

# Cedar Barrel Sauna Assembly Instructions



## Requirements:

2 People (recommended)

\* Carpenter's Hammer

\* Step Ladder

\* Cordless Drill (we supply the bit)

\* Tape Measure

Carpenter's Level

\* Rubber Mallet

View the assembly process 

# Cedar Barrel Sauna Assembly Instructions

## Index

Base Preparation

Barrel Assembly

Adding a spacer to the Top Stave

Making a Top Stave Narrower

Flat Floor Installation

Standard Bench Installation

Signature Bench Installation

Lounge Bench Installation

Electric Heater Installation

Harvia M3 Wood Heater Installation (Chimney out the top)

Harvia M3 Wood Heater Installation (Chimney out the back wall)

Bevel Siding Installation

Cove Installation

Care & Maintenance

Warranty

Manufactured by:



tel: 888-923-9813 | info@leisurecraft.com | web: www.leisurecraft.com



# Cedar Barrel Sauna Assembly Instructions

## Sauna Base Preparation

Make sure the base for your sauna is level with a slight slope to the back for drainage.

A solid base for your sauna is recommended and can be made from any of the following.



Concrete Pad



Wood Deck



Crushed Stone



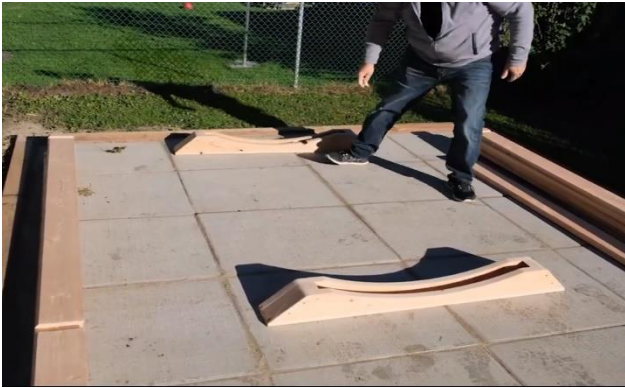
Patio Stone/Paver Blocks

It is recommended to build a base larger than required to provide a sitting area for cooling off during your sauna session.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Barrel Assembly



Place the cradles onto the sauna base.



Locate bottom stave (convex on either side).



Center the stave onto the cradle and measure 5 ½" (14cm) from the end of the stave to the edge of the cradle.



Secure the stave with a 2 ½" (76mm) screw.

Ensure that the stave is square and add 3 more 3" (64mm) screws into each corner of the cradle.

*\*Always ensure that you have the correct screw length so that there will be enough thread to hold, and especially, so that the screw does not go all the way through the material and come out the other side.*

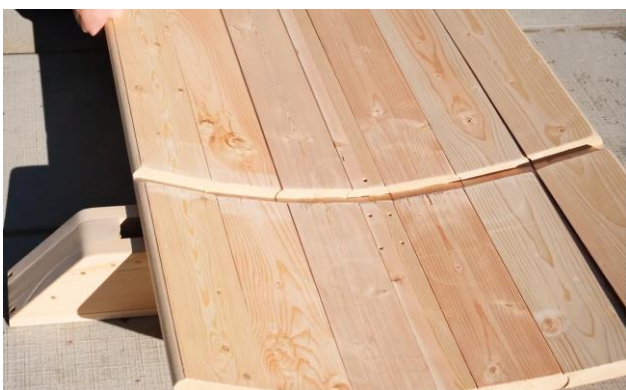
Manufactured by:



# Cedar Barrel Sauna Assembly Instructions



Repeat at opposite end of the sauna.



Place 3 staves on either side of the bottom stave and align the grooves.

*\*Please note that depending on the sauna and options chosen, The dado cuts may not be in the same location as per the picture.*



Tap the staves tight together with a rubber mallet.

Place 2- 2 ½" (64mm) screws into the 3<sup>rd</sup> stave on either side lining up with the cradle underneath.

Do not go all the way through the stave at this point.

Repeat at opposite end.



Grab the door and place it in the grooves on the front wall.

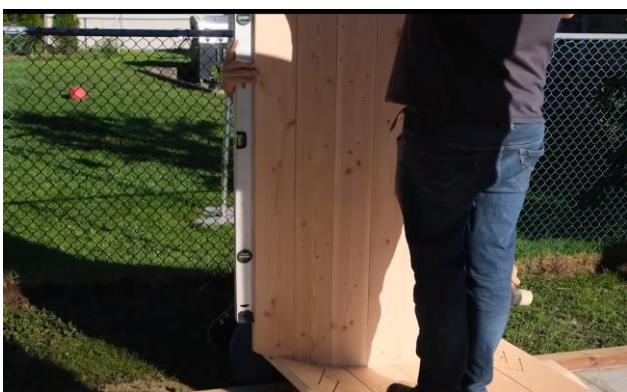
Ensure the logo is facing inwards.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions



Using a level and rubber mallet, tap the door until it is centered and level.



Repeat the process for the back middle wall panel.



Use the top stave (concave on either side) to go from the front wall to the back wall to help stabilize the sauna.



Install Front wall half moon panels.

Ensure the bench support is facing inwards.

*\*Please note that depending on the sauna and options chosen, Front and Rear half moon panels may or may not have windows.*

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions



Secure the half wall panel to the Door Panel using 2 ½" (64mm) screws in the pre drilled holes at the top and bottom.

Repeat the process with the other Front wall half moon panel.



*Please note:*

Panels may not be exact size to middle wall.



Center the half moon panels vertically on the middle wall and secure in place.



Repeat the process for the rear half moon panels.



# Cedar Barrel Sauna Assembly Instructions



Continue adding staves on either side of the sauna a few at a time, alternating sides.

Use the rubber mallet to finesse into place.



Secure every 2<sup>nd</sup> stave on the bottom of the sauna with the provided nails to hold staves in place.  
( If required)

*\* Once past the middle point of sauna, nails should no longer be needed.*



When installing the staves, tap tightly together while leaving as much of a gap as possible between stave and wall using the pencil line as a guide as in picture.

*\* This will make the tightening of the bands easier.*



At this point, Remove the top stave and put it aside while continuing to add staves on both sides to the top.

When you reach the top, you will find that the last wall stave doesn't look like it fits properly, this is normal.

*If it doesn't create a "V" shape or there is a gap, you will need to add one of the spacer boards to the top stave.*

Manufactured by:



# Cedar Barrel Sauna

## Assembly Instructions

### Adding a Spacer to Top Stave (if required)



In your sauna package you will find a spacer stave that is square on both sides that is only required if there happens to be a “gap” after installing all the staves like in the picture on the left.



To add the spacer, start by removing all of the screws from the top stave.



With the top stave in 2 pieces secure the spacer stave to the half of the top stave without the screws with 2” (51mm) screws.



Now screw the other side of the top stave back to the other half top stave and it should now make a “V” shape when wedged with the last stave on the sauna.

Manufactured by:

# Cedar Barrel Sauna

## Assembly Instructions

### Making a Top Stave Narrower (if required)



In rare instances, your sauna staves will be too tight not allowing the staves to settle into the correct position. (as in picture to the left)

This doesn't happen often, and the sauna staves and bands are always better being as tight as possible.



To make the top stave narrower, start by removing all of the screws from the top stave.



Once top stave is apart, Measure from flat edge 3/4 " (2cm) on each piece and safely cut to make staves thinner.



Now screw the 2 cut pieces of the top stave back together.

Reinstall the top stave and it should now make a "V" shape when wedged with the last stave on the sauna.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions



Pre-assemble 2 of the bands and thread the nut on just enough to hold it together.



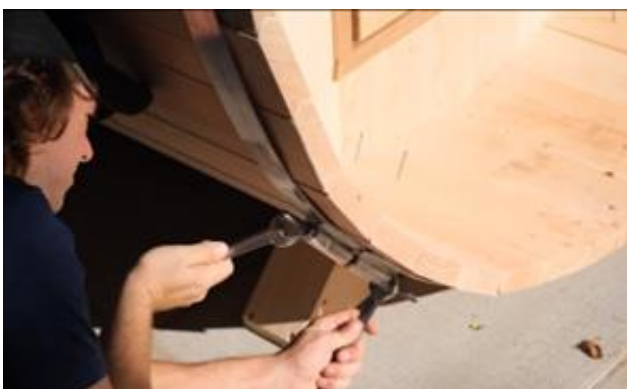
Place one band over the front of the sauna.

Repeat the process and place the second band over the back of the sauna.



Ensure the front band is 2" (51mm) from the edge of the sauna all the way around.

Repeat for the back band.



Lightly snug up the fasteners on both ends.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions



Tap out all the staves to even them out.



Use the rubber mallet to tap the staves out & in as needed to get the last wall stave and top stave to sit properly together.

Tap up (from the inside of the sauna so you don't break the ends) or down, by hammering on the band to attain a uniform circle shape.



For the middle band, feed one of the bands over and under the sauna and secure it with a rod and nut.

**\*If a porch and/or changeroom option is chosen, the bands should be positioned over top of where the walls are.**



Ensure the middle band is centered and tighten,  
Give all fasteners a final tightening.

***\* Don't worry about making them too tight, you cannot overtighten!***

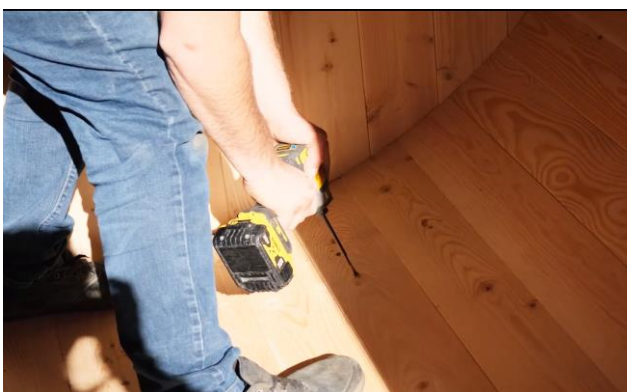
Manufactured by:



# Cedar Barrel Sauna Assembly Instructions



Now finish screwing in the screws that we started earlier into the cradles.



Repeat this process for the screws inside the sauna as well.



Install the outer door handle (small) at the desired height using 2 – 3" (76mm) screws in the pre-drilled holes.



Install the inner door handle (large) horizontally at the desired height. Ensure the handle is level and secure using 2 – 3" (76mm) screws in the pre-drilled holes.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Flat Floor Assembly



The flat floor (If Purchased) Is shipped semi assembled.

You will need to add the bottom support onto the floor before assembling the benches.

*\* Note that the middle support is only included in 7' diameter Saunas*



Flip over flat floor, measure the center and place the bottom support in the center.



Secure the bottom support to the bottom of the flat floor using 2" (51mm) screws in the pre-drilled holes.



Flip the flat floor back over and it is ready to be installed inside the sauna.

To install the flat floor, lay the floor in the bottom of the sauna and ensure it is level.

Secure with 2" (51mm) screws.

Ensure to screw in between the floor slats so that the screws are not visible.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Standard Bench Assembly



To begin, Bring in the long sauna benches.



Place the long benches down on the wall brackets and then snug up against the back wall.



Secure benches to wall supports by attaching with 1 ½" (38mm) screws.

Ensure to screw in between the bench seat slats so that the screws are not visible.



Space out the bench supports under the crossers on the bottom of the benches.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Standard Bench Assembly



Screw the bench supports from the bottom up using 3- 1 ½" (38mm) screws in each support.



Secure the support leg to the floor using a 2 ½" (64mm) screw in each support.

Repeat above steps for opposite bench.



To install the standard porch seats, screw the legs into the end of the seats with 2 ½" (64mm) screws.

Attach the angled brace from the seat to the leg with 2 ½" (64mm) screws.



Use a level or carpenter's square to make sure the porch seat is level.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Standard Bench Assembly



Secure the porch seat to the front wall from underneath using (3) - 2 ½" (64mm) screws.



Screw the front of the porch seat into the wall from the outside using a 2 ½" (64mm) screw.

Repeat for standard porch bench on other side.



Secure the leg to the floor using a 2 ½" (64mm) screw.



Repeat on other porch bench ensuring they are level with each other.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Signature Bench Assembly



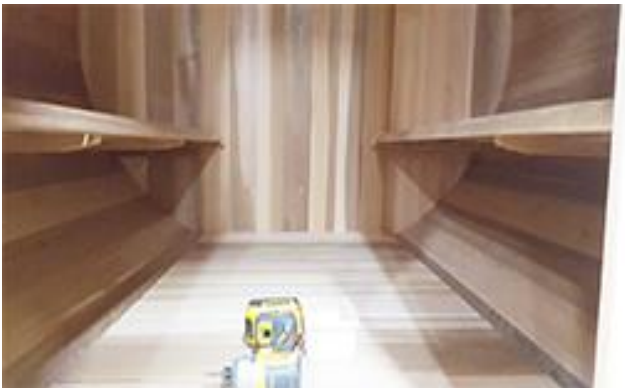
To start the installation of the signature benches, position the front wall enclosure at the edge of the flat floor to determine the seat bracket height.

*\* Do not Fasten yet!*



Using the front enclosure as a guide, Install the wall brackets with 3 - 2 ½" (64mm) screws, again making sure they are level with the sauna walls or door and flush with the top of the front enclosure.

Repeat for all 4 sides.  
(2 on the front wall and 2 on the back wall)



Bring both sauna bench seats in and place on sauna wall brackets.



Using 2 - 2 ½" (64mm) screws, secure the supports to the bench seat from underneath.

Repeat on opposite end.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Signature Bench Assembly



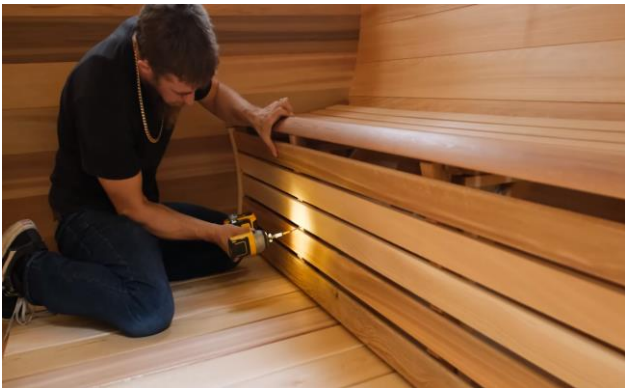
Place the bench support brackets under the seat supports and secure with 3 – 1 ½" (38mm) screws.

(2 in the seat support and 1 into the floor)



Secure the front enclosure to the wall and the bench supports using 2 ½" (64mm) screws.

Ensure to screw in between the slats so that the screws are not visible.



Secure the enclosure to the bench supports with 2 ½" (64mm) screws.

Ensure to screw in between the slats so that the screws are not visible.



Place the backrest in desired position and ensure it is level.

Secure to the sauna wall with 1 ½" (38mm) screws.

Repeat the process for the other bench.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Signature Bench Assembly



Place the porch floor on the floor of the porch.



Flip the porch seat upside down and secure the front porch enclosure to the seat ensuring the contour is facing the right way using 2 ½" (64mm) screws in the pre drilled holes.



Place the porch seat and ensure it is level.



Secure to the floor and wall under the seat using 2 ½" (64mm) screws.

The holes in the legs can be pre drilled to make installation easier.

Manufactured by:

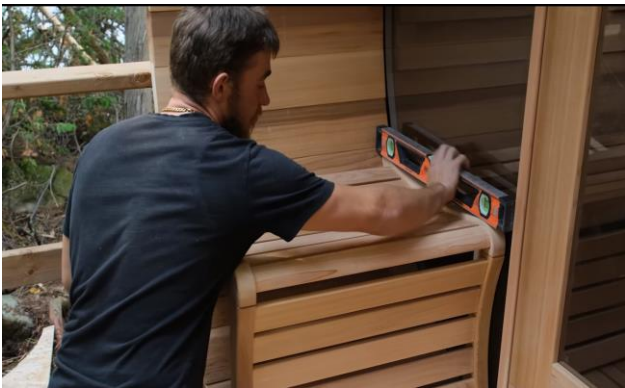


# Cedar Barrel Sauna Assembly Instructions

## Signature Bench Assembly



Use a 2 ½" (64mm) screw to fasten the front and the back of the porch seat screwing through the side stave into the seat supports.



Repeat the above steps for the opposite side porch seat.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Lounge Bench Assembly



Using the pre drilled holes, assemble the lounge bench support to the longer front lower bench wall using 2" (51mm) screws.



Position assembly in place and secure to sauna walls and floor using 5- 2 1/2" (64mm) screws on the top and bottom rails.

*\*Be careful not to screw into any stave seam.*



Place lounge bench on top of bench support.



Ensure bench is flush with the bench support and secure with 2 1/2" (64mm) screws in the pre drilled holes.

\* If sauna is purchased with wood burning heater, repeat process for opposite bench.

\* If electric heater is chosen, continue onto next step.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Lounge Bench Assembly



Assemble bench support to the short front lower bench wall in the same manner as in opposite bench.

Secure to floor and walls ensuring bench is level.



Ensure bench is flush and secure with 2 ½" (64mm) screws between the seat boards so the screws are less visible.



Place the backrest in desired position and ensure it is level.

Secure to the sauna wall with 1 ½" (38mm) screws.

Repeat the process for the other bench.



If the porch option is selected, start by installing the floor ensuring it is level.

Secure with 2" (51mm) screws between the floor boards into the barrel wall.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Lounge Bench Assembly



Assemble the seat and front enclosure together using 2 ½" (64mm) screws.



Fasten bench to floor and sauna wall using 3 - 2 ½" (64mm) screws on the top and bottom.

Repeat process for other bench.



Adjust the Lounge bench to your desired position and Enjoy!

Manufactured by:



# Cedar Barrel Sauna

## Assembly Instructions

### Electric Heater Installation (Optional)



Measure the width of the stove mounting holes.



Measure the height of the mounting holes and add 6". (152mm)



Transfer the measurements to the back wall of sauna.

Ensure the heater will be centered between the benches.



Install the two ¼" x 1 ½" (6mm x 38mm) hex head lag screws (supplied with the heater) into the holes.

Manufactured by:

# Cedar Barrel Sauna

## Assembly Instructions

### Electric Heater Installation (Optional)



Hang the heater on the 2 screws and tighten to secure stove in position.



Locate the pieces for your heater guard.

Stand the 2 Assembled side pieces of the heater guard on edge with pre-drilled holes on the bottom.



Screw heater guard support to either side using (2) – 1 ½" (38mm) screws per side.

Repeat for the bottom heater guard support.



Place 2- 2 ½" (64mm) screws into the pre-drilled holes on either side of heater guard to prepare for mounting.

Manufactured by:

# Cedar Barrel Sauna

## Assembly Instructions

### Electric Heater Installation (Optional)



Center the guard around the heater and secure to wall with the pre placed screws.



Ensure the guard is level and secure the other side.



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

When your sauna is set up and working you should “break-in” the sauna before using it for the first time by turning on the heater to its highest setting and operate it for about 1 hour.

This is recommended to burn off any oils impurities from manufacturing, and it also “cures” the woodwork.

- *All wiring should be installed according to the heater manufacturers instructions and by a licensed electrician.*

- **Do NOT use a G.F.I breaker**

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



Remove all protective film from stainless steel parts and the plastic wrap from stove pipe pieces before installation.



Fasten the stove handle onto the stove door With the screws provided.



Install floor heat shield against back wall centered between the benches.



Place the rear wall heat shield and secure with 6 – 1 ½" (38mm) screws through the drilled holes.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



Bring in the stove and ensure it is centered between the benches with the chimney hole 8" (203mm) from the rear heat shield.



On the top of the sauna, measure 12" (305mm) from the end of staves.

From the mark, make an 8" (203mm) circle.



Cut the circle out with a jigsaw.



Place the long chimney piece onto the stove.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



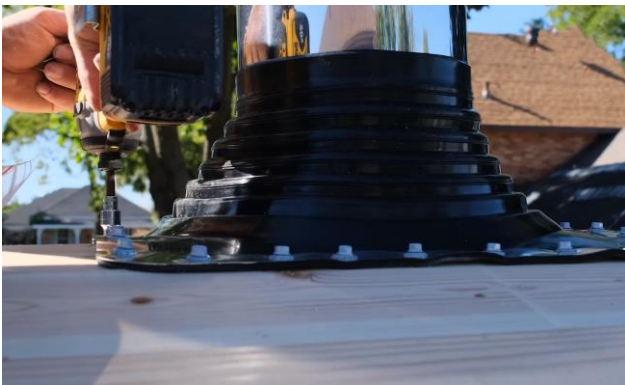
Place the first thick insulated chimney pipe on top of the first pipe and put it through the hole in the roof.



On the top of the sauna, pull the boot over the pipe, mark the outline of the boot.



Lift the boot out of the way and apply the included roof sealer on the inside of the outline.



Pull the boot back down and secure with the included self sealing roofing screws 2-3" (51mm to (76mm) ) apart.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



Place the hose clamp over the boot and tighten the screw.



Place the 2<sup>nd</sup> insulated chimney piece over the first.



Attach the support strap around the 2 chimney pipes and tighten up.



Insert the short chimney piece into the thick chimney piece, followed by the cap piece.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



Install the 2 halves of the thin metal sheeting around the chimney on the inside to cover the hole.

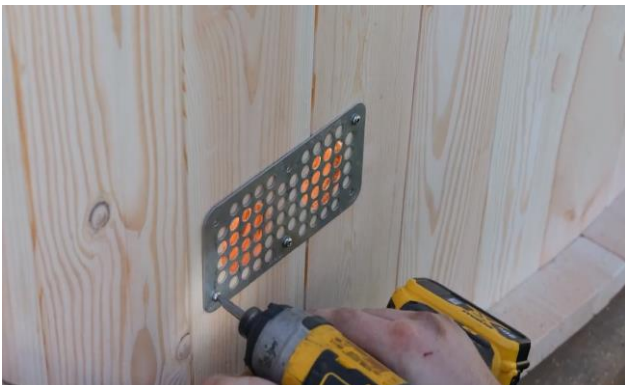


Below the bench support on the back wall, mark the vent hole position.



Drill out with a 2" (51mm) hole saw.

Only go half way through to prevent splintering and drill the remainder from the other side of wall.



Using 1 ½" (38mm) screws, screw on the vent cover.  
(note that the vent guard only goes on the outside.)

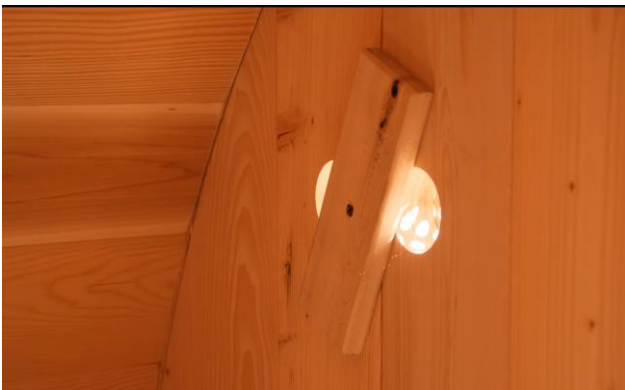
Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the top) (Optional)



High on the front wall, repeat this process and mount the vent cover on the outside of the sauna.



Use a 1 ½" (38mm) screw and attach the vent board on the inside of the sauna making sure it is tight but can still be turned.



The assembly of your Harvia M3 wood stove with chimney out the top is now complete.

Enjoy your sauna!

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



Remove all protective film from stainless steel parts and the plastic wrap from stove pipe pieces before installation.



Fasten the stove handle onto the stove door With the screws provided.



Remove the screw on the back of stove and remove the back flap.



Measure the height to the middle of the opening on the back of stove. (22") (56mm)

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



On the center of the back wall, measure 22" (56mm) from the floor up.

This will be the center of your hole for the chimney to go out.



From the mark, make an 8" (203mm) circle.

Cut out the circle with a jigsaw.



Install floor heat shield against back wall centered between the benches.



Bring in stove and place it on the floor heat shield.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



Bring in the rear wall heat shield and place it behind the stove.



Insert the "T" chimney piece through hole in back of sauna and through the rear wall heat shield on the inside of sauna and into the back of stove.



Ensure the rear wall heat shield is level and secure with 6 – 1 ½" (38mm) screws through the drilled holes.



Remove the nuts and bolts from the chimney support.

Manufactured by:



# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



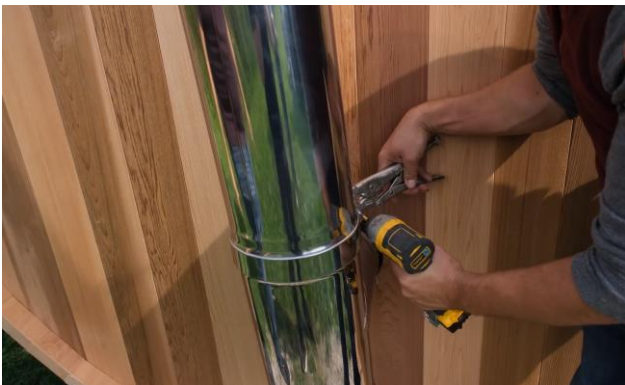
Assemble together the remaining chimney pieces.



Attach the support strap around the 2 chimney pipes and tighten up.



Attached assemble chimney pieces to the "T" coming out the back of the sauna.



Attach a support strap around the connection and tighten up.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



Reassemble the top chimney support bracket.



Install the cap on the top of the assembled chimney.



Install the bottom half of the exterior chimney shield.

Ensure that it is level.

Overlap the top half of the exterior chimney shield and secure with provided screws.



Below the bench support on the back wall, mark the vent hole position.

Manufactured by:

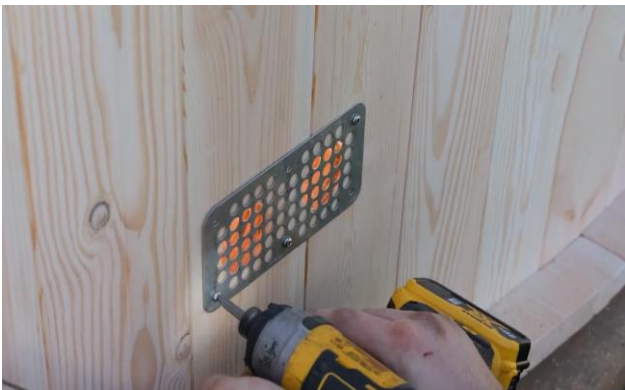
# Cedar Barrel Sauna Assembly Instructions

## Harvia M3 Wood Stove Installation (Chimney out the back wall) (Optional)



Drill out with a 2" (51mm) hole saw.

Only go half way through to prevent splintering and drill the remainder from the other side of wall.

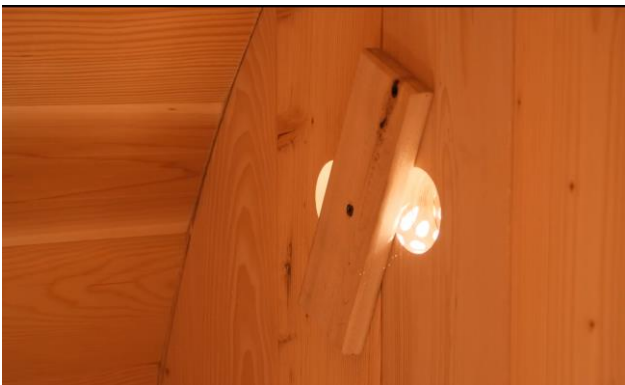


Using 1 ½" (38mm) screws, screw on the vent cover.

(note that the vent guard only goes on the outside.)



High on the front wall, repeat this process and mount the vent cover on the outside of the sauna.



Use a 1 ½" (38mm) screw and attach the vent board on the inside of the sauna making sure it is tight but can still be turned.

Manufactured by:



# Cedar Barrel Sauna

## Assembly Instructions

### Bevel Siding Installation (Optional)



To start the installation of your bevel siding, unpeel the ice & water shield and stick it to the side of the sauna starting at the middle on one side.



Place the next strip overlapping the first and continue to the top of the sauna.

Repeat on other side ensuring pieces overlap at the top of the sauna,



Fold the ice & water shield over the front of the staves.



Secure with staples.

Continue stapling to the other side, staples will be hidden by the trim.

Repeat on the rear of the sauna.

Manufactured by:

# Cedar Barrel Sauna

## Assembly Instructions

### Bevel Siding Installation (Optional)



Using a utility knife, cut off the excess rubber flush to the edge of the staves on the front and back of the sauna.



Center one of the trim pieces at the top of the sauna flush with the bottom edge of the staves.

Fasten the trim piece using a 2" (51mm) screw.

*Only use 1 screw per piece at this time.*



Add the next piece of trim flush to the first piece and secure with a 2" (51mm) screw.

Continue attaching the remaining trim pieces following the same process as the previous step.



Once all of the trim is on and fits nicely, add 2 more screws to each piece of trim.

Manufactured by:



# Cedar Barrel Sauna

## Assembly Instructions

### Bevel Siding Installation (Optional)



Repeat the same process for the other end of the sauna.  
Cut off any excess membrane sticking out past the trim using your utility knife.



Line up your first piece of bevel siding at 48 ½" (123 cm) from the ground.

*This measurement is important! If you start too low you will not have enough siding pieces to cover the top of the sauna!*



Fasten the bevel siding to the sauna using a staple gun with 1 ¼" (32mm) crown staples.

*When stapling, Be careful not to hit the aluminum bands.*



Use the provided spacing blocks as shown to get the correct placement of the next piece of bevel siding.

Manufactured by:



# Cedar Barrel Sauna

## Assembly Instructions

### Bevel Siding Installation (Optional)



Continue adding the bevel siding using the spacer block working your way up the sauna.

*Use as many staples as possible to secure the siding to the sauna.*



When you have installed the bevel siding up to the top, start installing the other side following the same process.

Fasten the remaining pieces of bevel siding in the same manner alternating sides until the siding overlaps at the top.



Use one last piece of the bevel siding to overlap the 2 sides.

Staple both sides of this piece to secure firmly.



That will complete the installation of your cedar bevel siding roof kit.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Cove Installation (Optional)



Line up the cove pieces starting with the smallest pieces on the end and working towards the middle forming a semi circle.

Place 2 ½" (64mm) screws in the pre-drilled holes to assist in the assembly of the cove.



Center the 2 middle (longest) pieces under the lip of the sauna.  
Ensure cove pieces are tight to the wall of the sauna.



Secure with 2 ½" (64mm) screws from the underneath.



Fasten each cove piece to the next through the pre drilled holes on the front of each piece using a 2 ½" (64mm) screw.

Manufactured by:

# Cedar Barrel Sauna Assembly Instructions

## Cove Installation (Optional)



Continue building the cove from the middle until the cove is complete.



When installed, the cove should be centered and tight together and to the wall of the sauna.

Manufactured by:



## MAINTAINING YOUR SAUNA AFTER INSTALLATION

### Interior

It is recommended to vacuum or sweep out the inside of your sauna frequently to remove dirt and other debris.

Under normal conditions, a slight wash of the floor and benches with warm soapy water several times a year will maintain its cleanliness. You can use a sheet of fine grit sandpaper or a low pressure wash to remove more stubborn stains or for a deeper cleaning of the interior of your sauna.

**Never use ammonia or harsh cleaners as they can turn the wood gray.**

### Exterior

Depending on the humidity and weather conditions in your area, the cedar will either shrink or expand based on the amount of moisture absorption. The desired effect is to have the cedar expand into the bands therefore making the sauna staves much tighter.

Over time the lumber will weather naturally as a result of sun and rain, it will change into a weathered grey colour. This natural weathering will not harm the wood or impair the sauna's performance.

If you wish to retain the natural color of your Dundalk Leisurecraft Sauna, there are many cedar stains on the market and almost as many opinions as to which is best.

We encourage you to rely on your own research and referrals.

Recommended Stains Include:

Behr Premium Semi-Transparent Waterproofing Stain & Sealer

Sikkens Proluxe Cetol SRD Translucent Stain

<https://www.realcedar.com/outdoor/finishing-choices/>

**Note: never treat the interior of the Sauna, and never apply paint or varnish to the exterior.**



### *Water Seepage*

Some minor water seeping into the sauna is expected and normal for an outdoor sauna.

If your sauna is properly installed, you should not have water dripping in but you should expect some water seepage, especially on the top and sides of the sauna.

This is due to the porous characteristics of the wood and to the ball-and-socket profile design of the staves. Water Seepage will not harm the sauna. The moisture will evaporate once you turn on the heater and the sauna heats up.

If the water marks are bothersome, they can be easily removed with a light sanding (80 or 100 grit)



## 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 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. After each use, leave the door fully open for a few hours if possible so the wood can dry out.

**These are guidelines only. Enjoy your sauna in whichever way you desire.  
Children must be supervised by an adult.**

## 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. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 5 year warranty.

Purchaser Name: \_\_\_\_\_ Date: \_\_\_\_\_

Purchased From: \_\_\_\_\_