



Madison 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.



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Thank you for your purchase of your Madison 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. In addition to reading this manual you may find our instruction video helpful. You can find it at: [youtube.com/user/almostheavensauna](https://www.youtube.com/user/almostheavensauna)

Your Madison Indoor Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended.

Your Madison kit should include the following:

- | | |
|---|--|
| <input type="checkbox"/> 4 Floor risers | <input type="checkbox"/> Upper bench |
| <input type="checkbox"/> 4 Wall support rails | <input type="checkbox"/> Lower side bench |
| <input type="checkbox"/> 4 Roof support rails | <input type="checkbox"/> Long backrest w/LED light |
| <input type="checkbox"/> 2 Roof sections | <input type="checkbox"/> Short backrest |
| <input type="checkbox"/> Wall section A | <input type="checkbox"/> LED power supply |
| <input type="checkbox"/> Wall section B | <input type="checkbox"/> Door handle assembly |
| <input type="checkbox"/> Wall section C | <input type="checkbox"/> Heater |
| <input type="checkbox"/> Wall section D | <input type="checkbox"/> Stones |
| <input type="checkbox"/> Wall section E | <input type="checkbox"/> Wall sensor cover |
| <input type="checkbox"/> Wall section F | <input type="checkbox"/> Hardware bag containing screws and trim nails |
| <input type="checkbox"/> Door section G | <input type="checkbox"/> 2 Roof trim pieces |
| <input type="checkbox"/> Wall section H | <input type="checkbox"/> Heater fence kit (optional) |
| <input type="checkbox"/> Wall section I | |

These tools are required to assemble your Madison sauna:

- | | |
|--|--|
| <input type="checkbox"/> Cordless drill | <input type="checkbox"/> Utility knife |
| <input type="checkbox"/> Tape measure | <input type="checkbox"/> Screwdriver (Phillips and flathead) |
| <input type="checkbox"/> Rubber mallet | <input type="checkbox"/> Level |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Step stool or ladder |
| <input type="checkbox"/> 1/2" or 5/8" Forstner bit | <input type="checkbox"/> Framing square |



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.

Step 1. Connect the Four Floor Risers

Fasten the four floor risers together using the predrilled holes as a guide, being sure the two shorter boards are located on the sides and the two longer boards are on the front and back. Use a framing square to ensure the assembly is square. (1-3)



Image 1



Image 2



Image 3

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner, placing the shorter supports on the sides and the longer supports on the front and back. Each wall support has a predrilled hole. Fasten the front, back and sides together and lay the assembly squarely on top of the floor risers with the groove facing up. The rails should overlap both sides of the riser by approximately 1". Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail. (4-10)



Image 4

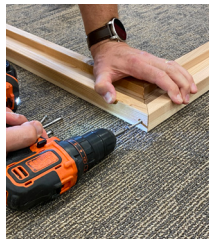


Image 5



Image 6



Image 7

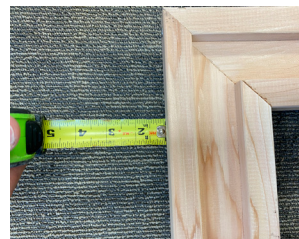


Image 8



Image 9



Image 10



Step 3. Position Wall Sections A & B

Position wall section A in the groove of the left rail and push it flush against the back rail. Having a helper hold wall section A, orient wall section B so that the vent holes are on top and place it in the groove of the back rail. Push the flat edge flush against wall section A. Align the two panels so they are flush and fasten them together using the 2" screws. (11-13)



Image 11



Image 12



Image 13

Step 4. Position Wall Sections C & D

Position wall section C into the groove of the back rail. Attach it to wall section B by way of the tongue and groove fit. Position wall section D on the side rail, pushing it flush against the back rail. Align the two panels so they are flush and fasten them together using the 2" screws. (14-16)



Image 14



Image 15



Image 16

Step 5. Position Wall Sections E & F

Position wall section E on the side rail, orienting it so the vent holes are at the bottom, and the footrest support is on the interior of the sauna room. Attach it to wall section D by way of the tongue and groove fit. Next, position wall section F on the front rail, pushing it flush against wall section E and securing it in place with 2" screws. (17-19)



Image 17



Image 18



Image 19



Step 6. Position Door Section G and Wall sections H and I

Position door section G onto the front rail, attaching it to wall section F by way of the tongue and groove fit. Next, position wall section H on the front rail and attach to door section G by way of the tongue and groove fit. Finally, position wall I on the side rail, and attach it to wall section A by way of the tongue and groove fit. Secure it to wall section H with 2" screws. (20-23) Note: Your door may be different than what is pictured.



Image 20



Image 21



Image 22



Image 23

Step 7. Assemble and Position Roof Support Rails

Align each roof support rail so the angled cuts join together to make a 90-degree angle, placing the shorter supports on the sides and the longer supports on the front and back. Fasten them together using 2" screws through the predrilled holes. Place the assembly on top of the wall sections so that the wall sections fit snugly into the groove. When in place, secure the assembly to the walls using three 2" screws on each rail. (24-26)



Image 24



Image 25



Image 26

Step 8. Position Roof Panels and Trim

Align the two roof panels so they are centered on the roof support rails with the pre-drilled holes facing up. Secure them to the support rails through the pre-drilled holes using 2" screws. Next, use the provided trim nails to secure the trim pieces to the raw edges of the roof panels (27-28)



Image 27



Image 28



Step 9. Bench and Footrest Assembly

Place the upper bench on the pre-installed upper bench supports and push flush against the back wall, being sure the sides with the supports are against the walls. Secure the bench to the back and side panels using 2" bench screws and the predrilled holes in the bench frame supports. (29,30)



Image 29



Image 30

Next, position the footrest by resting it on the supports on each side of the sauna. Secure each side of the footrest to the support using 2" screws through the pre-drilled holes on the top and front of the foot rest. (31-33)



Image 31



Image 32



Image 33

For the final step of the bench and footrest assembly, locate the lower side bench and cleat with pre-drilled holes. Position the side bench against the footrest so that the top of the bench is flush with the footrest. Secure it to the footrest through the pre-drilled holes using 2" screws. Supporting the unsecured side of the bench with your hand, place the cleat under the lower side bench on wall section H, so that the bench rests on the cleat. Using a level, adjust the height of the cleat so that the bench sits level. Secure the cleat to wall section H through the pre-drilled holes. Finally, secure the bench to the wall sections through the pre-drilled holes. (34-36)



Image 34



Image 35



Image 36



Step 10. LED Backrest Installation

Center and level the upper backrest approximately 8-12" above the bench, and make a mark where the LED light power cord will exit the sauna to connect to power. Bore a ½" hole at this location. Next, push the LED light power cord out of the hole and connect to the power supply. Rest the power supply on the lower rail. Finally, level and secure the upper and lower backrests. (37-40)



Image 37



Image 38



Image 39



Image 40

The LED light can be controlled from within the sauna using the controls tacked onto the side of the backrest. Using the three buttons, the LED light can be turned on and off, made dimmer or brighter. (41)



Image 41



Step 11. Accessories

Install the vent hole cover with the provided screw and washer. (42)



Image 42

Install the door handle on the door. (43-44)



Image 43



Image 44

Step 12. Heater Installation

⚠ 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 the Almost Heaven Saunas heater installation guide attached to the top of the heater box.



Optional Heater Fence Assembly (KIP & Wall Heaters)

The heater fence kit will come banded in stretch wrap, remove the wrap and place the two pieces on your working surface (45-46). Match the two pieces as shown below (47).



Image 45



Image 46



Image 47

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (48). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (49). It is recommended to keep pressure on the two square boards during fastening for easier assembly. See below for finished heater fence (50). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (51-52). Place fence around heater and fasten into side and front wall panels (53).



Image 48

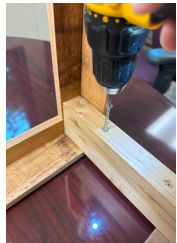


Image 49

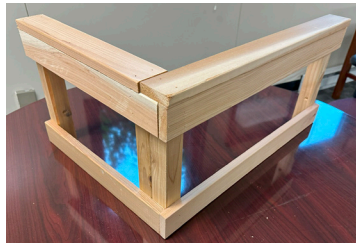


Image 50



Image 51



Image 52



Image 53



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 that 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 relax and cool you 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 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!**





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