

# DIY Kit Install Guide

**\*Framing material and insulation to be supplied by customer\***

**\*\* This is a general guide. Measurements and instructions may differ depending on what you ordered \*\***

**Please refer to your invoice and material list for exact measurements of the specific kit that was ordered**

\*\* Use this installation guide alongside your material list for proper installation. Material list will refer to the specifics of the sauna kit that was ordered.

\*\* Do not install lights in the corner where it could inhibit the bench frames or directly above the heater, where it could be damaged by heat.

\*\* Use of a certified electrician is required for heater warranty.

# Contents

**01** Framing Instructions

**41** Detailed Floor Duckboards Instructions

**42** Detailed Heater Guard Instructions

**43** Detailed Benches & Bench Frame Instructions

**45** Detailed Venting & Vent Location Instructions

**47** Detailed Fixed Backrest & Bench Skirting Instructions

**49** Detailed Window Unit Instructions



### Sauna Framing

(The framing instructions that follow do not take into account a window unit being installed)

1. Material is standard 2"x4" SPF wood. Saunas are framed on standard 16" on centres (O.C).

Lay out top and bottom plate. Measure over 16", draw and mark at 15 1/4" (3/4" less than your 16" which is half your 2"x4" stud).



2. Draw an x to the right of your mark. This will give your stud location at 16" O.C. You continue your marks at 31 1/4", 47 1/4", 63 1/4" etc.



3. When marking your Front Wall: Determine where you want your first door stud. Measure over 26" for rough opening and mark second stud location. Your door opening is double studded for extra support. For a standard door that we supply, the rough opening is 26"x76" The rough opening may be different for custom order doors.



### 4. Building the door Frame:

The frame consists of a regular stud with a jack stud screwed to it. The jack studs for the door opening are cut at 75". If you are installing flooring after you frame up the door you'll add the thickness of the flooring to the length of the jack stud to maintain your rough opening size.



5. Screw your jack stud to the regular length stud.



6. Door header consists of two 2"x4"s and a piece of 1/2" material cut at 29". Screw header together with 1/2" material sandwiched between them. This will give you a 3 1/2" width when header is screwed on to ends of stud.



7. Place header on top of jack studs and screw together.



8. Measure from top of door header to top of stud. Cut 3 pieces of 2"x4" wood the length of your measurement taken above. Screw 1 piece to each side of stud. Your third piece will be used in the next step.





9. Place top plate where door is located. Screw third piece of 2"x4" to door header according to location marked on top plate (which is 16 on center).



10. Finished door Frame



11. Making L-Frame for corners. This will give you backing for tongue and groove to be nailed to. There is 4 L-frames for a typical rectangular or square saunas. They are usually attached to the 2 longest walls opposite each other.

**See Fig 1.**



12. Wall Framing. Place bottom plate in area where wall is to be located. Place studs in marked location. One L in each corner. Screw or nail together.



13. Screw or nail L-frame to bottom plate.



14. Screw studs into place. Picture shows screwing opposite L-frame into place.



15. Staple sill gasket to bottom plate to prevent moisture from coming into contact with wood. Pressure treated wood should never be used indoors.



16. Lay up adjoining wall. Screw together and staple gasket to bottom plate. (The side walls will not have the L-frames)



17. Stand wall up and screw together.



18. Build another adjoining wall with L's in corner. Staple gasket to bottom plate and stand up. Screw walls together in corner (as you did in steps 11-16).



19. Normal sauna heights are 82-84". If your sauna is being installed in an area with existing joists you can insulate the ceiling in joists and attach your wall framing and tongue and groove to the joists.

If joists are over 84" you will need to install a drop ceiling (see steps 21-24 for drop ceilings).



20. Build door wall and stand into place. Screw together. (This picture shows a front wall with a window, which is an option at the time of ordering.)





21. If a drop ceiling is needed: Measure up to the height desired. Usually 82" – 84" for a sauna.



22. Draw a level line. Attach a ledger board along the level line. Do the same on the opposing wall. These 2 boards will hold up ceiling joist. You can now screw joists into 2"x4" wall framing.



23. Once all ceiling joists are secured remove ledger board.



24. Run 1"x4" or 2"x4" along top of joists attach with screws or nails. This will keep joists from twisting or you can use blocking between joists.





24. If you are attaching a sauna wall to an existing wall it may fall between two studs. You will have to install backing to nail tongue and groove later.



25. Installing backing for nailing tongue and groove.



26. Installing blocking in stud walls. If you alternate blocking 4' up and 4' down, it makes it easier to screw into place. Insulation also typically comes in 4' so you will only have to cut 1 piece per section.



27. Frame for inlet vent opening for heater. Vents we supply require a 3" x 10" rough opening. Cut 2"x4" to fit between studs a heater location. Add 2 pieces of 2"x4", 3" long and 10" apart.

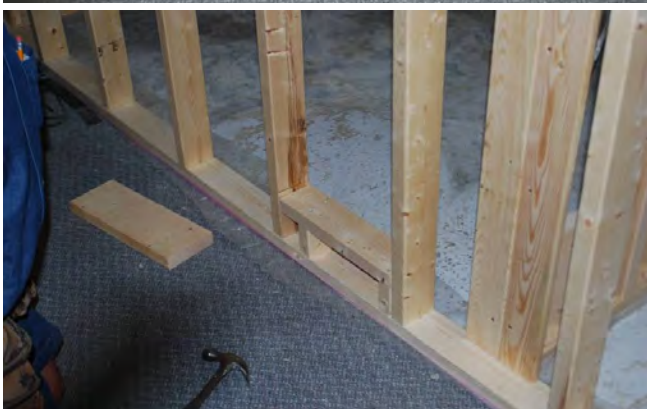
**See Assembly Guide - Venting & Vent Location on page 47**



28. Screw one 2 1/4" piece to end of 2"x4".



29. Screw on 3 1/4" piece 10 1/4" from first piece.



30. Attach between 2"x4" of heater location.



31. Building air outlet vent opening.  
Best to install farthest away on a diagonal from air inlet. About 3'-4' from floor, above top bench for easy adjustment. The slider vent requires a 3' diameter opening.

**See Assembly Guide - Venting & Vent Location on page 47**



32. Two 2x4's cut to fit in between studs. Two 3 1/4" pieces. Screw together 10 1/4" apart.



33. Installing air outlet opening.



34. Installing air outlet opening.



35. If your DIY kit comes with bench hangers instead of bench frames you will need to install some backing to screw hangers to.

Cut 2"x6" blocking to fill between studs at bench hanger locations.

See Fig 2





36. Installing backing for bench hangers.



37. Backing for hangers.



38. Drill holes to attach base plate to floor.

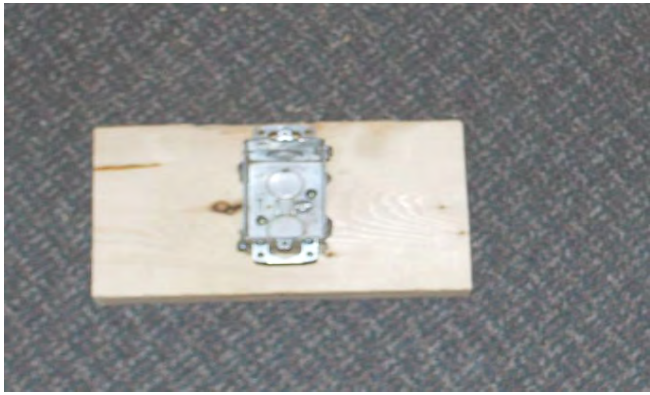


39. Use tap cons to secure base plate.





40. Cut out base plate between door studs.



41. Light switch installation.  
Measure between studs at switch location. Cut piece of 2"x6". Screw switch box to 2"x6".



42. Position electrical switch box to be flush with tongue and groove.



43. Secure 2"x6" in place with screws.



44. Toe nail or screw into place.



45. Installing 3 gang electrical box for controls. Backing for 3 gang electrical box. Cut piece of 1/2" material to fit between studs at heater control location (you can use a piece of plywood).



46. Screw 1/2" material on to 2 pieces of 2"x2". This is done so that you have more material to attach plywood between studs.



47. Place 3 Gang box onto 1/2" material and flush box to a piece of tongue and groove so that when it is installed it doesn't extend beyond the tongue and groove.  
The above instruction is for when outside tongue and groove is ordered. If drywall is used to cover the outside make it flush with the box.



48. Remove 3 gang box and secure into place.

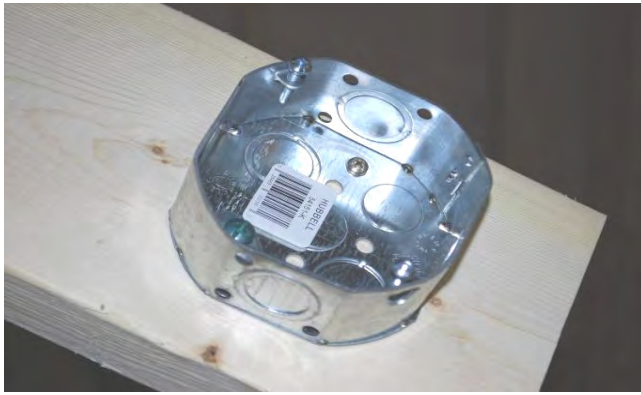


49. Place 3 gang box back into place and level box.



50. Screw box into place. Use 1/2" to 3/4" screw so they won't come thru the tongue and groove.





51. Installation of octagon electrical box for light. Measure between ceiling joists at light location. Cut 2"x6" to size.



52. Place box between joists.



53. Flush box to piece of tongue and groove so that the box does not extend past the tongue and groove.



54. Screw or nail 2"x6" in place



55. Insulating ceiling.  
Use R-20 insulation as most of your heat loss is in the ceiling. You can also use regular R-12 insulation by laying insulation perpendicular on top of joist and one layer between joists. Make sure insulation is for 16" O.C.





56. Fitting insulation around light.



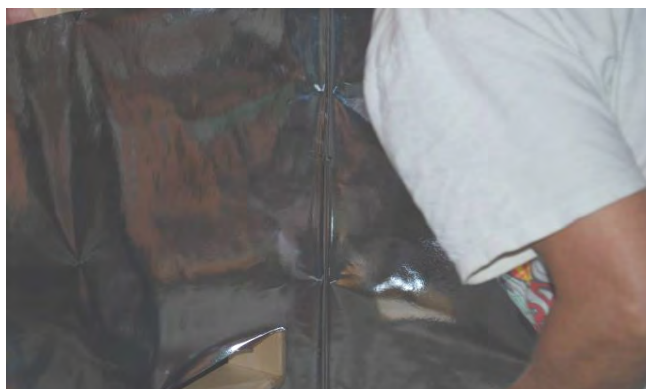
57. Insulating ceiling.



58. Use minimum of R-12 in walls. Make sure insulation is for 16" O.C's. Fit insulation between wall studs.



59. **Installing the foil vapour barrier:** Start at bottom and roll foil vapour barrier out. Staple to studs at the top, bottom and centre. The shiny side faces into the sauna.



60. Fit foil into corner and staple onto both sides.



61. Cut out around vent area.



62. Cover top of walls the same as bottom. Should have an overlap of about a foot for a 7' high sauna.



63. Bring foil down the walls 1 to 2 inches. Cut out for light boxes.



64. Install tongue and groove onto ceiling first as walls will help support the ends of the tongue and groove. Start with groove against wall. Nail tongue and groove ends into the face and tongue nail (blind nail) into ceiling joists.

**\*Refer to your Material List for the length of tongue and groove material to be used on the ceiling.**



65. Rubber mallet may be used to tap tongue and groove into place.





66. Tongue nailing into joists. Using a brad nailer will decrease installation time. You can also use a hammer and 1 ½" galvanized finish nails.



67. Cut tongue and groove to fit around electrical box for light.



68. Measure for last piece of tongue and groove and cut to fit.



69. Finished ceiling.



70. Next you will start with your back wall. Tongue and groove should be started  $\frac{1}{2}$ " off floor to prevent wood from soaking up moisture. Find lowest point on floor. Assuming ceiling is level measure down to lowest point and subtract  $\frac{1}{2}$ " for spacing. This will be your starting point. Tongue and groove will have to be ripped on a taper as floor rises. **See figure 6.** Start tongue and groove on backwall, then side walls and front wall last.



71. Continue installing tongue and groove, face nailing the ends and tongue nailing into studs. Check to make sure tongue and groove is running level.

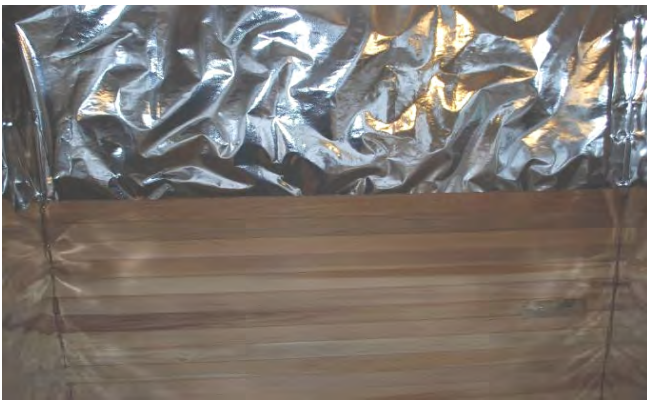


72. When you get to the vent opening, place tongue and groove into position, mark with pencil and cut out with jig saw. Install as previously done.



73. Insert vent into place.





74. Continue installation of tongue and groove.



75. Check to make sure you are level frequently.



76. **Helpful hint** for installing top piece of tongue and groove. Place second last piece of tongue and groove into place but do not nail. Measure remainder. Trim piece to fit with bevel on back. Fit two pieces together.

Beveling the top piece will make sliding the last piece in easier.



77. Slide both pieces into tongue of previous piece.



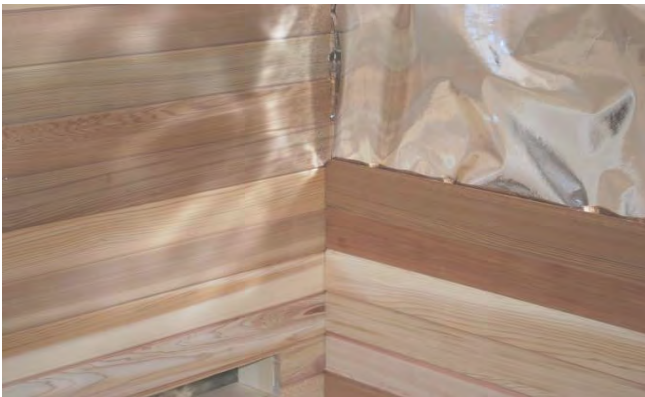
78. Picture showing last 2 pieces for top of wall. Bevel on top trimmed piece.



79. Tap into place with block of wood and hammer. Face nail ends.



80. Finished wall. Top piece of tongue and groove will have to be ripped to fit.



81. Start next wall leaving  $\frac{1}{2}$ " space at floor as previously done (in step #87). Make sure tongue and groove is lined up in corner and check with a level as you go.



82. Finished wall. Top piece will have to be ripped to fit.

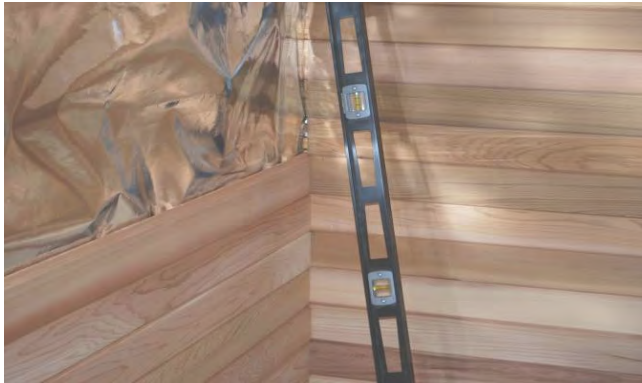


83. Cut out opening for air intake valve.





84. Trim piece of tongue and groove to fit with jigsaw and install. The heater will cover the air inlet opening. The vent cover is installed on the exterior of the sauna.



85. Continue installing tongue and groove checking to make sure your are level as you go.



86. Installing tongue on front wall. Cut pieces for both sides. Install first piece on either side of door leaving 1/2" space. Use level to make pieces are level.



87. Picture showing one side of door with window. (A window is an option you may have purchased at time of order)



88. Installing tongue and groove door. Place tongue into place. Mark top of door opening. Cut out with jigsaw.



89. Tongue and groove cut out at top of door.



90. Continue installing tongue and groove until wall is finished.



91. Installing your benches. Layout pre-cut bench frames.



92. Screw or nail upper bench frame top (18 1/2") onto rear supports (29 3/4"). Nails are provided in kit.



93. Screw or nail lower bench frame tops (15") onto front supports (11 3/4").





94. Screw bottom piece of bench frame (33 1/2") to both ends of front and rear bench supports.



95. Screw or nail support in center.



96. Join front and rear supports.



97. Joining front and rear supports.



98. Finished Frame.



99. Place bench frames into position. One at each end.



100. Longer benches will have a center frame.



101. Finding bench length. Measure wall over frames to find length and subtract  $\frac{1}{4}$ " for fit.



102. Cut bench tops and fascia to length and layout on table. If you have a square edge it helps to keep bench tips lined up.



103. Place  $\frac{1}{2}$ " spacers (not provided) between bench tops. Place fascia on front bench top. Mark 2" from end, then every 7".

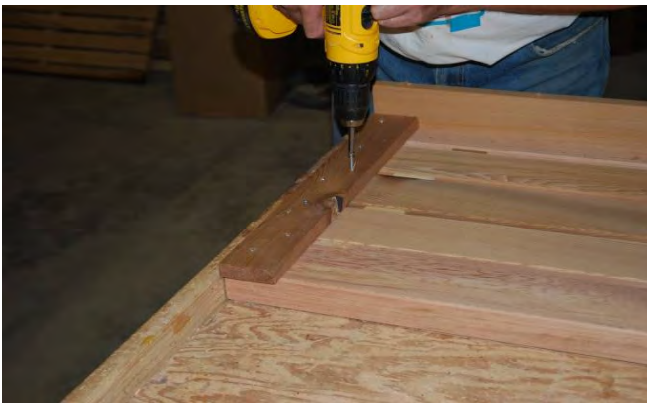




104. Pre-drill on marks.



105. Fasten fascia onto bench top with 3 1/2" screws provided. Bench fascia is 1/2" back of front and flush on ends.



106. Place cross-pc on both ends and fasten with 2" screws provided.



107. When you have 3 bench frames, one x-pc is placed in the center.



108. Screw x-pc with 2" screws. Remaining x-pcs should be spaced evenly.





109. Remove 1/2" spacers.



110. Place top bench into position.



111. Top bench in place. Make sure center bench frame is lined up with center x-pc.



112. Flip up top bench and faster frames to wall.



113. Place bottom bench into position on top of frames.



114. Attach bench top to frames with 2" screw between 1/2" space.



115. When you have an L-shaped bench you'll need to install a bench hanger onto fascia of upper bench. Place x-pc material under overhang of bench top.



116. Place bench hanger against fascia under x-pc and fasten with 10 screws.



117. Fastening hanger to fascia.



118. Remove x-pc.





119. Installed hanger.



120. Secure bench frame to wall flush to bottom bench.



121. Secure frame to wall in corner.



122. Measure from bench top to corner.  
Subtract  $\frac{1}{4}$ " to fit.



123. For L-benches that will sit on a bench hanger cut fascia  $\frac{1}{2}$ " longer than bench tops. Install fascia and cross piece,  $\frac{1}{2}$ " past bench tops on end of bench that sits on hanger. Make sure cross piece will line up with bench frames.





124. Bench that sits on frame, only the fascia needs to be installed past the bench top.



125. Bottom bench installed.



126. Assembling 2 sided heater guard. Screw 15" verticals to horizontal 1x4.



127. Determine which way the heater guard is to be mounted then screw 2x2 heater guard leg to 1x4 horizontal.



128. Attach 2x2 to 1x4.



129. Screw 15" vertical onto 1x4 horizontal.



130. Stand up 1x4 and 2x2 leg assembly. Line up 1x4's and screw together.



131. Line up remaining 1x4's and screw together.



132. Install mounting brackets for heater.  
Heaters should be mounted at the manufacturers recommended height (found in heater install guide). Put block of wood the desired height at heater location.



133. Place heater on blocks of wood.



134. Draw mark underneath top hangers of heater.



135. Two marks for mounting brackets.





136. Place bottom on the bend on bracket to mark on wall.



137. Screw bracket into place.



138. Repeat for second bracket.



139. Heater can be slid onto bracket. Heater should be wired before mounting onto brackets or screwing the heater guard into place. Bracket screws should hit blocking installed in framing.



140. Place heater guard into place.



150. Screw heater guard into place through 15" pieces.



151. Screw opposite side into wall.



152. **Making the floor.** The duckoatd floor only covers the walking area in front of the benches. Measure floor area after benches and heater guard in place. Cut floor boards to measurement. Layout floor with good face down and 1/2" space between boards. Since good face is down make sure that when you flip to the good face up it will be the proper layout.



153. Recommend using carpenter's glue when attaching sleepers.



154. Place sleeper into position.



155. Screw sleeper to floor boards with screws provided. You can also staple sleepers on with  $\frac{3}{4}$ "-5/8" staples.



156. Attaching second sleeper.





157. Depending on the shape and size of floor will determine number of sleepers.



158. Finished floor can also be made in 2 rectangular pieces.



159. Placing floor into position.



160. Floor in place.



161. Window installation (if you have ordered a window for your sauna). Make sure window is level. Slide shims from both sides to fit snug.



162. Once shims are in place nail in place through shims.



163. Nailing through shims.



164. Score shims with utility knife and snap off.



165. Installing door frame. Place door and frame into rough opening. Make sure sill is level. Slide shims into hinge side making sure frame is square to sill and plumb. Fasten with finishing nails.



166. Fastening frame on hinge side.



167. Position shims on catch side. Make sure door will open freely before nailing.



168. Nailing frame on catch side. Once frame is secured, score shims with utility knife and snap off.





169. Pry off block from catch side.



170. Pry off spacer from bottom of catch side.



171. With door closed and flush to frame on outside, place top door stop against door and fasten with finishing nails or brad nailer.



172. Fastening top piece of door stop.



173. Place doorstop against door and fasten to side frame.



174. Window casing ( if you chose to order a window with your sauna). Measure length and width of window. Cut 2 pieces  $\frac{1}{4}$ " longer for each of length and width on a  $45^\circ$  angle. This will give  $\frac{1}{8}$ " reveal around frame. Attach casing with finishing or brad nails.



175. Finished window trimmed.



176. Measure between top of door frame. Cut top piece of door casing  $\frac{1}{4}$ " longer than measurement. Attach top door casing  $\frac{1}{8}$ " past on each side.



177. Measure from floor to top casing and cut side casing to fit. Attach with finishing nails



178. Finished trimmed door area.



179. Electrical box for light.



180. Wiring light. All electrical installation should be done by qualified electrician.



181. Light mounted.

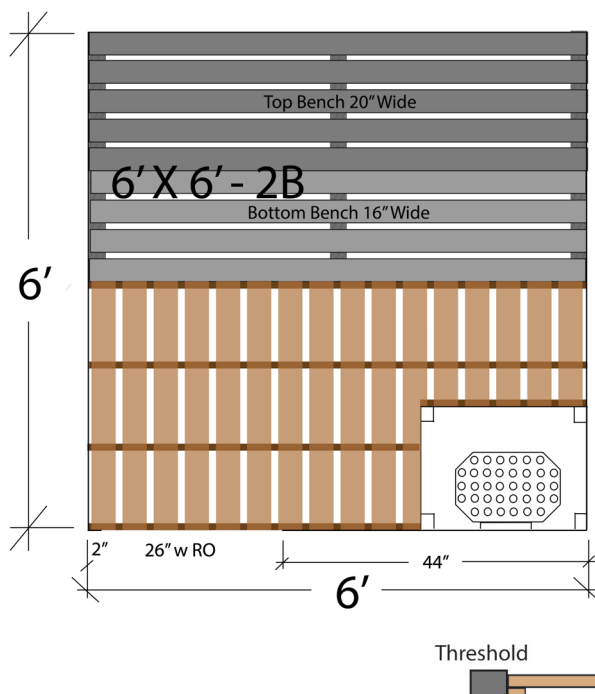


# Home Sauna Kits

## Assembly Guide – Floor Duckboard Kits

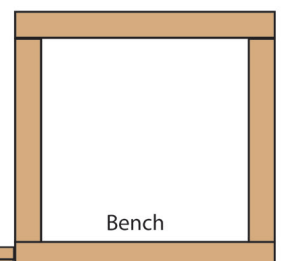
The following guide will provide general instructions for assembling a Floor Duckboard Kit. The purpose of floor duckboards is to provide a cedar surface to walk on, instead of tile or concrete. The duckboard is not to be installed inside the heater guard area, as it can interfere with the clearance of the heater. Duckboard is included under a single top bench, but not a lower or 2-tier bench. This is called the walking area of your sauna.

- **Material Included:**
  - 1x4 Cedar Duckboard planks: These will always go in the short direction, based on the walking area of the room.
  - ½" Cedar sleepers: These run underneath the duckboards in the long direction.
- **Trimming to size**
  - Lay out your floor duckboard in the walking area, trimming to length, and using ½" gaps between each duckboard for proper air flow. Rip the final duckboard if necessary.
  - Lay the floor sleepers in the walking area, cutting to length where necessary. We provide a sleeper for each foot of length for the walking area.
  - The duckboard kit typically includes a cutout for the heater, whether it is installed on the front or side wall. Trim to the size of the heater guard.
- **Assembly**
  - Attach the sleepers from beneath the duckboards, so there are no visible marks on top.
  - We recommend fastening with 1" wood staples or brad nails (not provided).



**Top View:** Shows the duckboard location in a 6x6-2b Sauna. Sleepers run under the end of each duckboard, attached with 1" wood staples. Duckboards run under a top bench, but not a bottom bench.

**Side View:** Duckboards run from the front wall to the edge of the bottom bench.

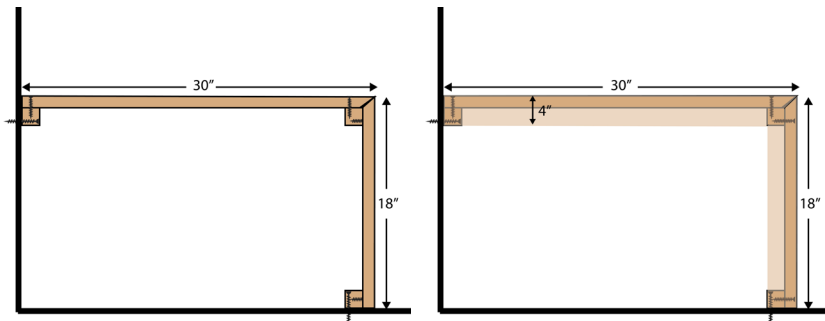


# Home Sauna Kits

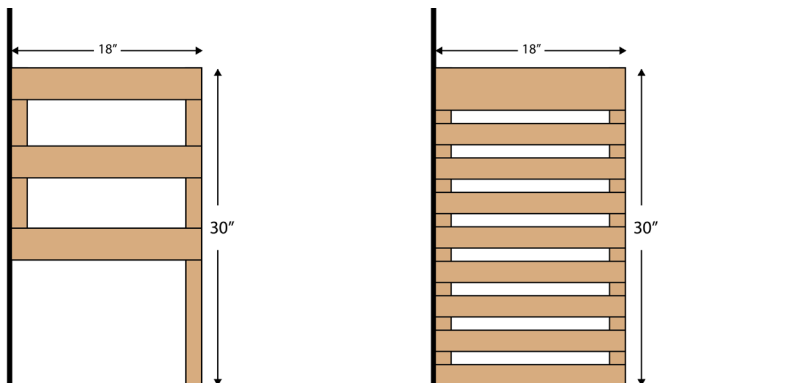
## Assembly Guide – Wall Mounted Heater Guard Kits

The following guide will provide general instructions for assembling a Heater Guard Kit. A heater guard kit is recommended by the manufacturer to prevent burning yourself on the heater.

- Material Included:
  - 2x2 Legs, 2pcs for a 2-sided guard, and 3pcs for a 3-sided guard
  - 1x3 fencing, 3pcs at 30" for the front, and 3pcs at 18" for the side. (6pcs for 3-sided guard)
- Trimming to size
  - One of the 2x2 legs is to be cut into half, to anchor on the wall. The other legs can be trimmed to the height of the heater.
  - The 1x3 fencing can be trimmed to length based on the minimum clearance of the heater
- Assembly
  - Space the fencing pieces at regular intervals, with one end on the wall side, and one on the leg. Attach fencing with brad nails, or wood staples. Repeat with the other sides.
  - Once all sides are assembled, stand the heater guard in the desired location, anchor to the wall.
- Variations
  - A Full Cedar heater guard is available, with 1x3 and 1x6 cedar planks running up to 36" height, with a cedar cap on the top.
  - One of the fencing pieces can be installed on the top as a cap pieces, to create a small ledge.
  - Fencing can be installed with a 45-degree miter to avoid rough edges



**Top View:** : Shows screw location and sizes. Second picture shows an optional cap piece with 45° Miter.



**Side View:** Trim to Height of Heater. Second picture shows optional Full Cedar Heater Guard.

# Home Sauna Kits

## Assembly Guide – Benches and Bench Frames

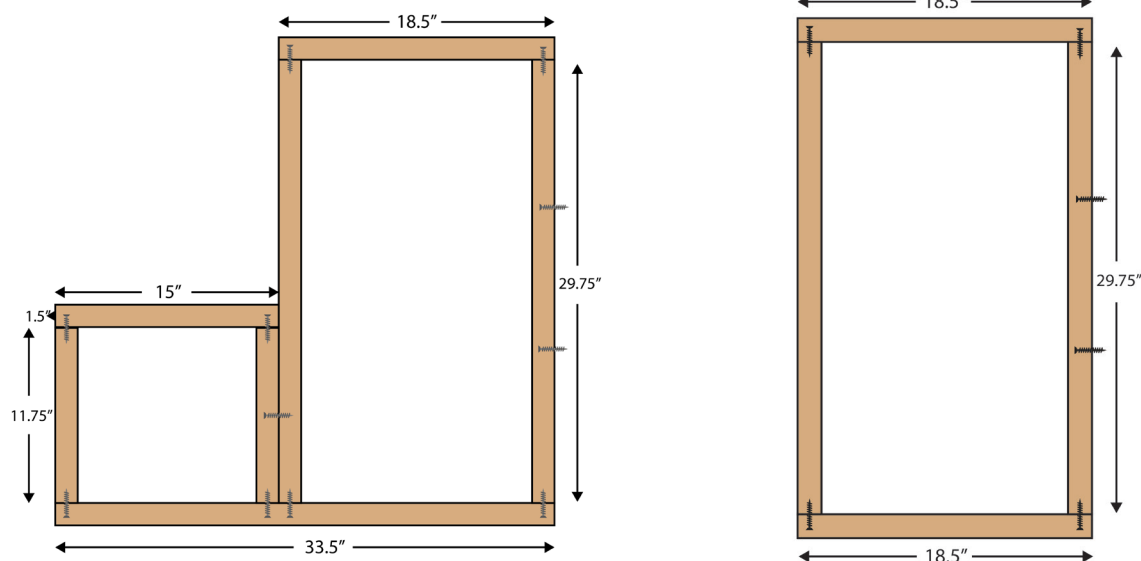
The following guide will provide general instructions for assembling Bench Frames and Benches. Bench Frames are provided to transfer the weight to the floor. These are to be assembled and placed in location, with the completed bench to be mounted on top. Your kit may include L-benches, which are to be installed after the main benches.

- Material Included:

- 2x4 Bench Frame Kits – Pre-cut and taped together
- 2x4 Bench Tops – Planks are made of the thickest 2x4 material
- 1x3 Crosspieces – Hold the bench planks together from underneath
- 5/4x3 Fascia – A strip that runs across the front of the bench to cover the frames
- Hardware – 2" screws for crosspieces, 3.5" screws for bench frames and Fascia

- Assembling the Bench Frames

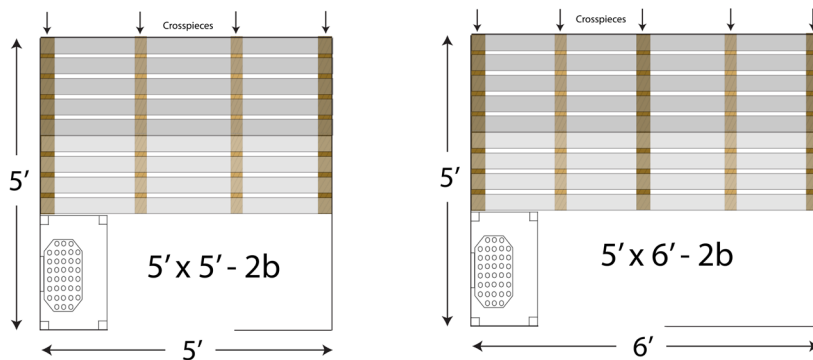
- Bench Frame kits are to be assembled as below, which shows a standard layout for 20" top and 16" bottom benches. Frames are to be anchored to the wall for stability.
- Benches are to be positioned in the sauna room. 2 frames are provided for 5' and shorter benches, and 3 frames for 6' and longer benches. The bench frame location will match the crosspiece location on the bench.





## • Assembling the Benches

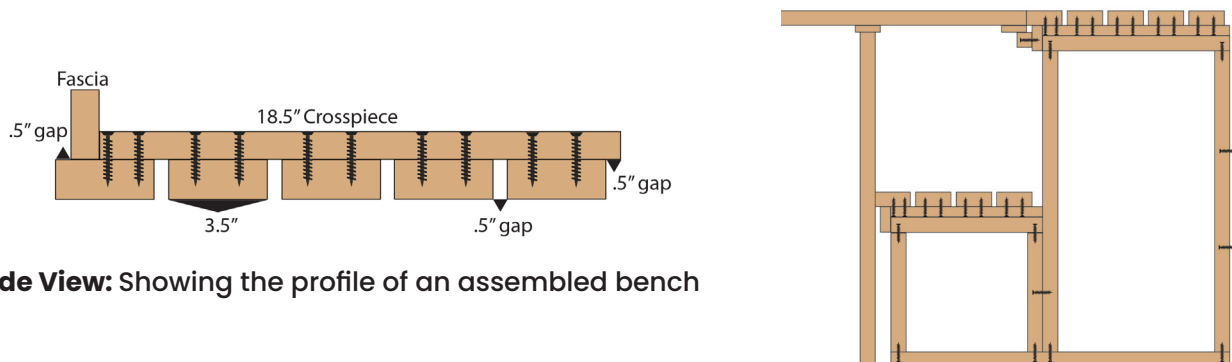
- Cut the 2x4 planks to the actual measurement between walls once the T&G is installed.
- Lay out the boards with a  $\frac{1}{2}$ " gap between each plank. TIP: floor sleepers and door stops are  $\frac{1}{2}$ ".
- Place the fascia on top of the front piece, offsetting it by  $\frac{1}{2}$ ". Lay the crosspieces behind so that it is flush with the fascia. You will be assembling the benches upside-down.
- The crosspieces will leave a gap at the back. This is for air flow and to prevent water pooling.
- Attach the fascia with 3.5" screws every 6". Attach the crosspieces with 2" screws, with the screws are on an angle. If the screws are too deep, they can protrude out the top of the bench.



**Top View:** Shows the bench frame and crosspiece locations for a 5' and 6' bench.

## • L-Benches and Single Tier Benches

- The main benches are to be installed before any L-benches. 3-Bench layouts will have a single bench, with a single tier bench frame. This will keep the L-benches at the same height.
- Upper L-benches will extend over the bottom main benches, and a hanger is to be used to support the weight at the bench junction. This is for maximum stability.
- Bench frames will be located at the wall end and flush with the bottom main bench. A third L-bench may be used for lengths over 6'.



**Side View:** Showing the profile of an assembled bench

## • Bench Skirting – Optional Upgrade

- Bench skirting can be ordered to close the vertical gaps between the benches.
- Skirting is made from 1x3 material and is attached to the front of the bench frames. We recommend a  $\frac{1}{2}$ " gap between planks for proper air flow.
- You can order skirting on either the top or bottom benches, or on both. If skirting is ordered on both, you will not be able to sweep under the benches.

# 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:**

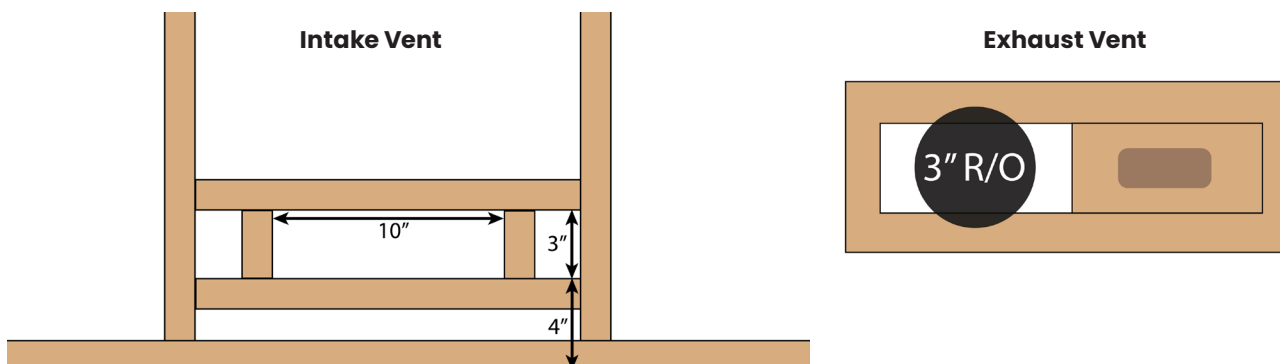
- Exterior Vent Cover – Use a Grill to match the rest of your décor
- Duct work or fans are not required unless part of a mechanical ventilation system.

- **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.

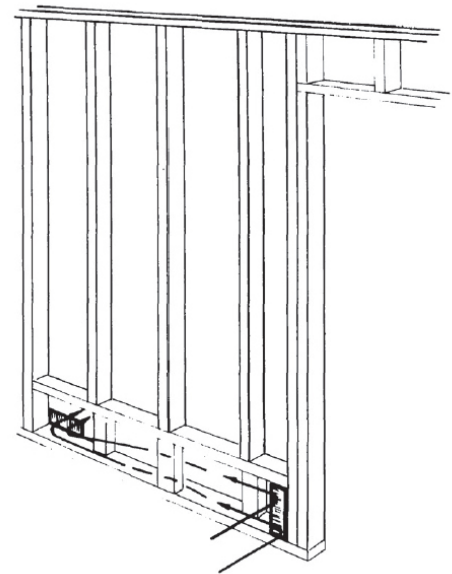
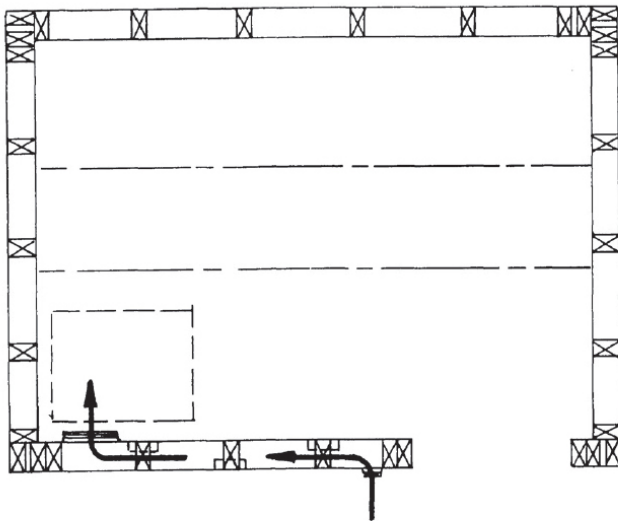
- **Rough Openings**

- 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.



# Home Sauna Kits

## Assembly Guide – Fixed Backrest & Bench Skirting

The following guide will provide general instructions for assembling either a Fixed Backrest or Bench Skirting. The purpose of these kits is to provide a vertical cedar surface to lean on, or to close off the vertical gap between benches and the floor. Fixed back rests are installed on the wall above the top bench, at a height that is desirable. Bench skirting is attached to the bench frames and is not compatible with floating benches. Bench skirting can be installed on either the top or bottom benches. It is important to use ½" gaps between each board for proper air flow and to prevent moisture collecting underneath the benches. Closing off the area under the benches is not recommended.

- **Material Included:**

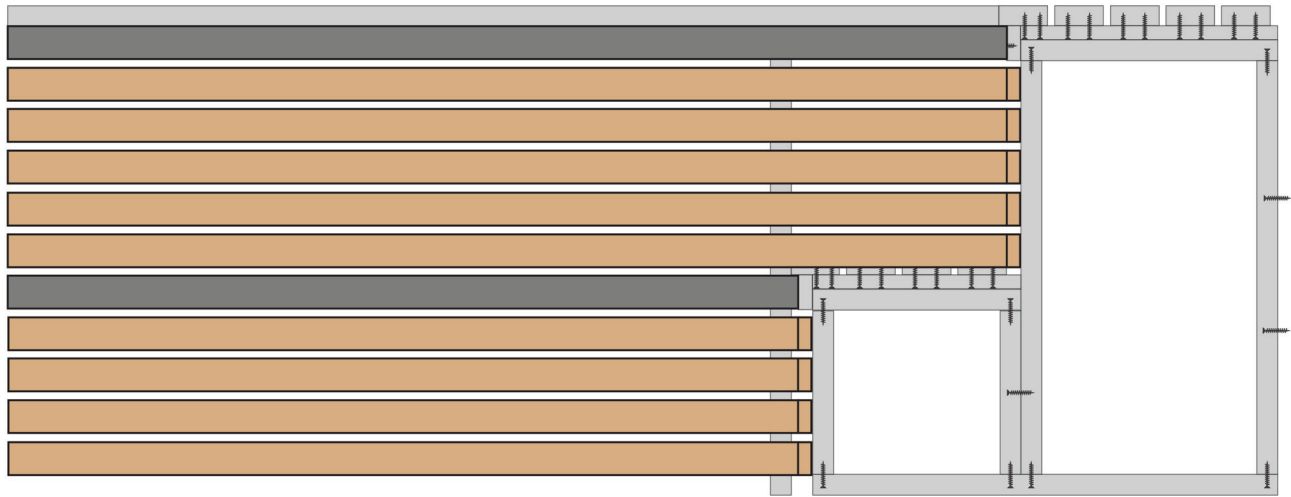
- 1x3 or 1x4 Cedar Duckboard planks: These will run in the long direction, from wall to wall.
- ½" Supports: For Fixed Back Rests, these spacers will separate the back rest from the wall.

- **Trimming and Assembly**

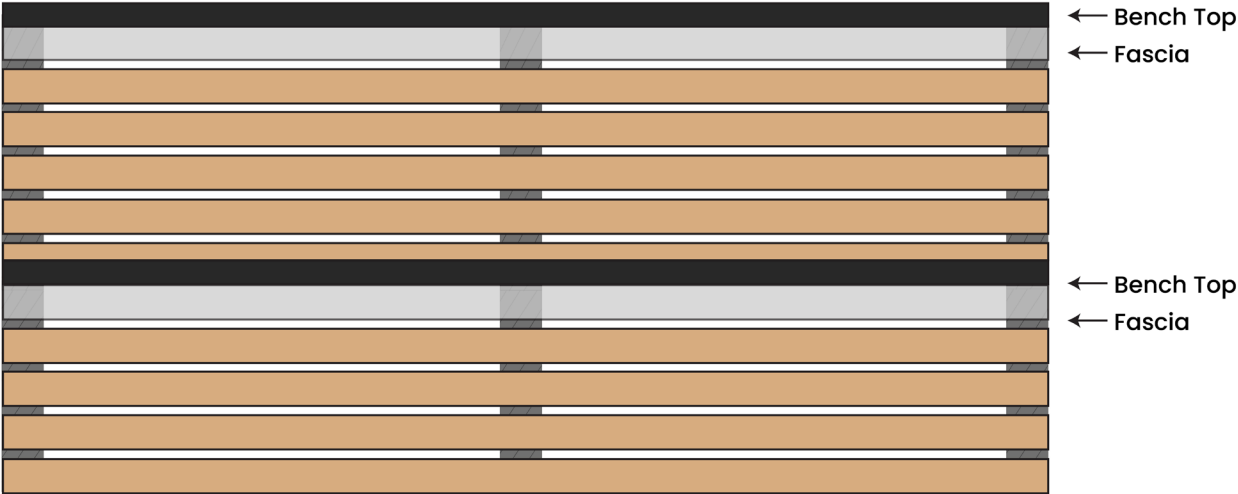
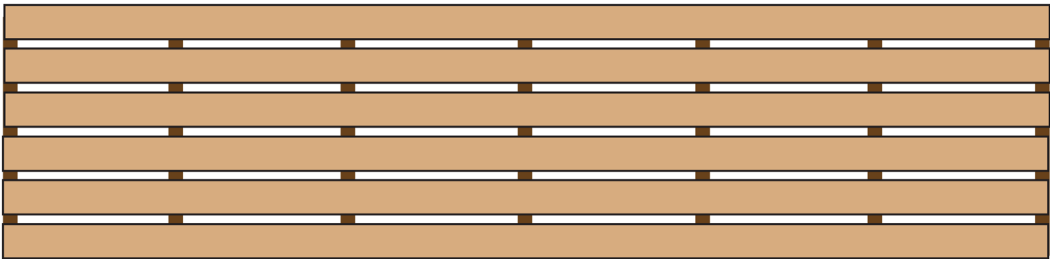
- Measure where the fixed backrest and bench skirting will go and trim the boards to length.
- For fixed backrests, lay the material on a flat surface and use ½" spacers for uniform spacing.
- Attach the supports from behind using 1" wood staples. One support for each foot of length.
- Mount the finished backrest at a desired height, and secure to the wall using 2" screws.
- For Bench skirting, mount the slats on the bench frame starting from the top. ½" spacers can be used to provide uniform spacing.
- Attach all bench skirting slats using either 1" staples from the front, or 2" screws from behind.
- For an upper L-bench, skirting material will be provided for the full height. Skirting will end where it meets the main bench skirting.



**Assembly View:** Fixed Backrest run the full length of the wall and are assembled with 1" staples



**Side View:** Shows how bench skirting interacts in an L-bench setup



**Front View:** Shows a finished 2-tier bench with skirting and fixed back rest highlighted

# Home Sauna Kits

## Assembly Guide – Window Framing & Installation

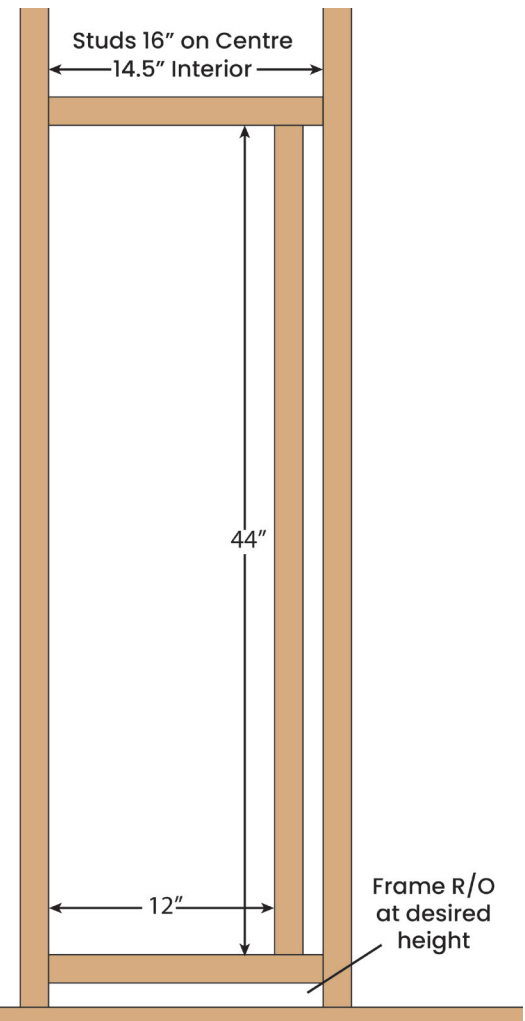
The following guide will provide general instructions for identifying and assembling the components of our framed window units. This guide assumes you already have the required knowledge to install a window unit and have framed the rough opening using 2x4 studs. Diagrams and instructions are provided to show the components of your window unit.

- **Material Included:**

- Sauna Window Unit – The window unit will be assembled in a 2x6 frame to fit the specified R/O
- Window Casing Sets – Casing will be provided for the interior and exterior. These are typically longer than the rough opening, so that a 45° miter can be cut on the corners
- Window Frame – Made of 2x6 Cedar for 2x4 studs.  
Please specify if a 2x8 frame is needed.

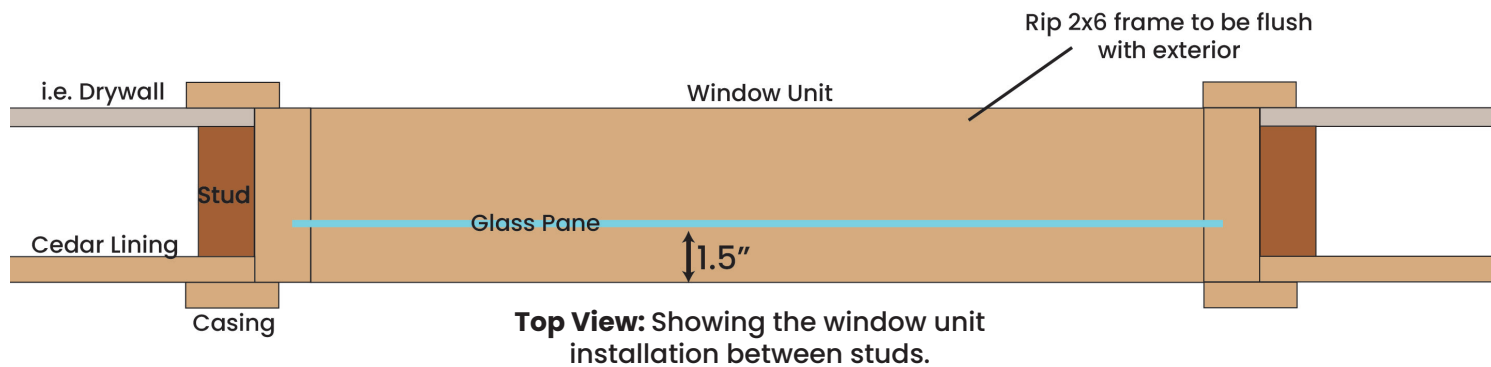
- **Material NOT Included:**

- Silicone sealant – apply a strip of silicone around the entire window groove to prevent moisture leaking. This is necessary to seal the window for exterior use.
  - Stain Preserver – We recommend applying a sealant to the exterior to prevent water damage, and to prevent moisture from entering the room. For the interior, we recommend using a sauna grade sealant that will not off-gas in the high heat.
- **Measure & Confirm the Rough Opening & Depth of Window**
    - The window will be assembled to fit in the rough opening specified.
    - Complete all interior T&G and exterior walls up to the edge of the rough opening.
    - Use adequate vapour barrier around the framing depending on the install location.
    - Confirm the depth of the wall once interior & exterior are installed.



Example: 12"x44" Window Unit R/O





- Rip the 2x6 Frame to the correct wall thickness
  - The 2x6 Jamb will need to be ripped to the actual thickness of the wall for a perfect fit.
  - Remove the screws on the corner to disassemble the 2x6 jamb.
  - Rip the 2x6 to the final thickness of the wall. The edge of the 2x6 will need to be flush with the interior & exterior material. The window casing will sit flush to cover any gap.
- Seal the Window Unit & Re-assemble for install:
  - For outdoor saunas, we recommend applying a strip of silicone in the glass channel, to prevent water from entering. This is not required for indoor saunas.
  - Re-assemble the window unit, ensuring the silicone sealant is complete. Wipe off any excess.
  - Use the screws provided to secure the 2x6 frame then slide inside the rough opening.
  - We recommend securing the frame to the studs to prevent it from moving after installation.
- Attach Window Casing & Seal the exterior:
  - Our provided window casing is intended to cover the interior & exterior.
  - Cut the casing to the desired length. We recommend a 45° Miter for seamless installation. The edge of the casing should be flush with the interior of the 2x6 frame.
  - We recommend applying a sealant to the exterior to prevent moisture leaks and to weatherproof the window unit.

- Glass Options:

Our window units can be made with several glass options. For interior facing windows, we recommend a single pane of 5mm glass, available in bronzed, clear, or obscure glass options. For exterior facing windows, we recommend a thermopane glass for extra insulation value. This comes standard with a light bronzing.

