

# Home Sauna Kits

## Assembly Guide - Venting & Vent Location

The following guide will provide general instructions for properly installing an intake and exhaust vent, including vent locations, height, types of vents, and rough openings needed. Our vent system relies on non-mechanical ventilation creating a natural air flow between the two vents. These are guidelines, and modifications can be made for different room sizes and layouts.

- Material Included:

- 3x10 Metal Intake Vent - Louvered
- 3x10 Cedar Slider Exhaust Vent
- Also available - 3x10 Oak Exhaust Vent - Louvered

Not Provided:

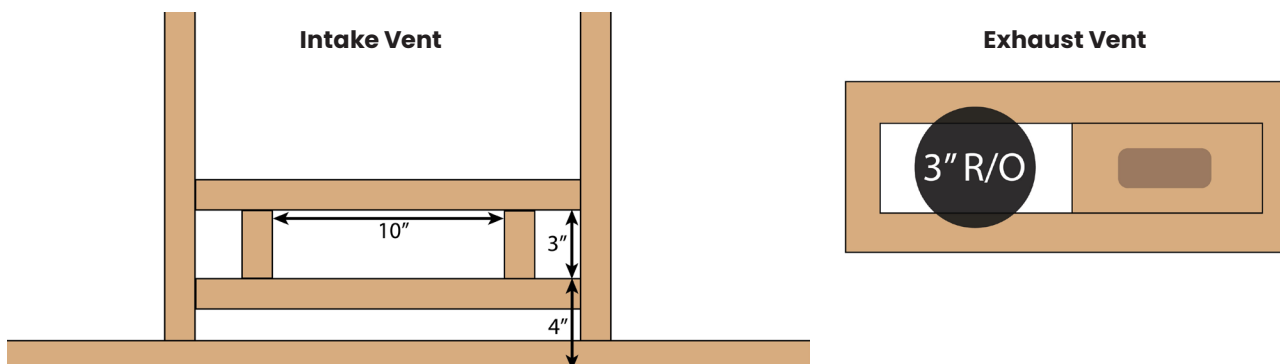
- Exterior Vent Cover - Use a Grill to match the rest of your décor
- Duct work or fans are not required unless part of a mechanical ventilation system.

- Vent Locations

- The metal intake vent should be behind the heater, as close to the floor as possible.
- The cedar exhaust vent should be on the opposite corner, around 3'-4' from the floor.
- It is not necessary to vent to the exterior of the house. Exhaust can go into an adjacent room, closet, or crawlspace. There is not enough moisture to cause condensation issues.

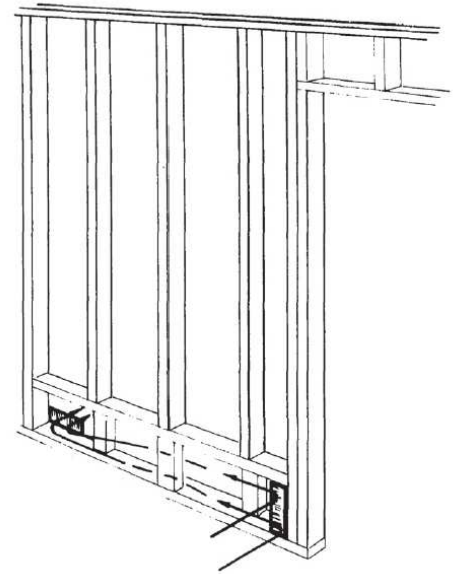
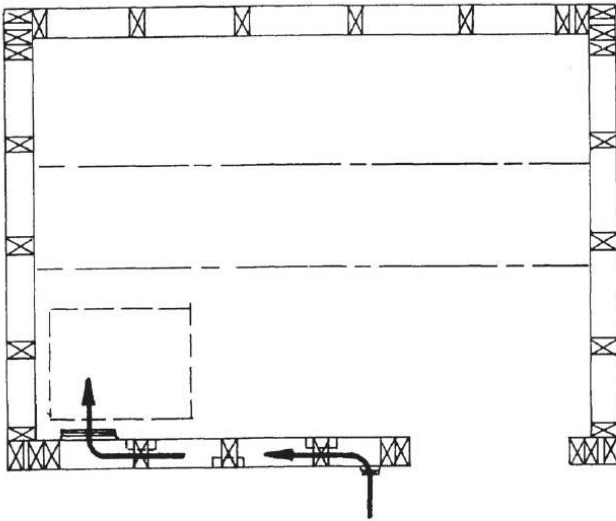
- Rough Openings

- The metal intake vent fits inside a 3x10 rough opening. Frame a channel through the studs to this size and slide the louvered vent inside. It will fit snug without any screws required.
- The cedar slider exhaust vent fits over a smaller rough opening. We recommend a 3" round opening. The sliding panel can expose the air channel behind.



- Framing & Air Tunnels

- When there is a concrete wall behind a vent, it is not possible to vent into an adjacent room.
- In this case, we recommend framing in an air tunnel, for air to pass through.
- Alternatively, the exhaust can be connected to a flexible air hose.



**AIR INTAKE FROM A REMOTE INTAKE**

- Air Flow & Natural Ventilation

- As the sauna heater warms up the air inside, the air will rise. This will create a low air pressure area under the heater drawing fresh air from the outside.
- As the air rises it will circulate and stratify, so that the heat evens out for a certain height.
- Hot air will escape through the exhaust vent, which should be below eye level to enjoy the heat.