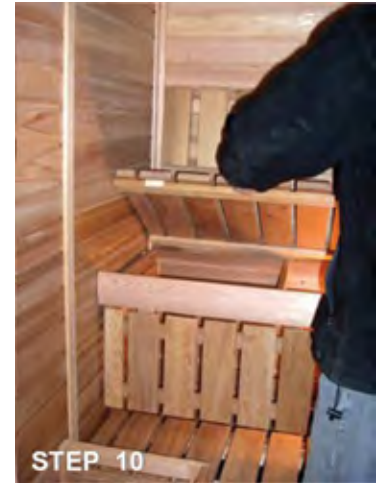
STEP 9:

Install angled bench supports and lower bench T-brace. Adjust leveling feet on lower bench braces.



STEP 10:

Install bench valances and backrests and then set bench tops into place.

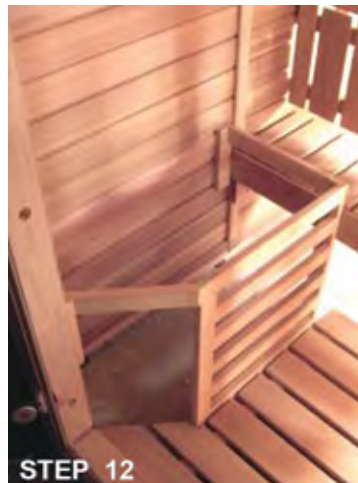


STEP 11:

Have a licensed electrician install lighting and sauna heater of your choice. There is a large support backing section inside the wall to support all wall mounted Sauna Heaters that we carry. Follow sauna heater manufacturer install guide for proper clearance measurements when fastening sauna heater to wall. As long as heater is installed in space provided according to manufacturers specs., the fasteners will securely attach to support backing inside wall.

STEP 12:

Place duckboard flooring section into sauna and then install heater guard.



STEP 13:

Install exterior moulding trim on top and bottom edges and between wall panels.



STEP 14:

Inspect all sauna surfaces for blemishes due to shipping and installation. Use either a block sander or palm orbital sander with a fine grit sand paper (180-220 grit) and sand blemishes out.



STEP 15:

Install Sauna Accessories: sand timer can be put anywhere on wall, thermometer / hygrometer should be about 1 foot down from ceiling and at least 3 feet from door or heater, wood sauna sign mounts above door and safety signs included with heater, go on wall inside sauna room.

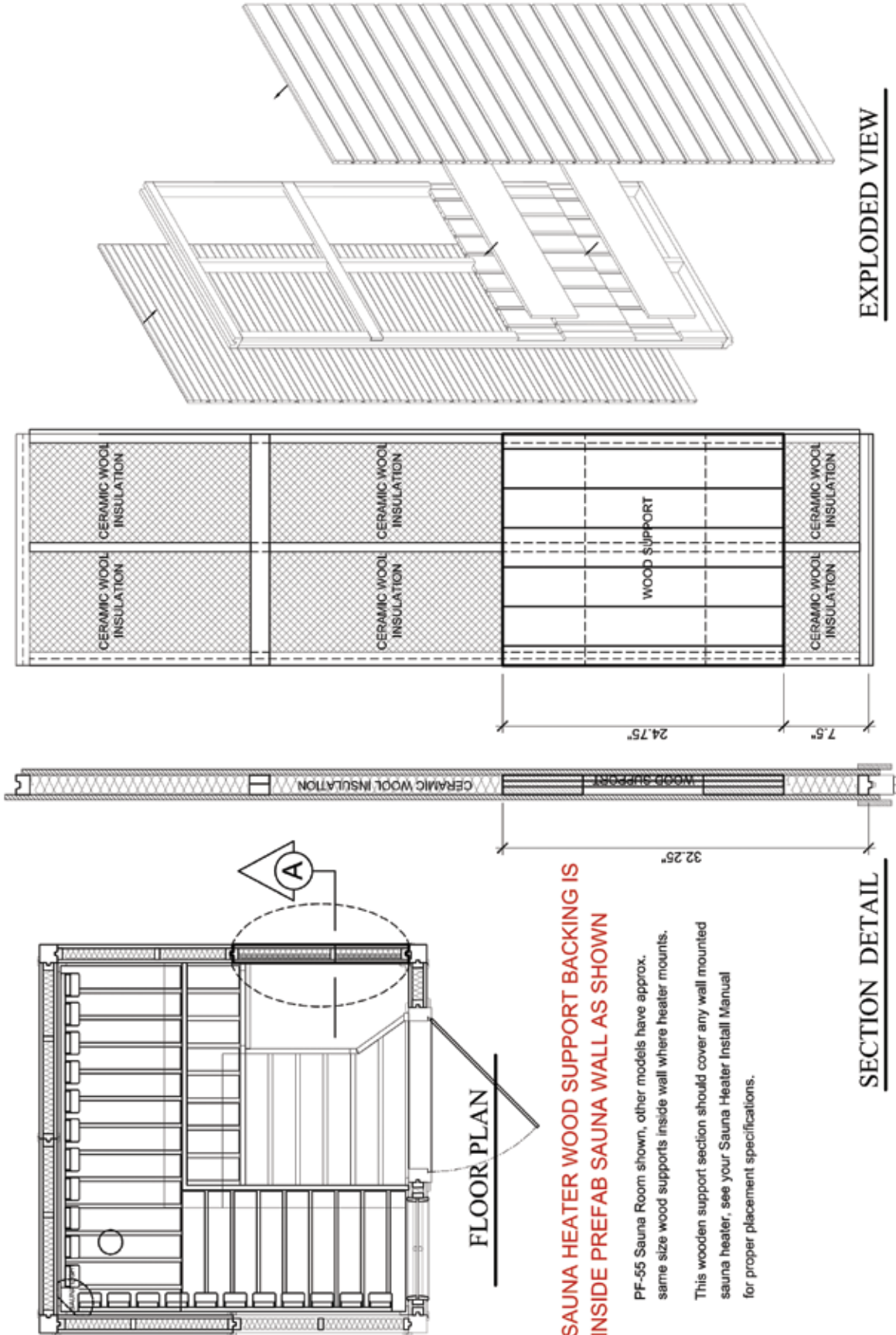


STEP 16:

For maximum efficiency of the sauna heater, stuff properly sized cut strips of fiberglass insulation between the bottom edge of walls and floor.

Enjoy many years of relaxing in your new Prefab Traditional Sauna Room! Although this sauna is not exactly portable, it can be carefully taken apart and moved to a new location if needed.

Schematics



SAUNA HEATER WOOD SUPPORT BACKING IS INSIDE PREFAB SAUNA WALL AS SHOWN

PF-55 Sauna Room shown, other models have approx. same size wood supports inside wall where heater mounts.

This wooden support section should cover any wall mounted sauna heater, see your Sauna Heater Install Manual for proper placement specifications.

Sauna Care Instructions

With very minimal maintenance you can keep your sauna room looking great for many years. The following is only a general guide. **IMPORTANT: NEVER** use a water hose to clean a sauna, as the untreated wood will absorb water and cause mold, fungi, etc. to grow fast and blacken wood fibers. Saunas should always have vents for fresh air inlet and outlet, or substitute a ½” gap under door for inlet.

Step 1:

Do not paint, varnish or stain the interior portions of your sauna. The wood needs to breathe (absorb and slowly release heat and humidity). Also, artificial finishes make the wood surface much hotter, create the possibility of harmful fumes from the wood sealer, and take away some of the “softness” of heat and steam penetrating the wood. Finnish made Paraffin Oil Treatment Kit (available at www.SuperiorSaunas.com) is a product that is tested and proven safe for sauna use, to protect sauna woods from excess moisture and helps to maintain a clean sauna.

Step 2:

Door handles and floor boards are an exception to step #1. These two points of the sauna can get dirty easily. To make cleaning easier, you can safely treat the handles and floor boards with a good wood sealant or polyurethane finish. The door handles and floor boards are not exposed to the high heat as near the ceiling, that may cause off-gassing.

After Sauna Care:

Step 3:

After you're finished using the sauna, use a towel to wipe any excess moisture off of benches, prop the duckboards off the floor. Leave the sauna door open, to air it out completely. The heat remaining in the rocks and in the wood should dry the sauna completely, and even can help dry down the shower area, if it is adjacent to the sauna room. For snap-together Ipe wood floor tiles, clean surface daily to weekly in public facilities or as needed. It is suggested to remove floor tiles semi-annually to clean sub floor.

Step 4:

The simplest method of sauna maintenance is to use a tested and proven safe sauna cleaner such as **Sauna Clean** (available at www.SuperiorSaunas.com). Sauna Clean is an environmentally friendly disinfectant, bacteria remover and odor eliminator used by facilities with saunas and steam baths. With a hand brush and properly diluted cleaner, do a quick scrubbing of the benches, walls, backrests, etc. After scrubbing, **ALWAYS** wipe up any excess water with a towel to protect wood fibers. Commercial saunas should be cleaned daily or weekly depending on usage. Residential saunas weekly or monthly depending on usage. This will keep your sauna looking great for years.

Step 5:

If you get some dirt, sweat stains or mold developing anywhere in sauna (if #4 is missed a few times) try the following:

- Dilute a few capfuls of bleach with a gallon of tap water and give a good scrub with a hand brush.
- To get the benches or sauna paneling looking like new, you can lightly sand with fine grit sand paper about once per year. It will lighten them more to their original condition.

Step 6:

ALWAYS wipe up any excess water with a towel to protect sauna wood fibers. After cleaning sauna, it is recommended to turn on sauna for a session to help with properly drying wood fibers.

With these simple maintenance tips your sauna will stay inviting, fresh smelling, and enjoyable to be in. The main rule is: ENJOY!



How to Enjoy the Sauna

Written for Virtual Finland by Erkki Helamaa, architect, Professor emeritus and Juha Pentikainen, Professor, University of Helsinki.

Reserve enough time says the Finnish Sauna Society's bathing guide. Since a group of real experts has compiled the instructions they are well worth following. The brief instructions may, however, need a few additional explanations.

Start the session by having a shower. This instruction probably exists for reasons of general hygiene, and is as such necessary. But showering or swimming in the summer before the sauna is also good for another reason. Bathing in a hot sauna is said to be more pleasant if your skin is wet. Many disagree, though, and bathe without wetting their skin because they want to feel the sweat forming on their skin. So, there are two schools of thought: believers in a wet and a dry skin. It's a question of personal taste.

Use a bench cover to sit on, say the instructions, again probably for reasons of hygiene. A bench cover is also useful because the benches in a sauna get very hot, sometimes burning hot.

About the heat level, the advice is that **80-90°C / 175-195°F (maximum 100°C / 210°F)** is enough. Add humidity by throwing water on the stove. It is also good to know that you should stay in the heat only as long as it feels good. Competition about who lasts longest is unhealthy and contrary to the spirit of the sauna.

The sauna is a sweat bath. Many bathers know very little about sweating, though, and go about it in **totally the wrong way** by throwing two or three ladlefuls of water on the hot stones as soon as they sit down on the bench. What follows is a sudden heat shock, a real battering on the skin enough to stop the normal functioning of the sweat glands. It takes time to perspire properly. To sweat bathers need their body temperature to rise by a couple of degrees, a kind of self-induced fever. This takes 8-12 minutes, depending on the person's perspiration capacity. Raising the temperature of the sauna will not speed up the perspiration process.



In this respect a sauna at 80°C / 175°F is comparable to one where the temperature is 100°C / 210°F. If the sauna is too hot and dry, the sweat dries as soon as it reaches the surface of the skin. **Continue bathing in the steam and finish off by beating yourself with a soft sauna whisk.** The culmination of the steam bath, to beat yourself gently with a whisk of birch fronds or cedar boughs, is when you have reached the high point of sweating.

A rapid change from hot to cold is not recommended. That means a really sudden change! You need a suitable length of time to adjust first. Otherwise, too, cooling off and resting are an essential part of sauna bathing. The worst shortcoming of town saunas is the lack of a suitable terrace or balcony where the bather could cool off. The advantage of a waterside sauna is that you can plunge into the cooling water straight from the heat and exchange your steam bath for a watery one. In winter the bravest take a dip in icy water or roll in pure white snow. Only the rugged North can offer such wintry pleasures.

Before washing, warm yourself up, then after washing you can go back to the heat, say the instructions. Cleanliness is an essential part of sauna bathing.

Folk tradition recognizes all types of sauna, except one for washing in. Researchers have calculated that in the olden days only 2-3 liters of water was used per bather. Today things are different. Lots of water is used and far too much soap. Less would suffice, because the thorough sweating opens up the pores and cleans them of sebum, bacteria and all sorts of dirt. After sweating and a good rinse the bather is squeaky clean. Mothers should be particularly aware of this and not pester little boys with horrid washing routines!

The instructions allow **repetition of the sauna/cooling off process as many times as the bather likes.** Washing and swimming are followed by a gentle after heat. How many times should you go into the heat? As many as you wish. Once is enough if that's how you feel. Three times is perhaps the average moderate number. **Finish the bathing session by rinsing yourself with refreshing water.**

Then rest and drink something refreshing. Only dress after you have stopped perspiring altogether. After a sauna bath you should not be in a hurry to go anywhere. Even dressing can wait. Although you may have a heavenly feeling, you should keep your feet firmly on the ground. The Sauna Society, with its authoritative voice, therefore concludes its instructions to all bathers saying: **Before and while in the sauna avoid anything alcoholic and over eating. A light snack and a refreshing drink are the perfect ending to an enjoyable sauna.**