



Dundalk LeisureCraft

Cedar POD Sauna Assembly Instructions



Required:
<ul style="list-style-type: none">• <u>2 People (recommended)</u>• Rubber Mallet• Carpenter's Hammer• 6' Step Ladder• Cordless Drill (we supply the bit)• Carpenter's Level• Tape Measure

See Assembly video on **You Tube** ... see last page.

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.



Preparing the base. Crushed limestone gravel: Clear loose vegetation and soil, level the ground, lay down weed barrier cloth if desired, and fill the area with 2-4" of crushed limestone gravel. Level and tamp. Patio stones on top are an option but not necessary.

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



Assembling the floor:

Lay the outer four sides of the floor on your prepared level base with the front and rear pieces (the ones with the X's on them) opposite each other (notched edges upward).

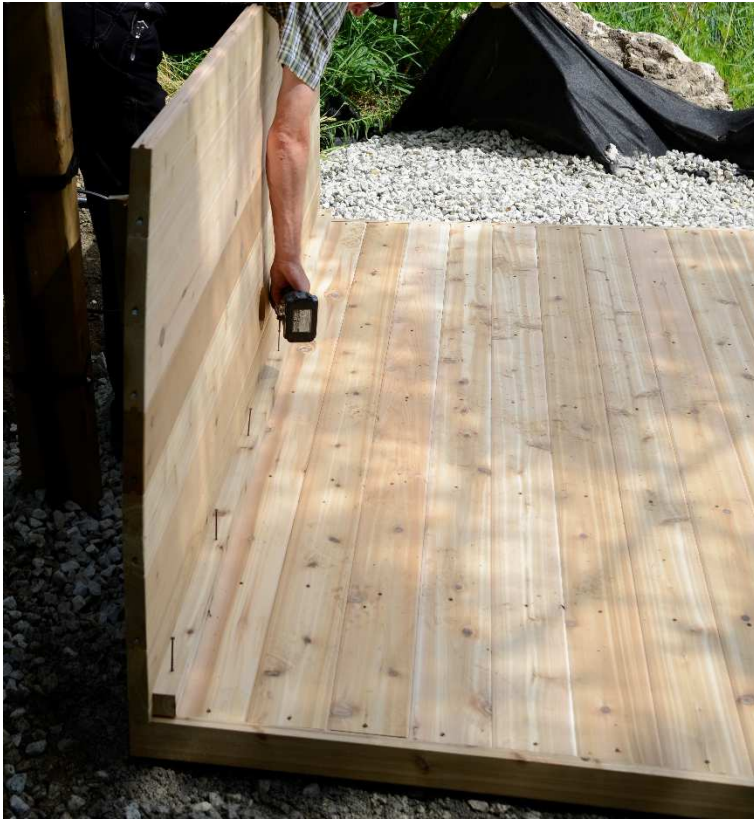
Screw the four mitred corners together with two 3" wood screws per joint, as shown.



Align the floor joists with the X's on the floor frame, so that the sides of the joists line up with the lines beside the X's. Fasten with two 3" wood screws on each end.



Now it is time to fasten the floor boards. Start by laying a floor board groove-side into the notch in the front side of the floor frame. Continue laying down the boards and tap them tight together with a mallet. Don't worry if there is a gap left over at the back wall when the last board is put in place as that will be covered by the back wall. Drive one 1 1/2" deck screw at each intersection with the floor joists.



Locate and position the **back bottom wall assembly** (picture left) flush with the back edge of the floor.

Centre it side to side on the back edge of the floor and fasten it with 2½" deck screws approximately every 16".

Now locate the **bottom board assembly of the front wall**. (picture below) It has a 2x2 bracket attached like the back wall. Orient the bracket toward the back.

Space it the correct distance from the back wall by using two staves with grooves in the ends, one on the left and one on the right. This should align the bottom front wall board flush with the front edge.



Note that if your sauna was ordered with a change room option there will be more than one groove in the side wall boards because there will be an extra wall.

Once correctly positioned using wall boards for spacing on both sides, centre it side-to-side and fasten the front bottom wall assembly to the floor as with the back wall, along the 2x2 bracket approximately every 16" with 2½" deck screws.

Start building the front and back walls using the pre-built assemblies, as shown.

Fasten the wall boards to the floor using 2½" deck screws into pre-drilled holes on the bottom edges.





Use a wall board as a brace to steady the wall segments, as shown, to hold the wall segments in place until the roof is in place.



Install the pre-hung door assembly by sliding it firmly into place.

Place and attach the other front wall section.



Install the middle section of the back wall.



Brace the middle back wall section with another stave on each side.



Centre the top section of the back wall and fasten at the bottom corners with 2½" deck screws.



Repeat for the top section of the front wall.



When the front and back walls are secured, fasten the two halves of the roof top board using 2½" Kreg screws into pre-drill screw pockets as shown.





Centre the top piece on top of the walls and fasten it using two 1½" deck screws on each end.



Install the wall boards from the top down, tapping them into place with a rubber mallet.



Secure the wall boards in place using 2½" deck screws where they join the front and rear walls.





Continue installing the wall boards until you reach the bottom of each side. Note that the bottom boards have a flat bottom. Install it as you would the rest.



Install the front and back trim boards as shown using supplied 1½" deck screws. Place the screws approximately every third wall board.



Roll out the underlay (Ice and Water Dam Shield) and cut each length about one inch longer than the length of the wall boards.

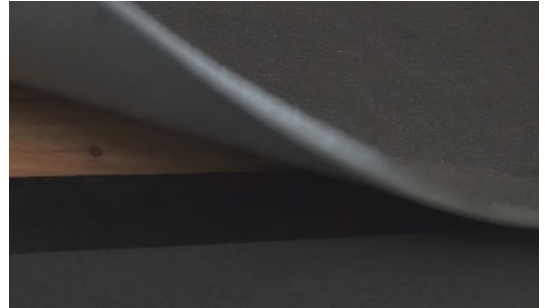


Place a piece as shown, with the **black front side adhesive strip** oriented towards the top. Peel and fold back the top 3 or 4 inches of the backing from the top edge, and stick in place so that the bottom edge is flush with the bottom of the sauna wall.

Then peel off the rest of the backing, and smooth the entire piece onto the wall.



Peel the protective plastic off the **top side black adhesive strip**, then apply the next piece on top.



When you have applied three strips on each side, place the final strip across the peak as shown. Trim the ends **precisely at the joint of roof board and trim** with a utility blade.



It is advisable to put a **bead of caulk** at the newly trimmed edge of the underlay where it meets the trim. Don't use a pure silicone caulk as it will not adhere well to the cedar. Instead, it is best to use a *Polyether* caulk like 3M 4000UV Polyether Adhesive Sealant. It is rated safe for all polymers, is low in VOCs, and will adhere to the cedar very well.

Next, install the **beveled siding**. Use rust-proof staples or 1½" stainless nails with ¼" head. It is best to use ring-shanked "splitless" shingle nails.



Place the first strip flush with the bottom edge of the wall. Each strip should be overlapped about one inch, so use a 4½" spacer as shown. **Drive the nails ABOVE the overlap (1" – 1 ¼" from the bottom edge. (do not drive nails through both strips of siding)** Space nails out approximately every two feet. Make sure you don't drive them on an angle, or drive the head of the nail below the surface of the siding.

Repeat for the other side and use the last board for a ridge cap on the peak.



Benches:

Space two bench supports next to the side wall where the bench will go. Place the bench on top, and adjust the position of the supports so that they are directly under the underside cross members, flush with the front trim, and in contact with the wall.



Place 2½" deck screws between the bench boards, front and back, at each support.



Screw the bench end brackets into the walls with 2½" deck screws (3 places)



Secure the bottom of each bench support to the floor using 2½" deck screws, front and back.



Heater: (see manufacturer's instructions)

Sauna Craft: Place one of the head rests on the floor to hold the heater in place while you mark the positions of the wall bracket, as shown.



Use the screws supplied with the heater to fasten the wall brackets, and hang the heater on them.

The heater is now ready for the electrical hookup by a qualified electrician.



Wash the rocks with a scrub brush under water to get the dust off of them before use. **Remove the protective plastic film** and operate the heater for a full hour on the highest temperature setting with the sauna door open to burn off any residue from manufacturing.



Assemble the cedar heater guard fence using 2½" deck screws.

IMPORTANT:

For Electric and Wood-burning Heaters:

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



And last but not least, install the **door handle** outside, as shown ...



... and **towel bar** cross-ways on the inside of the door.



The robe/towel peg board can go on either side of the door over a window.

***Congratulations, you have successfully assembled your
LeisureCraft Cedar Pod Sauna!***

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.

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.

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