



Dundalk Leisurecraft


Cedar Mini Pod 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)
- *Carpenter's Level
- *Tape Measure

View the assembly process on 

www.dundalkleisurecraft.com



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1. Lay your sauna pieces neatly on the ground beside your build site.



2. Make sure to use a clean and level area for assembly.



3. Lay the 2 floor pieces down so the grooves will fit together.



4. Screw the floor together using 2 1/2" screws.



5. Flip over the assembled floor piece.



6. Attach rear wall piece centered on the groove, a bit of an overhang is normal.



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7. Secure using 2 1/2" screws.



8. Repeat for front wall support.



9. Attach front left wall flush with groove.



10. Secure with 2 1/2" screws on both sides.



11. Use a stave for support, screwing it on securely. Make sure stave is at same level on front and back wall.



12. Attach mid-back wall onto groove. Secure with 2 1/2" screws.



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13. Secure a stave on for support in the same manner as step 11.



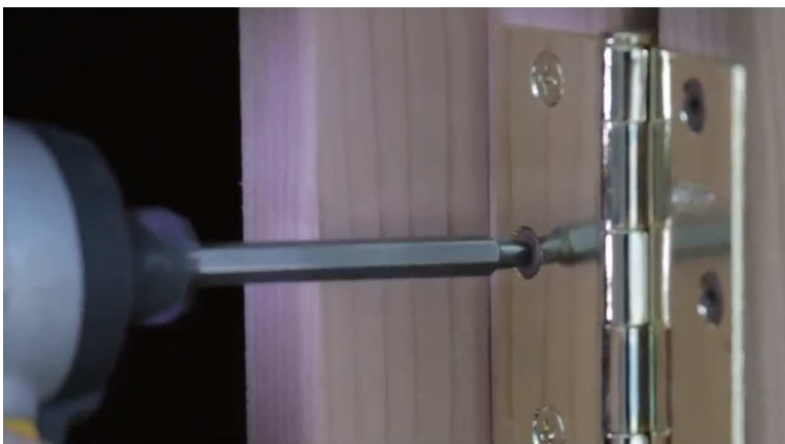
14. Attach top back piece with 2 1/2" screws.



15. Slide door into place on groove. Secure with 2 1/2" screws.



16. Repeat process for right side of door.



17. Secure door to right wall through the door hinges with 2 1/2" screws.



18. Attach support staves in same manner as in steps 11 & 13.



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19. Attach front top piece onto groove and secure with 2 1/2" screws. A little overhang is normal and will be covered by staves.



20. Measure the center of the door and attach the door handle using 2" screws.



21. When the front and back walls are fully in place, assemble the 2 top boards using 2 1/2" screws.



22. Using a rubber mallet, center the top piece with the markings on the front and back wall, Secure with 2 1/2" screws.



23. Attach Staves using a rubber mallet and tapping block to finesse into place, secure with 2 1/2" screws.



24. Attach staves from top to bottom on both sides.



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25. Move the support staves up and secure. Continue adding staves on both sides.



26. Attach bottom stave using a crowbar and rubber mallet, finesse into place. Secure with 2 1/2" screws.



27. Repeat on opposite side.



28. Center top trim piece and attach with 2 1/2" screws.



29. Add next piece of trim to top trim piece making sure they are flush. Continue to add trim pieces in this manner on all sides.



30. Attach the ice and water shield by first removing the adhesive backing.



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31. Starting flush to bottom of sauna, apply shield with the top side adhesive edge oriented upward.



32. Apply the next piece in same fashion overlapping the reflective part of the lower piece.



33. Repeat on both sides until fully covered.



34. Overlap the shield at top for a good seal.



35. Attach the beveled siding, smooth side out, thinner side up. Make flush with the bottom of floor.



36. Secure in place using rust-proof staples or cedar shingle nails every couple of feet



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37. Using the 6" spacing block provided, attach subsequent pieces.



38. Repeat to the top of both sides and cap off with the last board on the peak.



39. Attach towel rack left of the door with 2" screws.



40. Measure to center of door and attach door handle using 2 1/2" screws. Make sure handle is level.



41. Insert the air vent into the opening in the back wall, securing it with 1 1/2" screws from the inside.



42. Using the cover as a guide, line up the lower rail and secure with 1 1/2" screws.



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43. Make sure when securing the top vent cover rail that the vent cover can still move with ease. Be careful not to overtighten.



44. Attach the bench supports to the underside of the benches, evenly spaced and flush with front trim.



45. Using 2 1/2" screws, secure bench to floor and walls.



46. Make left bench flush with door frame.



47. Place the heater on top of the "box of rocks" to install at the correct height.



48. Mark the wall placement of the heater brackets. Secure the brackets using the screws provided with the heater.



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49. Remove the protective film from the heater before use.



50. Place heater on wall brackets.



51. Assemble the cedar heater guard using 2 1/2" screws as shown.



52. Attach heater guard to wall using 2 1/2" screws.



53. Install the thermometer centered above the door using a 1 1/2" screw.



54. Lastly, place the headrests and the water bucket in the desired locations.

WARRANTY

Our Products are warranted to be free of defects in materials and workmanship under normal use and service, for a period of three years (3 years) from date of purchase. With the warranty you will get a NO HASSLE next business day (depending on shipping service) replacement for all requested parts. Product must be cared for properly, this warranty does not cover misuse or negligence and the manufacturer is not liable for any injury or damage caused by the product. The warranty is also not valid if repairs are attempted by anyone not authorized to do so. Please contact your Dundalk LeisureCraft Dealer for more warranty Information.

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 $\frac{3}{4}$ 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.

View Assembly Video online: <https://www.youtube.com/watch?v=Y36-NWFdCYg>

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