



Dundalk LeisureCraft Luna Sauna Assembly Instructions

Please read and understand the complete instructions prior to assembly and use of your sauna. Customer agrees not to hold Dundalk LeisureCraft Inc. and any of its authorized dealers liable for improper installation, maintenance and repair of this product



Requirements:

- * 2 People (recommended)
- * Step or Extension Ladder
- * Cordless Drill (we supply the bit)
 - * Tape Measure
 - * Staple Gun
 - * Utility Knife
 - * Hacksaw
 - * 3/16" Drill bit

* 1 1/2" or less staples or nails to fasten bevel siding

View the assembly process on [**You Tube**](#)



Dundalk LeisureCraft Luna Sauna Assembly Instructions

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Dundalk LeisureCraft
Luna Sauna
Assembly Instructions

Sauna Base Preparation

A solid base for your sauna is recommended and can be made from any of the following.



Concrete Pad



Wooden Deck



Crushed Gravel



Patio Stones/Paver Blocks

(Refer to the below chart for minimum base requirements)

It is recommended to build a base larger than required to provide a sitting area for cooling off during your sauna session.

Sauna Size	8'x6' (244x182)	8'x7' (244x214)	8'x8' (244x244)
Minimum Base Size	96"x72"	96"x84"	96"x96"
	(244x182cm)	(244x214cm)	(244x244cm)
Options			
Porch	Add 24" (60cm) to total length.		
Changeroom	Add 48" (120cm) to total length.		

**** All measurements in above chart are "width x lengths"***



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Make sure you have a solid base for your Luna sauna and lay out the cradle pieces.



Gather up your pieces for the back wall. This should consist of 15 straight pcs and 4 pcs with rounded corners of 2x6x80" (5cm x 15cm x 203cm)

**** 2 of each with rounded corners will have dado grooves on the opposite side of the curves, 2 will be for the right side and 2 for left side of back wall.***



Lay out the pieces as shown, including the rounded corner pieces.



To make the next steps easier, line up the back wall staves as best you can.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Slide one of the threaded rods through the top holes.

Repeat for the bottom holes.

** This will take some finessing*

** If the Dundalk wood stove is chosen there will be an extra threaded rod in the middle of the back wall.*



Make sure staves are tight together.



Place a washer and nut on each end of the threaded rod for each hole.



Tighten up all the nuts with a wrench, socket or impact driver.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Cut off any excess threaded rod with a hacksaw.



Using the assembled back wall as a guide, start the assembly of the front wall with one of the side rounded staves.



Slide one of the threaded rods through the top hole and add 5 short staves onto the threaded rod.

Repeat process for the bottom set of holes.



Carefully insert the first window in between the short staves. The groove of the window should sit over the edge of the blocks.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Next, Thread on a full size stave.
Again this stave should sit inside the groove of the window.



Thread one small stave on each threaded rod.



Carefully insert the door between the 2 small staves.



Add 4 more small staves on each threaded rod to support the door.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Thread on a full size stave, then 5 short staves then the other window in the same manner as the opposite side.



Finish the front wall by adding the corner stave.



Tighten the nuts again in the same manner as the back wall. Cut off excess with a hacksaw.

** Tapping the staves gently with a rubber mallet can help get them to settle tight to each other.*



Carefully remove both front and back walls and place where they will not get damaged or fall over.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Inset. 1

Lay out the center stave as shown.

**** This stave will have convex edges on both sides as in inset.1.***



Measure out the center stave so it is centered on the first cradle. The cradle should be approx. 7" back from the end of the stave.



Using 2 ½" (64mm) screws , secure the center stave to the cradle.
Repeat at other end.

Space out the remaining cradles evenly, measure them to center and secure center stave to cradles using a 2 ½" (64mm) screw per cradle.



Start laying out the bottom staves, there will be 7 staves on either side of the center stave.

**** The staves for the Luna without the porch option are symmetrical and can be used on the left or right side of the center stave.***

- ***If the porch option is chosen,***
- ***there will be right and left sides, make sure all dado grooves line up with each other.***



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



After laying out the bottom staves, line them up so the ends are flush.

** All the grooves should be in line with each other.*



Use a rubber mallet to tap all the staves tight together.

** Secure staves into each cradle using 2 ½ (64mm) screws.*



Insert the back wall in to the groove on the sauna floor.

** You may need to use a rubber mallet to “finesse” the wall into the groove.*



Make sure both sides are sticking out past sauna floor equally to ensure wall is centered.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Repeat process for the front wall.



Once both walls are centered in the grooves, use staves to temporarily brace the walls to prevent them from falling.

**** Use a stave on either side of the sauna and a few on top to ensure the sauna is stable.***



Start adding the 2"x 4" staves to both sides.

Use the Rubber mallet to tap them tight to each other.



Secure staves to the top and bottom corners of the sauna wall with 3 ½" (89mm) screws.

**** The staves on the corners use 3 ½" (89mm) screws while the staves on the flat wall use 2 ½" (64mm) screws.***



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Continue to add the 2" x 4" staves on both sides in the same process, tapping tight to each other then securing with screws.



You will use 6 of the smaller staves to make each of the 4 corners.



Once you have the 6 corner 2" x 4" pieces in place to make the corner, start adding the larger 2" x 6" staves to build up each wall.



Install 11 of the full size 2" x 6" staves on each side wall and then build the top corners with 6 of 2" x 4" corner staves in the same manner as the bottom corners.



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Luna Sauna

Assembly Instructions



Once the top corners are assembled, start installing the 2" x 6" staves again from each side.



**** Do not fasten the top staves with screws yet!***



Continue the assembly by adding the roof staves using only the rubber mallet at this time.



When you reach the center, you may find that the last roof stave doesn't fit properly, use the rubber mallet to finesse it into place.

Once all staves are installed, secure each stave with 2 ½" (64mm) screws into the walls.

Luna Sauna Assembly (Standard)



Adding a Spacer to the Top Sauna Stave

In your sauna package you will find a spacer stave that is square on both sides that is only required if there happens to be a "gap" after installing all of the staves, (as in picture)

You will need to follow the following instructions to add this spacer to the top special stave.



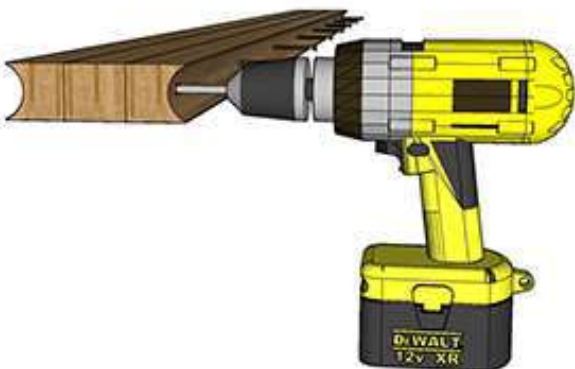
Locate the Top Stave with the 2 concave sides and remove all the screws out of the stave.



Insert square spacer in between the two stave halves.



Screw all pieces back together with 3" (76mm) screws



Reinstall the now wider Top Stave following the sauna assembly instructions.





Making the Top Sauna Stave narrower

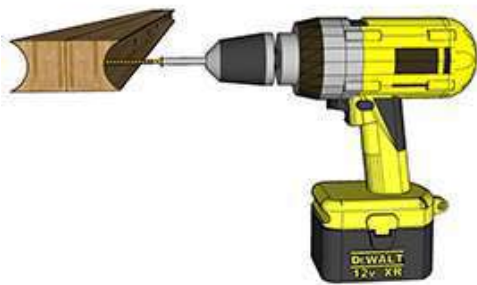
In rare instances, your sauna staves will be too tight not allowing the staves to settle into position correctly. (as in picture)

This doesn't happen often and the sauna staves and bands are always better being as tight as possible.

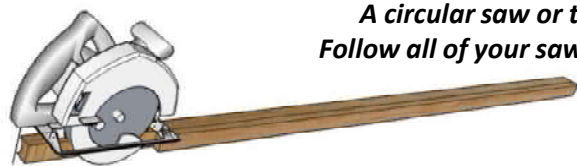
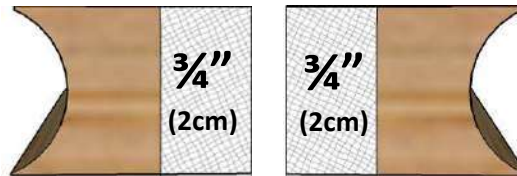


You will need to follow the following instructions to make the top special stave narrower.

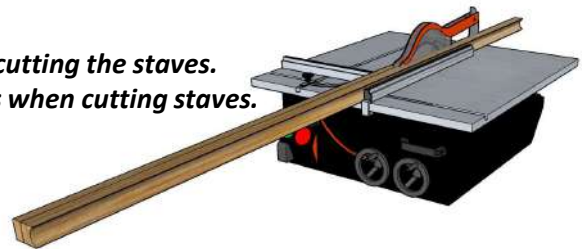
Locate the top special stave and remove all the screws.



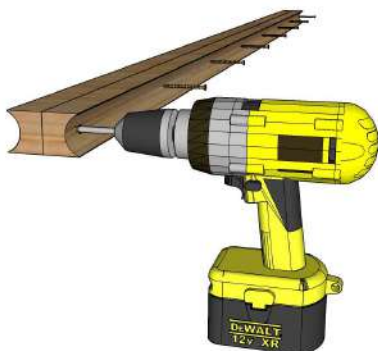
Measure from flat edge 3/4 " (2cm) on each stave and safely cut to make staves thinner.



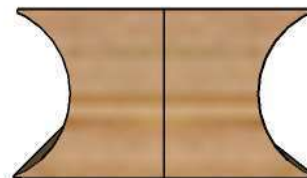
A circular saw or table saw is best for cutting the staves. Follow all of your saws safety precautions when cutting staves.



Screw the 2 pieces back together with 2" (64mm) screws



Reinstall the now narrower Top Stave following the sauna assembly instructions.





Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



The following 2 steps are only required if the porch option was chosen, and only on the front of the sauna.

Using 2 ½" (64mm) screws to secure the front staves together.

** Pre drill these holes with the 3/16" drill bit to prevent the staves from splitting.*



Put a screw in each stave to hold the staves tight to each other.



With 2 people, place the roofing membrane over the sauna. Try to make sure the membrane is even on both sides of the sauna.



Pull the rubber membrane over the front off the sauna staves and secure with staples.

Luna Sauna Assembly (Standard)



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions

Luna Sauna Assembly (Standard)



After securing the front of the membrane to the sauna, pull the rubber tight to the back and secure with staples.



Cut the excess rubber off the back of the sauna and then secure both the front and back of the membrane with more staples.



To install the sauna trim, start with the longest piece on the front bottom. Center this piece so the same distance is left on either side.

- ***The long trim pieces have grooves cut on either end to assist in the drainage of any excess water. (as in below picture)***



Center out the corner trim pieces and secure at either end with 2" (51mm) screws.

- ***Pre drill these holes to prevent splitting the trim pieces.***

Repeat on other corner



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



After both corner pieces are secured, make sure the long front piece is level and then secure in the same manner.



Continue to line up the trim pieces all the way around the front of the sauna and secure with 2" (51mm) screws.

Repeat for the back of sauna.



To install the siding, start at the bottom with the top of the siding flush with the bottom wall stave.

*** You can use staples or nails to secure the siding but nothing longer than 1 ½" (38mm).**



Continue to attach siding to the sauna maintaining a 4" (102mm) space between the siding.

Use the included spacer block to help with this.

*** Secure each shingle along the bottom edge so that it catches the top of the shingle underneath it.**



Dundalk LeisureCraft Luna Sauna Assembly Instructions



When you get to the rubber membrane, secure the bevel siding under the membrane.



Secure the next piece over top the membrane like shown.



Continue to add the bevel siding till you reach the top.



Using a utility knife, cut off any excess roofing membrane.



Dundalk LeisureCraft Luna Sauna Assembly Instructions

The Dundalk Leisurecraft Luna Sauna is available with the choice of 3 different bench layouts.



Back Wall two-tiered Bench



**Two-tiered L shaped Bench
(L bench available on right or left side)**



Side Wall Benches

** Lounge bench upgrade only available on Side wall layout.*

Standard Bench Installation (Standard)



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Space the bench brackets out along the wall.

**** Do not fasten yet.***



Place the top bench on to the bench supports.
Line the bench supports up with the seat support
bracket on the bottom of bench.



Once bench brackets are lined up with the seat
supports, secure the bench bracket to the back wall
using 2 ½" (64mm) screws.



Use 2 ½" (64mm) screws to fasten the bench bracket
up into the curved seat supports.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Repeat process for the lower bench, making sure that the bench supports line up with the seat support bracket on the bottom of bench.

Secure the bench bracket up into the lower bench seat supports with 2 ½" (64mm) screws.

Secure bench brackets to the sauna floor with 2 ½" (64mm) screws as well.



Attach the front enclosures by screwing in between the slats into the bench supports with 2 ½" (64mm) screws.

Repeat on the bottom front enclosure.



- ***If - L bench is not chosen, you may skip ahead the next four steps.***

Place the enclosed side bench support against the front wall and secure to back wall and sauna floor with 2 ½" (64mm) screws.



Lay out the remaining support bracket and the small end support bracket like shown.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Place the top bench on to the bench supports. Line the bench supports up with the seat support bracket on the bottom of bench.

Once bench brackets are lined up with the seat supports, secure the bench brackets to the back wall using 2 ½" (64mm) screws.

Use 2 ½" (64mm) screws to fasten the bench bracket up into the curved seat supports.



Attach the front enclosures by screwing in between the slats into the bench supports with 2 ½" (64mm) screws.

Repeat on the bottom front enclosure.



Place backrests at the desired height and secure to the wall using 2" (51mm) screws.

**** If the side wall bench layout is chosen, follow the same steps on either side of the sauna.***

**** The lower bench on all side wall benches and the short L bench will be thinner than the lower bench on the back wall.***

**** Use the correct bench supports when assembling.***



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



On a clean flat surface, assemble the porch bench and front wall enclosure using 2 ½" (64mm) screws into the pre drilled pocket holes.

Position the assembled bench on the porch floor and up against the front wall of the barrel Sauna.



Using a level, make sure the bench is level and square to the porch floor.

Fasten the assembled porch bench to the porch wall and sauna floor using 2 ½" (64mm) screws.

Repeat for opposite side porch bench.



Standard Bench Installation (Standard)



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Bring in the front bench enclosure.



Lay the front enclosure down and using the pre drilled holes, assemble the lounge bench support to the front enclosure using 2" (51mm) screws.



Ensure bench assembly is level and secure to end walls using 2 ½" (64mm) screws.



Secure to side wall with 2 ½" (64mm) screws. Secure front enclosure to sauna floor using 2 ½" (64mm) screws in the pre drilled pocket holes.



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Place lounge bench on top of bench supports and secure with 2 ½" (64mm) screws.



** The backrest is not available with the lounge bench option as it impedes in the correct operation of bench.*



Assemble the 2 pieces for the porch seat together using 2 ½" (64mm) screws.



Fasten bench to floor and sauna wall using 3 - 2 ½" (64mm) screws on the top and bottom.

Repeat process for other bench.



Dundalk LeisureCraft Luna Sauna Assembly Instructions

*The following installation instructions are for the Helo Cup (Saaku) electric heater.
Always refer to the original sauna heater manual for confirmation.
Always Read all instructions carefully.*



Measure the proper distances for the heater template according to the heater manufacturers instructions.



Using the template provided, drill four 9/64" holes to fasten the heater to the wall.

Install the two ¼" x 1 ½" (6mm x 38mm) hex head lag screws (supplied with the heater) into the upper two holes.



Tighten these screws until their heads are about 1/4" (6mm) from the wall.

Electric Heater Installation (Option)



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Hang the heater on the two upper screws.

Install the two ¼" x 1" (6mm x 25mm) hex head lag screws (supplied with the heater) into the two lower mounting holes.

Tighten all 4 hex head lag screws to lock the heater in place.



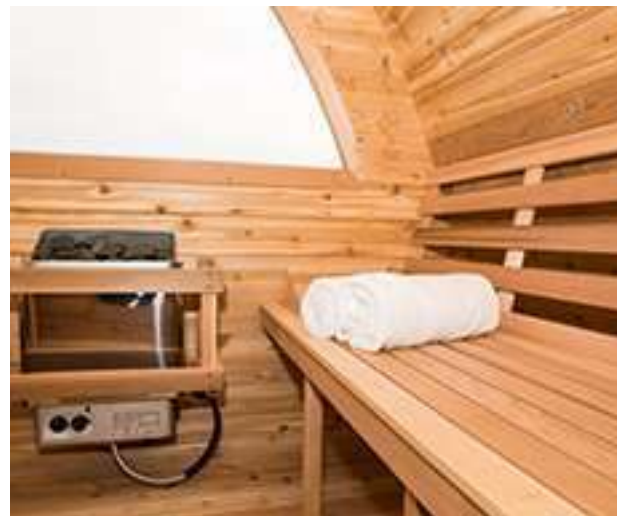
Rinse the rocks with water before placing in the heater.

Carefully place the rocks loosely so that the air can circulate through the heater.

Packing the rocks too tightly may cause the heater high limit switch to trip.

The rocks must fully cover the heating elements.

****Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process before using.***



****The wiring for the electric heater most times enters the sauna underneath the heater as shown in the above 2 pictures.***

• All wiring should be installed according to the heater manufacturers instructions and by a licensed electrician.

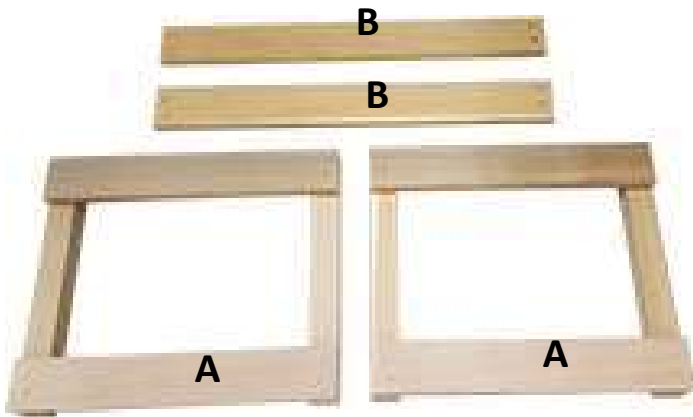
• **Do NOT use a G.F.I breaker**



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Locate the pieces for your heater guard.

They consist of the following:

(A) 2 - Assembled side pieces

(B) 2 - heater guard support

4 - 2 ½" (64mm) screws

8 - 1 ½" (38mm) screws



Stand the 2 Assembled side pieces (A) of the heater guard on edge with pre-drilled holes on the bottom.

Screw heater guard support (B) to either side using (2) - 1 ½" (38mm) screws per side.



Assemble remaining heater guard support (B) to the 2 ends in the same manner as previous step.



Place assembled heater guard around electric heater and screw to wall using (4) 2 ½" (64mm) screws.

****Make sure heater guard is level before securing.***



Dundalk LeisureCraft Luna Sauna Assembly Instructions



To install the wood burning heater, lift the heater into the hole in the back of the sauna.

*** Woodstove is very heavy and 2 people are recommended for lifting.**



Center the wood stove between the benches.



Once the Wood Stove is centered, use the provided 1 ½" (38mm) lag screws to secure it to the sauna.

Repeat for all 16 holes.

*** Do not overtighten as this will strip the screws.**



Attach the chimney elbow to the wood burning stove by pushing the provided bolts into place and hand tightening the nuts on the other side.

Repeat for all 4 corners.



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Using a wrench to hold the nut on the inside, tighten the bolts completely with an impact drill or a wrench.



Insert the flanged end of the chimney head onto the elbow firmly.

**** Some finessing may be required.***



Ensure that the flanged end of the chimney is securely in place



Rinse the rocks with water before placing in the heater.

****Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process before using.***



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Start by removing all protective film from the stainless steel pieces before installation.



Install the floor plate centered between the benches at the back wall.



Using 2 people, place the Harvia M3 Heater centered on the floor plate.



Insert the adapter pipe on the back of the stove as a guide.
Slide it up against the back wall.

This is to find the placement for the hole you will soon cut out.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Using a pencil or pen, trace around the outside of the adapter pipe.



Measure out 1" (25mm) past your circle and draw another line.
This will be the line you cut out so the chimney pipe will fit through.



Start a hole inside your circle with a drill bit or other method, then use a reciprocating saw to cut out the circle as neat as possible.



Install the back wall shield centered over chimney hole with 1 ½" (38mm) screws.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Connect the short chimney connector to the adapter pipe using the stainless steel screws provided with the chimney kit.



Slide the short Chimney connector through the hole and insert the chimney adapter into the back of the stove.



On the outside of the sauna, level up the chimney connector and then attach the chimney cover plates using 1 ½" (38mm) screws ensuring halves are level.

****Top Plate should overlap the bottom plate.***



Insert the "T" connector to the short connector ensuring it is straight.

Secure with provided screws.



Dundalk LeisureCraft

Luna Sauna

Assembly Instructions



Attach middle chimney connector to the "T" with provided screws.



Attach rain guard to top chimney piece and secure with provided screws.



Wrap the chimney support strap around chimney and use the provided nut and bolt to secure.

****Snug up only hand tight***



Attach chimney support braces to the sauna using 1 ½" (38mm) screws.

Ensure not to screw into any seams.



Dundalk LeisureCraft Luna Sauna Assembly Instructions



Tighten up the chimney support brackets with a 7/16" (11mm) socket or wrench until snug.



Attach chimney top onto chimney and secure with provided screws.



Connect the stove handle to the door with the 2 provided screws.



*** Rinse the rocks with water before placing in heater.**

Carefully place the rocks loosely so that the air can circulate through the heater.

**Congratulations on the installation of your
Harvia M3
Wood Burning Heater!**



Dundalk LeisureCraft

Luna Sauna

Vent Kit Assembly Instructions

(Optional)

In most cases, venting is not required for proper sauna function, however it increases air flow circulation as well as ventilation when the sauna is not in use.

Many people prefer not to install vents in pre fabricated saunas.

Generally, you have access to add a vent to your sauna once assembled if it is deemed necessary.

Vent Kit

Contents

Stainless Steel 3"x 7" Grill (X2)

Cedar Vent Cover

1 ½" Stainless Steel screws (X13)

Tools Required

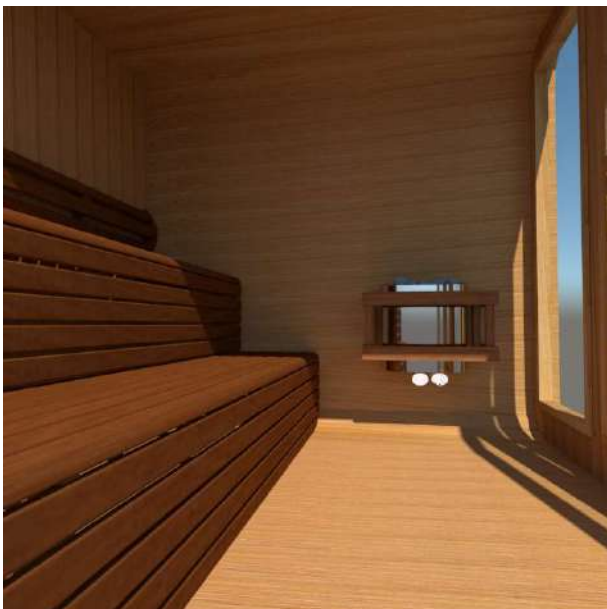
Hole saw or drill bit to drill holes

Cordless Drill

Robertson bit



The location of the vents will be in different locations in the Luna sauna depending on what bench layout was chosen and/or if an electric or wood burning heater was purchased.



*Inlet Vent on side wall under heater
(inside)*



*Inlet Vent on side wall under heater
(outside)*

Vent Kit (Option)



Dundalk LeisureCraft

Luna Sauna

Vent Kit Assembly Instructions

(Optional)



Drill inlet holes centered underneath the heater.

*** A 2" diameter hole saw was used for these pictures but more holes with a smaller drill size will also work.**

Install 1 of the stainless steel vent grills over the inlet holes on the outside of the sauna centered over the holes using 1 ½" screws. (6pcs)



Install 1 of the stainless steel vent grills over the inlet holes on the outside of the sauna centered over the holes using 1 ½" screws. (6pcs)



On the back wall, higher up in the corner, drill the outlet holes in the same manner as the previous step.

Vent Kit (Option)



Dundalk LeisureCraft

Luna Sauna

Vent Kit Assembly Instructions

(Optional)



Install the other Stainless Vent cover over the outlet holes on the outside using 1-1/2" stainless steel screws. (6pcs)



Install the cedar vent cover over the outlet holes on the inside of the sauna with a 1 1/2" screw.

**** Tighten screw so that the vent cover still rotates freely***



Dundalk Leisurecraft

Sauna Light Assembly Instructions

(Optional)

If a light is ordered, Dundalk Leisurecraft supplies the light fixture only.

The light switch and any other electric components need to be purchased separately and should be installed according to the light manufacturers instructions and by a licensed electrician.

We cannot supply any other electrical components needed to wire up the light.

For outdoor saunas, you can use weatherproof boxes, conduit and light



Weatherproof Conduit & Light Switch



Weatherproof Light Switch
(purchased separately)

Sauna Light (Option)

If you are installing a light switch on the outside of your sauna, it is recommended to install it outside the door using the appropriate weatherproof conduit and switches.



Dundalk Leisure Craft

Sauna Light Assembly Instructions

(Optional)



The best placement for your light would be inside the sauna to the right of the door on the front wall. (as shown)



You can also install on the ceiling.
(Do not install light where you may hit your head on it)

Installing the light under one of the benches can create a relaxing ambiance within the sauna that many customers enjoy.



Recommend low profile "pancake box" rather than standard octagon box. This can be surface mounted flush inside of the sauna with light fixture fitting over the box.

PRODUCT MAINTENANCE:

1. To clean the outside of the fixture, use a dry or slightly dampened clean cloth (use clean water, never a solvent) to wipe the surface of the fixture.
2. To clean the inside of the fixture, first disconnect power to the fixture by turning off the circuit breaker or by removing the fuse at the fuse box. Next, use a dry or slightly dampened clean cloth (use clean water, never a solvent) to wipe the interior surface of the fixture.
3. Do not use any cleaners with chemicals, solvents or harsh abrasives. Use only a dry soft cloth to dust or wipe carefully.

Congratulations on the assembly of your new Western Red Cedar Luna Sauna!



For assistance in the assembly of your Cedar Luna sauna please visit our support page at:
<https://www.dundalkleisurecraft.com/support/>

Or to view the assembly process got to:
<https://www.youtube.com/watch?v=fEK-idUJ1SE>



MAINTAINING YOUR SAUNA AFTER INSTALLATION

Interior

It is recommended to vacuum or sweep out the inside of your sauna frequently to remove dirt and other debris. Under normal conditions, a slight wash of the floor and benches with warm soapy water several times a year will maintain its cleanliness. You can use a sheet of fine grit sandpaper or a low pressure wash to remove more stubborn stains or for a deeper cleaning of the interior of your sauna.

Never use ammonia or harsh cleaners as they can turn the wood gray.

Exterior

Depending on the humidity and weather conditions in your area, the cedar will either shrink or expand based on the amount of moisture absorption. The desired effect is to have the cedar expand into the bands therefore making the sauna staves much tighter.

Over time the lumber will weather naturally as a result of sun and rain, it will change into a weathered grey colour. This natural weathering will not harm the wood or impair the sauna's performance.

If you wish to retain the natural color of your Dundalk Leisurecraft Sauna, there are many cedar stains on the market and almost as many opinions as to which is best.

We encourage you to rely on your own research and referrals.

Recommended Stains Include:

Behr Premium Semi-Transparent Waterproofing Stain & Sealer

Sikkens Proluxe Cetol SRD Translucent Stain

<https://www.realcedar.com/outdoor/finishing-choices/>

Note: never treat the interior of the Sauna, and never apply paint or varnish to the exterior.

You may need to tighten the bands after a period of time, usually within the first few months.
(Barrel Saunas Only)

Water Seepage

Some minor water seeping into the sauna is expected and normal for an outdoor sauna. If your sauna is properly installed, you should not have water dripping in but you should expect some water seepage, especially on the top and sides of the sauna.

This is due to the porous characteristics of the wood and to the ball-and-socket profile design of the staves.

Water Seepage will not harm the sauna. The moisture will evaporate once you turn on the heater and the sauna heats up.

If the water marks are bothersome, they can be easily removed with a light sanding (80 or 100 grit)

To minimize seepage, select a location for your sauna that is under cover, or choose one of our roofing options.



Normal Water seepage





HOW TO TAKE A SAUNA

1. Pre-heat your sauna to the desired temperature (usually between 80-100°C)
2. While it's warming up, take a nice hot shower.
3. Enter the pre-heated sauna, relax and allow your body to perspire in the soft dry heat. Do not throw water on the rocks during the first part of the session.
4. Cool off with a cold shower or a quick swim in a lake or pool.
5. Re-enter the sauna and sprinkle water on the rocks. This will increase humidity to assist in perspiration. Half a cup every 5 minutes should be enough. Too much water will just cool off the rocks and you'll get less steam.
6. After a 20-30 minute sauna, cool off in the shower or lake or pool.
7. Repeat this sauna/cold shower process as often as desired.
8. After each use, leave the door fully open for a few hours if possible so the wood can dry out.

**These are guidelines only. Enjoy your sauna in whichever way you desire.
Children must be supervised by an adult.**

WARRANTY

Dundalk LeisureCraft Inc. warrants our saunas against defects in materials and workmanship under normal/residential use for a period of five (5) years, as applicable, from the date of receipt of the product by the original end-user consumer. This warranty does not apply to normal wear and tear and/or natural weather conditions. This warranty does not cover regular required maintenance of the sauna, (eg. Tightening bands on the barrels, cleaning or staining the sauna) refer to your sauna assembly manual for maintenance guidelines. This warranty does not cover misuse or negligence and the manufacturer and associated retailers are not liable for any injury or damage caused by the product. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 5 year warranty.

Purchaser Name: _____ Date: _____

Purchased From: _____