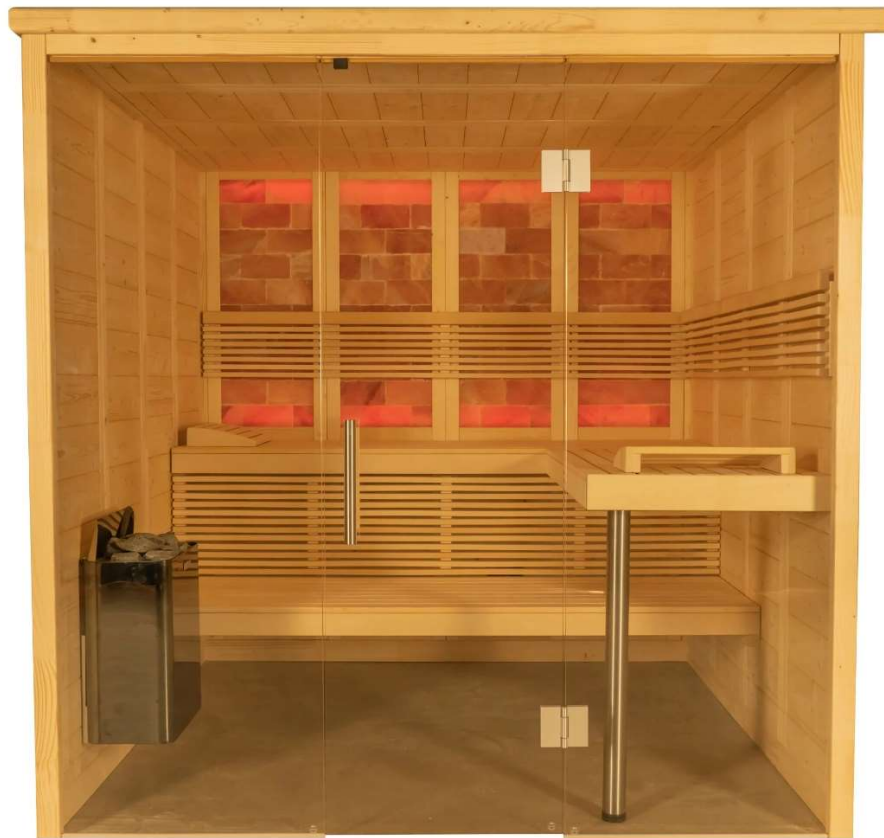




**ALMOST HEAVEN**  
SAUNAS®

# Himalaya 6 Person Sauna

## Installation & Owner's Manual



Read this entire manual through to the end before proceeding with the assembly.

## ELECTRICAL REQUIREMENTS

All electrical wiring must be performed by A QUALIFIED LICENSED ELECTRICIAN. Costs of an electrician can vary greatly depending on several factors, including your sauna's distance from your electrical service box, where you live and cost of materials. We always recommend you get quotes from two to three different licensed electricians before you begin installation in order to get the best possible service and price.

Use copper wire with 90C insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements for your particular situation. All wiring must conform to all national, state and local codes and regulations. For further information and instruction on your heater installation and operation, please consult the provided heater manual.

## BASIC TOOLS

These tools are helpful in the assembly of your Himalaya sauna:

- Cordless drill with 1/8" & 3/8" drill bits, and Phillips bit
- 1/2" or 5/8" Forstner Bit (For Heater Install)
- Rubber mallet
- 1.5mm Hex Wrench or Socket
- Framing square
- Utility knife
- Level
- Ladder or Stepstool

## NOTES FOR ASSEMBLY

Be sure the surface where you are placing the sauna is flat and level. A concrete, tile, vinyl, laminate or similar surface is suitable; placing the sauna on carpet is not recommended. We recommend that two people complete the assembly of the sauna. Should you have any questions during assembly, please feel free to call us at 888.355.3050, or email sales@almostheaven.com.

Kit will contain the following components, as well as labeled bags of screws and hardware:

- |  |   |
|--|---|
| 1 – Base Frame, Rear   | 1 – Base Frame, Left                          |
| 1 – Base Frame, Right  | 6 – A/B Wall Panels                           |
| 2 – A/B Wall Panel with Multiclip                            | 3 – A/B Salt Stone Wall Element               |
| 1 – A/B Salt Stone Wall Panel, Ventilation Cutout            | 2 – A/B Roof Panel                            |
| 1 – Front Wall Header  | 2 – A/B Roof Panels with Grooves              |
| 2 – Corner Post 90° with Multiclip and Groove – Left & Right | 2 – Corner Post 90°                           |
| 4 – Roof Support Slats                                       | 5 – Bench Support Slats (3 different lengths) |
| 2 – Upper Benches (2 different lengths)                      | 2 – Mounting Slats for Bench Screen           |
| 1 – Upper Bench End Trim                                     | 1 – Bench Screen                              |
| 1 – Lower Bench  | 2 – Backrests (2 different lengths)           |
| 1 – Glass Door   | 1 – Ventilation Cover                         |
| 1 – Glass Panel  | 1 – Glass Panel with Holes for Door Hinges    |
| 1 – Stainless Steel Post (post and bench attachment)         | 2 – Roof Trim Slat                            |
| 2 – Headrest   | 2 – "U" Aluminum Profile                      |
| 1 – Set of Door Hinges                                       | 1 – Door Handle Set                           |
| 2 – Salt Wall Lighting LED                                   | 1 – Door Magnet & Sleeve Plate                |
| 1 – Hardware Bag   |   |

It is suggested that you lay out all of the components so that it is easy to identify the pieces once you get started with assembly.

**FLOOR ASSEMBLY**

Begin assembly by placing the three base frames on the floor (1). Using your rubber mallet, install the dovetail key into both corners (2). You will need access to the rear of the sauna, so ensure it is far enough away from a wall to gain access.



Figure 1



Figure 2

**WALL ASSEMBLY**

Begin assembling walls by placing salt stone wall with ventilation hole on the rear base on the right-hand side (3). Place a 90° corner post next to the salt stone panel (4). Fasten corner post to the wall panel using screws through the predrilled holes in the corner post (5-6).

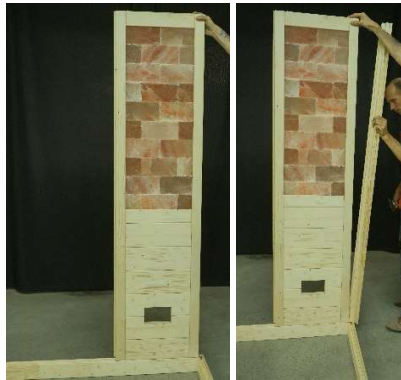


Figure 3

Figure 4



Figure 5



Figure 6

Place a solid wood wall panel next to the corner post (7). Fasten this panel to the corner post using screws and predrilled holes as done above (5-6). Now place two more similar panels next to it. Then place a wooden panel with multiclips into the side on the front right corner (8). Now slide the right front corner post down over the multiclips on the wall panel (9). Make sure the corner post is fully locked into place; tap top with rubber mallet if necessary.



Figure 7



Figure 8



Figure 9

Now place the remaining three salt stone wall panels on the back wall (10). Similar to (4-6) above, place the corner post and fasten using the predrilled holes (11-12).



Figure 10



Figure 11



Figure 12

Assemble the left wall using wooden panels as (7-9) above. Fasten the first panel to the corner post using screws through predrilled holes in corner post. Place two more wooden panels, followed by a wooden panel with multiclips (13-14). Now place the left corner post by sliding the multiclips over the clips on the end panel (15). Make sure the corner post is fully locked into place; tap top with rubber mallet if necessary.



Figure 13



Figure 14



Figure 15

Finish the wall assembly by inserting a screw through the top on an angle to connect the middle panel to the adjacent outer panels (16-18). Red lines below show the direction to install the screws.



Figure 16



Figure 17



Figure 18



**SALT WALL LIGHTS**

Screw in a light bar clip roughly 6" in on each end, above and below the salt blocks (19). Also install one midway between these clips, ensure it is line with the first clips so the light bar snaps into the clips correctly. Snap the light bars into the clips, with the cord going in the direction of the nearest outlet (20). Now the sauna can be carefully slid into the final location to finish the assembly.



Figure 19



Figure 20

**FRONT GLASS ASSEMBLY**

Take the solid piece of glass with and apply the aluminum "U" channel to the bottom, then place into the groove on the left corner post. (21). Repeat for the side piece of glass with hinge holes on the right side. Orient the glass so the holes are towards the middle (22-23). NOTE: Door can swing either direction, to change swing direction, swap these two pieces of glass.



Figure 21



Figure 22



Figure 23

Place the header over the glass panels and insert the dowel pins into the predrilled holes in the corner posts (24-25). You may need to tap slightly with the rubber mallet to fully insert the pins into the holes.



Figure 24



Figure 25

Fasten the header to the corner posts by inserting a screw on an angle on both ends (26).



Figure 26

### ROOF ASSEMBLY

Locate the four roof support slats. Measure in 4" and 27" from both ends and drill a hole using 1/8" drill bit (27). Screw roof supports top of each wall using holes you drilled in previous step; ensure the top of the support is flush with the top of the wall (28-30).



Figure 27



Figure 28



Figure 29



Figure 30

Place one of the roof panels that has a notch on three sides onto the roof support slats (31-32).



Figure 31



Figure 32

Next to it, place the two panels that have one tongue edge and one groove edge, and match the edge with the first panel you placed (33). Then carefully slide the last roof panel into place (34).



Figure 33



Figure 34

Fasten the roof panels to the roof support slats using screws (35).



Figure 35



**BENCH ASSEMBLY**

In each inside back corner, measure up 32-1/4" from the floor and make a mark (36). Place the top of a short bench support brace at the mark, running from the back corner towards the front (37). Repeat for right side bench support. Back on the left wall, measure up 14-1/8" and make a mark (38). Place the top of a long bench support on the mark, running towards the front and fasten into place (39).



Figure 36



Figure 37



Figure 38



Figure 39

Place the bench screen mounting slats beneath the front end of the bench support slats installed above (37) and fasten into place (40). Repeat for right side wall. On the right wall, measure 13-1/4" from where the top bench support stopped, towards the front wall. Place the medium bench support starting at that mark, running towards the front and fasten into place (41). Place the ventilation cover over the hole in the wall panel and fasten into place (42).



Figure 40



Figure 41



Figure 42

Place a long bench onto the lower bench support braces and another on the upper braces (43-44). Tilt up so its leaning against the back wall. (44-45). Place the bench screen in front of the screen mounting slats and fasten (45-46).



Figure 43

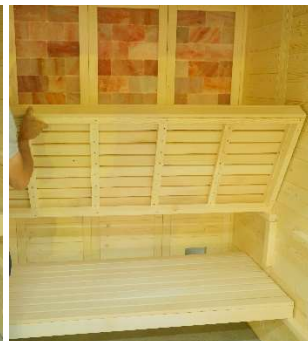


Figure 44



Figure 45



Figure 46



Locate the shorter upper bench panel and bench end trim. Fasten the trim to the end of the bench that will be facing the glass wall panel (47). Place the post bench attachment in the corner on the end you installed the end trim and fasten into place (48). Place the post over the bench attachment and tighten the set screw (49).



Figure 47



Figure 48



Figure 49

Place the bench on the bench support (41, 50) and fasten into the long upper bench (50-51). Slide the rubber boot onto the base of the bench support post (52).



Figure 50



Figure 51



Figure 52

### BACKREST INSTALLATION

From the top of the long bench measure up 11", this will be the placement for the bottom of the long backrest. Place the bottom of the long backrest at the 11" mark and fasten into place (53,54). Repeat for the short back rest.



Figure 53



Figure 54

### ROOF TRIM INSTALLATION

Place the roof trim pieces on the front and left-hand sides (55). Front left corner should have 45° mitered corner when placed correctly (56). Fasten to roof by installing screws down through top of trim (57).



Figure 55



Figure 56



Figure 57

### DOOR INSTALLATION

Place the hinge on the outside of the sauna, and then the plate on the inside and fasten together (58-59). Complete for both hinges.



Figure 58



Figure 59

Measure 1-3/4" over from the solid glass panel on the gasket and make a cut (60). Measure over another 3/8" of an inch and cut again, remove the piece of gasket and install the magnet catch (61). Have someone hold the door and attach using hinges and process used above (59, 62). Once door is fastened with both hinges, close the door and ensure the catch aligns with the magnet (63). Slide the metal catch on the door as required to align with magnet.



Figure 60



Figure 61



Figure 62



Figure 63

When installing the door handle, the metal part is out the outside of the sauna and the wooden on the inside. Place a plastic spacer between the metal and the glass, and then another between the wood and the glass. Place the screw through the hole in the wood and loosely screw it into the metal piece (64). Place spacers on the bottom as done for the top and loosely fasten this as well (65). Finish tightening screws so door handle is tight and straight vertically.



Figure 64



Figure 65

## FINAL THINGS

Once assembly is complete, sweep and vacuum the inside of the sauna. Wipe down the entire interior with a damp cloth to remove any remaining dirt, dust and debris. Do not use any cleaning supplies, unless they are specifically for sauna use.

The salt stones will attract moisture, which will cause the formation of salt crystals. Clean the salt crystals regularly with a damp cloth, do not sure cleaning supplies on the salt stones.

**HEATER** - *Please see heater manual.*

## TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that not much water is needed to achieve a wet sauna experience. The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 160-185+°F. Please note, novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.





- Take a plunge in a pool, shower, snowbank, lake - anything that will cool you down! After that, relax and cool down for 10-20minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for at least 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep! Whatever your sauna routine, it is imperative that you STAY HYDRATED!

Optional accessories for your sauna, including a back rest, robe hook and much more are available at [almostheaven.com/sauna-accessories/](https://almostheaven.com/sauna-accessories/)

