

SALUS  SAUNAS



Tranquil 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.

CHECK YOUR BOXES

Be sure to immediately check your boxes against your shipping list and bill of lading to make sure all boxes are there. Examine for any damage and notify Salus Saunas if there needs to be a repair or replacement of damaged or missing materials.

ELECTRICAL REQUIREMENTS

All electrical wiring must be performed by **A QUALIFIED LICENSED ELECTRICIAN**. Because of the heat involved in the sauna, it is required that you use copper wire with 90°C 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 and according to the instructions provided with the heater.

LOCATING THE SAUNA

Your Bluestone Indoor Sauna was 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 an integral 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.)

ASSEMBLY

You should use two people for the assembly of the Bluestone Sauna. The wall and roof sections are large and need two people to lift and hold in place during assembly.

BASIC TOOLS

You should have the following tools:

- Cordless drill for driving screws
- 1/8" drill bit
- Stepladder or stool
- Rubber mallet
- Claw hammer
- Screwdriver (Phillips and Flathead)
- Framing square
- Utility knife
- Level

Salus Saunas
888.287.0111
sales@salussaunas.com

Tranquil Sauna Packing List

- | | |
|--|---|
| <input type="checkbox"/> 4 Floor Risers | <input type="checkbox"/> Back rest with pre-mounted LED light |
| <input type="checkbox"/> 4 Wall Support Rails | <input type="checkbox"/> LED power supply |
| <input type="checkbox"/> Wall Section A | <input type="checkbox"/> Hardware packet |
| <input type="checkbox"/> Wall Section B | <input type="checkbox"/> Bucket with liner |
| <input type="checkbox"/> Wall Section C | <input type="checkbox"/> Ladle |
| <input type="checkbox"/> Door Section D | <input type="checkbox"/> Thermometer/hygrometer |
| <input type="checkbox"/> Window Section E | <input type="checkbox"/> Door knob kit |
| <input type="checkbox"/> Wall Section F | <input type="checkbox"/> Heater fence kit |
| <input type="checkbox"/> 4 Roof Support Rails | <input type="checkbox"/> Harvia 4.5kw heater |
| <input type="checkbox"/> 2 Roof Sections | <input type="checkbox"/> Box of sauna stones |
| <input type="checkbox"/> 2 pieces of roof trim | <input type="checkbox"/> Assembly manual packet |
| <input type="checkbox"/> Bench | |



1. Connect the 4 FLOOR RISERS

Your existing floor will serve as the floor for your sauna. The pre-fabricated rails and risers will be placed on your existing floor and provide the structural support for the sauna room. The 4 floor risers are pre-drilled and are assembled with 2" screws. Measure to make sure the frame is square before driving screws.

NOTE: Use level to make sure your surface is flat before you begin assembly. If it is not perfectly even, you may use shims during assembly and remove them when complete.



2. Position the WALL SUPPORT RAILS

Place the 4 wall support rails with the groove facing up on top of the assembled floor riser. Using 2" screws through the pre-drilled holes, draw the corners tight.



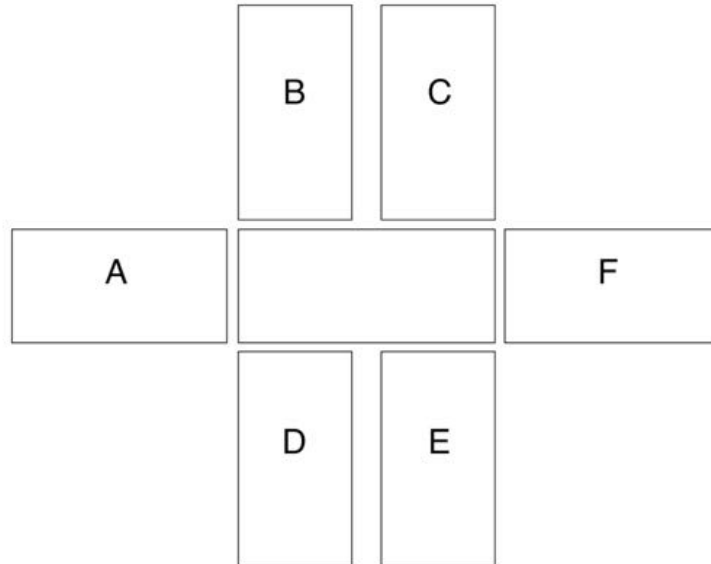
3. Fasten WALL SUPPORT RAILS

Using 2" screws, attach the support rails to the floor riser; be sure the groove is facing up.

Use 4 screws for each rail, and make sure the rails are square with the risers by measuring the perimeter to make sure all dimensions are equal all the way around.



Note: Making sure the support frame is square is important for the proper assembly of the remainder of the sauna. You want to make sure this setup phase is done correctly.



4. Position WALL SECTIONS A & B

Position Wall Section A and Wall Section B as shown. Wall Section A will overlap Wall Section B.

Tip: Have a helper on hand to assist with keeping the panels steady during assembly.



5. Attach WALL SECTION A to WALL SECTION B

Connect Wall Section A to Wall Section B by way of the pre-drilled holes in Wall Section A.



6. Position WALL SECTION C

Connect Wall Section C to Wall Section B by way of their tongue-and-groove profile — no screws required.



7. Position DOOR SECTION D

Position Door Section D so that Wall Section A overlaps it. Wall Section A has pre-drilled holes for attaching it to Door Section D.



8. Position WINDOW SECTION E

Window Section E will attach to Door Section D by way of their tongue-and-groove profile — no screws required.



9. Position WALL SECTION F

Wall Section F comes with pre-drilled holes. Using 2” screws, attached Wall Section F to Wall Section C and Window Section E.



10. Position BENCH

Mount the Bench on the pre-placed bench supports. Fasten it in place using the pre-drilled holes on the sides, top, and bottom of the bench, firmly attaching it to the bench supports and to the wall of the sauna.



11. Attach BACK REST

Measure the desired height at which you want to install the back rest (suggested: 8-12" above the bench, centered on the wall). Use 2" screws and pre-drilled holes to attach the Back Rest to Wall Sections F.



12. Drill Hole for LIGHT CORD

The LED lighting comes in-stalled on the back of the Back Rest. Find the cord coming from the light switch and drill a small hole in Wall Section C to insert the Light Cord through so it comes through to the outside of the sauna.



13. Mount POWER SUPPLY

Use provided screws to position Power Supply where it is most convenient for you on the outside of Wall Section C.

Optional: Secure excess wire with zip tie or some other fastener as desired.



14. Connect to POWER SUPPLY

Plug the Cord into the Power Supply. Plug the Power Supply into any wall outlet, and flip the switch mounted on the back of the bench to operate the LED light.



15. Attach VENT COVER

Screw the Vent Cover over the vents on Wall Section C using the pre-drilled hole.

NOTE: Tighten only enough so vent cover will turn freely over vents.



16. Build ROOF SUPPORT

Assemble 4 roof support rails by drawing corners together with 2” screws through the pre-drilled holes.

NOTE: Be sure that the rails are square and level and that the screw head does not protrude into the groove.



17. Attach ROOF SUPPORT over walls

Position the completed Roof Support over the wall sections. Once in place on all 4 sides, use 2” screws to attach Roof Support to wall sections. Use 3-4 evenly spaced screws per rail.

NOTE: Tap the Roof Support firmly in place with a rubber mallet so wall sections are fully inserted into the groove before screwing into place.



18. Position ROOF SECTIONS

Place two Roof Sections on top of the Roof Support, nesting the tongue of one section into the groove of the other. Measure around perimeter before fastening to be sure distance from edge is equal.

Tip: Before positioning the second roof section, fasten the first one in place so that when you exert pressure to nest them together, you don't push them off.



19. Fasten ROOF SECTIONS

Using 2” screws, fasten Roof Sections to Roof Support using pre-drilled holes.

NOTE: Be sure to keep even distance from edge of Roof Section edges and Roof Support edges around perimeter of sauna as measured in step 17.



20. Attach ROOF TRIM

Find the package of 2 Roof Trim pieces and attach to the raw edge of the Roof Sections with finish nails, one piece on the front and one on the back.

NOTE: The trim pieces are not pre-drilled. You may install using finish nails.



21. HEATER INSTALLATION

Mount the heater as shown in the manufacturer's instructions. The heater should be mounted on Wall Section A, over the vents and 7" from the floor of the sauna. All the necessary hardware is supplied with the heater.

Drill a hole below and behind the heater to run the wire and/or conduit according to local electrical codes. The heater will be hard-wired according to the specific wiring requirements for your heater.

Do not attempt to wire the heater yourself. Contact a licensed electrician in accordance with your local electrical codes. Heater brand may vary depending on where the sauna was purchased. Install sauna stones in accordance with heater manufacturer instructions.

Typical wiring requirements for distances of up to 30 feet from the breaker box are as follows:

4.5kw-6.0kw heaters require 10-2 w/ground, copper wire only, and 30amp non-GFCI breaker.

8.0kw heater requires 8-2 w/ground, copper wire only, and 40amp non-GFCI breaker.



22. Your fence kit will arrive banded with stretch wrap. It consists of four pieces, shown here.



23. Prop up the pre-assembled portion and attach the two long horizontal pieces. Make sure the countersunk holes on the wall mounting bracket face inward.



24. Attach the final piece—the remaining vertical fence post. When complete, position the fence around the heater and use the pre-drilled holes to attach it to the wall.



25. DOOR HINGE ADJUSTMENT

The tension on the sauna door hinges has already been set, but you may adjust it to make it either looser or tighter as the need arises. Look for the small hinge box that is included with your sauna kit. It contains both the hex wrench and set pins needed to adjust your door tension.

After the sauna is assembled, and with the door closed, take the hex wrench and insert it in the top of the hinge. Once the wrench is fitted into the hex opening, turn the hex wrench clockwise (toward the wood wall and away from the glass) to tighten the hinge tension. Turn the hex wrench counterclockwise (toward the glass and away from the wood wall) to loosen the hinge tension. You will feel the tension adjust while you are tightening or loosening it. While leaving the hex wrench inserted and the tension held in place, insert the set pin into the hinge as shown. Repeat the process with the other hinge as each hinge must be tightened to the same degrees of tension.

The door should close gently on its own without slamming shut. If it does not, then repeat the process to each hinge to increase the tension further. Save the hex wrench for future adjustment.



26. Attach DOOR KNOB

Take the two sections of the door knob and insert the thread through the hole in the door. Tighten so that handles are snug to glass.

NOTE: Hand tighten only and be sure rubber gas-ket is between knob and glass.

OPERATION

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. Rinse off the sauna stones and install them in or on the heater in accordance with the heater manufacturer's instructions. Improper placement of heater stones can result in lower than desired heat temperatures. The first time you turn the heater on, set it to the maximum setting and operate it for about 30 minutes with the door propped open. Then close the door and allow your sauna to come up to the desired temperature.

Since you most likely will use your sauna as both a "wet sauna" and a "dry sauna", you should install the sauna stones that have been included with the heater, following the manufacturer's instructions. These stones are necessary if water will be sprinkled on the heater to create the "wet sauna", and they will produce more consistent heating in the dry mode (without the use of water). It is common for a stone to occasionally crack during initial heating. If excess amounts of water are used during sauna, prop door open to let the humidity escape. Not much water is necessary to achieve a "wet sauna".

The amount of ventilation in the sauna can be adjusted by means of the vent located toward the top of the sauna. It is important to have adequate fresh air flowing through the sauna, and this flow can be adjusted with the movable vent cover.

TRADITIONAL STEPS IN TAKING A SAUNA BATH

STEP #1 - Set your heater so that the sauna room achieves the desired temperature, usually between 150° F and 170° F. As a novice, you should begin at the lower end of this range and work your way up to the higher temperatures over several sauna baths.

STEP #2 - Remove all clothing (except maybe your swimsuit), eyeglasses, contact lenses, jewelry, etc. Take a quick shower with warm water and soap, or a quick dip in your hot tub.

STEP #3 - Enter the sauna initially for about 5 to 15 minutes. Bring a towel into the sauna onto which you can sit or lay. Leave the sauna room once you have begun to perspire freely.

STEP #4 - Now you may take a cold plunge in your swimming pool, shower or snow bank. After that, relax and cool down for another 10 to 20 minutes.

STEP #5 - Re-enter the sauna. On this return visit you may wish to sprinkle small amounts of water onto the stones creating bursts of steam. If the water spills through the heater and onto the floor, you are using too much, although this will not hurt the heater or the sauna.

STEP #6 - After your final visit to the sauna, relax for at least 20 minutes. Shower with soap and warm water. Finish your shower with cooler water to close the pores of your skin. Dress only after you have cooled down completely.

NOTE: Whatever your sauna regimen, **it is important that you keep yourself hydrated by drinking plenty of water!**