



## Complete Barrel Sauna Guide



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# **TABLE OF CONTENTS**

**Pg. 3 - Any and All Barrel Sauna  
Foundation Options (see pics for examples)**

**Pg. 4 - Dimensions for 6ft Wide, 72" diameter,  
4-6 Person Barrels (Marion, Bantam, Zenith,  
Pristine, Augusta, Shasta)**

**Pg. 5 - Dimensions for 6ft Wide, 72" diameter,  
4-6 Person Barrels (Gothenburg, Uppsala,  
Marstrand)**

**Pg. 6-7 - Cradle Placement Guides**

**Pg. 8 - Rain Barrel Jacket - Protecting Your  
Barrel From Water**

**Pg. 9-10 - Cleaning Your Sauna**

**Pg. 11 - UV Wood Finish Suggestions**

# Foundation Options for All Barrel Saunas

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1). All our barrel saunas are 600-1200lbs. They need to be on some sort of foundation and/or hard surface to support the weight. That way they don't sink into the ground over time due to rain, snow, and moisture. You only need to put something under the cradles of your barrel sauna, to support the weight. You don't need to put a foundation down for the entire footprint of your barrel sauna:

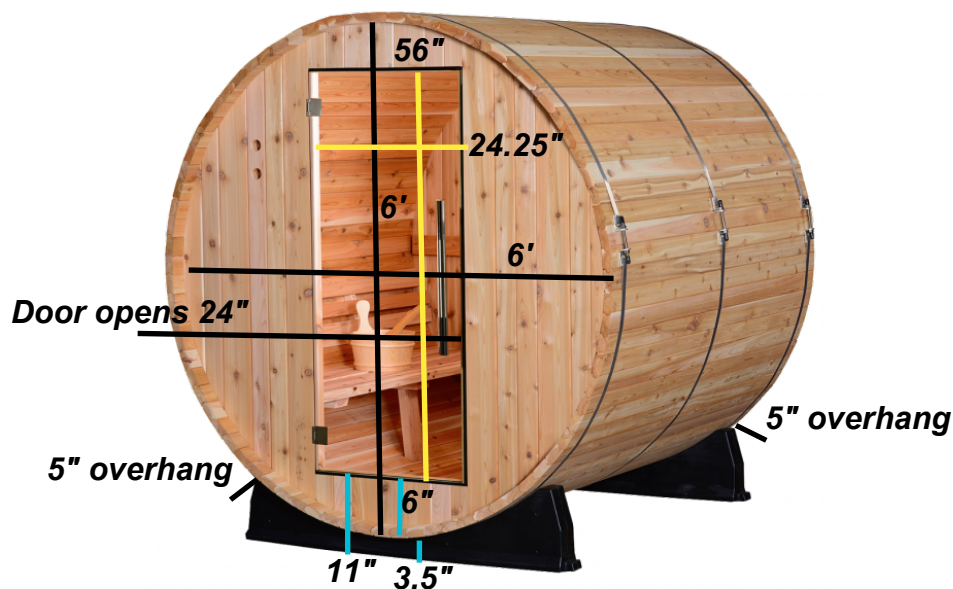
- Concrete slab
- Wooden deck that can support the weight of the sauna
- Just pee gravel of any type, nothing else. If using just pee gravel, it should be 4 inches minimum if you are not putting anything on top of the gravel.
- Pee gravel of any type that is 2-4 inches, and put on top, 12x12 inch or 16x16 inch concrete pavers.
- Pee gravel of any type that is 2-4 inches, with treated wood on top
- On a trailer if you want to be mobile
- Inside your house or garage

2). Your barrel sauna needs to be fairly-level but doesn't have to be perfect. Just try to get it as level as you can.



## ***Barrel Specs*** ***For 6' Wide Barrel Sauna***

*Marion, Bantam, Zenith, Pristine, Augusta, Shasta*



***Staves are 1 3/8th" thick***

***From the bottom of the door to the ground - 11"***

***Bottom of the door to the barrel - 6"***

***Bottom of the barrel to the ground on the cradles - 3.5"***

***Door swings open 24"***

***Distance between ends of barrel and cradle/overhangs - 5"***

***Width of barrel - 6'***

***Height of barrel - 6'***

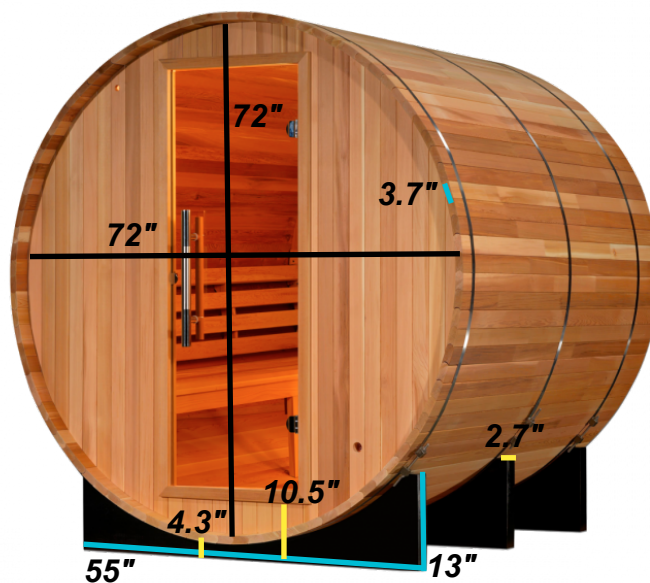
***Width of glass door - 24.25"***

***Height of glass door - 56"***



## ***Barrel Specs*** ***For 6' Wide Barrel Sauna***

***Gothenburg, Uppsala, Marstrand***



***Staves are 1 1/4\"***

***Width of staves on ends - 3.7 \"***

***Length of cradles - 55\"***

***Width of cradles - 2.7\"***

***Height of cradles - 13\"***

***Height of sauna - 72 \"***

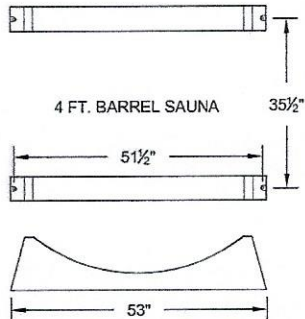
***Width of sauna - 72\"***

***Distance between bottom of cradle and bottom of sauna - 4.3\"***

***Distance between bottom of cradle to bottom of door - 10.5\"***

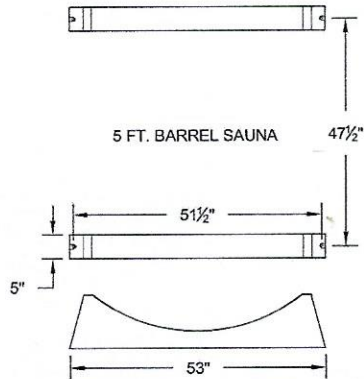
# CRADLE PLACEMENT GUIDE

## Marion



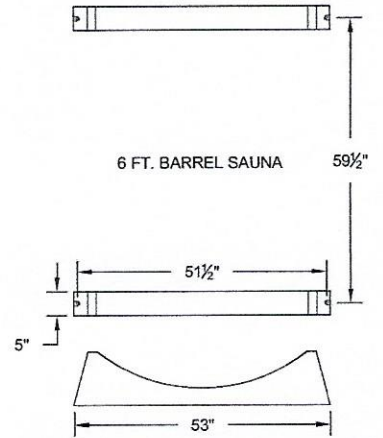
(Overall dimensions of plastic support cradles can vary up to 1".)

## Augusta Bantam

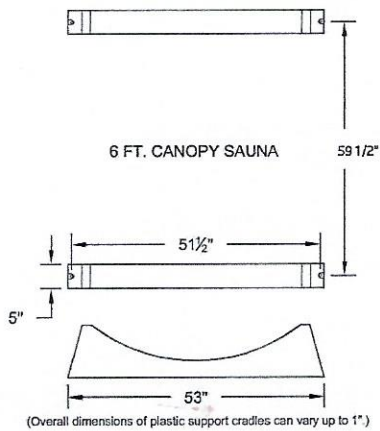


(Overall dimensions of plastic support cradles can vary up to 1".)

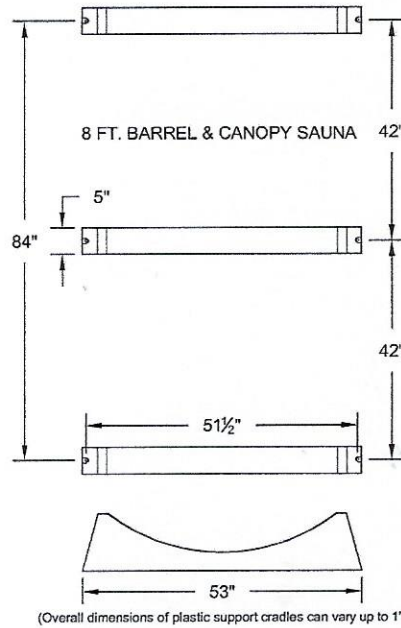
## Zenith Shasta



(Overall dimensions of plastic support cradles can vary up to 1".)



(Overall dimensions of plastic support cradles can vary up to 1".)



(Overall dimensions of plastic support cradles can vary up to 1".)

## Langley Victoria Pristine Ozark Morrison

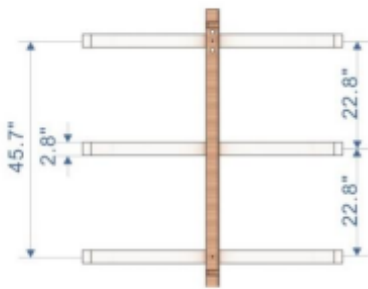
# CRADLE PLACEMENT GUIDE

## 1. Place Bottom Support Cradles

Place the bottom support cradles at their desired locations. See figure 1. Determine the front and rear positions of the support cradle according to the marks on the floor. The 2-person model will have (3) support cradles. The 4-person model will have (3) support cradles. The 6-person model will have (4) support cradles. See figure 1a. To avoid damaging your floor, it is not recommended to move the sauna once it is assemble. If the unit is moved, please do so carefully and cautiously.

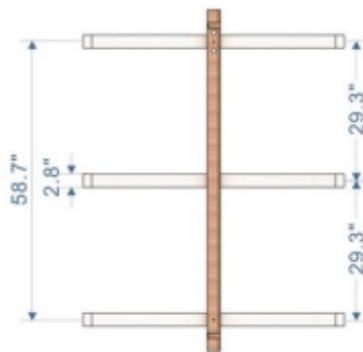
- Make sure there is a power outlet within reach of the power cord before assembling the barrel sauna. The light will require a 120V/15AMP outlet.
- Make sure to position the front door in the correct direction.

## Gothenburg



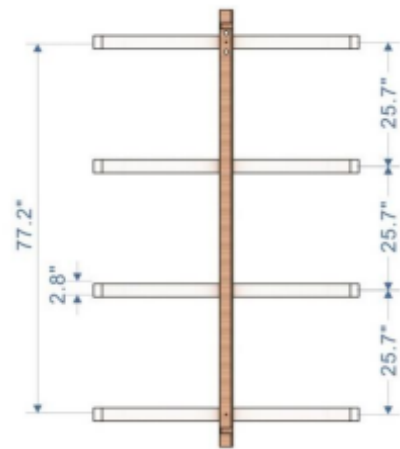
**2-Person Model**

## Uppsala



**4-Person Model**

## Marstrand



**6-Person Model**

## 2. Fix Bottom Support Cradles

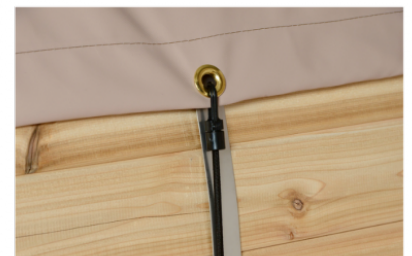
Locate the three staves with pre-drilled holes at both ends. The first staff will have the drain holes. Place the first of the three staves (the one with the drain holes) on top of the support cradles. Once the staff is placed into position onto the support cradles, you can use the provided two M6\*40 bolts to mount the staff to the support cradles. See the Components Section on page 5-6 for screw descriptions. Put the other two staves with the pre-drilled holes aside for now. See figure 2 and 2a

# Rain Barrel Jackets

Barrel saunas are not air tight. Some rain will leak through and this is perfectly normal. It will not affect the way your sauna works and it will not hurt the wood. There are holes in the bottom of your sauna that are meant to drain water after rain or cleaning of your sauna. If you live in a very rainy climate, than a rain barrel jacket may be something you want.

Our rain barrel jackets are crafted with hand-sewn marine grade canvas and is lightweight for easy installation. They can be removed at a moment's notice. Each jacket securely fastens using bungies and can be left on as an all year aesthetic or periodically removed as desired. The rain jacket provides a completely UV resistant and waterproof cover to help prevent any moisture from entering into your barrel sauna.

Our rain jackets come in tan, navy or charcoal gray.  
[www.salussaunas.com/rain-barrel-jackets/](http://www.salussaunas.com/rain-barrel-jackets/)





## CLEANING YOUR SAUNA

Here are a few helpful and easy tips on freshening up your sauna and keeping it clean, healthy, and looking sharp.

### CLEANING EXTERIOR OF OUTDOOR SAUNAS

If you have an outdoor **barrel sauna**, start with the external. The lumber we use in our outdoor saunas is beautiful solid wood that is made to last. However, over time the wood will weather due to sunlight and outside moisture. This will not harm your sauna, but if you would like to get that shiny new sauna look back here are a few suggestions:

1) Low-pressure wash the outside of your sauna. Fall and Springtime inspires a lot of people to get outside and get busy, which means right now is a great time to channel that productive energy into cleaning up your outside sauna. Whether you have had your sauna for 6 months or 6 years, pressure washing the interior and exterior is a wonderful way to bring back some of its original red cedar coloring. Use the **low-pressure**, wide-patterned wash setting on the inside and outside of the sauna to remove stains and restore the look of the red cedar.



2) Apply a stain to the exterior that contains a UV inhibitor. The lumber used for the outside saunas is functional and beautiful. Over time the wood will weather due to sunlight and precipitation, and if you are okay with that, there's no need to do anything about it. We do recommend that you get a UV inhibitor to resist the effects of sunlight over time. Cedar wood will start to **turn grey** 6-12 months after having your sauna up, and a UV inhibitor will help

keep the natural beauty of your cedar wood over time *(See page 8 for recommended UV Inhibitor stain)*

If you decide to stain the exterior of your sauna, here are some tips to keep in mind:

- There are many suitable stains you could use, and your local paint store could probably recommend one.
- NEVER TREAT THE INTERIOR OF THE SAUNA.
- NEVER USE VARNISH OR PAINT ON THE EXTERIOR.

## CLEANING INTERIOR OF SAUNA

For indoor saunas, simply wipe down the exterior of your sauna with a dust cloth or a wet cloth to remove any dust that might build up throughout the week.

It's important to keep the inside of your sauna looking tidy and neat, even if it's only for your own peace of mind. If you want your sauna to be a space of uncluttered peace and rest, follow these instructions:

1) Vacuum or sweep away any loose dirt, dust, or outside debris.



2) Use warm water to lightly scrub the wooden benches. Lemon essential oil is also a lovely addition to this mild solution. Add a few drops and enjoy the antibacterial effects and lovely scent.

3) For tougher stains, use fine grit sandpaper.

4) Sitting on a towel in your sauna is another option to keep the benches clean of sweat and body oils.

## Further maintenance:

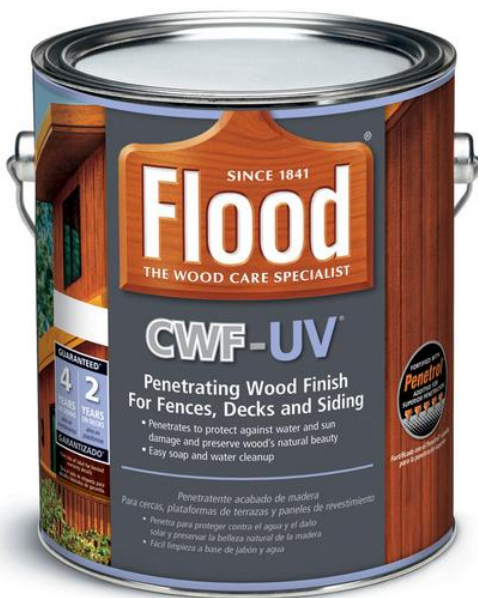


Periodically check your **sauna stones**. Take them out of the heater and rinse them off, make sure there are no cracks or splitting. Replacement stones can be purchased on our website. If you have any questions on caring for and cleaning your sauna, feel free to contact us! Now, as a reward for all your hard work, take a long refreshing sauna!

We always recommend you consult your local paint Professional. Some of our customers have used these products.



**BEHR Premium Transparent Waterproofing Sealer 1 Gal. UV Resistant**



**CWF-UV® is a penetrating wood finish designed to restore the rich, warm appearance of natural wood. It protects against damage caused by moisture and ultraviolet rays. \*Available in Water Base or Oil. Use Natural tone.**