



# Madison Sauna Installation & Owner's Manual

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Revised February 2017

# 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 Almost Heaven 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 Madison 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 carpeted surface is not recommended.)

## ASSEMBLY

You should use two people for the assembly of the Madison 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
- Screwdrivers (Phillips and Flathead)
- Framing Square
- Utility knife
- Level

## Madison Sauna Packing List

- |  |  |
|--|--|
| <input type="checkbox"/> 4 Floor Risers        | <input type="checkbox"/> Upper Bench                               |
| <input type="checkbox"/> 4 Wall Support Rails  | <input type="checkbox"/> Lower Side Bench                          |
| <input type="checkbox"/> Wall Section A        | <input type="checkbox"/> Long Back Rest with pre-mounted LED light |
| <input type="checkbox"/> Wall Section B        | <input type="checkbox"/> LED power supply                          |
| <input type="checkbox"/> Wall Section C        | <input type="checkbox"/> Short Back Rest                           |
| <input type="checkbox"/> Wall Section D        | <input type="checkbox"/> Hardware packet                           |
| <input type="checkbox"/> Wall Section E        | <input type="checkbox"/> Bucket with liner                         |
| <input type="checkbox"/> Wall Section F        | <input type="checkbox"/> Ladle                                     |
| <input type="checkbox"/> Door Section G        | <input type="checkbox"/> Thermometer/hygrometer                    |
| <input type="checkbox"/> Wall Section H        | <input type="checkbox"/> Door knob kit                             |
| <input type="checkbox"/> Wall Section I        | <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"/> 4 pieces of Roof Trim | <input type="checkbox"/> Assembly manual packet                    |
| <input type="checkbox"/> Foot Rest             |  |



Assemble floor riser

### 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. Use a square to be sure the assembled frame is square.

**NOTE:** Be sure your surface is flat before you begin assembly.



Position wall support rails

### 2. Position the WALL SUPPORT RAILS

Place the 4 wall support rails on top of the assembled floor riser with the groove facing up.

Using 2" screws, draw the corners tight by angle screwing the corners together.

**NOTE:** One side of each rail is pre-drilled. After lining up the rails and prior to screwing them together, it is suggested that you pre-drill through the factory-drilled pilot hole into the second rail using a 1/8" drill bit. Drill about 1" into the second rail. This will prevent the possibility of stripping or breaking the screw.



Angle-screw corners to draw tight

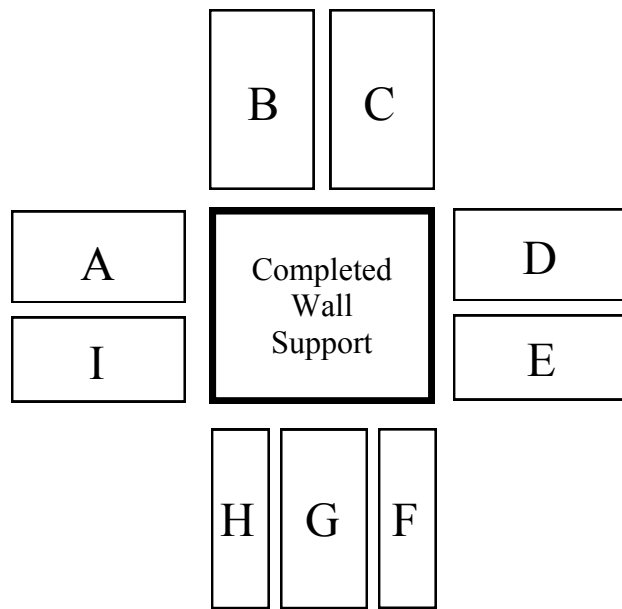
### 3. Fasten WALL SUPPORT RAILS

Using 2" screws, attach the support rails to the floor riser; be sure the groove is facing up. Use 4 screws for each rail.

The combined riser and rails is now called the wall support section.



Fasten wall support rails to floor riser



**ILLUSTRATION 1**

The 9 wall sections, A– I, will be positioned in the grooves of the completed wall support section as shown.



Position Wall Sections A & B

**4. Position WALL SECTION A & B**

Position Wall Sections A & B in the groove of the rail on the left rear corner of the sauna according to the guide on ILLUSTRATION 1.

**NOTE:** Wall A should only go as far back in the groove as shown so that the back wall section B can overlap the edge of wall A.



Position Wall Section B

**5. Attach Wall Section B to Wall Section A**

Using 2” screws, connect Wall Section B to Wall Section A using the pre-drilled holes.

**NOTE:** Be sure the wall edges and top edges align evenly.



Position Wall Section I

**6. Attach Wall Section I to Wall Section A**

Position Wall Section I on the left side of the sauna according to the guide on ILLUSTRATION 1.

**NOTE:** Wall Section I will attach to Wall Section A by way of the tongue and groove profile but will not be fastened with screws.



Position Wall Section C



Position Wall Section D



Position Wall Section E



Position Wall Section F

### 7. Position WALL SECTION C

Position Wall Section C on the right rear side of the sauna according to the guide on ILLUSTRATION 1.

**NOTE:** Wall Section C will attach to Wall Section B by way of the tongue and groove profile but will not be fastened with screws.

### 8. Position WALL SECTION D

Position Wall Section D on the right rear side of the sauna according to the guide on ILLUSTRATION 1. Using 2" screws and pre-drilled holes, fasten Wall Section C to Wall Section D.

**NOTE:** As with step 6, be sure the wall edges and top edges align evenly.

### 9. Position WALL SECTION E

Position Wall Section E on the front right side of the sauna according to the guide on ILLUSTRATION 1.

**NOTE:** Wall Section E will attach to Wall Section D by way of the tongue and groove profile but will not be fastened with screws.

### 10. Position WALL SECTION F

Position Wall Section F on the right front of the sauna according to the guide on ILLUSTRATION 1. Using 2" screws and pre-drilled holes, fasten Wall Section E to Wall Section F.

**NOTE:** As with step 6, be sure the wall edges and top edges align evenly.





Position Wall Section H

### 8. Position WALL SECTION H

Position Wall Section H on the left front side of the sauna according to the guide on ILLUSTRATION 1. Using 2” screws and pre-drilled holes, fasten Wall Section I to Wall Section H.

**NOTE:** As with step 6, be sure the wall edges and top edges align evenly.



Position Door Section G

### 9. Position DOOR SECTION G

Position Door Section G between sections F & H.



### 10. Position DOOR SECTION G, Cont.

Connect Wall Sections H and F to Door Section G by angle-screwing the wall sections with 2” screws.



Completed Roof Support

### 11. Build ROOF SUPPORT

Assemble 4 roof support rails by angle-screwing 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.



Attach Roof Support over walls

## 12. 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 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.

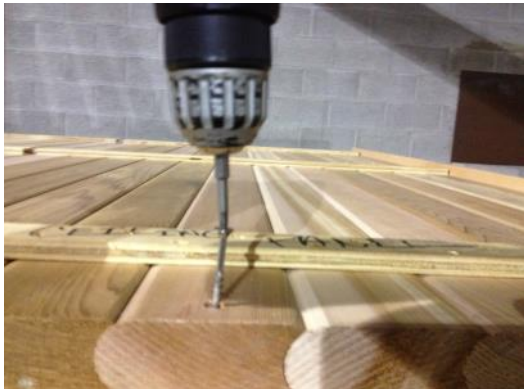


Position Roof Sections

## 13. Position ROOF SECTIONS

Place two Roof Sections on top of 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.

**NOTE:** Finished side of Roof Sections are to face the interior of the sauna with battens facing up.



Fasten Roof Sections to Roof Support

## 14. 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 13.



Attach Roof Trim pieces

## 15. Attach ROOF TRIM

Find the package of 4 Roof Trim pieces and attach to the raw edge of the Roof Sections with finish nails.

**NOTE:** The trim pieces are not pre-drilled. You may install using screws or finish nails, whichever style you prefer.



Attach Upper Bench

### 16. Attach UPPER BENCH

Using 2” screws, attach the Upper Bench to the Bench Supports using the pre-drilled holes in the Upper Bench.

**NOTE:** After attaching the bench to the two bench supports, look under the bench and also screw the bench to the back wall through the pre-drilled holes and with 2” screws.



Attach Foot Rest and Lower Side Bench

### 17. Attach FOOT REST & LOWER SIDE BENCH

Using 2” screws, attach the Foot Rest to the supports on wall sections A & D. Then install the Lower Side Bench. Using 2” screws, attach the Lower Side Bench to Wall Sections H & I and also to the Foot Rest using the pre-drilled holes.

**NOTE:** You will have to reach under the Lower Side Bench in order to screw it into the wall sections.



Attach Vent Cover

### 23. Attach VENT COVER

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

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

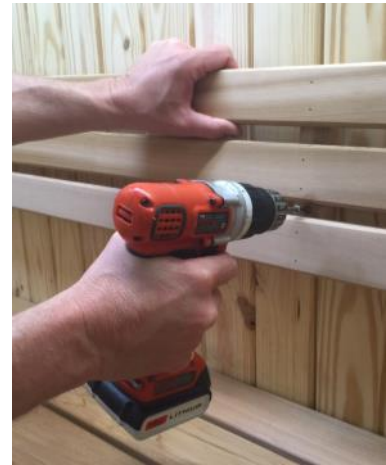




**18. Measure Height for LONG BACK REST**  
 Measure the desired position at which you will later install the Long Back Rest above the Top Bench. (Suggested: 8-12” above the bench and centered on the wall.)



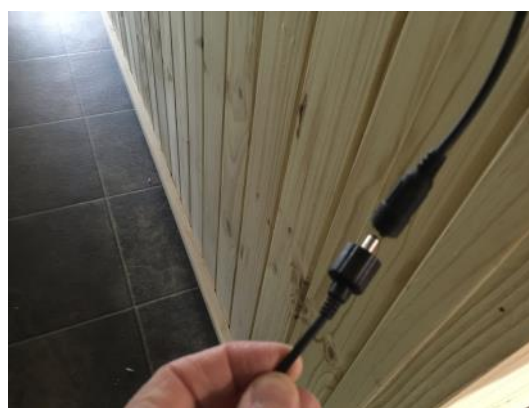
**19. Drill Hole for LIGHT CORD**  
 The LED lighting comes installed on the back of the Back Rest. Find the cord coming from the light switch and drill a small hole in Wall Section C to insert the Light Cord through so it comes through to the outside of the sauna.



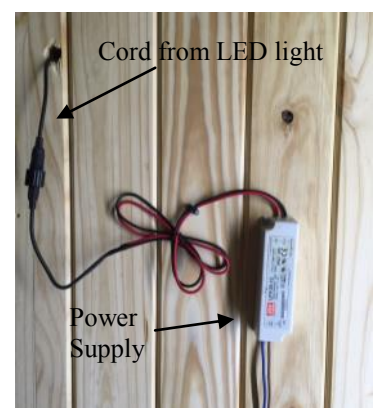
**20. Attach LONG BACK REST**  
 Use 2” screws and pre-drilled holes to attach the Long Back Rest to Wall Sections B and C.



**21. 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.



**22. 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.





## 24. HEATER INSTALLATION

Mount the heater as shown in the manufacturer's instructions. The heater should be mounted on Wall Section E, 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 8-2 w/ground, copper wire only, and 40amp non-GFCI breaker.



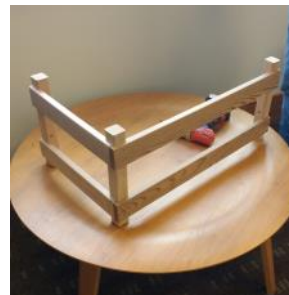
1. Your fence kit will arrive banded with stretch wrap. It consists of four pieces, shown here.



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



3. Attach the final piece—the remaining vertical fence post.



4. Position the fence around the heater and use the pre-drilled holes to attach it to the wall.





Adjust tension with hex wrench



Insert pin and relax tension to hold



Attach Door Knob on Door

## 26. DOOR HINGE ADJUSTMENT

The tension on the sauna door hinges needs to be set in order for the door to close on its own. Look for the small hinge box that is included with your sauna kit. The hinges have been installed on the sauna, but the box 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. You will feel the tension as you tighten. 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.

## 27. 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 gasket 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!**

