



# Himalaya Corner 6 Person 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.**

## ELECTRICAL REQUIREMENTS

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](mailto:sales@almostheaven.com).

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

- |   |  |
|---|--|
| 2 – Base Frame  | 1 – Base Frame, Left                       |
| 1 – Base Frame, Right                                   | 6 – A/B Wall Panels (2 different widths)   |
| 1 – A/B Wall Panel with Multiclip                       | 1 – A/A Wall Panel with Multiclip          |
| 1 – A/B Salt Stone Wall Panel, Ventilation Cutout       | 3 – A/B Salt Stone Wall Element            |
| 1 – Glass Panel Header                                  | 1 – Door Header                            |
| 3 – Corner Post 90°                                     | 1 – Corner Post 45° with Multiclip         |
| 1 – Post with Multiclip and Groove                      | 1 – Corner Post 45° with Groove            |
| 1 – A/B Roof Panel                                      | 1 – A/B Roof Panels with Groove            |
| 1 – A/B Roof Panel with 45° and Groove                  | 1 – A/B Roof Panels with 45° Corner Notch  |
| 5 – Roof Support Slats (3 different lengths)            | 5 – Roof Cover Slats (5 different lengths) |
| 2 – Upper Benches (2 different lengths)                 | 3 – Bench Support Slats                    |
| 1 – Sliding Bench Top                                   | 2 – Mounting Slats for Bench Screen        |
| 2 – Sliding Bench Struts                                | 2 – Sliding Bench Feet                     |
| 1 – Glass Door  | 1 – Bench Screen                           |
| 1 – Glass Panel   | 2 – Backrests (2 different lengths)        |
| 2 – Roof Trim Slat (1 with 45° on Left, 1 on the Right) | 1 – Ventilation Cover                      |
| 2 – Headrest  | 1 Roof Trim Slat (with 45° on both ends)   |
| 1 – Set of Door Hinges                                  | 1 – “U” Aluminum Profile                   |
| 2 – Salt Wall Lighting LED                              | 1 – Door Handle Set                        |
| 1 – Hardware Bag  | 1 – Door Magnet & Sleeve Plate             |

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.

## SAUNA ASSEMBLY

### CAUTION

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

## FLOOR ASSEMBLY

Begin assembly by placing the four 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 a 90° corner post on the corner opposite of the door opening, and salt stone wall on the right-hand side of the corner post (3). Fasten corner post to the wall panel using 6X120 screws through the predrilled holes in the corner post (4).



Figure 3



Figure 4

Place a wide solid wood wall panel next to the corner post (5). Fasten this panel to the corner post using screws and predrilled holes as done above (6). Now place three more similar panels next to it (7). A rubber mallet may be needed to lightly tap the panels together for a snug fit.

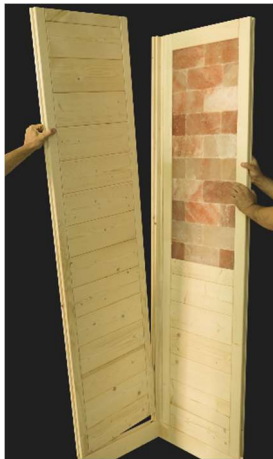


Figure 5



Figure 6



Figure 7

Place the salt stone panel with ventilation hole, followed by the remaining two salt stone wall panels (8-9). Similar to (5-6) above, place the corner post and fasten using 6X120 screws into the predrilled holes onto the end of both walls.



Figure 8



Figure 9

Now place the wide wood panel with multiclips on the short base, orienting so the multiclips are towards the window. Fasten panel to corner posts similar to above (5-6). Now place the two narrow wood panels on the remaining base, and fasten to the corner post similar to above (5-6). Place the narrow wood panel with multiclips in the remaining space on the base, orienting so the multiclips are towards the door (10). Again, A rubber mallet may be needed to lightly tap the panels together for a snug fit (11).





Figure 10



Figure 11

Now take the post and match the multiclips with the multiclips on the right-side wall. Slide the post down in toe groove of the wall to connect the clips (12). Repeat for the other side with the 45° post with multiclips (13). Tap them on the top with a rubber mallet as required to get them into place (14).



Figure 12



Figure 13



Figure 14

Finish the wall assembly by inserting a 4X70 screw through the top on an angle to connect the middle panel(s) to the adjacent panels (15-16). Do this so each panel is connected to the adjacent panels. Red lines below show the direction to install the screws.



Figure 15



Figure 16

### SALT WALL LIGHTS

Screw in a light bar clip roughly 6" in on each end, above and below the salt blocks (17). 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 (18). Now the sauna can be carefully slid into the final location to finish the assembly. The sauna requires 2-3 gap from sauna rear to wall.



Figure 17



Figure 18

### FRONT GLASS ASSEMBLY

Take the window glass with and apply the aluminum "U" channel to the bottom, then place into the groove on the right post. (19-20).



Figure 19



Figure 20

Now place the 45° corner post with groove on the other side of the glass (21). Then place the window header on top of the glass and slid dowels into holes on window post (22). Then finish placing the corner posts by aligning the dowel pins and holes (23). Tap corner post into place with rubber mallet as required.



Figure 21



Figure 22



Figure 23

Fasten header to posts similarly as above (15-16, 24). Then place door header and again fasten to posts (25-26). Fasten using 4X70 screws.



Figure 24



Figure 25

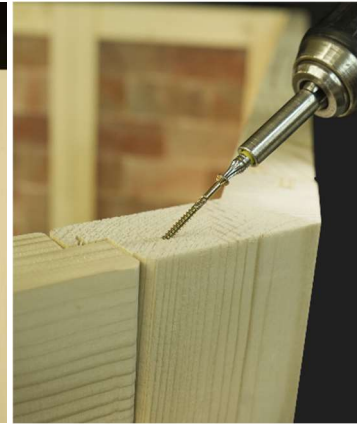


Figure 26

### ROOF ASSEMBLY

Locate the five roof support slats. Measure in 4" from both ends and drill a hole using 1/8" drill bit (27). On the shortest three, also drill a hole at the middle. On the two long supports, drill two additional holes 27" in from each end. Screw roof supports top of each wall using holes you drilled in previous step and fasten using 4X70 screws; ensure the top of the support is flush with the top of the wall (28-31).



Figure 27



Figure 28



Figure 29



Figure 30



Figure 31



Place the short roof panel with 45° angle (32), then next to it place the roof panel with the corner notch (33).



Figure 32



Figure 33

Next to it, place the panel with tongue and groove (34) and lastly the panel with the groove to sit on the roof support. You may need to lift the last two panels so the tongue and groove fit together. Fasten roof panels to supports using 3.5X35 screws (35).



Figure 34



Figure 35

#### VENTILATION & SLIDING BENCH ASSEMBLY

Locate the sliding vent cover and place over the ventilation hole on the panel. Fasten using 3.5X40 screws (36).



Figure 36

Place the sliding bench top upside down, place the legs into the recesses on both ends (37). When placing the legs, ensure the holes in the sides are oriented to the inside and to the back. Fasten the legs to the bench top using 4X60 screws (38).



Figure 37



Figure 38

Next place the struts in place by insert the dowel pins into the holes (39). Then fasten the struts to the legs using 4X70 screws and bench top using 3.5X40 screws (40-41).



Figure 39



Figure 40



Figure 41

Place the bench inside the sauna on the salt panel wall.

### BENCH ASSEMBLY

In both corners of the salt wall panels, measure up 32-1/4" from the floor and make a mark (42). Place the top of the bench support brace at the mark, and run the brace on the wooden panels going away from the salt wall (43). Repeat for the wall opposite of the salt wall panels. This brace will run parallel with the salt wall panels. Fasten using 5X70 screws.



Figure 42



Figure 43

Place the bench screen mounting slats beneath the front end of the bench support slats installed that go away from the salt panel wall and fasten into place using 4X60 screws(44). Then fasten the bench screen to the slats using 3.5X50 screws (45).



Figure 44



Figure 45

Place a 76-3/4" bench onto the support braces (46). Then place the 52-1/2" bench on the remaining support, and it will fall right up against the front of the 76-3/4" bench. Underneath, fasten the 52-1/2" bench to the front of the 76-3/4" bench (47) using 5X70 screws.



Figure 43



Figure 44

### BACKREST INSTALLATION

From the top of the bench measure up 11", this will be the placement for the bottom of the 76" backrest. Place the bottom of the backrest at the 11" mark and fasten into place using 3.5X40 screws (45-46). Repeat for the remaining backrest (47). Place the sliding bench in the sauna below the bench screen (48).



Figure 45



Figure 46





Figure 47



Figure 48

### DOOR INSTALLATION

Place the hinge on the outside of the sauna door glass, and then the plate on the inside and fasten together (49-50). Install the cover plate to hide the fasteners (51). Complete for both hinges.

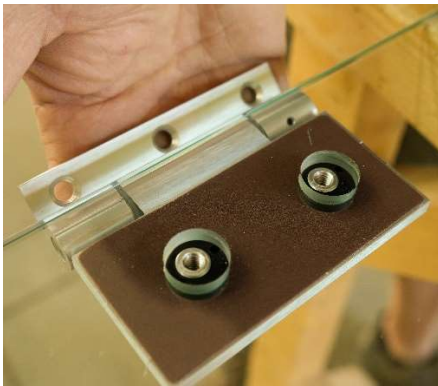


Figure 49



Figure 50



Figure 51

Place the door in the opening and place the hinges against the jamb (52). Lift the door so there is approximately 1/2" air gap between the door and the floor. Fasten both hinges to the jamb (53). Then fasten the magnet catch into the door catch roughly 41" off the floor (54). Then install the door catch so that it is at the same height as the door magnet (55). You may need to apply slight pressure to pinch the catch into place.



Figure 52



Figure 53





Figure 54



Figure 55

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 (56). Place spacers on the bottom as done for the top and loosely fasten this as well. Finish tightening screws so door handle is tight and straight vertically (57-58).



Figure 56



Figure 57



Figure 58

### ROOF TRIM INSTALLATION

The left and right trim pieces come with roughly 4" of overhang in the back, you may choose to cut them down to 2" if you desire (59). Place the roof trim pieces above the left, right and center. Join the angled cuts above the door (60). Fasten to roof by installing 3.5X40 screws down through top of trim (61).



Figure 59



Figure 60



Figure 61

## ROOF COVER SLATS INSTALLATION

Roof cover slats will be placed around the roof to cover the joint of the roof panels and roof support braces. Fasten the cover slats in place so they sit just inside the wall panel profile using 3.5X40 screws (62-63).



Figure 62



Figure 63

## 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 use cleaning supplies on the salt stones.

## HEATER

### **⚠ DANGER**

- 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 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.

Please consult your heater manual for all heater installation information.

## 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 10-20 minutes.
- 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/)

