



Dundalk LeisureCraft

Cedar Barrel 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.



- 2 People (recommended)
- Rubber Mallet
- Carpenter's Hammer
- 6' Step Ladder
- Cordless Drill (we supply the bit)
- Carpenter's Level
- $\frac{3}{4}$ " Wrench
- Tape Measure

View the assembly process on  (see last page)



Preparing the base. A full gravel pad as shown here, or individual gravel pads for each cradle (see picture, front page): Clear loose vegetation and soil, level the ground with a *slight* slope for drainage, and fill the area with 2-4" of crushed limestone gravel. Level and tamp. Patio stones as pictured here are also an option.

Please note that the number of Barrel Cradles supplied is dependent on the overall length of the sauna. Saunas with overall lengths of ten feet or longer have three cradles while Saunas that are shorter than ten feet have two cradles.



A solid concrete slab, or a new or existing wooden deck all good options as long as they drain well. Consult a professional building contractor if you're not sure how to proceed with these options.

Level the cradles on top of the footings, space evenly, and make sure they're arranged in a straight line. Using one of the long boards as a guide.

Lay down the special 3" bottom stave (with two convex edges) across the centres of the cradles.

Mark the exact centres of the cradles. If the cradles are 60", measure 30" from the ends of the cradles to the middle.

Measure 5" from each end of the stave to the cradles, as shown.



Fasten it to the cradles with the supplied 2½" screws. NOTE: Always check to ensure that you have the correct screw length so that there will be enough thread to hold, and especially, so that the screw won't go all the way through the material and come out the other side.



Fill the cradles with enough staves to hold the middle section with the door, and the corresponding back middle section.

Make sure there are no gaps between the edges of the staves. (tap together with mallet)



A half-inch hole was bored for drainage just inside the walls on the lower special stave.

It is handy for cleaning it out but you might want to put a sieve in it to keep bugs out.

(Note: you can elect to do this any time later)



Place the middle sections of the end walls into the groove in the staves.

Pay attention to which side the hinges are on. This will determine whether the door swings to the left or to the right. This is the time to choose.



Get the middle front and back wall segments plum using a carpenter's level, or a plumb bob.



Put the special top stave in place to help stabilize the wall sections.



Fasten the half-moon side wall segments to the middle wall segments with supplied 2½" screws.

The tops of the various wall sections are marked with A, B, C, or D at the top to ensure that they are properly matched.

Here they attach the front-left section to the front-middle section matching markings "B" to "B".



Here they attach the rear-left section to the rear-middle section matching markings "C" to "C".



Once the front and back end walls are assembled, start to assemble the barrel.

Here, the stave is fitted over the wall leaving a deliberate gap. The staves don't have to go on all the way to the line. The line is just a guide to keep the round shape.

Leave as much of a gap as possible. This will make the tightening of the bands easier.

The gaps are to ensure that when the bands are tightened, instead of pressing on the end walls, all of the force will be directed to pressing the edges of the staves together to form a water-tight seal.



Here the installer is using one of the supplied 2½" finishing nails to hold a stave onto the bottom part of the barrel. You may not need to use nails, as sometimes the staves stay on without nails.

If you do find that you need to use them, only use nails on every second stave, and only if necessary. The staves in-between will be held in place by the ones with nails.



Again, make sure the inside faces of the staves line up with the pencil circle on the end walls. Once you get them to hold onto the edge of the wall, by themselves or with nails, tap them in or out with a hammer to line them up with the pencil line.

Note: do not hammer on the ends of the staves or they may break. Gently tap the staves and only on the inside of the end wall.

Continue placing the staves up around the end walls.

Here, because the staves are on the top half of the barrel, they won't need finishing nails to hold them on.



Finish installing the staves on the top half.

Again, make sure there are no gaps between the staves by tapping them firmly into place with a rubber mallet, and make sure they line up with the pencil-marked circle.



Assemble two of the bands so they can be slipped easily on over the ends of the barrel.



Put on the outer bands JUST SNUG. Don't tighten yet.



Here the band is being placed with the tightening hardware on the bottom of the side that is least visible.



IMPORTANT:

It is normal for the barrel sauna to fit like this when the outer bands are on, (with a “hump” where the last stave is inserted.)

Using your rubber mallet, adjust the staves so that they form nice circle, (aligned as closely with the pencilmarked circle as possible all around).

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

After the staves are adjusted into a uniform circle shape, a gap will open up at the top of the wall (see photo bottom of next page)



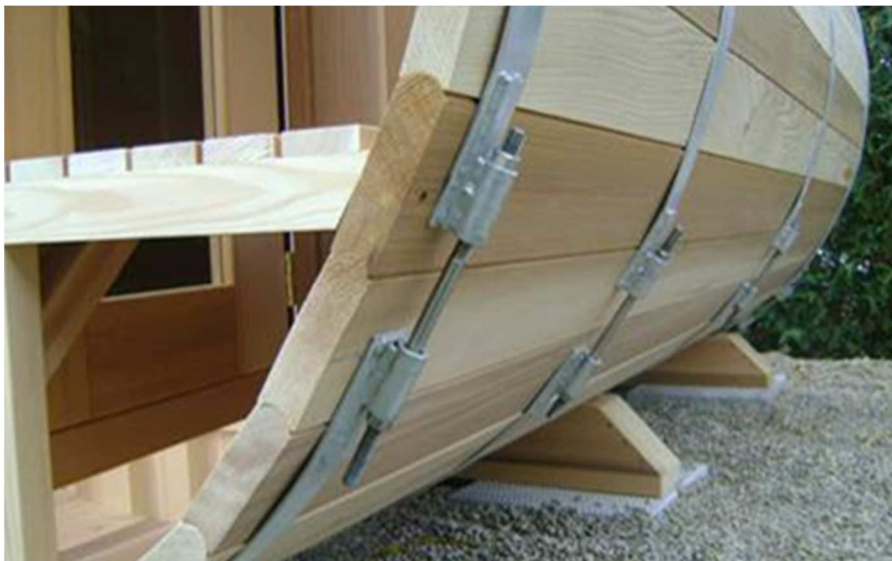
By adjusting the staves this way (bumping them up or down with a rubber mallet, as necessary) they should settle into a circular shape as pictured below.

Your barrel should look somewhat like this just before tightening; as near a circle shape as can be achieved by adjusting the staves with a mallet, but with a gap showing at the top. When the bands are tightened, the staves will be compressed inward, and the visible gap will close up.





Measure 2" from the edge of the band to the end of the staves all around before tightening.



Rotate the bands so that the tightening hardware is at the desired location. Usually this is the least visible area of the barrel. That could be bottom centre if you don't mind crawling down under to tighten them.

Note that this 6'x8' barrel has a 2' "Porch", which is why it has a fourth band.

Also, because the overall length of this barrel sauna is more than 10' it has three cradles.



Now tighten the bands, each a little at a time. If you have two people assembling, one should tighten while the other bangs down on the bands, (or up from inside the chamber if necessary) to keep the circular shape.

Don't be afraid of over-tightening the bands. You won't break them with a regular wrench.

Just remember to keep adjusting for roundness with the rubber mallet as the bands are tightened.



Assemble the outside benches for saunas with the porch option using supplied 1½" screws into and predrilled holes.

Attach the legs...



Then the braces
(two 1½" inch screws)...



Start the long screws (2½") into the end brackets to make installation easier...



... and install with 2½" screws.

A carpenter's level or square can be useful.



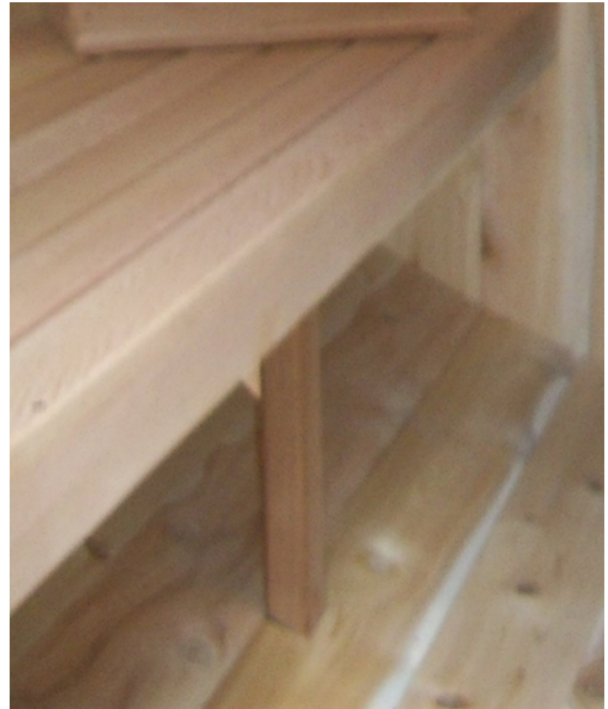
Fasten handles at the desired height (1½" screws)



... then the towel bar (1½" screws).



Fasten the inside benches atop the pre-installed brackets on the walls (2½" screws).



Position the bench supports under the benches as shown. Line them up with the supports on the bottom, slide them back to the wall, and screw them in place with supplied 2½" wood screws.



The heater goes on the centre of the end wall, close to the floor. Place something under the heater to position it with the bottom of the heater close to the floor, and mark the bracket positions on the wall. The heater will hang on the brackets when installed.

Note that the bottom of the heater should be no higher than 10½" from the floor. If you mount the heater too high, it will not develop enough of a *hot air column* to properly circulate the air within the chamber.

See the heater manufacturer's instructions for more details.

Wash the rocks thoroughly before placing them into the heater or you'll have a muddy mess when you put water on them.

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

Congratulations, you have successfully assembled your Cedar Barrel Sauna!

WARRANTY

Our Products are warranted to be free of defects in materials and workmanship under normal use and service, for a period of three years (3 years) from date of purchase. With the warranty you will get a NO HASSLE next business day (depending on shipping service) replacement for all requested parts. Product must be cared for properly, this warranty does not cover misuse or negligence and the manufacturer is not liable for any injury or damage caused by the product. The warranty is also not valid if repairs are attempted by anyone not authorized to do so. Please contact your Dundalk LeisureCraft Dealer for more warranty Information.

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.

View Assembly Video online: <https://www.youtube.com/watch?v=Ds-sG4OXwE4>

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