



Appalachia Sauna Installation & Owner's Manual



IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.



READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INJURY OR DAMAGE TO SAUNA



FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH



REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS



ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.



KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

WARNING

- This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.
- Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.
- Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.
- Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.
- Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.
- Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.
- Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.
- Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 °F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
- Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.
- Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.

CAUTION

- Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.
- Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.
- Do not throw water directly onto the elements. This could cause burns and damage to the heater.
- Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.



- **Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.**
- **When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.**



Thank you for your purchase of your Appalachia sauna! Should you have any questions during assembly, please feel free to call us at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F.

Your Appalachia Sauna (called Keitele in Finnish) was manufactured in Europe and, as a result, includes an instruction manual that is presented in several languages with all measurements in metric. To simplify things for the American market we have developed this manual, which is presented in a very simple format using pictures and minimal descriptions. It is recommended that you use this manual, which includes the European parts list and layout diagrams at the back of the manual.

Assembly of the Appalachia Sauna requires a higher level of skill than our other sauna models. The skill level of a contractor or high-level "handyman" is suggested.

A few notes:

- You should assemble your sauna on a firm and level surface. If you assemble on a concrete slab then you can place the floor stringers directly on the concrete. If you are assembling on a dirt or gravel surface. You will need to provide additional support below the stringers.
- It is very important to KEEP THINGS SQUARE. Be sure the stringers and logs are square and check regularly as you work your way up the sauna. It will make things much easier along the way!
- A few of the components are provided for European installations and are not applicable. If they are not shown in this manual then they are not to be used. We have noted these parts in the parts list at the back of this manual.
- Using the included "tapping" board so as not to damage the grooves, tap each log into place with a 3lb hand sledge. You can tell if the log is firmly into the grooves of the lower board by viewing the ends of the logs. A very slight gap is normal and not necessary to correct, but you want to get the log as firmly into place as you can before screwing it into the lower log.
- We suggest you purchase 3" torque deck screws for the assembly and not use the included screws. Screw EVERY log into the next at the notch where the logs interlock.
- You may choose to use a nail gun to nail the roof, ceiling and floor boards in place. Doing so will save much time. If using a nail-gun you will not use the included nails.
- Since the unit is built of wood you can make modifications during or after the process. For example, if you do not want the porch rails you can simply cut them off. Additionally, interior trim pieces can be used as desired.
- The unit includes roofing shingles but no drip edge. If you desire drip edge or a different color shingle then you will need to purchase them at your local home center. Roofing felt is not included and is not necessary.
- You can leave the Nordic Spruce lumber natural or stain/paint the exterior. It will weather to a yellowish tint in the short term and over time will bleach out somewhat, which is fine. If you prefer your own color then you can stain or paint the exterior to your preferred color. Never stain or paint the inside of the sauna room itself.
- There may be slight design variations from the pictures in the manual. These will be aesthetic only and in no way will affect the function or performance of the sauna.

Recommended tools are as follows:

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| ☐ Claw hammer | ☐ Square |
| ☐ 3lb Hand-held sledge hammer | ☐ 25' tape measure |
| ☐ Hand or circular saw | ☐ Phillips head screw driver |
| ☐ Jig saw | ☐ Rubber mallet |
| ☐ Cordless drill | ☐ 6' Stepladder |
| ☐ Level | ☐ 8' Stepladder |

Optional helpful tools

- ☐ Table saw
- ☐ Finish nail gun
- ☐ 5 lb. box of 3" torque drive deck screws



APPALACHIA ASSEMBLY INSTRUCTIONS

⚠ CAUTION

- Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.



1. Locate the eight foundation stringers (AR1). You can set these directly on a concrete slab or, if installing on bare ground, lay them onto treated 2x4 or 2x6 supports, which is what is shown in the picture. Space the stringers equal-distance apart so that the overall outside dimension is 3790mm. Note that the two center stringers will be side-by-side as in the picture. Ensure that the layout is square by measuring from corner to corner.



2. Find the two short foundation pieces (AR2) and nail them at the front, between the outside stringers and as shown. Next find the two logs that are half size (001) and lay them perpendicular to the eight stringers, one at the rear and the half-way point of the stringers. DO NOT SCREW THESE INTO PLACE YET.



3. Place two full logs (015) and place them on the two ends of the structure so that they rest directly over the outside foundation stringers and notch into the two half logs. Verify that everything is square.



4. Locate one of the scrap driver pieces and ensure a tight fit of the notched logs by hitting with a 3-lb hammer.



5. Screw the two half logs to the stringers using the included 70mm screws or 3" deck screws. Place your screw between the grooves in the log and drive flush with the surface so that the next log will nest correctly. Double-check square and then attach two full logs to two half logs with screws.





6. Place log (016) in place below the door to start the center wall. Then place shorter logs (021) and (010) in place on top of log (016) that will continue the center wall between the sauna room and changing room. Screw into place.



7. Place logs (009) and (010) on the front of the sauna.



8. Place two half-logs (012) at the left and right front of the sauna and screw directly to the short foundation piece referenced in step 2.



9. Place short logs (013) to form the front wall of the two porch walls.



10. Alternate long logs (017) with sauna and changing room side wall logs (016) to form the side walls of the sauna and the front porch. Continue to work your way up all walls until you have completed six rows of the two side walls. Row seven will use two side logs (019) that are flat (no grooves) on the porch ends of the log.





11. At this stage insert the all-wood interior door between the sauna room and changing room. The doors should slide into place without being forced and will swing open into the changing room. Tap the door at the top to be sure it is sitting directly on the bottom log. Do not fasten the door with screws or nails; it is designed to sit in place with no further fastening.



12. Insert the entrance door with window in the same way as the interior door. It should slide into place in the same way as the interior door and will swing open to the outside porch. Do not fasten the door with screws or nails.



13. Confirm that the doors are level both vertically and horizontally.



14. At this point all walls, doors, and rails should be square, level and secure. Any minor adjustments can be made with wood shims. NOTE: Bowed logs can be straightened with the included straightening tool.



15. Continue to work your way up with the appropriate logs. After the tenth log is placed on the front of the sauna, begin using logs (010) and (011) to frame the window.





16. Insert the window after several rows are laid ensuring the window will swing to the outside. Do not screw or nail the window into place.



17. At this time, it is suggested you install the door and window hardware. Place the door latch so that the lock is to the exterior of the sauna.



18. Place the handles on the door latch and verify the door closes and locks securely.



19. Install the interior door knobs.



20. Continue to position logs so that the window and doors are framed with the logs. At row 16 on the two sides, use the longer logs (020) to begin the cantilever extension that will support the roof. (Review steps 20-26 before continuing to see how the cantilever extension logs alternate with the logs located on the front and rear walls).





21. The cantilever extension logs will be used only at the two side walls for now, not at the center.



22. Place cantilever logs (021) and then top cantilever logs (022) and (026) on the two side walls to complete the cantilever extensions on the side walls. Note that (022) is tapered at the top for the right side wall and (026) is tapered for the left side wall. NOTE: Do not screw the cantilever logs to the all logs yet. This will be addressed in step 33.



(022) and (026) logs are tapered

23. While working your way up with the extension logs, locate the sections (W1-1) and (W2-1) which are the angled portions of the front and rear walls.



24. Disconnect the individual logs that form (W1-1) and (W2-1).



25. Alternate the front and rear wall individual pieces from (W1-1) and (W2-1) with the center wall logs as you work your way up.





26. Insert mid-point cantilever logs (PR1) in the notches of (W1-1) and (W2-1) as you work your way up the front and back wall.



27. View of front showing progress to this point.



28. At row 21 on the center wall, place cantilever log (020) and add (021) and (024) as shown as you work your way up. (Review steps 28-32 before continuing to see how the cantilever extension logs alternate with the logs located on the front and walls.)



29. View of front showing progress to this point.



30. Further disassemble (W1-1) and (W2-1) to separate peak log sections for front and rear walls.





31. Continue working your way up the front and rear walls with the angled pieces from (W1-1) and (W2-1), alternating with center wall cantilever logs.



32. Complete the center cantilever by adding the narrow cantilever log (025) to the center wall and on top of cantilever log (024). You will now be ready to begin the roof installation process.



33. Find two roof boards (RB2-1) and position them to the front edge of the cantilever logs. NOTE: place the "groove" edge facing out and flush with the edge of the cantilever logs. Nail them to the peak and furthest left and right cantilever logs. Before nailing the two roof boards to the remaining cantilever logs, ensure they will touch the cantilever logs without bowing. If there is a gap between the roof board and cantilever log, either shim the cantilever log or gently tap the cantilever log to remove the gap and then screw into the log walls. This is important as you do not want the roof to appear "bowed" when complete.



34. Once the cantilever logs are properly positioned and fixed to the wall logs, begin laying out the roof boards.



35. Tap each roof board into place with a mallet prior to nailing into the cantilever logs.





36. The final two rear roof boards will need to be cut length-wise (ripped) so that they are flush with the rear edge of the cantilever logs. (Use of a table saw is easiest, but you can also cut with a circular saw once the final board is installed using a chalk line to mark the edge of the cantilever log.)



37. Front view of sauna once roof is completed.



38. Find the left and right roof edge reinforcement boards (RE2-1) and install at edge of roof lines with nails or screws. Cut to length as needed.



39. Find the left and right eave edging boards (EaE5-1) and nail to the roof edge reinforcement boards as shown. Cut to length as needed.



40. Place the fascia boards (FaB7-1) on the roof edge and secure to the ends of the cantilever logs and roof board.





41. View of sauna after facia boards attached.



42. Install the porch (terrace) boards (TB1-1) starting at the front and working your way back toward the sauna. Place the narrow porch board (TB1-2) at the front and between the front porch rails. Nail the porch boards to the foundation stringers. NOTE: If the porch boards do not reach far enough to cover the left and right stringers, you can nail a support piece into the stringers and nail into it.



43. View of completed porch.



44. Find the changing room floor boards (RB2-1) and nail them in place to the stringers. Use a mallet to tap these tongue and groove boards into place. The final board may have to be ripped on a table saw to provide the correct fit. Trim will be used later to cover the edge, so a small gap is ok. Also, if the floor boards don't reach to the foundation stringers you can create and install a filler piece using purchased lumber.



45. Install the floor boards in the sauna room (FB5-1) by nailing to the stringers.





Tapered ceiling support

46. The sauna room and changing roof will have a ceiling below the roof to create an air space. Find four ceiling supports that extend the length of the two rooms and have a taper on them. Nail to the side and center walls in each room, positioning so that the ceiling boards will nail to these as well as the cantilever logs on the inside of the rooms.



47. Install the tongue and groove ceiling boards (CB1-1) to the ceiling supports and cantilever logs. You may have to rip the final boards on a table saw for best fit. It is ok to leave a small gap at the wall since trim will be used to cover the edges.



Ceiling strip

48. Install ceiling strips (CeS1-1) at the point where the ceiling boards meet the interior walls. You may choose to only use the trim on the side and center walls rather than the front and back walls of the sauna. The purpose of the trim is only to cover the gap for aesthetic purposes, so it is fine if you decide not to use them.



49. Install the floor trim (FIB2-1) around each room at the point where the floor meets the walls. Cut the trim to fit as needed. Again, these trim pieces are for aesthetic purposes, so it is fine to use some, none or all.

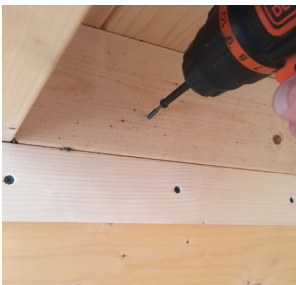


50. In the sauna room, install the upper bench supports (SP2) 30-3/4" above the floor so the end butts against the side wall. Install the lower bench support (SP3) 13" above the floor so the end of the boards align with the front edge of the upper bench support.





51. Screw the bench supports into front and rear room walls with 70mm screws ensuring the supports are level.



52. Install the top and lower benches, securing to the walls with 70mm screws.



53. View of installed benches.



54. View of completed sauna room.

Your sauna is now ready for roofing. The sauna includes shingles but does not include drip edge. Purchase the appropriate colored drip edge at your local home center as well as shingles if you desire a different color than the included black shingles. NOTE: If using a wood-burning stove you should first install the stove and chimney before roofing the sauna.

HEATER INSTALLATION

DANGER

• If using electric heater, turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

CAUTION

• Improper installation of heater or heater mounting bracket could cause the heater to fall leading to burns and other injuries.

• Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

Follow the heater installation instructions included with heater for your appropriate electric or wood-burning unit.

