



#### **Requirements:**

2 People (recommended) Rubber Mallet Carpenters Level Carpenters Square Tape Measure Cordless Drill Phillips & Robertson Drill Bits 2" hole Saw

Staple Gun ¼" Nut Driver Step Ladder Utility Knife Drill Bit set 4mm Hex Bit Saw 13mm Socket

It is highly recommended to view the assembly video prior to starting assembly!

Click here to View the assembly process or scan the QR code.







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



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#### 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.







Start the assembly of your Neptune Sauna by locating the front and back floor joists.

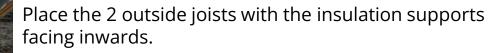
The front and back joists are the shorter ones with the notch facing upwards.



Locate the middle floor joists.

These will be the longer joists.

The 2 for the outside and the 2 for the middle will have the insulation support on 1side and the remaining 2 will have the insulation supports on both sides.



Roughly center the 4 middle joists between the outside joists.



Secure the outside joists to the front and back joists using 2 – 1 ½" (38mm) screws per corner.

Repeat on all 4 corners.

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### **Base Assembly**

To get the spacing for the middle floor joists, measure the width of the insulation.

In this case, it will be 19" (48cm).

Transfer this measurement to get the spacing for the first floor joist.

Secure the floor joist to the joist using 2 – 1  $\frac{1}{2}$ " (38mm) screws in the pre-drilled holes.

Space out the next floor joists.

These will be the center floor joists and will be 2 joists back to back.

Ensure the insulation supports are facing inwards to each side and secure with  $2 - 1 \frac{1}{2}$  screws in the predrilled holes.

5





#### **Base Assembly**



Space out the last floor joist and secure in the same manner as the previous joists.

Secure the 2 middle floor joists together using  $4 - 2 \frac{1}{2}$ " (64mm) screws spaced out evenly from front to back.



Fasten the floor joists to the back joist using 1 ½" (38mm) screws in the pre-drilled holes ensuring they are the same spacing as the front joist.



Place the blocks of foam insulation in between the joists.

You may need to trim off the end for a proper fit.



**Base Assembly** 



Secure a floorboard across the joists and secure with a 1 ½" (38mm) screw into each joist.

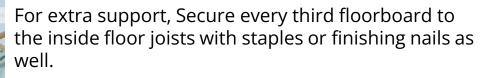
This is temporary to ensure the joists do not bow while placing the remaining floorboards and will be removed later.



Begin placing the floorboards.

Ensure they are flush with the outside edge of the side joists and inside notch of the front joist.

Ensure the tongues are tight into the grooves and secure with 1 – 1  $\frac{1}{2}$ " (38mm) screw on the outside joists only.





When you get to the middle of the floor, remove the temporary floorboard that was placed earlier.



#### **Base Assembly**



Once you get to 48" (122cm) from the rear of the sauna, place a screw in the floorboards where each of the joists are as they will be hidden by the benches.



Secure the floorboards from this point to each floor joist with a 1  $\frac{1}{2}$ " (38mm) screw.



Do not fasten the last 3 floorboards to make it easier as you place the last smaller floorboard in to finish.

You may use a rubber mallet to tap it into place.



Once the last floorboard is in the proper placement, secure each of the unscrewed floorboards with a 1 ½" (38mm) screw into each joist.



### Wall Assembly



To start the assembly of the walls, bring a wide panel and place it on the back corner on the side of the sauna.



Ensure it is flush to the edge of the floor and secure with  $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist.



Place a narrow wall panel onto the back of the sauna and ensure it is flush to the base and the side wall panel.



Ensure it is flush to the back edge of the floor and secure with 2  $-3\frac{1}{2}$ " (89mm) screws into the back floor joist and 4  $-2\frac{1}{2}$ " (64mm) screws into the other wall panel.

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#### Wall Assembly



Repeat the process for 2 more narrow panels on the back wall ensuring they are flush to the back of the floor and to the previous panel.



Place a wide panel onto the other side of the sauna.

Ensure it is flush to the edge of the floor and secure with  $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist and  $4 - 2 \frac{1}{2}$ " (64mm) screws into the back wall panel.



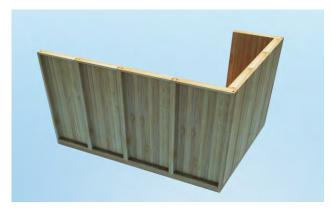
Repeat with another wide panel securing it to the floor and the previous wall panel.



Repeat with 2 more narrow panels to finish the side wall ensuring the panels are flush to the edge of the floor securing with  $2 - 3 \frac{1}{2}$ " (89mm) screws into the outer floor joist and  $4 - 2 \frac{1}{2}$ " (64mm) screws into the previous wall panel.



### Wall Assembly



At this point, you will have the floor, the side and back wall on one side and the wide panel on the opposite wall installed.



Place a wide panel onto the other side of the sauna.

Ensure it is flush to the edge of the floor and secure with  $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist and  $4 - 2 \frac{1}{2}$ " (64mm) screws into the first wall panel.



Place the door panel.

Ensure it is flush on the inside and the hinges are on the outside.

Secure with 4 – 2  $\frac{1}{2}$ " (64mm) screws through the previous wall panel into the door panel.



Install the last narrow next to the door and secure to the door panel with  $4 - 2 \frac{1}{2}$ " (64mm) screws.



Front Window Installation



WARNING: The Front Glass Panel is Heavy.

Use the Provided Panel Handling lifting devices and ensure you have at least to people to carry the panel!



Locate the wall panel handling rigger set.

This will include 2 aluminum lifting riggers and 2 pieces of 2" (51mm) dowel.



Install the panel rigger bracket onto the bottom sides of the window panel with the provided screws.

The lip of the panel rigger should be tight to the bottom side of the panel.



Slide the dowel through the hole in the rigger so it is even on both sides.



Front Window Installation



Carefully carry the glass panel to the front of the sauna.



When you get the glass panel close to the front wall you can remove the riggers.

Insert the front window panel and ensure it is flush to the front of the floor and the side wall panels.





Use a rubber mallet to finesse widow until it is flush by tapping on the wood of the panel. (if needed)



Front Window Installation



Use a 5/32" drill bit to predrill holes into the wall panels.

Secure the glass panel to the side wall panel with the provided lag screws ensuring the glass panel is flush.



Repeat on the opposite side.



Once the front window is installed, secure the narrow panel on either side of the glass panel with 2 - 3 ½" (89mm) screws to the outside floor joists.



Front Window Installation



secure the front glass panel with 4 - 2  $\frac{1}{2}$  (64mm) screws to the front floor joist.



### **Roof Assembly**



Slide the first roof panel onto the top of the sauna ensuring it is flush to the front and side panels.



Use a 5/32" drill bit to predrill 2 holes from the glass panel into the roof panel.

Secure with 3 ½" (89mm) screws.



Repeat for the side wall panels ensuring the roof panel is flush to the side walls.



Repeat the above steps for the 2<sup>nd</sup> roof panel.

Ensure the insulation blocks are already installed in the roof panels



### **Roof Assembly**



Place the first sheet of plywood onto the roof of the sauna.



Ensure the plywood is flush to the front and sides of the sauna and secure with 1 ¼" (32mm) screws or staples.



Repeat for the second sheet of plywood.



Repeat for the last smaller sheet of plywood.





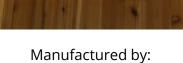
On the back wall of the sauna, locate the location of the studs in the roof panels by where the screws are.

Secure the back wall panels to the studs with 3 ½" (89mm) screws.

Place one of the top side nosing pieces

Ensure it is 1" above the bottom of the top wall panel stud.

Secure the nosing to the roof panels with 9 – 2 ½" (64mm) screws.











### Roof Assembly

Repeat with the front nosing piece ensuring it is flush to the edge of the side nosing.

Secure the front nosing with 7 –  $2\frac{1}{2}$ " (64mm) screws.

Repeat for the opposite side nosing piece.



Spread the rubber membrane out evenly over the roof of the sauna allowing it to drape over the sides.

Staple the membrane to the front and side nosings pulling it tight as you staple.

At the back of the sauna pull the membrane tight and secure with staples to the underside of the wall panels.



Cut off the excess membrane even with the nosing pieces and adding more staples as needed to get a tight fit.



### Neptune Outdoor Pure Cube Assembly Instructions Siding & Trim Installation



Start placing the insulation blocks into the wall panels.



To start the installation of the metal trim, place the front metal trim piece over the front nosing.



Fasten the trim to the nosing using 9 of the provided black screws.

For a cleaner look, place the screws on the top and bottom edges of the metal trim as in picture.



Place a side metal trim piece over the side nosing and secure with 6 black screws on the top and 3 centered on the bottom of the metal trim.

Repeat on opposite side.



Siding & Trim Installation



Place one black screw on the face of each side trim piece to tighten the seam with the front trim.



Place the first wood front trim piece on one side of the sauna front wall tight to the metal front trim.

Ensure there is a 1" (25mm) overhang to the outside and secure with 7 – 2  $\frac{1}{2}$ " (64mm) screws.

Repeat on opposite side.



Place a front metal trim piece over the wood trim piece and secure with 6 of the provided black screws. (3 on each side of the metal trim)

Repeat on opposite side,



Repeat the process for the trim at the back of the sauna only securing with screws on the outside edges of trim at this point.



#### Siding & Trim Installation



Starting at the back of the sauna, Place a top "J" piece between the 2 trim pieces and secure with 4 of the provided black screws.



Place the side "J" piece next to the side trim and secure with 3 of the provided screws.

Repeat on opposite side of back wall.



Install the bottom trim piece ensuring it is snug between the 2 side "J" trim pieces securing with 4 of the provided screws.

You can use a piece of the metal siding to help get the correct location of the bottom trim.



Place the first piece of metal siding by sliding it into the "J" side piece and then securing with 3 of the provided screws, 1 at the top, middle and bottom.



Siding & Trim Installation



Install the next piece of metal siding, hooking it into the previous siding piece and secure with 3 of the provided screws.



Repeat this process for the remaining back wall siding pieces.

When you reach the other side of the back wall, use the thin siding piece to complete.



On the door side of the sauna, Place a top "J" piece between the trim piece and the door and secure with 3 of the provided black screws.



Siding & Trim Installation



Place the side "J" piece next to the back trim and secure with 3 of the provided screws.



Place a trim piece with the small lip next to the door panel and a side "J" piece on top and secure with 4 of the provided screws.



Install the bottom trim piece ensuring it is snug between the side "J" trim pieces securing with 3 of the provided screws.



Follow the same process as the back wall for installing the metal siding pieces up to the door.



Siding & Trim Installation



Place a short trim piece with the small lip below the door panel and secure with 3 of the provided screws.



On the wall on the other side of the door, install the "J" trim and bottom pieces in the same manner as the previous walls.



Install the first piece of siding using the same process as in previous steps.

Secure the metal siding with the vent hole cut out on the bottom and then secure the last piece of metal siding in the same manner to finish this wall.



Repeat for the opposite side wall of the sauna.

Ensure the 2<sup>nd</sup> last full piece of metal siding has the vent hole cut out towards the top.



### **Bench Assembly**



To start the assembly of the benches, bring in the large top bench and place it against the back wall ensuring the curved front of the bench is facing upwards.



Place one of the bench supports flush to the back of the bench with the bottom seat facing up and secure the support to the bench with  $2 - 2 \frac{1}{2}$ " (64mm) screws per support.



Repeat with the remaining supports.



Repeat with the lower bench ensuring the curved front of the bench is facing upwards.

Secure the support to the bench with  $2 - 2 \frac{1}{2}$ " (64mm) screws per support ensuring the support is square to the bench.



### **Bench Assembly**



Flip the bench upright and place it tight against the back wall of the sauna.



Ensure the bench is tight to the back wall then secure with  $2 - 2 \frac{1}{2}$ " (64mm) screws in the back support and  $2 - 2 \frac{1}{2}$ " (64mm) screws in the floor support on each bracket.



Place the large backrest 10" (25cm) to the bottom of the 2<sup>nd</sup> slat above the bench and secure with 2 ½" (64mm) screws into each support.

Screw between the slats of the support to hide the screws.



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If installing a floor model electric heater, skip this step until the heater controls are completed.

Place the upper bench enclosure in place and secure with 2 - 1  $\frac{1}{2}$ " (38mm) screws into each support.

Repeat for bottom enclosure.

Screw between the slats of the support to make the screws less visible.

Side Wall Bench Assembly (Electric Heater Only)



If a wood heater is ordered, you can skip this section.

Place the side wall bench against the side wall ensuring the curved front of the bench is facing upwards.



Secure the slotted bench support to the bench seat with 2 - 2  $\frac{1}{2}$ " (64mm) screws.

Repeat for the 3 remaining bench supports.



Flip the bench upright and place it tight against the side wall of the sauna.



Ensure the bench is tight to the side wall then secure with 2 - 2  $\frac{1}{2}$ " (64mm) screws in the back support and 2 - 2  $\frac{1}{2}$ " (64mm) screws in the floor support on each bracket.



Side Wall Bench Assembly (Electric Heater Only)



Place the side wall bench enclosure in place and secure with 2 - 1 <sup>1</sup>/<sub>2</sub>" (38mm) screws into each support.

Screw between the slats of the enclosure to make the screws less visible.



Place the side wall backrest 10" (25cm) to the bottom of the  $2^{nd}$  slat above the bench and secure with 2  $\frac{1}{2}$ " (64mm) screws into each support.

Screw between the slats of the support to hide the screws.



Inside Trim Installation



Measure the distance between the side walls at the seam above the glass wall and the roof.

Transfer this measurement to a piece of the inside corner trim and cut.



Secure the corner trim with 1 ¼" (32mm) staples or finishing nails.

Repeat for the back wall.



Use a full piece of the corner trim for the side wall. Measure the distance remaining and cut accordingly. Repeat on opposite side wall.



Repeat the above steps for the corners on the front wall.





Inside Trim Installation

Measure the distance between the roof and the top of the backrest and from the backrest to the bench.

Cut accordingly and secure with staples or finishing nails.



Install the crown molding over the seam between the 2 roof panels.



Measure the remaining gap and cut a piece to fit.

Secure it with staples or finishing nails.



### Vent Installation



Using a utility knife, remove the insulation from the upper vent hole.

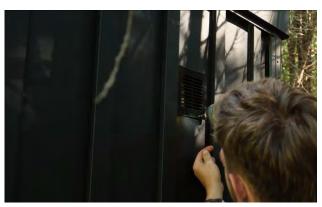


Drill a 2" (51mm) hole in the center of the cut out.

Only drill have way to prevent splintering on the inside of the sauna.



Finish drilling the hole from the inside for a cleaner look.



Install the vent and secure with the provided screws.



### Vent Installation



Center the bottom vent support under the hole, ensure it is level and secure it with 3 – 1 ½" (38mm) screws



Place the cedar slider cover onto the bottom support then put the top vent support on top, ensure that the cover can slide back and forth.

Secure with 3 – 1 ½" (38mm) screws.



Repeat the process for removing the insulation and installing the vent for the lower vent hole.



Repeat the process to install the cedar slide cover.



Handles and Accessories Installation



Install the door handle by placing the provided 2" (50mm) lag bolts through the inner handle (short)into the outer handle (longer)

Use the hex key to snug up, do not tighten all the way.



Ensure the outer handle lines up with the magnetic catch on the door frame and then tighten the lag bolts completely.



Use a 1 ½" (38mm) screw to hang the optional thermometer in the desired location.



Use 2 - 1 ½" (38mm) screws to hang the optional cedar sauna shelf in the desired location.



**Floor Model Electric Heater Installation** 



To start the installation of the floor model heater, drill a ½" (13mm) hole beside the door at the desired height where the control panel will be mounted.

Drill the hole halfway through and finish from the inside of the sauna for a cleaner look.



Secure the control panel housing over the hole with the provided screws ensuring it is level.



Drill a hole in the center of the 1st piece of metal siding on the back corner of the sauna to fit the plug for the wires.

This should be under the top bench to hide the wires coming into the sauna. ( Approx. 28"- 30" (71-76cm) from the ground)



Remove the piece of metal siding to finish drilling the hole through the sauna wall.



**Floor Model Electric Heater Installation** 



With the piece of metal siding removed, insert the plug through the hole and tighten with the plastic nut on the back of the siding.

Reinstall the metal siding piece.



Feed the 2 wires through the plug, leaving a couple feed for the electrician to finish the hook up.



Install the lock cap over the wires and snug up onto the plug.



On the inside of the sauna, slide the wires along the wall under the lower bench and front enclosure to the front of the sauna where the heater and control panel will be located.



**Floor Model Electric Heater Installation** 



Place the support bracket for the electrical box and drill out the mounting holes.

Ensure it is level and aligned with the stud in the wall.

Do not fasten the box at this point.



Position the electrical box on the bracket in your desired position.



Flip over the box and bracket and drill out the mounting holes from the bracket into the electrical box.

Secure with the provided bolt & nuts.



Mount the assembly to the wall with the provided lag screws.



**Floor Model Electric Heater Installation** 



Secure the electrical components in the box and place on the cover.

Leave the final wiring for a licenced electrician to complete.



Place the upper bench enclosure in place and secure with 2 - 1 ½" (38mm) screws into each support.

Screw between the slats of the support to make the screws less visible.



Measure the length of the wall beside the door and cut one of the wire cover trim pieces on a 45° angle at that measurement.



Measure the distance from the front of the lower bench to the trim piece and cut the other wire cover trim piece on a 45° angle at the measurement.



**Floor Model Electric Heater Installation** 



Place the wires into the groove of the trim.

Fasten the trim using 1 ¼" (32mm) staples or finishing nails being careful not to hit the wires inside the trim.



Feed the 4-wire bundle through the hole in the wall & control panel housing.



Place the 4-wire bundle into the groove of the wall trim and the 2-wire bundle out the bottom.

Leave the 2-wire bundle for a qualified electrician to connect to the heater.

Fasten the wall trim using 1 ½" (38mm) screws being careful not to hit the wires inside the trim.

Install the temperature sensor on the wall above the heater 2 ½" (64mm) down from the roof trim with the provided 1" (25mm) screw.





**Floor Model Electric Heater Installation** 



Remove the protective film from the temperature sensor cover and install over the sensor with 4 of the provided 1" (25mm) screws.

The 2 wires will need to be connected to the control panel by a qualified electrician.



Secure the control panel to the housing block with the provided screws.

Leave the wires for a licensed or qualified electrician to connect.



Remove the protective film from the heater.



Place the heater in the desired location.

It must be a minimum of 3 ½" (89mm) away from all walls.



**Floor Model Electric Heater Installation** 



Secure the provided "feet" to the floor with the provided 1" (25mm) screws by sliding them under the heater and then pulling them back tight to the inside.



Fill the heater with rocks.

Ensure that there is sufficient airflow between the rocks to allow heat to escape the air-flow system avoiding unwanted high-limit issues.

Rocks should be rinsed before use in order to avoid odour and dust.

Sauna rocks should be reviewed after 12 months of use. Removing worn or broken stones and replacing with new sauna stones

Larger rocks should be placed on the bottom of the heater while saving the smaller rocks for the top 9 inches of the heater

Rocks should be placed until they sit to the top of the heater ensuring that the element protector is fully covered or encased with rocks.



**Electric Heater Installation (Optional)** 



To start the installation of the electric heater, measure the width of the stove mounting holes.



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



Transfer the measurements to the side wall of the sauna where the heater will be placed.



Install the supplied support screws into your marks as shown.

Screw them in until they are about ¼" (6mm) out of the wall.



**Electric Heater Installation (Optional)** 



Hang the electric heater on the screws.

Screw 2 more screws in the bottom holes of the heater and once the heater is level, you can tighten up all 4 screws.

Place Rocks in heater as per heater instructions.



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.



**Electric Heater Installation (Optional)** 



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 <u>NOT</u> use a G.F.I breaker



Wood Stove Installation (Chimney out the Side Wall) (Optional)



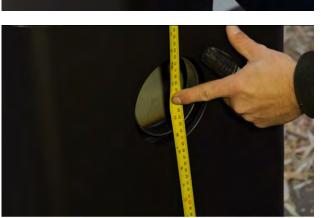
Before you begin the installation of the wood stove, You will need to remove the metal sing from the outside of the sauna where the wood stove will be located.

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 center of the chimney hole, in this case it is 22" (56cm)

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Wood Stove Installation (Chimney out the Side Wall) (Optional)



Measure 35" (89cm) from the front wall and 22" (56cm) up from the floor and mark it on the wall of the side you want the heater installed.



Drill a hole on the mark big enough to fit your jigsaw blade.



Mark 4" (10cm) from the center of the hole in all 4 directions.



Place your chimney on the 4 marks and trace out a circle.



Wood Stove Installation (Chimney out the Side Wall) (Optional)



Cut out the circle with a jigsaw.



Insert the chimney "T section" through the hole from the outside and then place the heat shield over it.

Secure the heat shield to the wall using 6- 1 <sup>1</sup>/<sub>2</sub>" (38mm) screws in the provided holes.



Place the floor heat shield centered to the wall shield.



Wood Stove Installation (Chimney out the Side Wall) (Optional)



Place the stove on the floor shield then slide the chimney pipe into the hole on the back of the stove into the opening.



From the outside of the sauna, slide the chimney piece out and then put it through the exterior heat shield and then back into hole in the rear of the stove.



Level the exterior shield and mark on the outer studs where the mounting holes will be.



Remove the shield and chimney and secure the support with  $2 - 3 \frac{1}{2}$ " (89mm) screws in each end.



Wood Stove Installation (Chimney out the Side Wall) (Optional)



Measure the bottom mounting holes on the heat shield in relation to the top holes.



Transfer that measurement to the wall and secure another support in the same manner as the top support.



Place the heat shield and chimney back into position and secure in the corners with 4 of the provided screws.



Assemble the remaining chimney pieces.



Wood Stove Installation (Chimney out the Side Wall) (Optional)



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



Attach the assemble chimney pieces to the "T" coming out the back of the sauna and secure with a support band.



Attach the assemble chimney pieces to the "T" coming out the back of the sauna and secure with a support band.



Attach the support strap to the chimney support and tighten bolts on both sides.

Install the Chimney cap on top of the Chimney pipes.



### 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 enduser 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.

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