



THE BEST BRANDS, THE BEST PRODUCTS

Your one stop shop for all sauna and steam needs.

2021

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Section 1: Getting Started

1. Room Preparation

a. Floor

- i. The sauna floor needs to be a sealed concrete, tile, or other waterproof surface. Do not slope the floor, and Am-Finn recommends against putting a drain in the sauna.

b. Studding

- i. Stud the walls out to create an interior dimension 1.5" bigger than what is shown on the layout. This is to account for the plywood. The ceiling should be 96 $\frac{3}{4}$ " inches from concrete to stud.

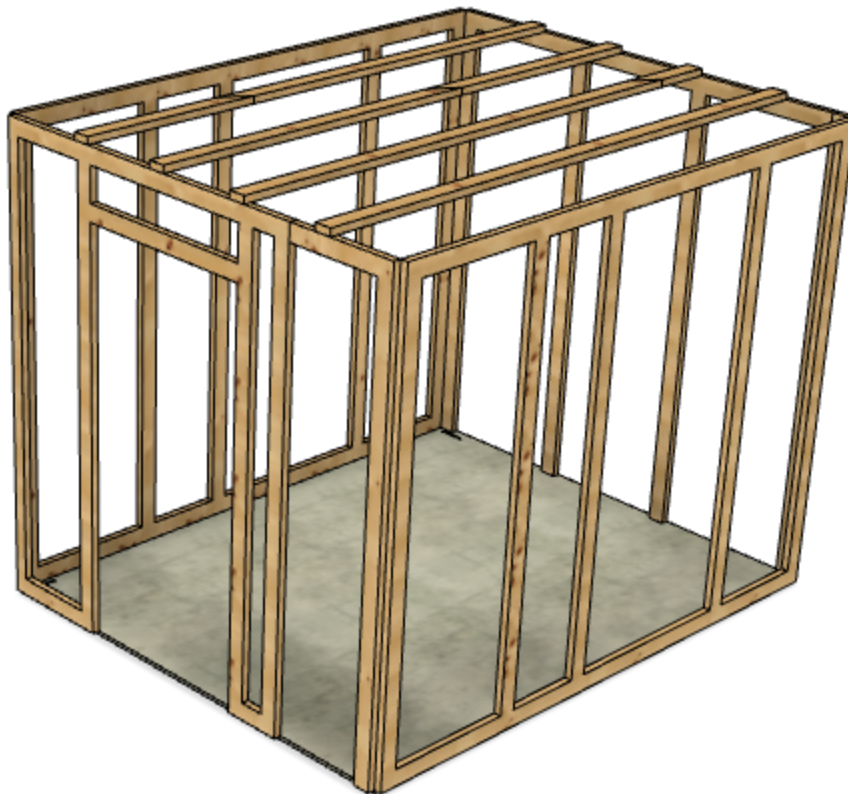
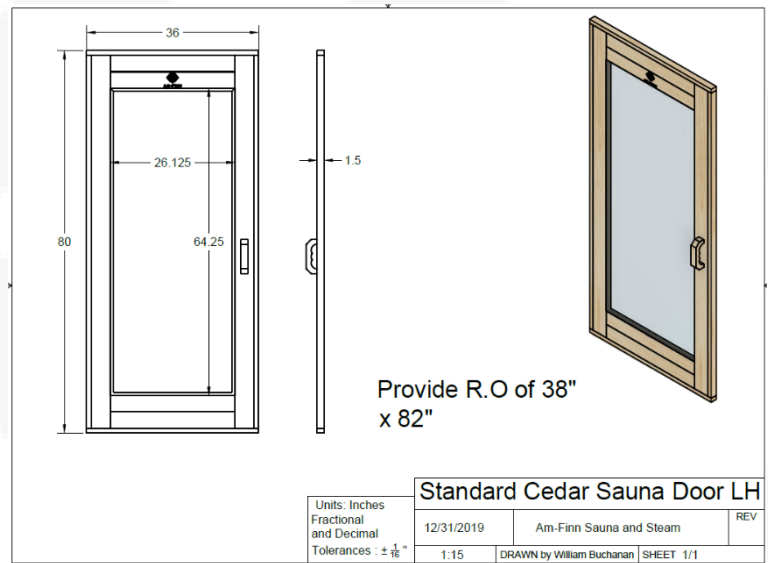
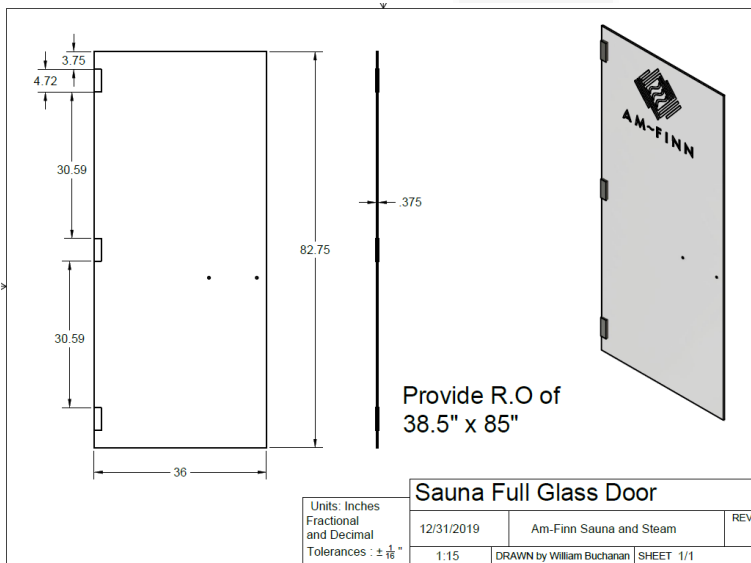


Diagram 1.A.1 – Floor and Studding

- ii. Stud the door rough opening to be 38" x 82" for our standard cedar door. For a full glass door, the rough opening should be 38.5" x 85". Check your Am-Finn layout for door RO location.



c. Insulation

- i. Insulation is necessary to retain the heat inside a sauna.
Provide R13 Insulation in the walls and R19 in the ceiling.

d. Electrical Connections

- i. Heater and Control Box

1. The Heater is the heart of the sauna. If the heater is not connected properly, the sauna will struggle to maintain a consistent high temperature.

2. Electric Heaters

- a. Please ensure you have either the Ultra Sauna Electric Heater installation guide. This will go over the details of any electrical connections, conduit locations, and other important details.
- b. The Scandia Ultra Sauna Electric heater needs High Voltage power. All electrical connections and conduit need to be handled by a certified electrician. The heater is built to run off the power

you have supplied to the room, so you can choose 240V or 208V, 1 or 3 Phase.

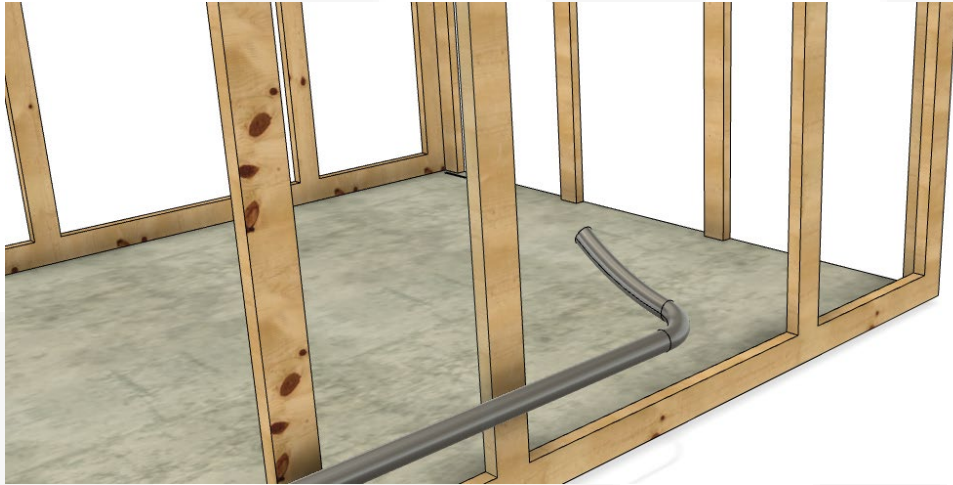


Diagram 1.A.2 – High voltage Whip and Conduit

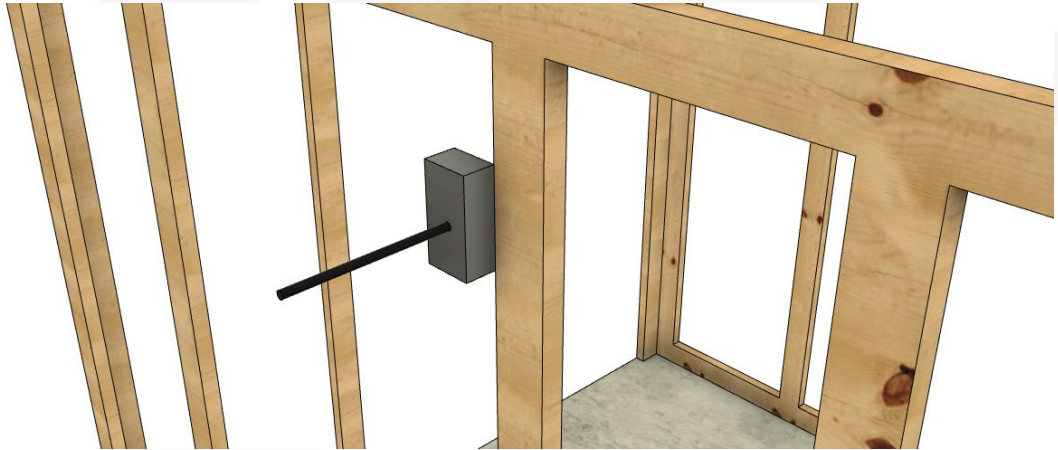
- c. The Control box will determine when the heater is on or off. We offer a 60 Minute Timer or 24 Hour Programmable timer. Power needs to be run through the control box to the heater. Please follow the Heater installation guide for proper control box mounting and installation.

3. Gas Heaters

- a. Please ensure you have the Ultra Sauna Gas Heater Installation guide. This will go over the details of any electrical connections, HVAC requirements, natural gas or propane requirements, and other important details.
- b. Am-Finn recommends consulting an HVAC Specialist when using a Gas heater

ii. Sauna Light

1. The sauna light, whether standard or upgraded, will need a 120V Jbox either on a wall near the ceiling or on the ceiling itself. Consider putting a switch in this circuit to easily control the sauna light. Electrical connections should be terminated by a certified electrician.

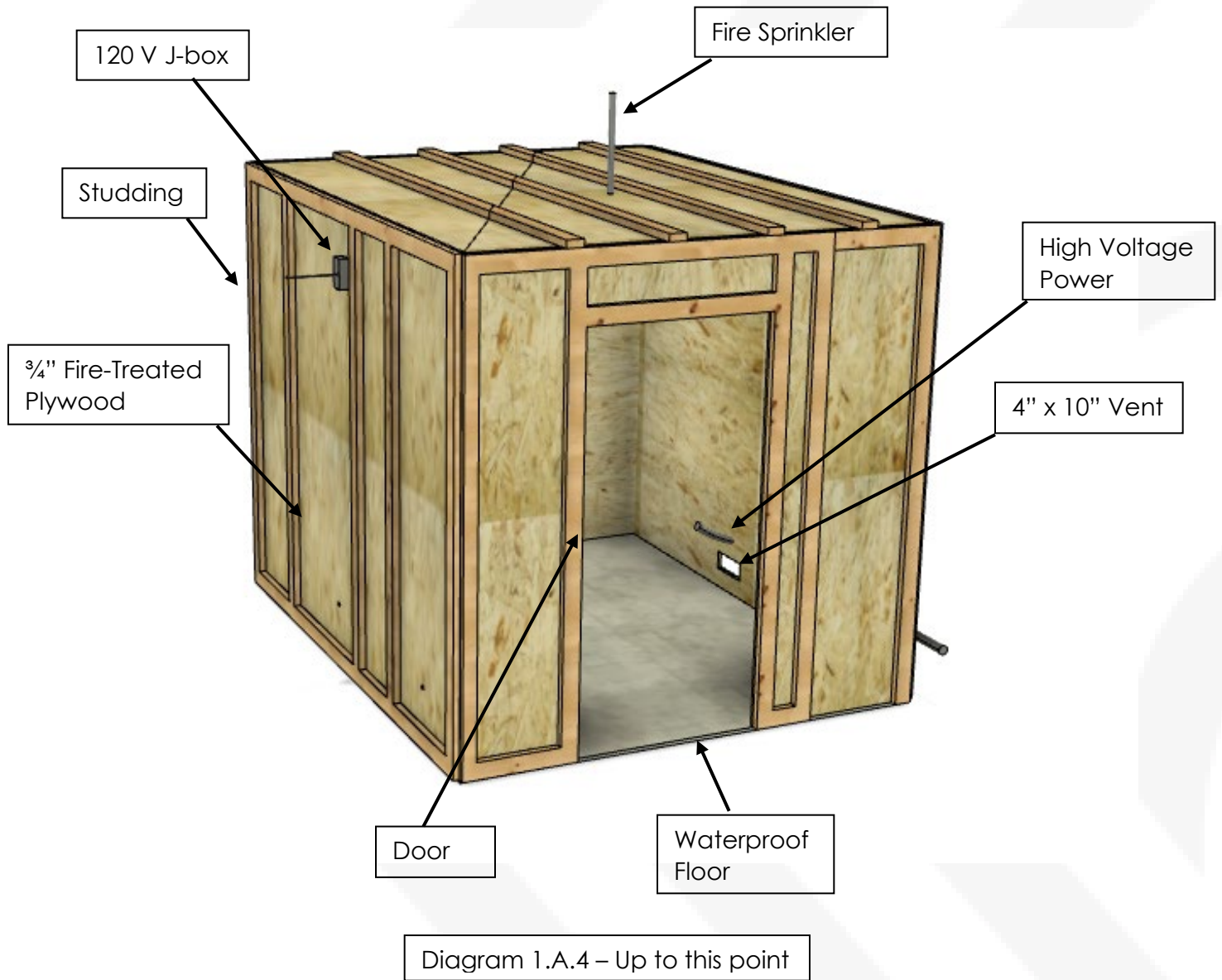


iii. Other

Diagram 1.A.3 – J- Box for Light

Accessories

1. For any Salt Panels, place a 120V J box in the top left corner of the intended panel location. This will be used to connect the power for the salt panels.
2. For any other custom accessories like sauna speakers, E-Stop Button, High Temp Alarms, etc, please contact Am-Finn to coordinate electrical locations
3. Ventilation
 - iv. A 4" x 10" Fresh Air Intake Vent will be placed centered and underneath the heater. You will need to cut holes in any existing wall material for this vent.
 - v. The door will be undercut by 1" to provide exhaust ventilation.
4. Fire Sprinkler
 - b) A Fire Safety Sprinkler rated at 286 ° F is recommended and required in some states. Choose a location for this and consult a professional from your area before installing.
5. Plywood
 - i. Fasten ¾" Fire-Rated Plywood to all walls and ceiling. Be sure to cut holes in the plywood for the electrical, fire sprinkler, and ventilation requirements



6. Tools needed

a. Power Tools Needed

- i. Brad nail Gun
- ii. Random Orbital Sander and Sandpaper (120 Grit)
- iii. Power Drill with bits (Phillips head, square drive)
- iv. Jigsaw with Blades
- v. Skillsaw

- b. Hand Tools
 - i. Hammer with Brad Nail Set
 - ii. Sanding Block
 - iii. Utility Knife
 - iv. Pencil or Marking Knife
 - v. Broom or vacuum for cleaning up sawdust
 - vi. Hand Square and Level

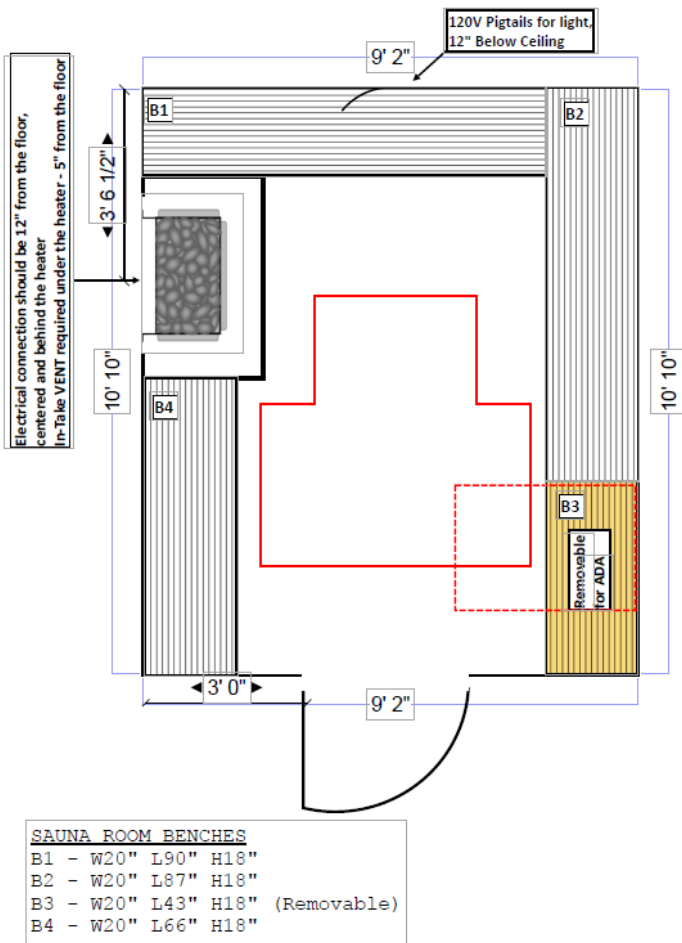
- c. Consumables
 - i. Fasteners
 - 1. Brad nails
 - 2. Screws
 - ii. Wood Putty or Filler (Match the color of your wood species or stain)
 - iii. Door Shims
 - iv. Rags

- d. Personal Skills
 - i. While we make the sauna as easy to craft as possible, you will need some skills to properly install this sauna. You will need to know how to correctly operate all the above listed tools, how to sand edges flush, how to set benches and trim flush and level, and how to fill fastener holes with putty and sand them flat.

7. Receiving and Inventory of the freight

- a. Receiving of the freight is the GC, owner, or project coordinators responsibility. A standard sauna might come with two crates, a 48" x 94" x 48" Crate with all the wood inside, and a shorter 24" x 48" x 96" Door crate. Actual Crate sizes will vary depending on project.

- b. Place the crate somewhere convenient, as you will need to transfer all the materials inside to the sauna room.
- c. Inventory the crate. Inside the crate is a layout and cutsheet similar to what is shown below. The layout will help guide where to place the benches, the heater, electrical connections, and the door rough opening. Each piece of material inside the crate will have a label on it. Use the cutsheet and labels to ensure that you have received all the necessary materials, as well the labels identify the different components.



Benches & Legs	UB	UL	LB 4	LL 13		
Base Trims	3@62"					
Split Trims	Split Ceiling Trim 2@60"		Split Wall Trim 4@60", 4@72"			
Corner/Ceiling Trims	Corner Trims 3@78" 1@60", 1@35"		Ceiling Trims 4@60", 4@72"			
Skirtings	6@77.5", 6@55.5"		End Caps			
Guard Rail	Large, 3 open					
Flooring	TRU TILE		<u>No. of Pieces</u> 85			
Salt Panels	<u>No. of Panels</u>		<u>Dimensions</u>			
Salt Wall Trim & LED light	<u>Trim Dimension</u>		<u>LED length (ft)</u>			
Accessories	Light, medallions, bucket & ladle, hygrometer, HG supports, screws.					
Other Accessories	<u>Vapor Barrier</u> 13		<u>Wall Bracket</u> 3			
Specialties:						

Diagram 1.A.5 – Layouts (Left) and Cutsheet

Section 2: The Build