



Dundalk LeisureCraft

Panoramic-View Cedar Barrel 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.



2 People (recommended)
Rubber Mallet
Carpenter's Hammer
6' Step Ladder
Cordless Drill (we supply the bit)
Carpenter's Level
 $\frac{3}{4}$ " Wrench
Tape Measure

View the assembly process on  (see last page)



Preparing the base. A full gravel pad as shown here, or individual gravel pads for each cradle (see picture, front page): Clear loose vegetation and soil, level the ground with a *slight* slope for drainage, and fill the area with 2-4" of crushed limestone gravel. Level and tamp. Patio stones as pictured here are also an option.

Please note that the number of Barrel Cradles supplied is dependent on the overall length of the sauna. Saunas with overall lengths of ten feet or longer have three cradles while Saunas that are shorter than ten feet have two cradles.



A solid concrete slab, or a new or existing wooden deck all good options as long as they drain well. Consult a professional building contractor if you're not sure how to proceed with these options.



Level the cradles on top of your prepared base, space evenly, and make sure they're arranged in a straight line. Using one of the long boards as a guide.

Lay down the special 3" bottom stave (with two convex edges) across the centres of the cradles.

Mark the exact centres of the cradles. Measure 30" from the ends of the cradles to the middle.



Fasten it to the cradles with the supplied 2½" screws. **NOTE:** Always check to ensure that you have the correct screw length so that there will be enough thread to hold, and especially, so that the screw won't go all the way through the material and come out the other side.

Measure cradle to cradle on both sides and also corner to corner to make sure the cradles are parallel.



Fill the cradles with enough staves to hold the middle section with the door, and the corresponding back middle section.

Make sure there are no gaps between the edges of the staves. (tap together with mallet)



A half-inch hole was bored for drainage just inside the walls on the lower special stave.

It is handy for cleaning it out but you might want to put a sieve in it to keep bugs out.



Place the middle section of the front wall with the door into the groove in the staves.

Pay attention to which side the hinges are on. This will determine whether the door swings to the left or to the right. This is the time to choose.

Have someone hold the door assembly in position while you put the dome into position and brace it with two barrel staves.





Fasten the half-moon side wall segments to the door frame with supplied 2½” screws into pre-drilled holes at the top and bottom.

The tops of the various wall sections are marked with A, B, C, or D at the top to ensure that they are properly matched. (Fasten “A” to “A”, “B” to “B”, etc.)



Position the temporary stave-holder stands on either side of the dome approximately 1¼” away from the edge of the dome. You can use screws or spikes to hold them in place.



When the front wall has been assembled and the stands are secured at the back, it’s time to build up the rest of the barrel.

Begin by inserting staves and tapping them snug against the previously positioned ones, using the finishing nails **every second board if necessary** to hold them in place until the bands are installed.

Here, the stave is fitted over the wall leaving a deliberate gap. The staves don’t have to go on



all the way to the line. The line is just a guide to keep the round shape. **Leave as much of a gap as possible.** This will make it easier to fit in the last staves at the top and shape the barrel.



The gaps are to ensure that instead of squeezing the end walls, all of the force of the bands will be directed to pressing the edges of the staves together to form a water-tight seal.

Continue placing the staves up around the front wall and dome, tapping them tightly together so that there are no gaps between boards.



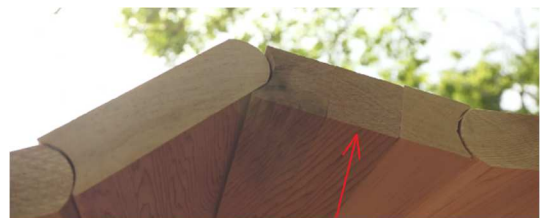
Again, make sure the inside faces of the staves follow with the pencil circle on the end walls to get a nice round circular shape to the barrel.

Here, because the staves are on the top half of the barrel, they won't need finishing nails to hold them on.

Finish installing the staves on the top half.



If you end up with a gap like this you will have to insert the supplied spacer between the two halves of the special top stave. Remove the top stave and disassemble it, then reassemble with the spacer and fasten with the same screws. It should look like the picture below.





This is how the sauna normally looks at this stage. The barrel will be adjusted later with a rubber mallet to eliminate this hump.

First, the bands must be put on around the sauna and the tightening hardware assembled. Put them on just snug but do not tighten them yet.

Hint: you might want to put the joints in the bands in the least-visible position. You can even position them on the bottom under the barrel.



Remove the temporary stave-holder stands.

Slide the front band 2" from the forward edge to the front edge of the sauna. If you don't have a porch, position the second band 24" from the front edge. Measure several places to ensure that they are on straight.



Measure 2" from the back edge of the sauna to the rear band. Space the other one evenly in the middle, again measuring in several places to ensure straightness.

If you don't have a porch you will not have that second band. There are various configurations of barrel saunas, but generally one band goes 2" from each end, one band goes exactly on top of each wall, and there will be one half-way between the rear-most wall and the back band.



With all of the band snug in position, it's time to adjust the barrel shape to as near a perfect circle as possible, before tightening them up.

Bump the staves upward where necessary (from inside the sauna if you don't have a porch to avoid possibly cracking ends)



Bump the bands inward where necessary, hitting on the bands if possible.



Even up the ends of the staves from the front and back too.



IMPORTANT:

After adjusting the staves, (before tightening up the bands), your barrel should look like the picture to the left; with a gap at the top of approximately $\frac{1}{4}$ " at the most, that spans approximately a quarter of the barrel.

If you have significantly **less** of a gap than $\frac{1}{4}$ ", or the gap spans significantly less than one quarter of the barrel, you will have to add the spacer. (see second-last page "Adjusting Barrel Size")

If you have significantly **more** gap or if the gap spans significantly more than $\frac{1}{4}$ of the barrel, you might have to reduce the barrel by disassembly that special top stave and trimming as much as $\frac{3}{4}$ " from each half. (see second-last page "Adjusting Barrel Size") This is very rare. Call customer service if you need assistance.



With the shape of the barrel and the size of the gap right, it is time to tighten the bands.

Recheck the spacing and straightness of the bands just before tightening.

Now tighten the bands, each a little at a time. If you have two people assembling, one should tighten while the other bangs down on the bands, (or up from inside the chamber if necessary) to keep the circular shape.

You can use a power driver such as this cordless drill with a deep $\frac{3}{4}$ " socket, but if you do you will still need to use an open-ended or box wrench to tighten fully.

Don't be afraid to tighten as much as possible with a standard wrench, but don't use an extension to achieve greater torque or you might overtighten and damage the wood or the hardware.



Flat Floor option: (included with Signature Contoured Benches option) Place the fully assembled flat floor in the sauna, and make sure it is level.



It is not necessary to secure it with screws. The benches will hold it in place.



Signature Bench Assembly. – porch seats

Assemble porch benches (if applicable) by fastening seat assemblies to front assemblies using 1½” Kreg Screws, 2 places (image left)

Install the porch floor, if applicable. Ensure that it is level with the bottom of the door.

Level the bench and fasten to the sauna’s front wall with four 2½” deck screws into pre-drilled holes. (see image below)



Also fasten from the outside through the outer wall into the back of the bench seat frame with 2 ½” screws (1 place).



Finally, the outer leg of the seat fastens to the floor with one 2½” Kreg Screw through pre-drilled screw pocket on the inside.



Signature Bench Assembly. – Sauna Chambre Benches



The sauna chambre benches are a little different than the small porch seats. They have supports at each end for the seat assembly to rest on.

Join the bench supports at the top of the bench front by their square ends with two Kreg screws.

Level the Bench Support, and join the angled end to the sauna wall with two Kreg screws, as shown.

Place the bench seat on top of the installed bottom assembly as shown.



Secure the top of the bench to the bottom assembly in the front with two 2½" deck screws (2 places, as shown)

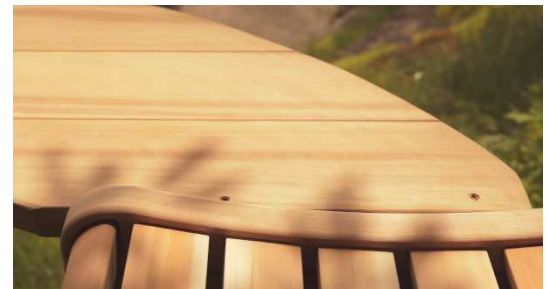




To fasten the curved bench in the dome, first attach a support bracket to the dome-end of both benches with three 2½" deck screws each.



Lay down the curved dome bench and fasten it to the support brackets with 2½" deck screws. (2 places per side)



Fasten the Dome Bench Support to the bottom of the Dome Bench.

Level the bench and screw in four 1½" deck screws into pre-drilled holes.



Fasten the bottom of the Dome Bench Support using two 2½" Kreg Screws into pre-drilled screw pockets.



The Head / Back Rests can be placed anywhere they are needed.



The door handle usually goes in the centre of the door (left) and the Towel Bar is made to go on the inside of the door (below) but can be installed lower or higher as desired. It usually goes about half-way vertically. Use 1½" screws.



The heater goes beside the door on the side of the front wall with the short bench.



Pictured is the Tylo Sport Sense heater. **See the manufacturer's installation guide for your heater.**

The heater guard might look a little different than the one pictured, depending on your sauna and heater type. Fasten with screws provided with the heater.

Wash the rocks thoroughly before placing them into the heater or you'll have a muddy mess when you put water on them.

IMPORTANT: Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process

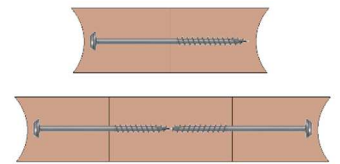
Congratulations! You have successfully assembled your Cedar Barrel Sauna.

ADJUSTING BARREL SIZE (CIRCUMFERENCE)

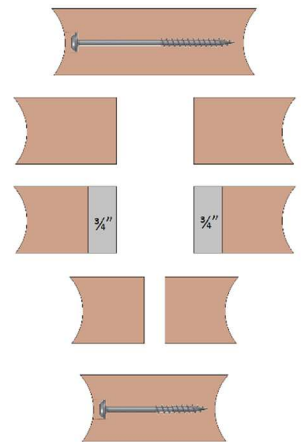
It is important to realize that the sauna's outer barrel "cylinder" (assembly of the sauna barrel "staves") needs to "float" around the circular end walls when fully assembled and the straps tightened, with a space between the circular end walls and the barrel cylinder. When fully assembled you won't see this space. It will be inside the groove that surrounds the end walls. This air gap is necessary to ensure that the force from the tightened bands is applied only to pressing the edges of the barrel staves together to form a water-tight seal, instead of wasting the force on squeezing the end walls, which would result in loose joints and leakage.

IF THE GAP IN YOUR SAUNA IS NOT SIMILAR TO THE PICTURE BELOW, THAT IS TO SAY, A $\frac{1}{4}$ " GAP SPANNING APPROXIMATELY $\frac{1}{4}$ OF THE CIRCLE, YOU MIGHT NEED TO INCREASE OR DECREASE THE BARREL CIRCUMFERENCE ACCORDINGLY.

To increase the size of the barrel, insert the spacer. Remove the special top stave with the two concave edges, and take the two halves apart by removing the screws. Place the supplied spacer in between the halves and screw the assembly back together using the same screws. The new wider special top stave assembly is inserted back in place, and then the circle is reshaped. The gap should now be about $\frac{1}{4}$ " and span about $\frac{1}{4}$ of the circle. (pictured below with spacer inserted) If so, tighten the bands.



To decrease the size of the barrel, remove the special top stave and disassemble the two halves. Rip $\frac{3}{4}$ " from the inside edge of both halves, reassemble the two halves, and reinsert it into the barrel and reshape the circle. This will decrease the barrel's circumference by $1\frac{1}{2}$ ". (figure right) The gap should now be $\frac{1}{4}$ " to $\frac{1}{2}$ " and span $\frac{1}{8}$ to $\frac{1}{2}$ of the circle. If so, tighten the bands. If you are not comfortable doing this, or if you don't have access to a table saw, call Dundalk LeisureCraft and we can help.



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

Pre-heat your sauna to the desired temperature (usually between 80-100°C)

While it's warming up, take a nice hot shower.

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.

Cool off with a cold shower or a quick swim in a lake or pool.

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.

After a 20-30 minute sauna, cool off in the shower or lake or pool.

Repeat this sauna/cold shower process as often as desired.

It is important to drink during your sauna session and even a light snack.

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

Wash the layer of rock dust off of the sauna rocks before using them. f

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.

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.

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.

Good care should be taken of the wooden bucket and ladle. They should be stored upside down to promote drying.

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.

Do NOT use commercial wood sealers from local lumberyards or hardware stores. These are not designed to withstand the sauna temperatures or humidity!

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=02zFzFhMO14&feature=youtu.be>



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