



Rainelle & Grayson Sauna Installation & Owner's Manual



Rainelle



Grayson



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.**



RAINELLE | GRAYSON SAUNA INSTALLATION & OWNER'S MANUAL

Thank you for your purchase of your Rainelle | Grayson Sauna. Should you have any questions during assembly, please feel free to give us a call at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F. You can find it at: [youtube.com/user/almostheavensauna](https://www.youtube.com/user/almostheavensauna)

Please note: the photos in this manual depict a Rainelle indoor sauna, but assembly instructions apply to both the Rainelle and Grayson indoor saunas, with any differences between the two units noted.

Your Rainelle | Grayson 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 rather than on a floor platform. 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. If you prefer a wood floor inside your sauna, please visit our website at almostheaven.com to investigate our red cedar floor kits!

Your 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 bench |
| <input type="checkbox"/> 4 Roof support rails | <input type="checkbox"/> Backrest w/LED light |
| <input type="checkbox"/> 2 Roof sections | <input type="checkbox"/> LED power supply |
| <input type="checkbox"/> Wall section A | <input type="checkbox"/> Door handle assembly |
| <input type="checkbox"/> Wall section B | <input type="checkbox"/> Heater |
| <input type="checkbox"/> Wall section C | <input type="checkbox"/> Stones |
| <input type="checkbox"/> Wall section D | <input type="checkbox"/> Wall sensor cover |
| <input type="checkbox"/> Wall section E | <input type="checkbox"/> Hardware bag containing screws and trim nails |
| <input type="checkbox"/> Window section F | <input type="checkbox"/> Heater fence kit (optional) |
| <input type="checkbox"/> Door section G | |
| <input type="checkbox"/> Wall section H | |
- (Window section H in Grayson)

These tools are required to assemble your 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 with 2" screws, using the predrilled holes as a guide. For the Rainelle, the two shorter risers are located on the sides. For the Grayson - all the risers are uniform. (Images 1-4) Use a framing square to ensure the assembly is square.

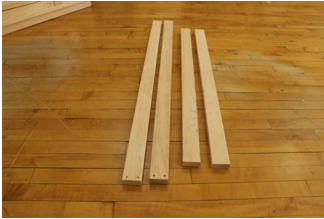


Image 1



Image 2



Image 3



Image 4

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner. Each wall support has one angled predrilled hole. Fasten the front, back and sides together using 2" screws (Image 5 -7) and lay the assembly squarely on top of the floor risers with the groove facing up (Image 8). The rails should overlap both sides of the riser by approximately 1" (Image 9). Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail (Image 10).



Image 5



Image 6



Image 7

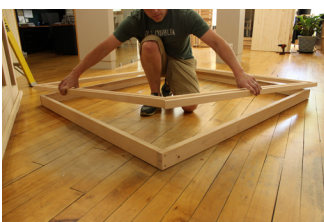


Image 8



Image 9

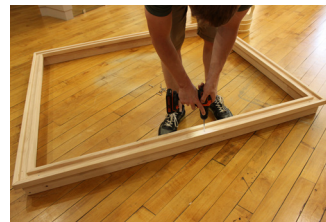


Image 10

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 (Image 11). 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 their edges are flush (Image 12) and fasten them together using the 2" screws (Image 13).



Image 11



Image 12

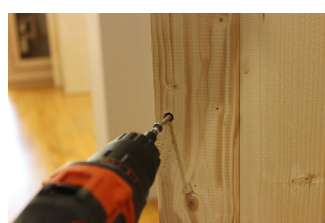


Image 13



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 (Image 14). Secure it into place by tapping section C with a rubber mallet (Image 15). Position wall section D onto the side rail (Image 16), pushing it flush against the back rail so that it overlaps the flat end of wall section C. Fasten wall section D to C using 2" screws and predrilled holes (Images 17 & 18)



Image 14



Image 15



Image 16



Image 17



Image 18

Step 5. Bench & LED Backrest Installation

Note: You may choose to install benches and backrest after the sauna is completed, though you may find it easier to install with the extra space and light afforded at this step.

Place the wider upper bench on the pre-installed upper bench supports and push it against the back wall, being sure the side of the bench with the screws showing is oriented towards the back (Images 19 & 20). Secure the bench to the back and side panels using the 2" bench screws and the predrilled holes in the bench frame supports (Image 21). Repeat this process for the lower bench, aligning the face of the bench frame flush with the front edge of the pre-installed lower bench supports (Images 22 & 23). Fasten the lower bench to the side panels using the 2" fasteners.

Center the LED backrest between the two side panels being sure it's oriented so the shorter slat is down and position it vertically at the height most comfortable to you. Using a level to ensure proper installation, fasten the backrest into place using the 2" fasteners (Images 24 & 25).

To connect the LED light to the power source, bore a 5/8" hole through the back panel at the bottom right corner of the backrest and push the LED pigtail through (Images 26 & 27). Mount the power supply to the back of your sauna at the base of panel C, directly underneath the hole you just bored. Connect the power supply and LED pigtail, and plug in the supply to an outlet. (Images 28 & 29) You are able to turn on the LED light and adjust its brightness from within the sauna using the control mounted to the side of the backrest.

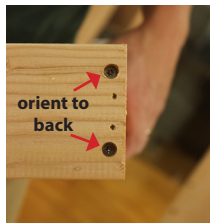


Image 19



Image 20



Image 21



Image 22



Image 23



Image 24



Image 25

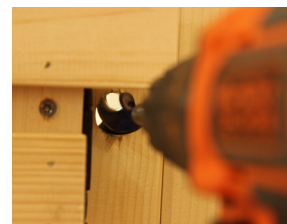


Image 26



Image 27

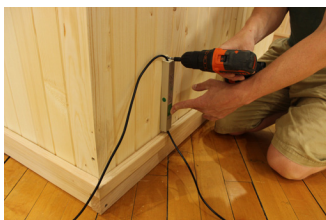


Image 28

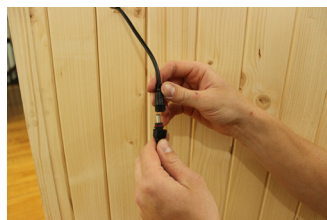


Image 29



Step 6. Position Wall Section E & H

Position wall section E into the groove of the side rail, orienting it so the four heater vent holes are located at the bottom (Image 30). Wall section E attaches to wall section D by means of a tongue and groove fit so there is no need for screws. Slide securely into place, tapping it in with a rubber mallet (Image 31). Position wall/window section H into the groove on the opposite side rail (Image 32). Wall/window section H attaches to wall section A by means of a tongue and groove fit so there is no need for screws. Slide it securely into place, tapping it in with a rubber mallet (Image 33).



Image 30



Image 31



Image 32



Image 33

Step 7. Position Wall Sections F & G

Gently position wall section F into the front rail. Push wall section F flush against wall section E (Image 34). Being sure there is no overlap between sections E and F, fasten them together with 2" screws and predrilled holes located on the outside of wall section E (Image 35).

Gently position wall section G (door) onto the wall support, orienting it so the tongue and groove matches wall section F. Slide the tongue of section G into the groove of section F until the panel drops into the groove of the wall support (Image 36). Being sure there is no overlap between sections G and H, fasten them together with 2" screws through the predrilled holes on the exterior of wall section H (Image 37).



Image 34



Image 35



Image 36



Image 37

Step 8. Position Roof Support Rails

Align each roof support rail so that the angled cuts make a corner. Each roof support has one angled predrilled hole; use this to fasten the front, back and sides together just as you did in step 2 for the wall support rails (Images 38 & 39). Use a framing square to ensure the assembly is square. Lay the assembly on top of the sauna walls with the groove facing down. Align the assembly on top of the sauna so that the tops of the wall sections fit snugly in the groove. When in place, fasten the roof support to the walls using three 2" screws for each rail (Image 40).



Image 38



Image 39



Image 40



Step 9. Position Roof Panels

Place the roof panels on top of the ceiling supports being sure the predrilled holes are facing up (Image 41). Insert the tongue of one panel into the groove of the other (Image 42). Measure around the roof support rails to be sure the panels are spaced evenly around the top of the sauna; approximately 1" of the support rails should extend past each side of the roof panels (Image 43). Secure them to the roof support rails using the 2" screws through the predrilled holes (Image 44).

Using the 1" trim nails, secure the decorative trim pieces to the front and back of the ceiling panels (Image 45).



Image 41



Image 42



Image 43



Image 44



Image 45

Step 10: Accessories

1. Install the vent-hole cover using the provided screw and washer (Images 46 & 47).
2. Install doorknob (Image 48 & 49)



Image 46



Image 47



Image 48



Image 49

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 11: 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 your heater manual for all heater installation information.



Optional Heater Fence Assembly (KIP & Wall Heaters)

The heater fence kit will come banded in stretch wrap, remove the wrap and place the three pieces on your working surface (50-51). Match the front piece, and one side as shown below (52).



Image 50



Image 51



Image 52

Turn over matched pieces so the long section is face down. Ensure the boards are flush in the top corner for optimal fitment (53). Attach the two pieces together using the two predrilled holes and remaining screws from your sauna hardware kit (54). It is recommended to keep pressure on the two square boards during fastening for easier assembly. Then repeat process for other side. See below for finished heater fence (55). To install heater fence into sauna, use the four predrilled holes and screws from sauna hardware kit (56-57). Place fence around heater and fasten into side panel (58).



Image 53



Image 54



Image 55



Image 56



Image 57



Image 58

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 150 -170+ degrees 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!**

