

SALUS  SAUNAS



Stamina Sauna

Sauna Installation & Owner's Manual

WARNING! Do not place anything combustible close to heater, above the heater, and on both sides of the heater. This includes but not limited to towels, lights, robe hooks, accessories, etc. Nothing should be on the same wall as your heater that is combustible.

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

Thank you for purchasing your sauna with us! Feel free to call or email us anytime at 888-287-0111 or sales@salussaunas.com.

Your Stamina 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 Stamina Kit should include the following:

- 4 floor risers
- 4 Wall support rails
- 4 Roof support rails
- 2 Roof panels
- 2 Pieces of roof trim
- Wall panel A
- Wall panel B
- Wall panel C
- Wall panel D
- Wall panel E
- Window panel F
- Door panel G
- Window panel H
- Window panel I
- Upper long bench
- Lower Side Bench
- Long backrest w/LED light
- Short backrest
- LED power supply
- Door handle assembly
- Heater
- Stones
- Wall sensor cover
- Hardware bag containing 2" screws, 2.5" bench screws, and trim nails
- Heater fence kit

The tools required for assembly:

- Cordless drill
- Tape measure
- Rubber mallet
- Hammer
- 1/2" or 5/8" Forstner bit
- Utility knife
- Screwdriver (Phillips and flathead)
- Level
- Step stool or ladder

Step 1. Connect the Four Floor Risers

Fasten the four floor risers together using the predrilled holes as a guide. (1-4)

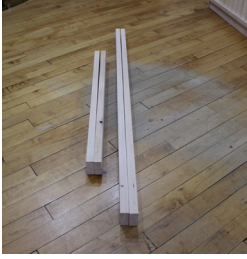


Image 1



Image 2



Image 3



Image 4

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner (5). Each wall support has a predrilled hole. Fasten the front, back, and sides together (6 & 7) and lay the assembly squarely on top of the floor risers with the groove facing up (8). The rails should overlap both sides of the riser by approximately 1" (9). Secure the assembly to the floor risers using three screws evenly spaced on each wall support rail (10 & 11).



Image 5



Image 6

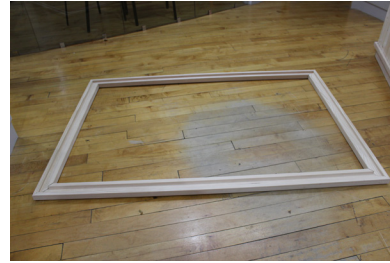


Image 7



Image 8



Image 9



Image 10



Image 11

Step 3. Position wall panels A & B

Position wall panel A in the groove of the left rail and push it flush against the back rail. Having a helper hold wall panel A, orient wall panel B so that the vent holes are on top and place it in the groove of the back rail (12). Push the flat edge against wall panel A. Align the two panels so they are flush and fasten them together using the 2" screws through the predrilled holes (13 & 14).



Image 12



Image 13



Image 14

Step 4. Position Wall Panels C & D

Position wall panel C into the groove of the back rail. Attach it to wall panel B by way of the tongue and groove fit (15 & 16). Secure it by tapping it into place with a rubber mallet. Position wall panel D into the groove to the right-side rail and push flush against the back rail (17). Being sure panels D and C are flush with each other, fasten them together using the 2" screws (18).



Image 15

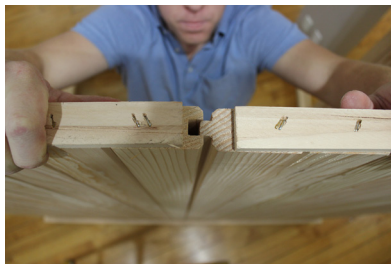


Image 16



Image 17

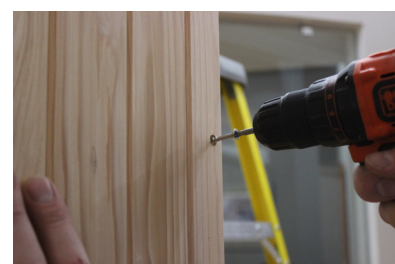


Image 18

Step 5. Finish Wall Panels

Position wall panel E into the groove of the right-side rail. Slide wall panel E into place with wall panel D (19). Panel E connects to panel D via tongue and groove so there is no need to use screws. Use a rubber mallet to secure the fit. Place window panel F in the groove on the front rail (20) and push the flat end against wall panel E. Being sure the two panels are flush, fasten them together using 2" screws through the predrilled holes on panel E (21).



Image 19



Image 20



Image 21

Now place door panel G onto the front rail, being sure to snip the twine holding the door to the frame (22). Push the door panel into window panel F to secure the tongue and groove fit. Now place window panel H on the front rail and push into door panel G (23). Finally, place window panel I on the left-side rail and push into wall panel A (24). Panels I and A connect via tongue and groove fit. Now, being sure window panels I and H are flush with each other, secure them together using 2" screws through the predrilled holes on window panel I (25).



Image 22



Image 23



Image 24



Image 25

Step 6. 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 longer supports on the sides and the shorter supports on the front and back. Fasten them together using 2" screws through the pre-drilled holes (26, 27 & 28). This is the same assembly you performed in Step 2.

Place the assembly on top of the wall panels so that the wall panels fit snugly into the groove. When in place, secure the assembly to the walls using three 2" screws on each rail (29 & 30).



Image 26



Image 27



Image 28



Image 29



Image 30

Step 7. Bench and LED Backrest Installation

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

Place the upper bench on the pre-installed upper bench supports and push flush against the back wall, being sure the side of the bench with the screws showing is oriented towards the back (31). Secure the bench to the back and side panels using 2.5" bench screws and the predrilled holes in the bench frame supports (32).



Image 31



Image 32

Repeat this process for the lower side bench (33), securing it to panel A and B.



Image 33

Step 7. Bench and LED Backrest Installation continued . . .

Center the LED backrest between the two sides being sure it's oriented so the shorter slat is down and position it vertically at a height most comfortable for you (typically 8-12" from the bench). Using a level to ensure proper installation, fasten the backrest into place using the 2" screws (34 & 35). Repeat this process for the lower side bench backrest (36).



Image 34



Image 35



Image 36

To connect the LED light to the power source, bore a 5/8" hole through the back of the panel at the bottom right corner of the backrest and push the LED pigtail through (37 & 38). Now mount the power supply to the back of the sauna at the base of panel C, underneath the hole you just bored (39). Connect the power supply and LED pigtail (40), and plug in the supply to an outlet. 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 (41).



Image 37



Image 38



Image 39



Image 40



Image 41

Step 8. Position Roof Panels

Position the two roof panels on top of the roof support rails with the predrilled holes facing *up* (42 & 43). The roof panels connect via tongue and groove fit. Align the connected roof panels on the rails so that approximately 1" of the support rails extend past each side of the roof panels (44). Once evenly spaced, secure the panels with 2" screws through the predrilled holes (45). Install the provided trim pieces with the 1" trim nails to cover the raw edges of the roof panels (46).



Image 42



Image 43



Image 44



Image 45



Image 46

Step 9. Accessories

1. Install the vent hole cover using the provided screw and washer (47 & 48)
2. Install door handle (49-50)



Image 47



Image 48



Image 49



Image 50

Step 10. Finishing Touches

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 with warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

Step 11. Heater Installation

Please consult your heater manual for all heater installation information. All electrical connections must be done by a qualified licensed electrician.

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!**