



Preston Sauna Installation & Owner's Manual



Read this entire manual through to the end before proceeding with the assembly.

Preston Installation & Owner's Manual

Thank you for your purchase of your Preston sauna! Should you have any questions during assembly, please feel free to call us at **888.355.3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F.

Your Preston Indoor Sauna is 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 floor platform. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended. If you prefer a wood floor inside your sauna, please visit our website at almostheaven.com to investigate our red cedar floor kits!

Your Preston kit should include the following:

- | | |
|---|--|
| <input type="checkbox"/> 4 floor risers | <input type="checkbox"/> Upper Side Bench |
| <input type="checkbox"/> 4 Wall Support Rails | <input type="checkbox"/> Upper Side Bench Support |
| <input type="checkbox"/> 4 Roof Support Rails | <input type="checkbox"/> Lower Long Bench |
| <input type="checkbox"/> 3 Roof Sections | <input type="checkbox"/> Long Backrest w/LED light |
| <input type="checkbox"/> Wall Section A | <input type="checkbox"/> Short Backrest |
| <input type="checkbox"/> Wall Section B | <input type="checkbox"/> LED Power Supply |
| <input type="checkbox"/> Wall Section C | <input type="checkbox"/> Doorknob Assembly |
| <input type="checkbox"/> Wall Section D | <input type="checkbox"/> Bucket and Ladle |
| <input type="checkbox"/> Wall Section E | <input type="checkbox"/> Heater |
| <input type="checkbox"/> Wall Section F | <input type="checkbox"/> Stones |
| <input type="checkbox"/> Door Section G | <input type="checkbox"/> Thermometer/Hydrometer |
| <input type="checkbox"/> Window Section H | <input type="checkbox"/> Wall Sensor Cover |
| <input type="checkbox"/> Window Section I | <input type="checkbox"/> Hardware Bag containing |
| <input type="checkbox"/> Wall section J | 2" screws, 2.5" Bench Screws, and Trim nails |
| <input type="checkbox"/> Upper Long Bench | <input type="checkbox"/> Heater Fence Kit |

These tools are required to assemble your Preston sauna:

- | | |
|--|--|
| <input type="checkbox"/> Cordless drill | <input type="checkbox"/> Utility Knife |
| <input type="checkbox"/> Tape measurer | <input type="checkbox"/> Screwdriver (Phillips and Flathead) |
| <input type="checkbox"/> Rubber mallet | <input type="checkbox"/> Level |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Step stool or ladder |
| <input type="checkbox"/> 1/2" or 5/8" Forstner Bit | <input type="checkbox"/> Framing square |



Step 1. Connect the 4 Floor Risers

Fasten the 4 floor risers together using the pre-drilled holes as a guide; the 2 shorter boards are located on the front and back and the 2 longer boards are on the sides. Use a framing square to ensure the assembly is square. (Images 1-5)



Image 1



Image 2



Image 3



Image 4



Image 5

Step 2. Position Wall Support Rails

Align each wall support so that the angled cuts make a corner (Images 6 & 7); again, the shorter supports will go on the front and back and the longer supports on the sides. Each wall support has a predrilled hole. Fasten the front, back, and sides together (Images 8 & 9) and lay the assembly squarely on top of the floor risers with the groove facing up (Image 10). The rails should overlap both sides of the riser by approximately 1" (Image 11). Secure the assembly to the floor risers using 3 screws evenly spaced on each wall support rail (Images 12).



Image 6



Image 7



Image 8



Image 9



Image 10



Image 11



Image 12

Step 3. Position wall sections A & B

Position wall section A in the groove of the left rail and push it flush against the back rail (Images 13 & 14). Having a helper hold wall section A, orient wall section B so that the vent holes are on top and place it in the groove of the back rail (Image 15). Push the flat edge flush against wall section A. Align the 2 panels so they are flush and fasten them together using the 2" screws (Image 16).



Image 13

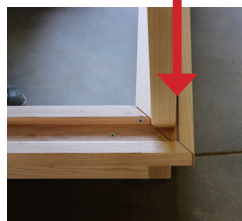


Image 14



Image 15



Image 16



Step 4. Position Wall Sections C, D, E, & J

Position wall section C into the groove of the back rail. Attach it to wall section B by way of the tongue and groove fit (Images 17). Secure it by tapping it into place with a rubber mallet (Image 18). Position wall section D into the groove of the right-side rail and push flush against the back rail (Image 19). Being sure panels D & C are flush with each other, fasten them together using the 2" screws (Image 20). Place wall section E on the right-side rail and push against wall section D (Image 21). Do the same for wall section J, placing it in the rail on the left-side and pushing it against wall section A (Image 22). Wall sections E and J secure by means of tongue and groove fit so no screws are needed. Tap them into place with a rubber mallet (Image 23).



Image 17



Image 18



Image 19



Image 20



Image 21



Image 22



Image 23

Step 5. Bench and LED Backrest Installation

Note: You may choose to install all the benches and backrests after the sauna is completed, but you may find it easier to install with the extra space and light afforded at this step.

Place the upper bench on the pre-installed upper bench supports and push flush against the back wall, being sure the side of the bench with the screws showing is oriented towards the back (Images 24 & 25). Secure the bench to the back and side panels using 2.5" bench screws and the pre-drilled holes in the bench frame supports (Images 26 & 27).

Repeat this process for the lower long bench, aligning the face of the bench frame flush with the front edge of the pre-installed lower bench supports. Fasten the lower bench to the side walls using 2.5" screws through the pre-drilled holes in the bench frame supports (Images 28 - 30).



Image 24



Image 25



Image 26



Image 27



Image 28



Image 29



Image 30



Step 5. Bench and LED Backrest Installation continued

Center the LED Backrest between the two sides being sure it's oriented so the shorter slat is down and position it vertically at a height most comfortable for you (typically 8-12" from the bench). Using a level to ensure proper installation, fasten the backrest into place using the 2" screws (Image 31). Repeat this process for the side backrest, securing it to the side wall using a level and 2" screws (Image 32).

To connect the LED light to the power source, bore a 5/8" hole through the back of the panel at the bottom right corner of the backrest and push the LED pigtail through (Images 33 & 34). Now mount the power supply to the back of the sauna at the base of panel C, underneath the hole you just bored (Image 35). Connect the power supply and LED pigtail (Image 36), and plug in the supply to an outlet. You are able to turn on the LED light and adjust its brightness from within the sauna using the control mounted to the side of the backrest (Image 37).

Note: The upper side bench will be installed once the rest of the sauna is finished.



Image 31



Image 32



Image 33



Image 34



Image 35



Image 36



Image 37

Step 6. Position Window Sections F & Door Section G

Position window section F into the groove of the right-side rail. Slide window section F into place with wall section E (Image 38). Section F connects to section E via tongue and groove so there is no need to use screws. Gently use a rubber mallet to secure the fit (Image 39). Place door section G in the groove on the front rail (Image 40) and push the flat end against wall section F. Being sure the two sections are flush, fasten them together using 2" screws through the pre-drilled holes (Image 41). Snip the twine holding the door to the frame (Image 42).



Image 38



Image 39



Image 40



Image 41

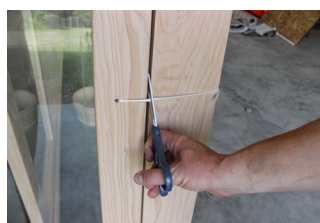


Image 42



Step 7. Position Window Section H and Wall Section I

Place window section H onto the front rail (Image 43). Window section H connects to door section G via tongue and groove so there is no need for screws. Gently tap it into place with a rubber mallet to secure the fit (Image 44). Now place wall section I into the groove of the left-side rail and connect it to wall section J via the tongue and groove fit (Image 45). Gently tap into place with a rubber mallet to secure the fit (Image 46). Finally, being sure wall section I and window section H are flush with each other, secure them together using 2" screws through pre-drilled holes (Image 47).



Image 43



Image 44



Image 45



Image 46



Image 47

Step 8. Position Upper Side Bench

Locate the upper side bench and vertical support. Secure the vertical support to the bench frame support using 2.5" bench screws (Image 48). Be sure to secure the vertical support to the longer side *opposite* the pre-drilled holes, as these will be used to secure the bench to the side wall. Align the upper side bench with the upper long bench and secure it to the side wall and upper long bench using 2.5" bench screws (Images 49 & 50).

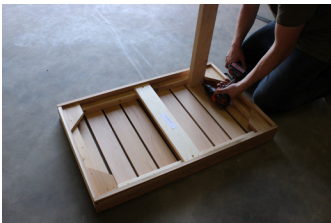


Image 48



Image 49



Image 50

Step 9. Assemble and Position Roof Support Rails

Align each roof support rail so the angled cuts join together to make a 90 degree angle (Image 51), placing the longer supports on the sides and the shorter supports on the front and back. Fasten them together using 2" screws through the pre-drilled holes (Image 52). Place the assembly on top of the wall sections so that the wall sections fit snugly into the groove. When in place, secure the assembly to the walls using four 2" screws on each rail (Image 53).



Image 51



Image 52



Image 53



Step 10. Position Roof Sections

Starting with the back roof panel, place the roof panels on top of the roof supports being sure the predrilled holes are facing *up*. (Image 54) Connect the 3 panels via the tongue and groove fit, tapping them into place with a rubber mallet. (Image 55). Note: you may find it helpful to anchor the back roof panel in place with several screws and use it as a brace to secure the other ceiling panels in place. Measure around the roof support rails to ensure there is equal spacing around the top of the sauna; approximately 1" of the support rails should extend past each side of the roof sections (Image 56). Once evenly spaced secure them into place with the 2" screws through the predrilled holes (Image 57). Install the provided trim pieces on the sides of the roof panels using the provided 1" trim nails (Images 58 & 59).



Image 54



Image 55



Image 56



Image 57



Image 58



Image 59

Step 11. Accessories

1. Install the vent hole cover using the provided screw and washer (Images 60 & 61)
2. Hang the thermometer/hydrometer on the opposite wall of the heater 12-15 inches below the ceiling (Image 62)
3. Unwrap bucket and ladle and set in sauna (Image 63).
4. Install doorknob (Image 64)



Image 60



Image 61



Image 62



Image 63



Image 64

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 with warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.



Step 11. Heater Installation

Please consult your heater manual for all heater installation information. All electrical connections must be done by a qualified licensed electrician.

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. A dry sauna means you do not sprinkle any water onto the stones, while wet means you increase the humidity of the room by sprinkling water on the stones. Please note that not much water is needed to achieve a wet sauna experience!

The sauna as we know it originates in Finland. The typical sauna experience follows the steps below, but you may enjoy your sauna in any way that you like!

- Set your heater so your sauna achieves the desired temperature. This is typically 150 - 170+ degrees F. Please note, novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake – anything that will relax and cool you down for 10 – 20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**

