



Dundalk LeisureCraft Cedar 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)
- * Carpenter's Hammer
 - * Step Ladder
- * Cordless Drill (we supply the bit)
 - * Tape Measure
 - Carpenter's Level
 - * Impact Driver
- * 7/16" open end, socket or crescent wrench
 - * Crowbar

View the assembly process on 

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Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Make sure you have a solid base to build your sauna on.

This could be crushed gravel, a concrete slab, patio stones, a wooden deck or any other solid base.

Organize your pieces.



Assembling the floor:

Lay the outer four sides of the floor on your level base with the front and rear pieces (the ones with the X's on them) opposite each other (notched edges upward).



Screw the four mitred corners together with two 3" wood screws per corner, ensuring that pieces are flush with each other, as shown .



Lay Floor supports inside frame.

Align the floor joists with the X's on the floor frame, so that the sides of the joists line up with the lines beside the X's. Fasten with two 3" wood screws on each end.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Start laying the floor boards down starting at the front of sauna with the “tongue” facing the back



Continue laying down the boards and tap them tight together with a mallet. Don't worry if there is a gap left over at the back joist when the last board is put in place as that will be covered by the back wall.

Fasten with one 1 ½” screw at each intersection with the floor joists.



Locate the back bottom wall assembly.

Position the wall flush with the back edge of the floor.



The wall should overhang ½” on each side of the floor assembly.

After ensuring the back wall is flush to edge, attach wall to floor with 3” screws using the pre drilled holes.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Place the remaining wall bottoms roughly where they will go with the flat side facing the front of the sauna and the 2"x2" brace towards the rear of the sauna.

Space it the correct distance from the back wall by using two staves with grooves in the ends, one on the left and one on the right.



Line up the wall bottoms with the grooves in the staff, screw staff to wall bottom with 3" screws.

Repeat on opposite side.

**The number of grooves depends on the options purchased with your sauna.*



Once wall bottom is in correct position, attach to floor using 3" screws in the pre-drilled holes.

Repeat for remaining wall bottoms (if applicable)



Place left wall onto wall bottom groove making wall flush with support staff.

Secure wall on both ends with 3" screws.

Repeat Process for changeroom wall (if applicable)



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Use a stave as a support brace to steady the wall segments, as shown, to hold the wall segments in place until the roof is in place.



Insert door onto bottom wall groove making it tight against left wall and secure with 3" screws.

Repeat for Changeroom door (if applicable)



Attach the right side wall in same manner as the left side wall.

Use a rubber mallet to ensure walls fit tightly together.

Secure with 3" screws.

Repeat for Changeroom wall (if applicable)



Use a stave as a support brace to steady the wall segments on this side as well.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Install the middle section of the back wall.

Secure with 3" screws on both sides.



For added support, brace the middle wall section using a stave on each side.



With 2" screws, attach door handle in center of door.

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

Repeat for Changeroom wall (if applicable)

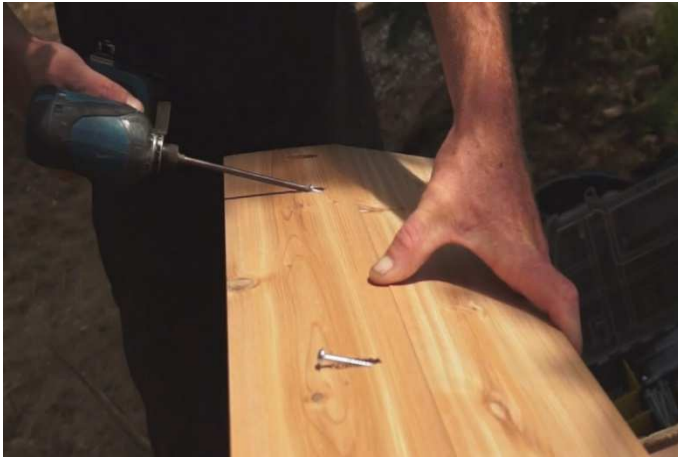


Attach top rear wall piece centered on the middle rear wall and secure with 3" screws on either side.

Repeat for Changeroom wall (if applicable)



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Fasten the two halves of the roof top board using 2½” Kreg screws into pre-drill screw pockets as shown.



Center the assembled top stave with the markings on the front & back walls.

Use a rubber mallet to “finesse” into place if needed.

Secure with 3” screws.



Starting on one side of top stave, use the rubber mallet and included tapping block to get staves tight.

Secure staves with 3” screws working your way from top to bottom.



Remove screws from support staves and move into place and secure when you get to them.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Attach the bottom stave (flat edge on bottom) using a crowbar and mallet to finesse into place.

Secure with 3" screws.



Using the same process, add staves to the other side of sauna.



To apply the watershield membrane, place the black front side adhesive strip oriented towards the top.

Peel back the top 3 or 4 inches of the backing from the top, and apply so that the bottom edge is flush with the bottom of the sauna wall.



Peel off the rest of the backing, and smooth the entire piece onto the wall.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Wrap the membrane around front of sauna and secure with staples.



Continue in the same manner, overlapping the reflective part on the lower piece.



When you have applied three strips on each side, place the final strip across the peak as shown.



Install the beveled siding smooth side out, skinny end up and flush with bottom of sauna.

Use rust-proof staples or 1½" stainless nails with ¼" head.



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Place the first strip flush with the bottom edge of the wall.

Space nails out approximately every two feet. Make sure not to drive them on an angle, or drive the head of the nail below the surface of the siding.



Each strip should be overlapped about one inch, so use a 4½" spacer as shown.

Drive the nails ABOVE the overlap (1" – 1 ¼" from the bottom edge.



Continue up to the top of sauna.



Repeat for the other side and use the last board for a ridge cap on the peak.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Attach the top trim with 2 ½" screws making sure it is centered.



Continue to add the trim pieces in the same manner on Front and Back of sauna.

Do not screw into any "seams" on the sauna.



Flip porch seat upside down and attach support leg to corner with 3" screws.

** The side that goes against Sauna wall will have pre drilled holes in the underside of seat.*



Using 3" screws, attach support brace to leg.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Make sure bench is level, then attach to sauna front wall using 3" screws in pre drilled holes.



Secure Bench leg to floor with 3" screws.

Repeat for other porch bench.



Space two bench supports next to the side wall where the bench will go.

Place the bench on top, and adjust the position of the supports so that they are directly under the underside cross members, flush with the front trim, and in contact with the wall.



Secure with 2½" deck screws between the bench boards, front and back, at each support.



Dundalk LeisureCraft Cedar Pod Sauna Assembly Instructions



Screw bench to floor and walls with 2 ½” screws.



Position Back rest in groove on bench and use a 2 ½” screw in between slats to secure to side wall.

Repeat process for opposite side bench and change room benches. (if applicable)



Attach towel hanger to the outside wall and the changeroom wall (if applicable) at desired height using 2” screws.



Secure doors with 2 ½” screws through the empty hole in the hinges.



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.

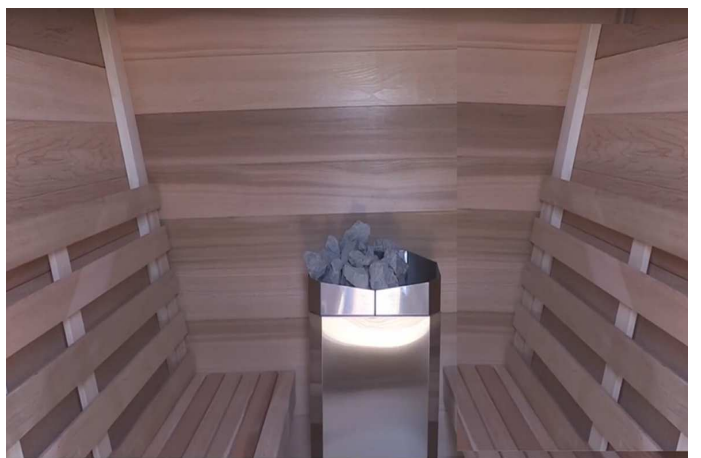


Place heater on wall brackets.



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.

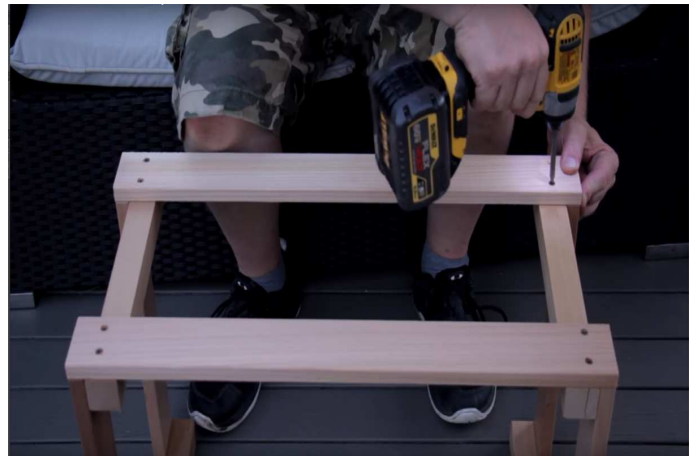
*Operate the heater for an hour with the sauna door fully open to burn off any residual coating from the manufacturing process before using.



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 Pod Sauna!



For assistance in the assembly of your cedar pod 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=cbRF0HzPpAU>

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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.