

# Leisurecraft Indoor Sauna Assembly Instructions



## **Requirements:**

2 People (recommended)

Rubber Mallet

Tape Measure

Cordless Drill

Phillips & Robertson Driver Bits

7/16" Wrench/Nut Driver

Carpenters Hammer

[View the assembly process](#) 

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# Leisurecraft Indoor Sauna Assembly Instructions



To start the assembly of your Indoor Sauna, lay out and organize all of the pieces.



Locate the 2 pieces marked "bottom side".



Tap the Provided (4) - "T-Nuts" into the holes on the bottom of the 2 side staves with a hammer.



Screw the threaded rods into each hole until you are flush with the bottom of each T- Nut.

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Note that the grooves in the bottom staves are to face inwards towards each other.



Wash your hands to prevent grease from the threaded rods getting onto any of the wood sauna pieces.



Slide the front and back bottom staves over the threaded rod and slide down. The front and back bottom staves are flat on the bottom.



Once the 2 sides and the front and back staves are slid down over the threaded rods, square up the base.

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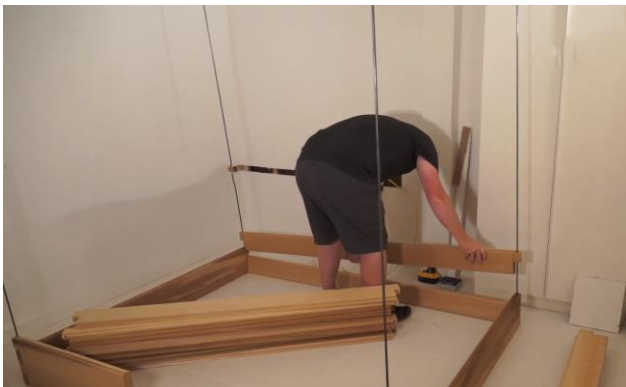
Place a side wall stave on either side using the same method as in the previous steps.



Organize your staves, front, back and sides. You will want to have as many of each ready and nearby for easier installation.



Insert a front wall stave as shown. These will be the shorter staves to go on either side of the door.



Insert a back wall stave.

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Once the front and back staves are installed, insert another side wall stave on either side. Repeat this process (Front, Back, Sides) until you reach the fourth row on the front of the sauna.



When you get to the 4<sup>th</sup> row on the front wall, it is time to install the door. Ensure the sauna is square as you assemble the walls to make future steps easier.



Carefully slide the groove of the door frame into the front wall staves.



Continue adding wall staves in the same manner as in the previous steps. Alternating front, back and then both sides.

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To make it easier to get in and out of the sauna during assembly, when you have the walls built around halfway to the top of the sauna, center the outer door handle (small) at the desired height on the outside of the door and secure with 2" (51mm) screws in the pre-drilled holes.



Continue adding more staves in the same manner as before. Alternating front, back and then both sides. You can bring staves inside the sauna for easier installation.



The staves should get easier to install and the sauna much more stable as you progress upwards.



When you reach the top of the sauna door, insert the door top stave.

The door top stave is a full-length stave with a notch cut out for the door.

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The top staves are “labelled”.  
Install them on the walls they are labelled for.



Locate the 4 nuts, washers and the wrench.



Place the washer then the nut on the threaded rods  
and tighten with the wrench.  
Do not overtighten!

Repeat on all 4 corners.



If necessary, use the rubber mallet to correct any  
warping or slightly out of place staves.  
Tighten up the 4 nuts a bit more after using the  
rubber mallet.

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Locate one of the roof trim pieces.  
It will hole in each end like in the picture.



Place the roof trim on top of the side wall.  
The holes will go over the threaded rods.



Using the rubber mallet, tap the roof trim into position.  
Once in correct position, screw the roof trim to the side wall using 2 ½" (64mm) screws in the pre-drilled holes.



Install a roof stave into the roof trim on the top of the sauna by sliding the grooves of the stave over the front and back walls and tapping the roof stave flush into the roof trim.

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# Leisurecraft Indoor Sauna Assembly Instructions



When you reach the opposite side of the roof, tap the remaining roof trim piece flush into position using the rubber mallet.



Secure the roof staves into the front and back walls using 2 ½" (64mm) screws. Fasten the roof trim piece in the same manner as the other side.



Secure the outer trim pieces to the outside corners of the sauna using 1 ½" (38mm) screws. Repeat for all 4 corners.



Line the front roof trim with the side trim ensuring they are flush and secure with 1 ½" (38mm) screws. Repeat for the back roof trim.

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# Leisurecraft Indoor Sauna Assembly Instructions



Bring in the bench brackets.  
Fasten the bracket to the back wall using 2 ½" (64mm) screws in the pre-drilled holes ensuring the bracket is snug to the back wall.  
Repeat on opposite side.



Bring in the top bench (7 slats) and place on top of the bench brackets.



Align the middle support brackets to the supports on the bottom of the bench.



Secure the benches to the brackets using 1 ½" (38mm) screws making sure to screw in between the slats to make the screws less visible.

Repeat for all remaining brackets.

Follow the same process to secure the bottom bench.

\* Ensure the middle bench brackets are square and tight to the back wall and the floor before screwing.

# Leisurecraft Indoor Sauna Assembly Instructions



Secure the middle brackets to the back wall using 2 ½" (64mm) screws in the pre-drilled holes.



Repeat the process if adding an L shaped bench. Secure the L bench to the back wall bench from underneath with 2 ½" (64mm) screws.



When benches are complete, lay the duckboard floor down in front of the benches.



Measure each of the 4 corners inside the sauna and cut the interior trim pieces accordingly. Fasten the interior trim pieces with the provided finishing nails.

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# Leisurecraft Indoor Sauna Assembly Instructions



Install the towel hanger at the desired height on the outside of the sauna and secure with 1 ½" (38mm) screws.



Install the inner door handle (large) centered horizontally on the inside of the door at the desired height and secure with 2" (51mm) screws.

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## Electric Heater Installation



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  $\frac{1}{4}$ " x  $1\frac{1}{2}$ " (6mm x 38mm) hex head lag screws (supplied with the heater) into the holes.

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# Leisurecraft Indoor Sauna Assembly Instructions

## Electric Heater Installation



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.

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# Leisurecraft Indoor Sauna Assembly Instructions

## Electric Heater Installation



Center the guard around the heater and secure to wall with the preplaced 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**

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## 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

LeisureCraft 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: \_\_\_\_\_