



Worthington 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.**



Thank you for your purchase of your Worthington sauna! Should you have any questions during assembly, please feel free to call us at **888-355-3050**, or email **sales@almostheaven.com**. Regular business hours are 9-5 EST, M-F.

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.

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.

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

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Rubber mallet | <input type="checkbox"/> Stepladder |
| <input type="checkbox"/> Hand saw | <input type="checkbox"/> Level |
| <input type="checkbox"/> Hammer | <input type="checkbox"/> Square |
| <input type="checkbox"/> Cordless drill | <input type="checkbox"/> Tape measure |

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

- 3 – Bottom rails
- 2 – 90° Corner wall posts
- 2 – 90° Corner wall posts for glass walls
- 10 – Wood wall element sections
- 2 – Glass windows
- 1 – Glass door
- 2 – Glass support rails
- 1 – Glass wall header
- 1 – Metal post bench support bracket
- 1 – Metal post bench support

- 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
- 4 – Exterior roof trim
- 1 – Heater fence kit

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

These instructions explain assembly with the door swinging to the right and with the heater on the left wall of the sauna. You can assemble the sauna with the heater on the right and/or the door swinging to the left. If you choose to invert the assembly then be sure to do all assembly opposite of the directions shown.



Sauna Assembly

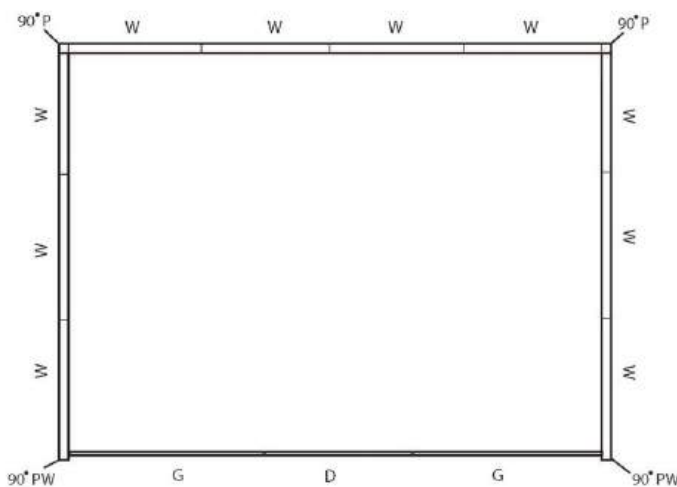
CAUTION

- 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 (3) 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 2 corners.



STEP 2 - Locate the wood wall elements (sections). These will be inserted over the bottom rails as shown in the diagram.

Wall Element Sections

- W=Wood
- P=Post
- G=Glass
- D=Door
- PW=Post Wider





STEP 3 - Find the wall element with the square hole and position on the right rear of bottom rail. NOTE: If the heater is going to be installed on the right wall then positioning the element with the square hole on the left rear. (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 another wall element section on the rail perpendicular to the first element section.



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. Using a cordless drill with the appropriately sized bit (included) use 6x120 screws and secure the 90° corner post to the short and wide elements through the pre-drilled holes.

NOTE: Because the elements utilize both vertical and horizontal 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 5 - Place the next 2 element sections on the right side 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. NOTE: THE FRONT ELEMENT SECTION ON THE RIGHT SIDE WILL HAVE 3 CLIPS ALONG ONE EDGE. THESE SHOULD FACE THE FRONT OF THE SAUNA.



Clip





STEP 6 - Locate one of the 90° corner posts that has clips on one side and a glass groove with 2 holes on the other. Be sure the holes are to the top and facing towards the inside of the sauna. Line up the side with the post with clips to the element section with clips. Raise the post several inches above the wall element before pushing into place. Then gently tap the post into the element section so that the clips align.



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 90° corner post several inches above the wall section before nesting the post to the wall. 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 but will allow them to connect easier.

Glass groove



STEP 7 - Continue the addition of wall elements by adding (3) of the wood wall element sections along the back rail. The wall sections will not screw together, but be sure they are level at the top and firm to each other by tapping in place with a rubber mallet.



STEP 8 - Add the third 90° corner post and secure with 6x120 screws as with the other rear corner post.





STEP 9 - Add a wall section on the left wall and attach to the 90° corner post with 6x120 screws.



STEP 10 - Add two more wood wall element sections along the left wall. The wall sections will not screw together, but be sure they are level at the top and firm to each other by tapping in place with a rubber mallet.



STEP 11 - Locate the last 90° corner post that has clips on one side and a glass groove with 2 holes on the other. Be sure the holes are to the top and facing towards the inside of the sauna. Install according to the instructions in Step 6.





STEP 12 - All of the wood wall sections and corner posts of the sauna should now be installed.



STEP 13 - You will now install the roof support rails. Locate the (3) roof support rails and cut to length. The left and right rails should butt up to the front corner posts and the rear wall. **NOTE: BE SURE THERE ARE NO GAPS BETWEEN THE WOOD WALL ELEMENTS BEFORE TAKING YOUR MEASUREMENTS.**

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 by screwing a 4x70 screw into each wall element section. This will firmly secure the wall element sections together along the three wood walls of the sauna.



STEP 14 - The sauna will wood wall sections will now be securely in place and held together by means of the attached roof support rails.





STEP 15 - Locate the two glass window sections noting that one of them has holes for the door hinges. The instructions show installation with the door opening from left to right, but you can reverse by switching the glass window sections.

Place one of the metal glass support rails below the glass and then slide the glass into the groove on the corner post. Repeat for the opposite side taking care to hold the glass in place so that it does not fall prior to securing in place.



STEP 16 - Locate the glass wall header and position over the glass window sections. Lower the header over the glass so that the glass will fit into the grooves at the base of the header. Line up the pins of the header to the holes in the corner posts and gently tap into place with a rubber mallet. NOTE: YOU MAY NEED TO PULL THE LEFT AND RIGHT WALLS OUT SLIGHTLY IN ORDER TO FIT THE HEADER BETWEEN THEM. DO NOT USE GLUE WHEN TAPPING THE PINES INTO THE HOLES.



STEP 17 - The sauna room should now have all wood and glass wall sections in place and ready for the roof installation.





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 front roof section will fit into the groove of the header, and the rear roof section has a smooth edge. Once the roof sections are in place you can screw them to the roof support rails with 4x70 screws.

Note: The center roof section is the one with tongue and groove profiles on both long sides.



STEP 19 - You will now install the bench supports. Find the long bench support and cut to length so that it will go as far as the left and right walls. On the rear wall and from the floor measure 33” and make a pencil mark. Position the upper bench support at (just below) 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 short right and left bench supports as well.

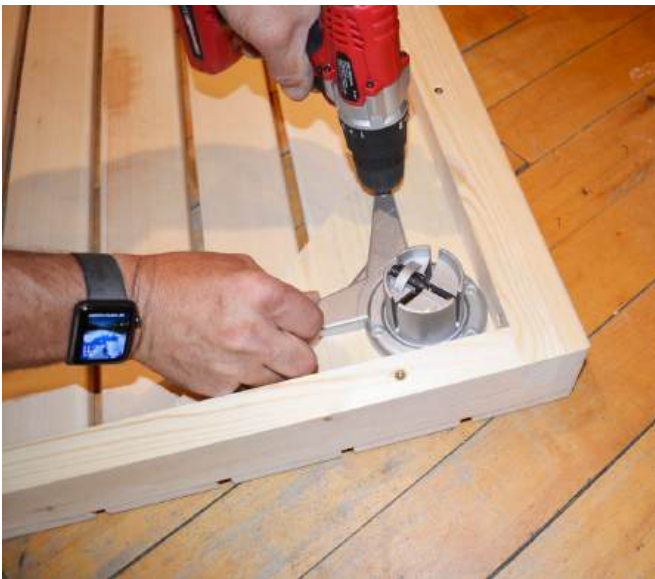


STEP 20 - Place the upper bench onto the upper bench supports. Once the upper bench is in place, secure the rear and sides of the bench to the wall sections from below using 4x70 screws. Place one screw into each wall element section.

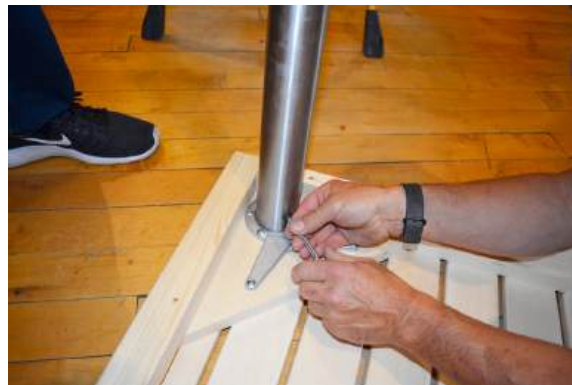




STEP 21 - Attach the side upper bench support to the side wall by lining up to the rear side bench support. Screw into place with 5x70 screws ensuring that the support is level.



STEP 22 - Attached the metal post support bracket to the bottom of the upper side bench using screws included in hardware packet. Slip the metal support post over the bracket and secure in place with the hex screw located in the support bracket.



STEP 23 - Place the upper side bench on the side bench support rail and line up to the upper rear bench. Using 5x70 screws secure the side bench to the upper bench from below. Also, fasten the side bench to the sauna wall using 4x70 screws similarly to step 20. Once the bench is securely in place adjust the metal support post by turning the black base of the post clockwise or counterclockwise as necessary to insure a solid placement on the floor.





STEP 24 - The sauna should now have the upper rear and side benches securely in place.



STEP 25 - You will now install the lower bench back support. From the front of the two UPPER bench supports that you just installed, measure 1-1/2" 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 26 - Position the lower back support (5-slats) against the vertical supports you installed in step 25. Holding the lower bench support tight to the top bench, attach to the vertical supports using 3.5x40 screws.





STEP 27 - 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 3.5x40 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 28 - Assemble the lower bench by attaching the right and left framed leg supports to the bench and screwing into place with 4x70 screws. Be sure the two holes in the uprights are to the rear of the bench and the plastic floor protectors are down. Next, attach the angled support members so that the pins line up with the holes. We recommend to place a dab of wood glue (not included) in the holes before tapping into place. Secure the support members to the bench using 3.5x40 screws.

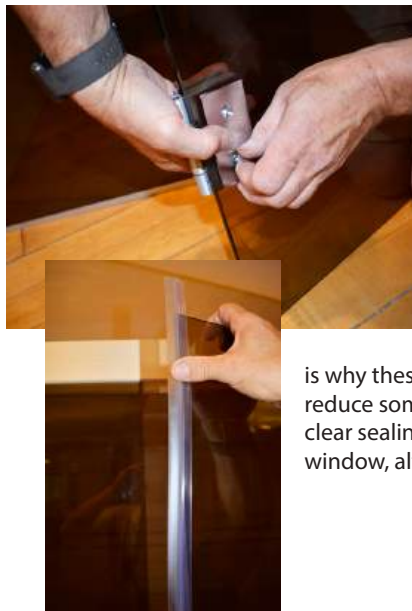


STEP 29 - Locate the vent cover and position over the wall opening. Attach with 3.5x40 screws.





STEP 30 - (OPTIONAL) 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 3.5x40 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. The trim piece that is placed over the front header will require a portion of the tongue to be cut away.



STEP 31 - Install the hinges onto the glass door and secure to the window. The hinge consists of the hinge bracket, hole spacers, bracket cleat and hex screws. Be sure the screws are snug before mounting the door. NOTE: There is an intentional gap between the bottom of the door and the floor as well as between the glass panels. A sauna must have airflow, which is why these gaps are intentional. If you wish to reduce some airflow you can use the optional clear sealing strip between the door and the window, although in most cases this is not used.



STEP 32 - Find the door handle and install with the wood portion on the inside of the sauna.





STEP 33 - On the header above the door, peel back some of 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 the sealing strip in the groove.

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.



STEP 34 - Assemble the heater fence as shown using 3.5x40 screws. The heater fence may or may not be used depending on the type of heater that came with your sauna.



STEP 35 (optional) - Install LED light according to LED light instructions.

Refer to the separate installation guide for the LED light bar installation.



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!

