



Patterson Sauna Installation & Owner's Manual



IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.



READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INJURY OR DAMAGE TO SAUNA



FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH



REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS



ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.



KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

WARNING

- This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.
- Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.
- Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.
- Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.
- Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.
- Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.
- Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.
- Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 °F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.
- Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.
- Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.

CAUTION

- Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.
- Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.
- Do not throw water directly onto the elements. This could cause burns and damage to the heater.
- Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.



- **Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.**
- **When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.**



ELECTRICAL REQUIREMENTS

Because of the heat involved in the sauna, it is required that you use copper wire with 90°C insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements for your particular situation.

Be sure the surface where you are placing the sauna is flat and level. A concrete, tile, vinyl, laminate or similar surface is suitable; placing the sauna on carpet is not recommended. It is suggested that you lay out all of the components so that it is easy to identify the pieces once you get started with assembly.

You will need the following tools to assemble your Patterson Sauna:

- Rubber mallet
- Hand saw
- Hammer
- Cordless drill
- Stepladder
- Level
- Square
- Tape measure

You will find the following wood components as well as labeled bags of screws and hardware.

- 3 – 90° Corner wall posts
- 2 – 45° Corner wall posts
- 8 – Wide wall element sections
- 4 – Narrow wall element sections
- 1 – Narrow wall element section with edge clips that attach to 45° door corner post
- 1 – Narrow glass wall section with edge clips that attach to 45° door corner post
- 1 – Door frame
- 2 – Long roof support rails
- 2 – Short roof support rails
- 3 – Roof element sections (labeled as to which side to put facing up)
- 2 – Top bench supports (Approximately 23" long)
- 1 – Lower bench support for long right wall (Approximately 47" long)
- 1 – Lower bench support for short window wall (Approximately 52" long)
- 1 – Upper bench
- 1 – Lower bench
- 1 – Upper bench support for side bench (Approximately 23" long)
- 1 – Upper side bench
- 2 – Upper bench back supports
- 1 – Lower bench back support
- 1 – Vent cover
- 5 – Exterior roof trim

NOTE: It is recommended that two people do the assembly of the sauna.

These instructions explain assembly with the door on the front left corner of the sauna. You can assemble the entire sauna in a reverse layout to what is shown, which would place the door on the front right corner of the sauna. If you choose to reverse the assembly then be sure to do all assembly opposite of the directions shown.



Sauna Assembly

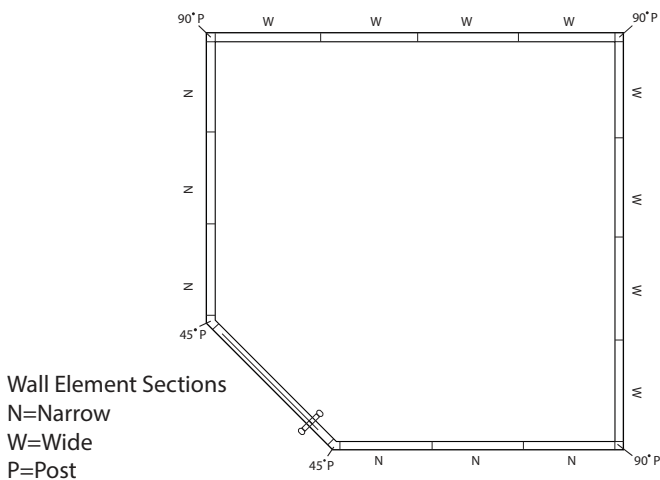
⚠ CAUTION

- Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.

These instructions explain assembly with the door on the front left corner of the sauna. You can assemble the entire sauna in a reverse layout to what is shown, which would place the door on the front right corner of the sauna. If you choose to reverse the assembly then be sure to do all assembly opposite of the directions shown.



STEP 1 - Locate the (4) bottom rails and position as shown. Overlap the corner joints and be sure the rails are square to each other. Drill a 1/8" pilot hole in the corner joints and secure rails to each other using a single 4x70 screw in each of 3 corners.



STEP 2 - Locate the wall elements (sections). There are two sizes. The narrow element sections (N) are approximately 17" wide and will be used to construct the short walls that connect to the door. The wide element sections (W) are approximately 19" wide and will construct the two long walls.



STEP 3 - Find a wide wall element and position on the left of the rear sauna bottom rail. (On all wall elements the flat edge is the top and the groove that will fit over the tongue on the bottom rails is on the bottom.) With one person holding this wall element have another person position one of the 90° corner posts and then a narrow wall element section on the rail perpendicular to the long wall rail. (In other words, you are starting the wall assembly with one wide element on the rear wall and one short element on the shorter wall, connecting them with a 90° corner post.)

There is one element with a square hole cut into the top portion. Save this element for the far right position on the rear wall. NOTE: It is helpful to tap the elements to each other, to the corner piece, and to the bottom rail using a rubber mallet.





STEP 4 - Verify that the element wall sections are square to the rails, perpendicular to each other, and that the flat top of the wall elements and corner posts align.



STEP 5 - Using a cordless drill with the appropriately sized bit (included) use 6x120 screws and secure the 90° corner post to the short and wide element.

NOTE: Because the elements utilize both vertical grain and horizontal grain boards, you will hear a “cracking” sound as you draw the elements tight with the screw. This is normal and will not result in any splitting of the wood.



STEP 6 - Place the next 3 wide wall element (W) sections on the rear wall, using the element with the square opening at the far right of the rear wall. There will be no screws used in these elements, but be sure the elements are firmly placed to the bottom rail and that the flat top sections are flush to each other.





STEP 7 - Place another 90° corner post to the end element and secure with 6x120 screws.



STEP 8 - Continue the addition of wide wall elements (W) by adding (4) of the wide wall element sections along the second long rail.



STEP 9 - Add the third 90° corner post and secure with 6x120 screws as with the other corners posts.





STEP 10 - Continue to assemble the front short wall by adding (2) of the narrow wall element sections (N) followed by (1) of the narrow wall element sections with the edge clips facing to the door opening.



STEP 11 - Install (1) of the narrow wall elements (N) on the other short wall (this will connect to the wall element you installed in step 3.)



STEP 12 - Install the narrow glass wall element section with the edge clips facing the door opening.



Clips slide into each other.
Loosen slightly if necessary.



STEP 13 - Install the (2) 45° corner posts to the narrow wall elements (one wood, the other glass) that frame the door opening. Once the corner post is in place you can nudge it into place with a rubber mallet.

NOTE: The clips allow the wall sections to connect securely and firmly without the use of screws, but everything must line up for them to fit correctly. You must position the 45° corner post several inches above the wall section before nesting the post to the wall. Once the corner post is tight to the wall section - slide it down and tap in place with a rubber mallet. The clips will slide into each other and hold the post.

If the clips will not easily slip together, then take a Phillips head (+) screwdriver and loosen the screws holding all of the clips by ½ turn and try again. Loosening the clip slightly will not affect the holding power of the clip.



STEP 14 - The finished door opening will be framed by the (2) 45° corner posts.



STEP 15 - Locate the doorframe and remove the bottom board that was used to secure in shipping. **SAVE THIS BOTTOM BOARD.**





STEP 16 - In the same way you installed the 45° corner posts, you will now install the doorframe. Raise both sides of the doorframe - you MUST use two people and keep the doorframe level – several inches above the 45° corner posts and then follow the same procedure as in step 13.

Again, loosen the clips slightly if they are too tight to allow them to slide together.



STEP 17 - Now install the roof support rails, the (2) long rails on the long walls and the (2) short rails on the short walls. The rails are not cut to size. YOU WILL NEED TO USE A HAND SAW TO CUT THE RAILS TO SIZE, MAKING A 45° CUT ON TWO OF THE RAILS SUPPORTS. Measure 1-1/2" down from the top of the wall element sections and pencil marks on each end the wall sections. Then screw the roof support rails to the wall element sections using 4x70 screws with the bit provided. Secure the roof support rails to the wall element sections with a 4x70 screw into each wall element section. This will firmly secure the wall element sections together along the full perimeter of the sauna.

NOTE: Double check the wall sections to be sure they are tight together before securing roof support rails.



STEP 18 - From the top of the sauna lay the (3) roof element sections in place. The side to face "up" is indicated, and the placement of the sections is intuitive. It is not necessary to screw the roof sections to the supports. A proper sauna needs airflow and should not be airtight. However, if your roof sections are not laying flat and if you can see gaps of light between the roof sections and the roof supports you can screw them down as desired to tighten the fit.

To secure use 4x70 screws and screw from the top into the roof rail supports.





STEP 19 - You will now install the bench supports. On the shorter left sauna wall and longer right sauna wall of the sauna, from the floor measure 34" and make a pencil mark. Position the top of the 23" upper bench support at the mark and use a level to insure that the support is level to the ground. Then screw the upper bench support into the wall element sections using 5x70 screws. Do this with both the right and left bench supports.



Note: you can adjust the height of the benches by changing the height of the bench supports. However, we suggest you follow these instructions and change later if desired.

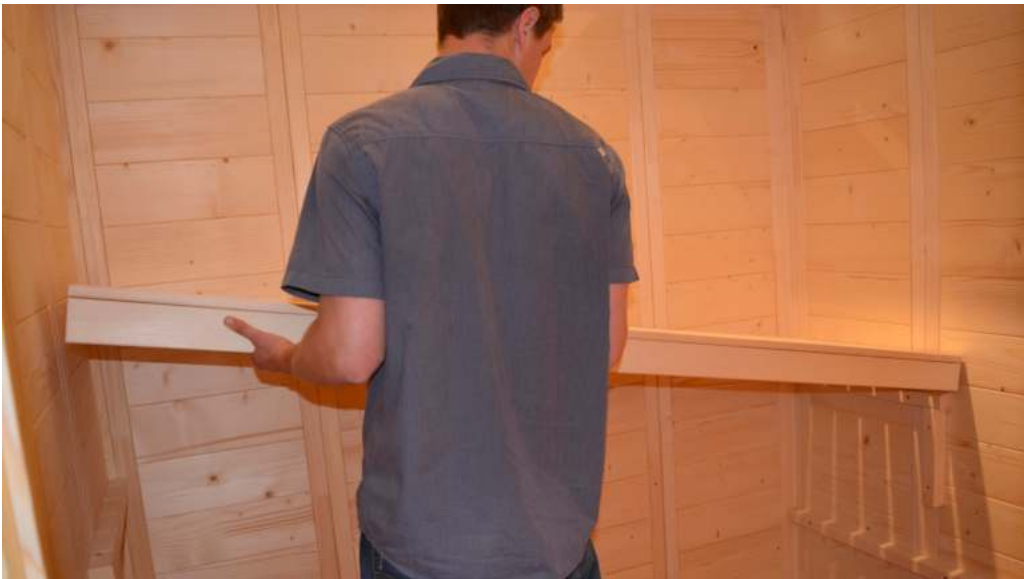


STEP 20 - For the lower bench supports, repeat step 19 but measure up from the floor 16" and make a mark. Install the right and left longer 52" bench supports, noting that the lower bench support on the shorter left wall will cross the window and be screwed into the window panel.



STEP 21 - You will now install the lower bench back supports. From the front of the two UPPER bench supports that you just installed, measure 3/4" back and make a mark. Then, install the two lower backrest supports (one on the left and right side of the sauna) to the sidewall element sections using 4x70 screws.





STEP 22 - Place the upper bench onto the upper bench supports. Then, use (4) 4x70 screws and attach the rear of the bench to the rear wall from below the bench. Place one screw into each wall element section by drilling through the rear of the bench.



STEP 23 - Place the lower bench on the lower bench supports. Since the lower bench is intended to slide in and out (it can be used as a step or as a full bench) it is not to be screwed into place.



STEP 24 - For the side bench installation you need to install one bench support on the front inside wall of the sauna for one end of the bench. The other end will attach to the front of the upper rear bench creating an "L" shaped upper bench.



To install the bench support, measure 34" up from the floor on the front wall and make a mark with a pencil. Then, using 5x70 screws fasten the upper bench support using a level to insure that it is parallel to the floor.





STEP 25 - Position the side bench by placing the one end on the bench support you installed in step 24. With one person holding the bench, position the other end so that it is level with the rear upper bench. Using 5x70 screws, attach the side bench to the rear bench from the bottom side. Next, using 4x60 screws fasten the rear of the side bench to the wall element sections from below the bench.



STEP 26 - Measure 10" above the rear and side upper benches and make a pencil mark. Place one of the upper bench back supports (3-slats on each back support) above each bench and be sure it is level. Then, using 3.5x50 screws attach the back support to the wall element sections.



Position your screws in the vertical battens between the slats so that the screws are concealed.



STEP 27 - Position the lower back support (4-slats) above the lower bench and against the vertical supports you installed in step 21. Holding the lower bench support tight to the top bench, attach to the vertical supports using 3.5x50 screws.





STEP 28 - Locate the vent cover and position over the wall opening. Attach with (4) 3.5x50 screws.

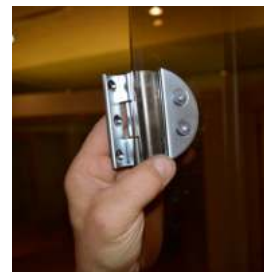


STEP 29 - Locate the exterior roof trim pieces. These will attach to the exterior top perimeter of the sauna. The pieces create an "L" around the top edge and will be screwed to the roof sections from the top using 3.5x50 screws.

NOTE: The trim pieces are not pre-cut and must be cut to size using a hand saw. If the sauna is being placed the corner of the room then it is common to only install the trim on the visible sides.



STEP 30 - Install the hinges onto the glass door. The hinge consists of the hinge bracket, hole spacers, bracket cleat and hex screws. Be sure the screws are snug before mounting the door.





STEP 31 - Find the board you set aside in step 15. Place it on the floor of the door opening and place the glass door with hinges on this board. (This allows you to install the glass door with a gap at the floor) Screw the hinges into the frame of the door using the screws that were included with the hinges. Be sure of the fit of the door before tightening the screws. NOTE: The finished sauna will have a 1/2" gap below the door at the floor. This is required to provide the proper ventilation through the sauna.



STEP 32 - Midway up the doorframe peel back the sealing strip and find the pre-drilled hole for the magnet. Find the magnet in the hardware kit and squeeze it into the hole using pliers. The magnet is adjustable and can be loosened or tightened as needed.



Cut the sealing strip to allow for the magnet and then reinsert in the groove.



STEP 33 - Find the door handle and install with the wood portion on the inside of the sauna.



See separate LED light installation instructions.

STEP 34 (optional) - Install the light fixture in a location of your choosing.

STEP 35 - Heater Installation

⚠ DANGER

• Turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

⚠ CAUTION

- Improper installation of heater mounting bracket could cause the heater to fall leading to burns and other injuries.
- Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

Please consult your heater manual for all heater installation information.

OPERATION

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

If excess amounts of water are used during sauna, prop door open to let the humidity escape. Not much water is necessary to achieve a "wet sauna".

The amount of ventilation in the sauna can be adjusted by means of the vent located toward the top of the sauna. It is important to have adequate fresh air flowing through the sauna, and this flow can be adjusted with the movable vent cover.

TRADITIONAL STEPS IN TAKING A SAUNA BATH

- STEP #1 Set your heater so that the sauna room achieves the desired temperature, usually between 150° F and 170° F. As a novice, you should begin at the lower end of this range and work your way up to the higher temperatures over several sauna baths.
- STEP #2 Remove all clothing (except maybe your swimsuit), eyeglasses, contact lenses, jewelry, etc. Take a quick shower with warm water and soap, or a quick dip in your hot tub.
- STEP #3 Enter the sauna initially for about 5 to 15 minutes. Bring a towel into the sauna onto which you can sit or lay. Leave the sauna room once you have begun to perspire freely.
- STEP #4 Now you may take a cold plunge in your swimming pool, shower or snow bank. After that, relax and cool down for another 10 to 20 minutes.
- STEP #5 Re-enter the sauna. On this return visit you may wish to sprinkle small amounts of water onto the stones creating bursts of steam. If the water spills through the heater and onto the floor, you are using too much, although this will not hurt the heater or the sauna.
- STEP #6 After your final visit to the sauna, relax for at least 20 minutes. Shower with soap and warm water. Finish your shower with cooler water to close the pores of your skin. Dress only after you have cooled down completely.

NOTE: Whatever your sauna regimen, it is important that you keep yourself hydrated by drinking plenty of water!





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