



FINLANDIA FPC (PRECUT) SAUNA ROOM BUILDING INSTRUCTIONS

NOTE: Please watch the enclosed installation DVD and read all instructions before installing the Precut Sauna Room.

Before installing your Finlandia Sauna package, two rough in boxes should be installed for the vents (See Vent Box Installation Sheet). Next, insulate the walls (between studs) and ceiling with 3 1/2" (R11) Fiberglass and apply Type C Building Foil (included in Sauna package) in overlapping layers to the entire room by stapling to stud walls and ceiling joists. Seams do not need to be taped. Building foil is located in one of the lumber boxes or it may be in its own box.

1. Boards are cut to size for walls and ceiling. Paneling is smooth on the front side and rough on the back side. Blind nail all boards through the tongue at a 45 degree angle. Nail should be positioned at the base of the tongue where the tongue connects to the board. Use a nail punch to countersink the nail. The groove from the next layer of boards will cover the nail holes. An air powered tool may be used in place of our nails (use 1 1/2" galvanized staple with a 1/4" crown to install paneling).
2. The ceiling should be installed first. Ceiling boards are marked with a single dot at the end of each board. Nail the boards through the tongue directly to the ceiling joists. Use 5p galvanized nails (1 1/2" long with small head). The last ceiling board will have to be ripped with a table saw to fit.
3. Sort wall boards for appearance, use best boards above the 3' upper bench level; others below bench level. If any board is marked "Starter" on the back of board use in the first layer. Not all packages contain "Starter" boards.
4. Dots at ends of wall boards indicate the order in which wall layers should be installed. Back wall has two dots, right wall has three dots, left wall has four dots, and front wall is marked with right or left.
5. Install first back wall board against back wall (tongue facing up). Raise the board 3/4" from floor and level it. Blind nail it to wall through tongue of board with 5p galvanized nails provided. Then take one board from right wall (3 dots) and raise it from floor so that V-joint is even with back wall board V-joint. Level it and place chisel or pry bar between front wall & right wall board which you are installing and apply pressure toward back wall so that it will fit tightly to back wall. Nail in place. Next, take the first left wall board and make it even with the back wall board at the back left corner. Level it, place a pry bar between the end of the left wall board and the front corner stud, and nail board in place.
6. Take the first front right wall board and make even with the right side wall board. Make the board tight against the side wall board, level, and nail the board. Take the first front left wall board and make even with the left wall board. Make the board tight against the side wall board, level, and nail the board.
7. After nailing each board for one complete layer around room, follow same steps to install layer by layer continuing to use chisel or pry bar for tight fit at the corners. Drill a hole in one of the lower boards for the heater wire. Heater wire should be about 4"-6" off floor. Once you reach the rough in box for the wall light use a jig saw to cut around it. The last boards for each wall will have to be ripped with a table saw for tight fit to the ceiling.
8. After paneling room, install ceiling molding to cover gap between last board and the ceiling (must cut to size). Ceiling moldings are 3/4" x 3/4" and should be glued and nailed.
9. Install door. Attach door handles to door with screws provided. Remove the 2 partially exposed nails that are on the outside of jamb that were used in shipping. Remove the door pins from the hinges and remove the door from the frame. Remove the nails that hold the two 1" x 2" stoppers to the door frame. Place the door frame into the door rough opening. The frame will sit directly on the floor. Partially nail or screw both sides of the jamb to the stud wall to keep the frame in place. Install the nails or screws in the area where the 1" x 2" stoppers were removed so that the



holes will be covered when stoppers are put back in place. Put the door back on the frame and reinsert the hinge pins. Use wood shims to achieve proper spacing for the door. When satisfied, permanently nail door jamb to the wall. Cut the enclosed $\frac{3}{4}$ " thick sill so that it fits between the two sides of the door jamb. Use silicone caulking or Liquid Nails to attach door sill to floor. The sill will stick $\frac{3}{4}$ " into the Sauna and will be flush on the exterior. Cut to size and reinstall the 1" x 2" stoppers with finish nails. Install the 1" x 2" interior door casing. Before using the Sauna, seal the entire door, inside, outside (except for glass), and all sides with a clear sealer (eg. Thompson's Waterseal or similar product). Use at least two coats of sealer on the door. Note: the exterior of the door may be painted or stained to match the rest of the doors in the house but only use clear sealer on the interior of the Sauna door.

10. Install 1" x 2" base molding for the entire room. Apply a thin bead of clear silicone caulking around perimeter of room where the base meets the floor.
11. Install benches as shown on drawings.
12. Install Sauna heater by referring to information in wiring diagram provided with heater. Fill with stones provided. Pack stones loosely between elements and on top until elements are completely covered; you may not need them all.
13. Install guard rail around heater with wood screws provided (see sketch).
14. Install upper and lower vent registers and grills.
15. Hang thermometer 6" from ceiling, directly above Sauna heater, and hang bathing sign inside or on exterior front wall. Warning signs from heater box should be installed above heater.
16. Now you are ready for electrical hookup. (This should be provided by a qualified electrician as per wiring instructions provided with heater.)

NOW YOU CAN ENJOY YOUR FINLANDIA SAUNA! THANK YOU FOR YOUR ORDER!