



Dundalk LeisureCraft Western Red Cedar Indoor Cabin 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)
- * Rubber Mallet
- * Carpenter's Hammer
- * 6' Step Ladder
- * Cordless Drill (we supply the bit)
- * Hammer
- * 7/16" Wrench
- * Tape Measure

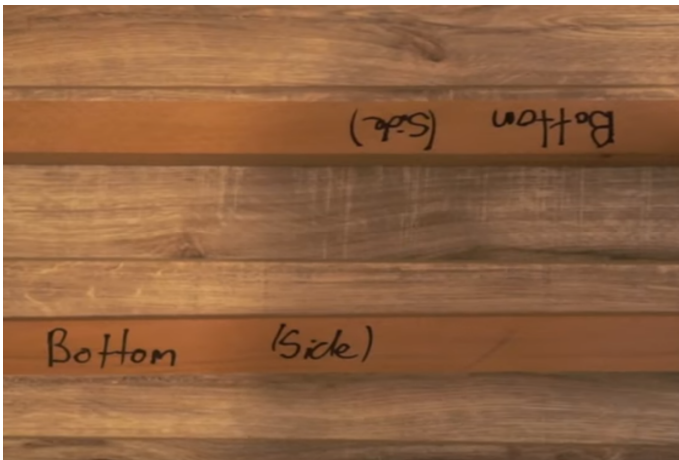
View the assembly process on YouTube



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Lay out and organize all of the sauna pieces.



Locate the 2 pieces marked "Bottom Side"



Using the provided 4 - "T-Nuts", tap them into the holes on the bottom of the side stave with a hammer.



Screw the threaded rod into each hole until your flush with the bottom of each T - nut.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Note that the grooves in the bottom staves are to face inwards towards each other.



Be sure to wash your hands to prevent grease from the threaded rods getting on any of your wood sauna pieces.



Slide the Front and Back Bottom Staves over the threaded rod and slide down.



The Front and Back Bottom Staves are flat on the bottom.

(Once the sides and front and back staves are threaded down over the rods, square up your base.)



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



In the same method, place side wall staves on either side.



Organize your pieces, front, back and sides.

You will want to have many of each ready and nearby for easier installation.



Insert your front wall staves as shown.



Now insert a back wall stave.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Once the fronts and back are installed, insert another side stave on both sides.

Repeat this order all the way to the top.

Front, Back ,Sides!



When you reach this stage, its time to install the pre hung door.

Ensure your sauna is square as you assemble the walls to make future steps easier.



Carefully slide the groove of the door frame into the front wall staves.

Decide at this point what way you want the door to swing open and install accordingly.



Continue adding wall staves.

Same as before, Front, back and then the sides.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



When you have the walls built around halfway to the top you can install the outer door handle.

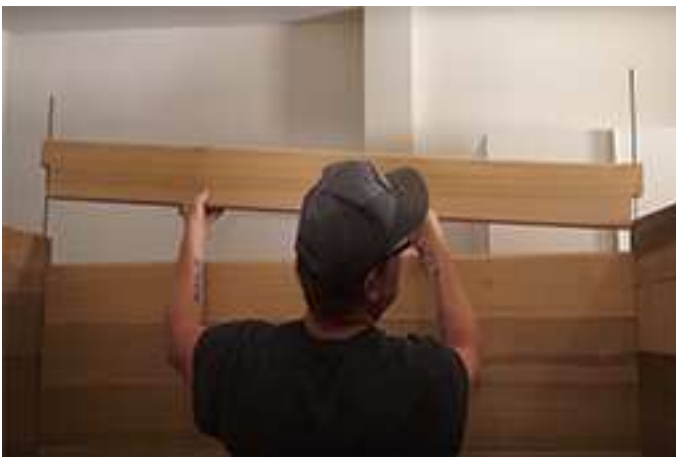
Place 2" screws into the pre drilled holes.

Measure 32" from top of door to middle of handle and then center handle and secure with the 2" screws.



Continue to build the walls up in same manner as before.

Bring wall staves into the sauna to make it more convenient in the assembly.



The staves should get easier to install and the structure much more stable as you progress upwards.

It is a good idea to try to ensure the sauna is "square" as you assemble to make future steps easier.



When you reach the top of the door, insert the door top stave.

It is a full length stave with a groove for the door cut out.



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The top staves will be “labelled”.

Install them on the walls they are labelled for.



Locate the 4 washers, 4 nuts and the wrench.



Place the washer then the nut on the threaded rods and tighten with wrench.

Do not overtighten!

Repeat on all 4 corners.



If necessary, use the rubber mallet to correct any warping or slightly out of place staves.

Tighten up the 4 bolts a bit more after using the rubber mallet.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Find one of the roof trim pieces.

It will have a hole in end like in picture.



Place the roof trim on top of the side wall.

The holes will go over the threaded rods.



Use the rubber mallet to tap the trim piece into position.

Once in position, screw trim piece to side wall using 2 ½" screws in the pre drilled holes.



Use the rubber mallet to knock the roof staves flush into each other.

Continue this process for the entire roof.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Tap the other roof trim piece flush into position using the rubber mallet.



Screw the roof staves into the front and back walls using 2 ½" screws.

Screw the roof trim piece into side wall in same manner as other side.



Secure outer trim pieces to the outside corners of sauna using 1 ½" screws in the pre drilled holes.

Repeat for all 4 corners.



Line up front roof trim piece flush with the side roof trim piece and secure with 1 ½" screws.

Repeat for the back roof trim piece.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Using 1 ½" screws, attach towel hanger in desired location.



Measure to the middle of the inside of the door and secure the inside handle/towel hanger with 2 ½" screws ensuring it is centered and level.



Place 2 ½" screws in the pre drilled holes of the bench brackets.

Make sure bracket is snug to wall and fasten screws.

Repeat at other end of Sauna.



Bring in the top bench (7 slats) and place on bench brackets.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Line up the remaining brackets to the supports on bottom of the bench.



Secure benches to the brackets using 1 ½" screws making sure to screw between the slats of the bench.

Repeat for all remaining brackets.

Repeat for Lower Bench

**Ensure center brackets are flush to wall before securing.*



Secure the middle brackets to the back wall using 2 ½" screws.



Repeat process if adding L-shaped benches.

Secure benches together using 2 ½" screws from underneath.



Dundalk LeisureCraft Cedar Indoor Cabin Sauna Assembly Instructions



Place the duckboard floor in front of the benches on floor.



Grab your interior trim pcs.

Measure each of the 4 corners inside your sauna and cut the trim pieces accordingly.

Place interior trim pieces flush in corners and secure with supplied nails.



Using a 2 ½" screw through middle hole on door hinge, secure door to frame.

Repeat on lower hinge.

Secure opposite side using 2 ½" screws through frame of door.



Fasten thermometer using a 2" screw in desired location.



Dundalk LeisureCraft Electric Heater Installation Instructions



To install the electric heater, Place heater on top of the included box of sauna rocks to get the correct height for installation.



Mark the placement of the heater brackets.



Attach brackets to wall of sauna with 1 ½" screws.

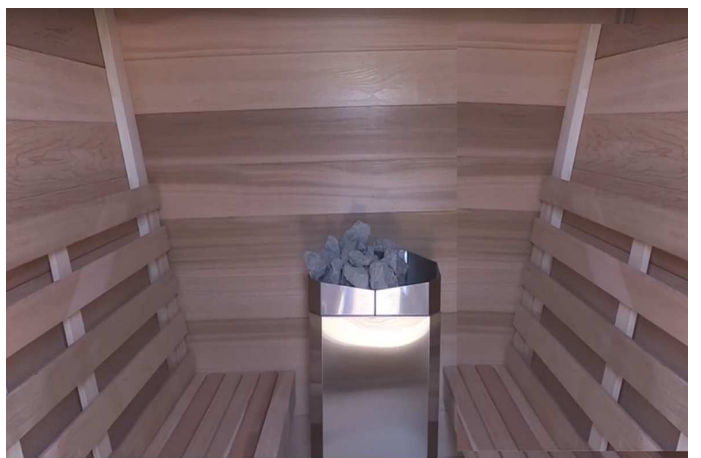


Place heater on wall brackets.



Remove the protective film from the heater before use.

* Wash the rocks thoroughly before placing them into the heater



Space rocks out evenly in top of heater.

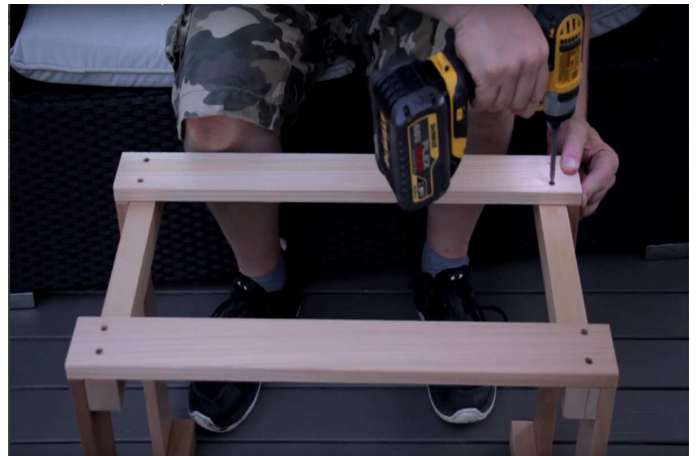
*Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process before using.



Dundalk LeisureCraft Electric Heater Installation Instructions



Stand the 2 sides of the heater guard on edge with pre-drilled holes on the bottom. Screw front guard support to either side using (2) – 2 ½” screws per side.



Assemble remaining front support to the 2 ends in the same manner as previous step.



Place heater guard around electric heater.
*Make sure heater guard is level before securing.



Screw guard to wall using 2 ½” screws



Using a 4” Drill bit, drill a hole on wall under heater approximately 5” from floor.



Now simply place the vent in the hole from the outside.



Dundalk LeisureCraft Electric Heater Installation Instructions



Using supplied screws, secure vent on the inside of sauna.



Secure the vent cover pieces with 1 ½" screws as shown.



Ensure the vent cover slides freely before screwing in tightly

Congratulations on the assembly of your new Cedar Indoor Cabin Sauna !



For assistance in the assembly of your cedar indoor cabin 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=67c-o20fKCo>

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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.

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 about 30% 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. It is important to drink during your sauna session and even a light snack.
9. Like bathing in a hot tub, excessive exposure can be harmful to a person's health. People with poor health should consult their physicians before using the sauna.

**THESE ARE GUIDELINES ONLY. ENJOY YOUR SAUNA WHATEVER WAY YOU DESIRE.
CHILDREN MUST BE SUPERVISED BY ADULTS.**

MAINTAINING YOUR SAUNA AFTER INSTALLATION

1. Wash the layer of rock dust off of the sauna rocks before using them.
2. When your sauna is set up and working you should "break-in" the sauna before using it for the first time. Turn it on its highest setting and keep it like that for about 1 hour. This is recommended to burn off any oils and impurities from manufacturing, and it also "cures" the woodwork. After about ¾ hour, slowly pour about one litre of cold water on the rocks. It should all turn to steam and not come out of the bottom of the heater. If it does, you're pouring too fast.
3. It is considered good sauna etiquette that guests take a shower with soap and sit on a double-layer of terrycloth towels to prevent perspiration from getting onto the benches and walls where the oils will accumulate over time.
After each use, leave the door fully open for the wood to dry out. Duck boards can be lifted up to air out if necessary.
4. Under normal conditions, a slight wash of the floor and benches several times a year will maintain its cleanliness.
The cedar benches can be washed with a mild solution of liquid cleaner and water to remove any buildup and perspiration stains from the wood. Never use ammonia or harsh cleaners as they can turn the wood gray.
5. Good care should be taken of the wooden bucket and ladle. They should be stored upside down to promote drying.
6. The peridotite sauna rocks may need to be replaced in 6 to 10 years depending on severity and frequency of use. In many cases, the rocks could last up to 15 years.
7. Do NOT use commercial wood sealers from local lumberyards or hardware stores. These are not designed to withstand the sauna temperatures or humidity!
8. Contact your local dealer or Dundalk LeisureCraft directly if you have questions or concerns regarding your product.