

Oceanic

Sauna & Steam

Infrared Sauna
Disabled Access
Assembly Manual
10.01.24



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1. Safety Precautions

Please read these precautions before entering the sauna. If you have any questions or concerns ask a member of staff before using the sauna.

- Do not wire to a plug, commercial infrared saunas must be wired on an RCD protected isolated power supply.
- Door Must Open Outwards
- Read operating instructions before turning on the sauna.
- Do not cover the heaters as this could cause a fire.
- Do not touch the heaters, they are very hot while the sauna is on.
- Do not use back rests as arm rests as you could touch the heater with the side of your arm.
- Elderly persons, pregnant women, or those suffering heart disease, high blood pressure, diabetes or not in good health are advised to seek medical opinion before using a sauna room.
- Do not smoke in the sauna room;
- Avoid using the sauna room immediately after strenuous exercise;
- Do not use the sauna room when under the influence of alcohol;
- Leave the sauna room at once if you feel sleepy, sick or uncomfortable;
- Ensure there is good ventilation for the sauna room
- We do not recommend this product is used by children under 16 years of age unless they are supervised by an adult
- This appliance is not intended for use by persons including children with reduced physical, sensory or mental capabilities or lack of experience unless they have been given supervisor or instruction concerning the use by a person responsible for their safety
- Commercial operators should post a notice of these precautions in a prominent position. Contact our office for a precautions notice if you do not already have one in your instructions envelope.

Infrared Sauna Assembly

2. General

Important Notice: Unless you ordered a "low height wiring kit" it is not possible to install our Infra-Red Sauna Cabins with a height lower than 2200mm as the wiring is all done above the sauna.

Before you begin the assembly work we recommended that you read through these instructions completely in order to familiarise yourself with the procedure.

Each model of sauna has it's own dedicated parts list, make sure you locate this before continuing.

This sauna cabin is for indoor use only.

Infrared Saunas can be erected onto a level floor that can be vinyl, ceramic, concrete, or wood, but preferably not carpet.

3. Requirements

You will require the following items:-

- i. The easiest and fastest way to trim this cabin is to use a brad nailer, electric, gas or air all are ok. The brads we supply are straight 18 gauge 25mm and 40mm length. If you don't have a nailer you can pilot & screw or break the individual brads off the strips and use a hammer.
- ii. A powered drill/screw driver with drill bits, PH2 and PZ2 driver bits
- iii. 4mm drill and countersink tool
- iv. 50mm hole saw 40mm holes saw
- v. Spirit level
- vi. Hammer
- vii. Hand Saw or an electric mitre or cross cut saw is advised for cutting trim to give a professional finish.
- viii. Sand Paper
- ix. Window packers or alternatively make some using cross cut saw from spare timber.
- x. Optional: - if it is possible to fix the unit to the floor you will need a hammer drill and raw plugs

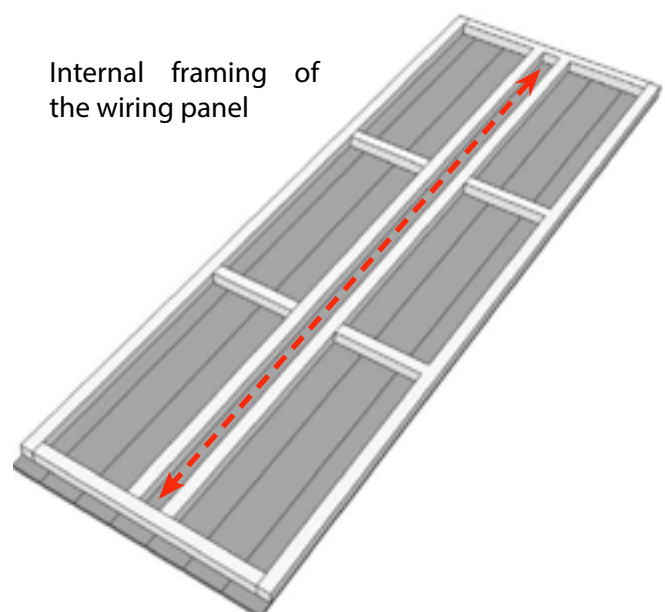
4. Panel Construction

All standard 615mm wide sauna panels will be constructed with a 50mm wide internal conduit running vertically up the centre of the panel as shown in the image.

This channel is to allow wires to be routed through the panel as required. Holes should be drilled in the panels depending on location the heater, controls, temperature sensor.

This channel also used for vent holes. I.e. high level air vent.

No holes are pre-drilled in this panel so please drill holes as required. IR heater cable typical use a 40mm hole



Internal framing of the wiring panel

5. Panel holes

5.1. Heater cables

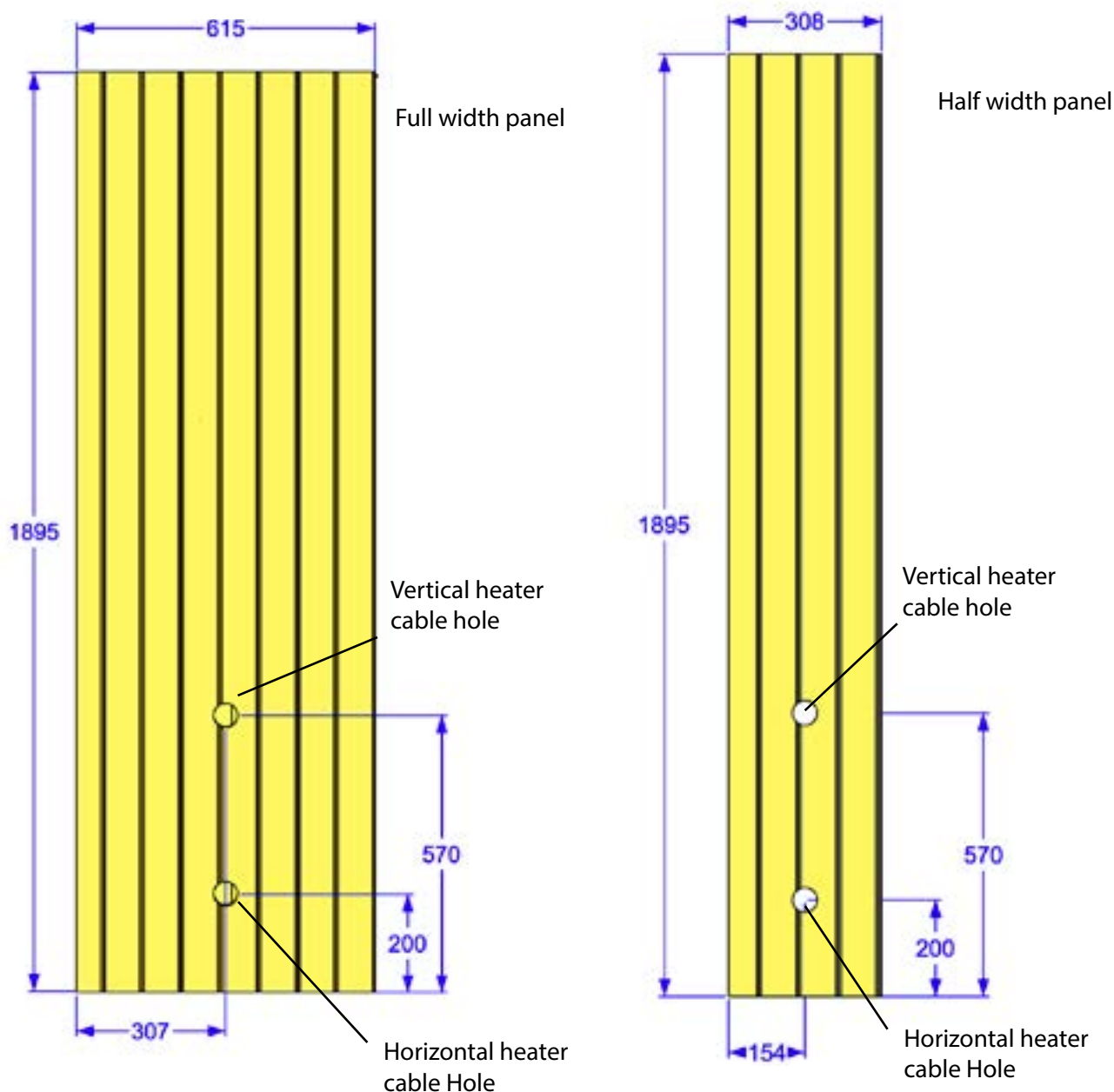
Referring to the parts document select the panels required for fixing vertical and horizontal heaters. Note some panels may require both.

5.2. Vertical heater behind backrest

Cut a 40mm hole in the centre of the interior of the panel at 570mm up from the base of the panel. Note to only cut through the internal cladding - see diagram below.

5.3. Horizontal heater beneath bench

Cut a 40mm hole in the centre of the panel at 200mm from base of panel

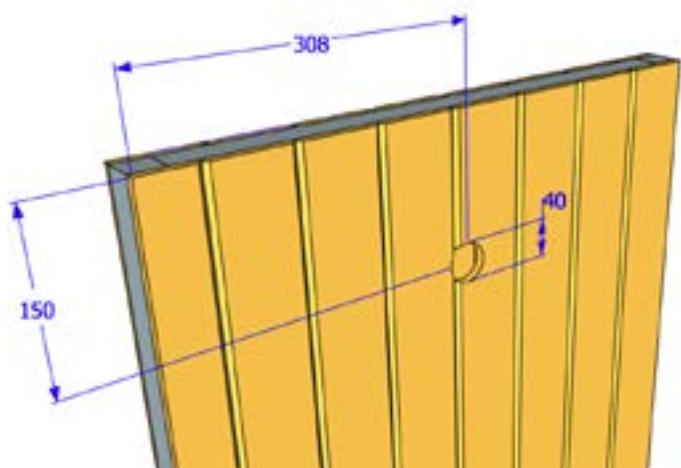


Infrared Sauna Assembly

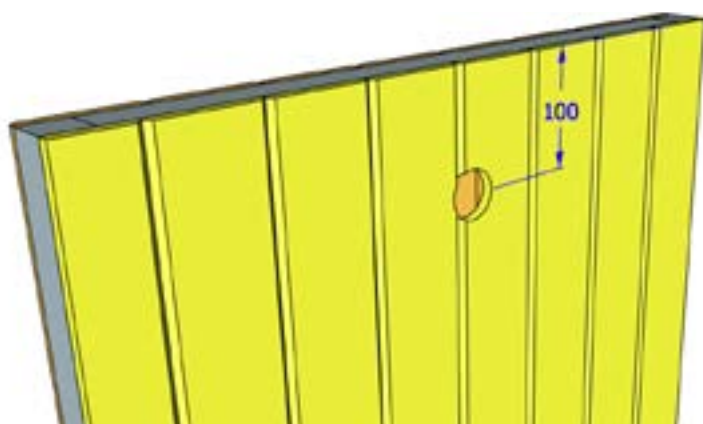
5.4. Hole for Vent

- i. For the internal hole cut a 40mm hole at 150mm in the centre of the panel at 150mm from top. Only cut through the internal cladding.
- ii. Fix the vent kit using pins as shown.
- iii. The window should slide left to right to allow adjustment in the air flow while in use.
- iv. For exterior vent hole on the same panel drill a 40mm hole in the centre at 100mm down from the top. Drill through the external cladding only.
- v. Fit exterior vent cover as shown

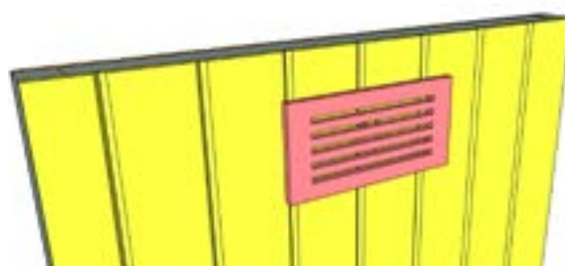
Interior High Level Vent Hole



Interior High Level Vent Cover



Exterior High Level Vent Hole



Exterior High Level Vent Cover

Infrared Sauna Assembly

5.5. Hole For temperature sensor

(Internal panel hole)

On the inside of the panel you would like to fit the temperature sensor drill a 15mm hole at 1000mm above floor level.

Drill hole through internal cladding only.

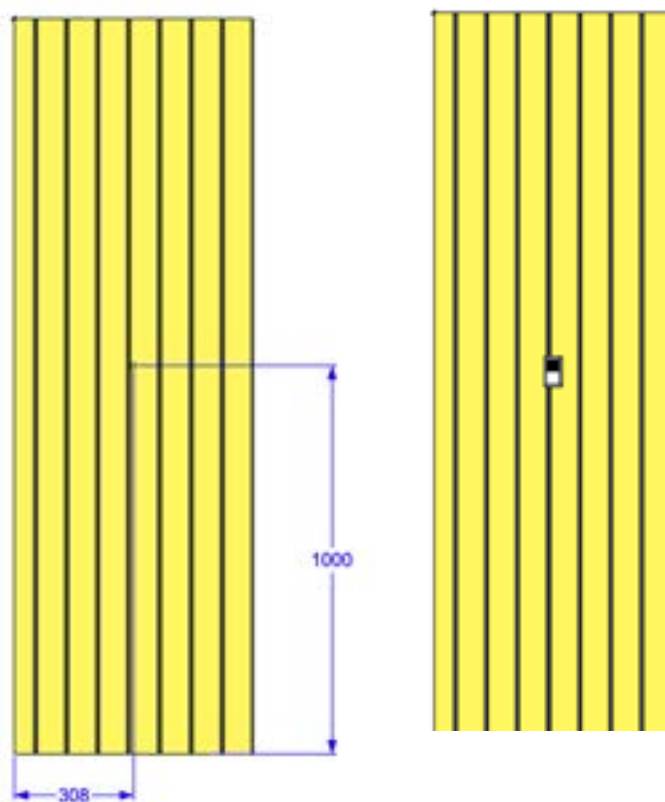
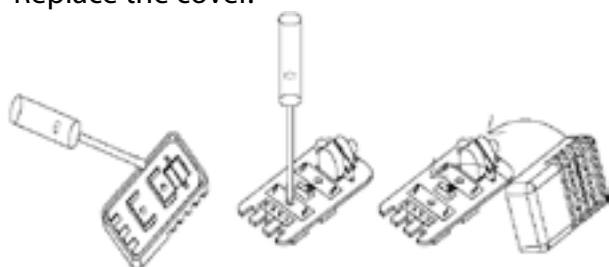
Hole should be centred along the width of the panel

Insert the cable for temperature sensor and fit the sensor to the panel as in the diagram below.

Open the cover with a screwdriver

Fix the bottom of the temperature sensor on to wall with screw

Replace the cover.



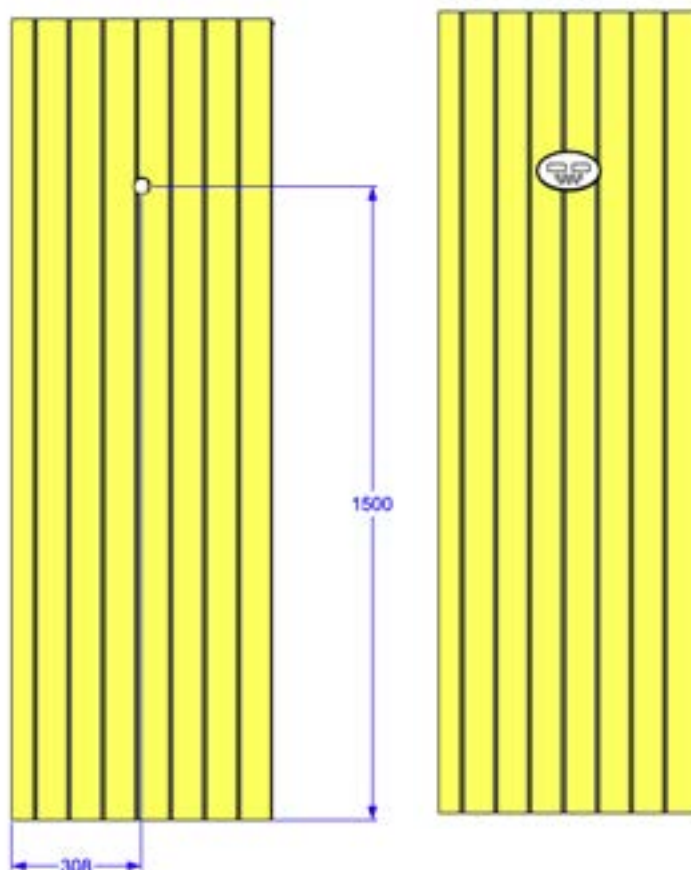
5.6. Hole for keypad

(panel exterior, note keypad can be fitted upto 10m from control box if using the 10m extension cable)

For the panel that you would like fit the external keypad cut a 40mm diameter 1500mm above the base of the panel. Cut hole through the external cladding only.

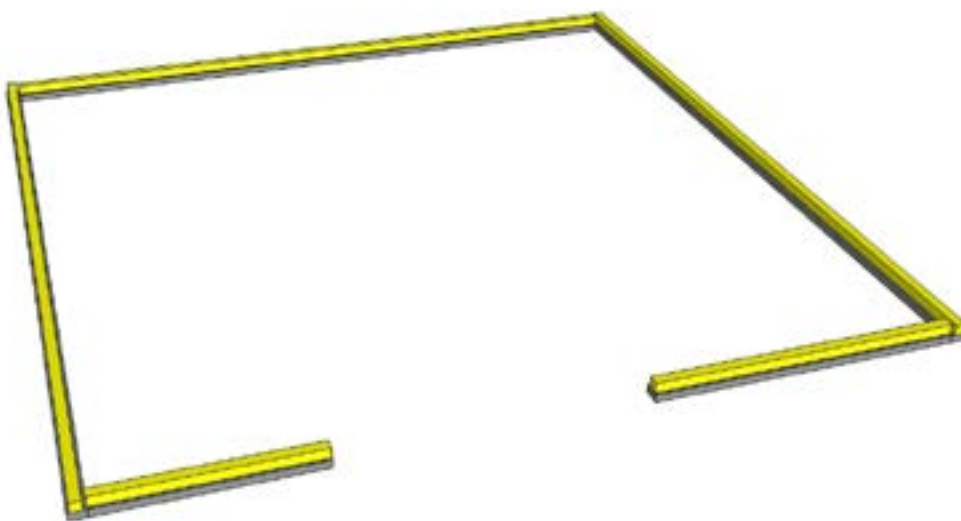
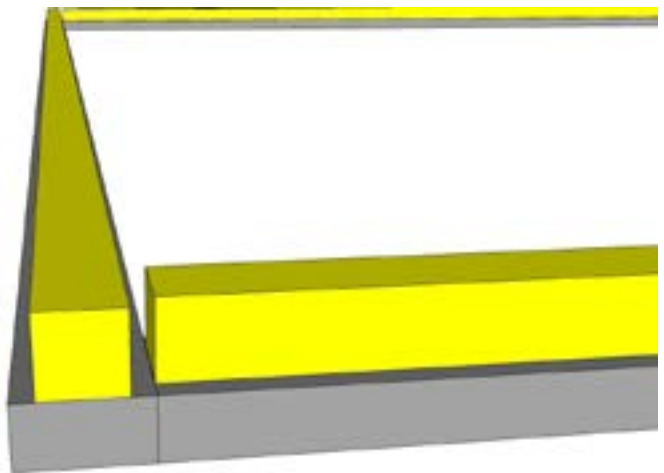
Hole should be centred along the width of the panel.

The keypad is supplied with an extension cable (typically 5m) that links the keypad to the control system. Insert the cable for keypad and temporarily fix (i.e. tape) in place at this stage to make wiring easier later.



6. Base

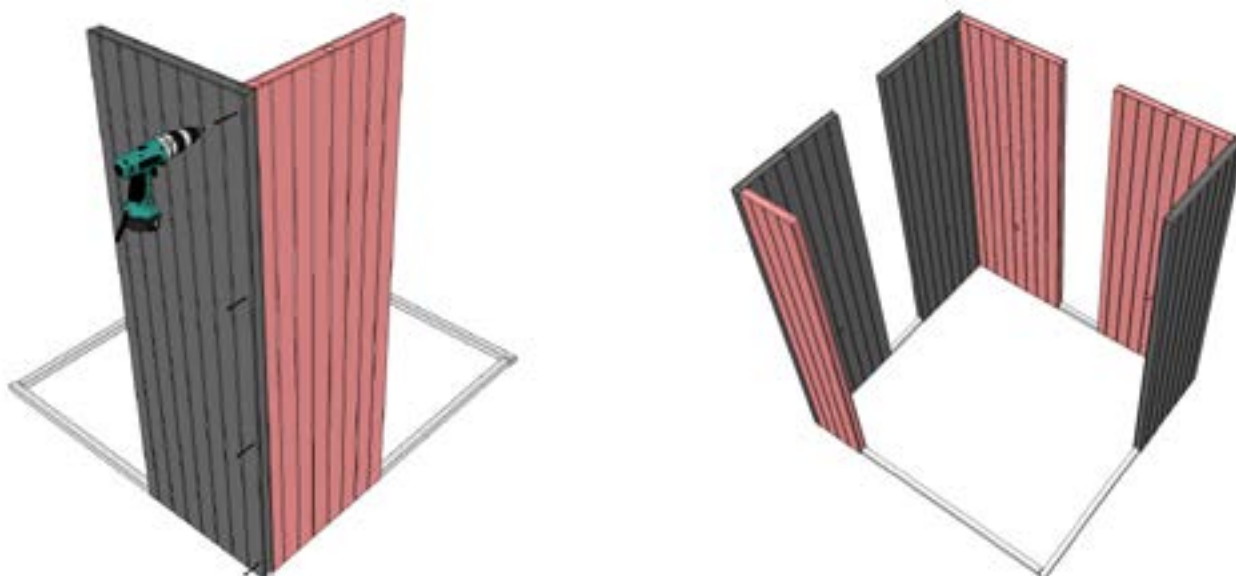
- i. Check the specific base drawing for the cabin you are building on the parts list.
- ii. Check the base with a spirit level, you may need to use packers to get a level base.
- iii. Use a set square or measure corner to corner with a tape measure to ensure the base is square.
- iv. To make the following stages easier we recommend that you fix the base to the floor, this is completely optional and is not required for the structural integrity of the cabin.



Infrared Sauna Assembly

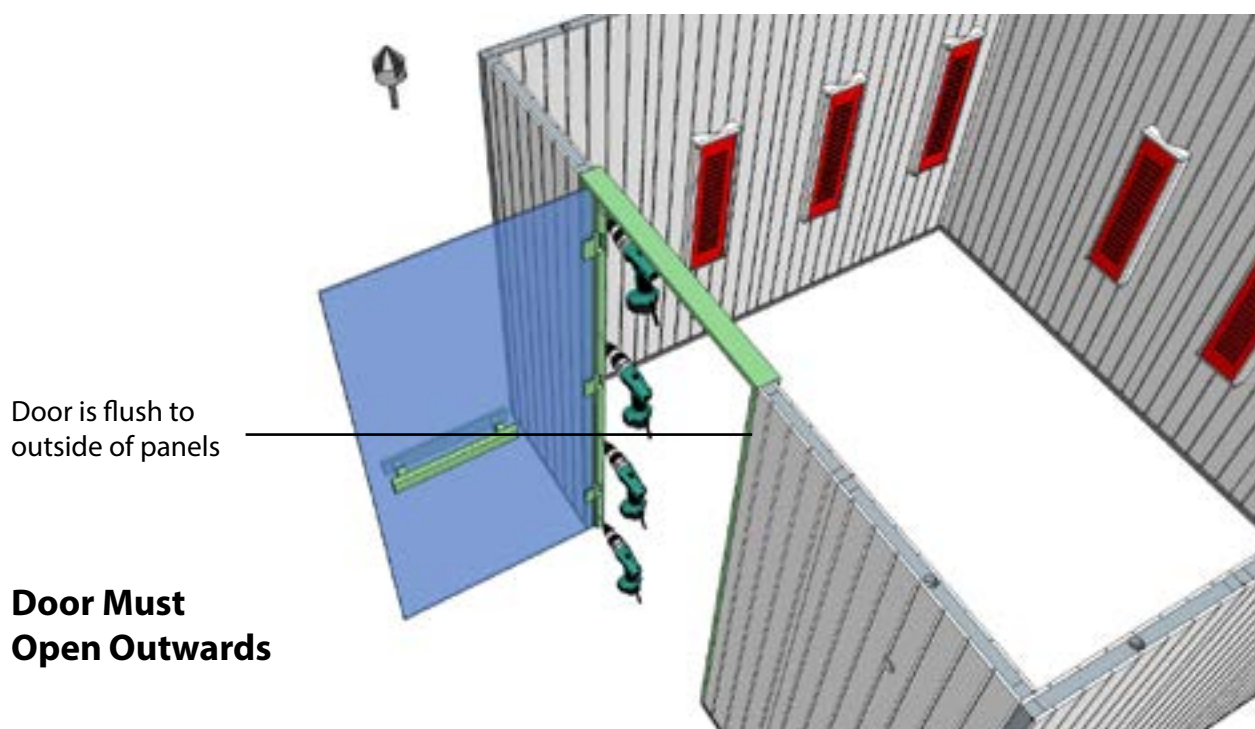
Fix Corner Panels

- i. Find the floor plan in the parts list for the cabin you are building, this will indicate where each panel needs to go.
- i. Start by fixing the corners together, pre drill 4 holes using a 4mm counter sink & drill.
- ii. Fix using the 80mm screws provided



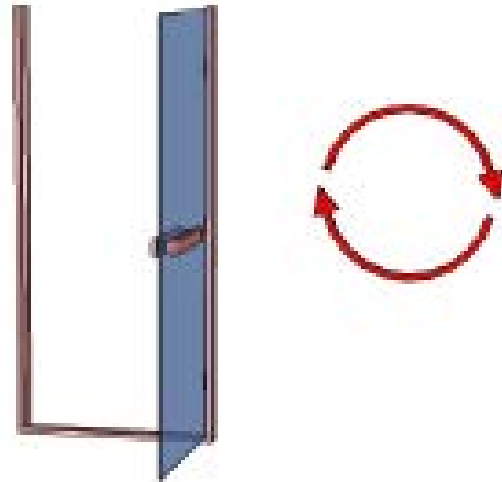
7. Add Door - *Important: Wear goggles and gloves at all times whilst handling the door.*

- i. There is a loose rebate for the top of the door pinned to the side of the door frame - DON'T DISCARD!
- ii. If you are working alone we advise that you remove the glass from the hinges and set to one side.
- iii. Pilot and counter sink 4 holes and use 50mm screws to fix into the panel adjacent as shown below.

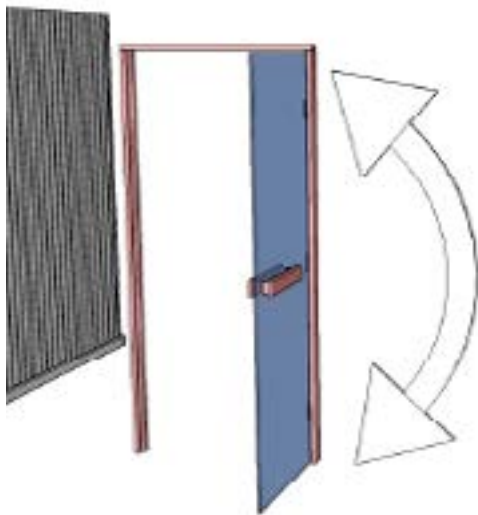


Infrared Sauna Assembly

- iv. The door must be installed opening outwards, if you want to change the direction of the swing first rotate the frame by 180°, shown in right image.



- v. Unscrew the rail and move from the bottom to the top as shown below.



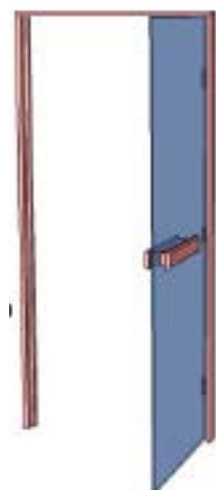
- vi. Unfix the glass from the hinges and rotate 180° as shown below.



- vii. Fix the glass back into the hinges and the door is ready to be fitted.

- viii. When installing the door if you are experiencing trouble with it closing square, it may help you to install the ceiling panels first or wait until you are installing the ceiling panels to level the door.

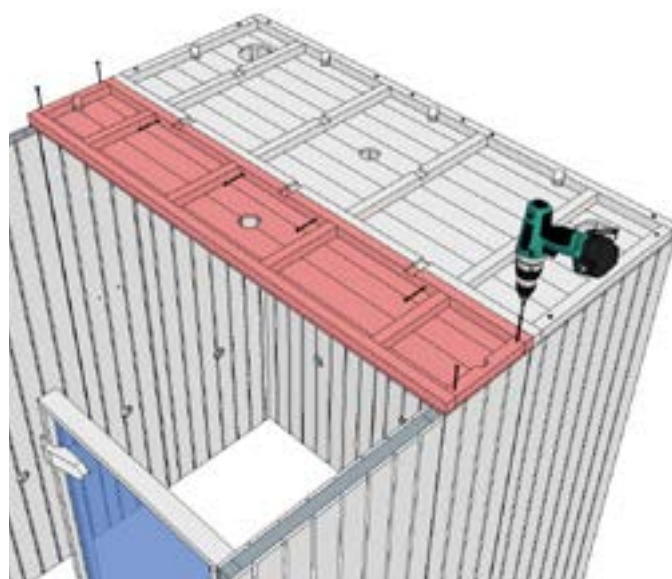
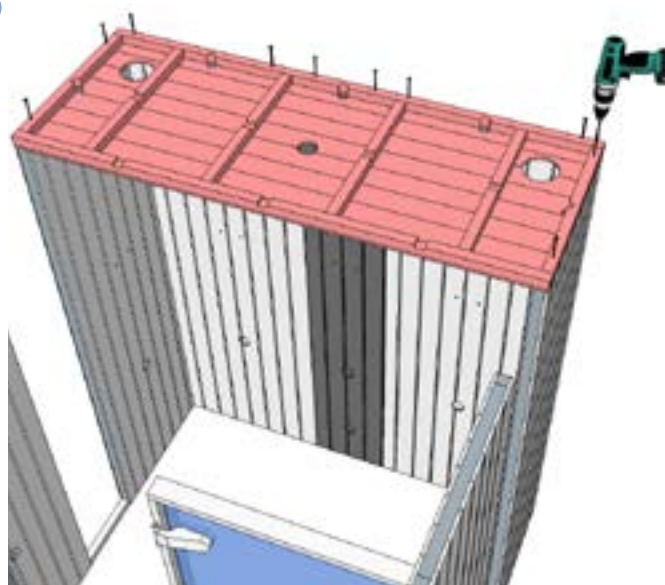
- ix. Fix the door handle so the caps are on the exterior of the cabin.



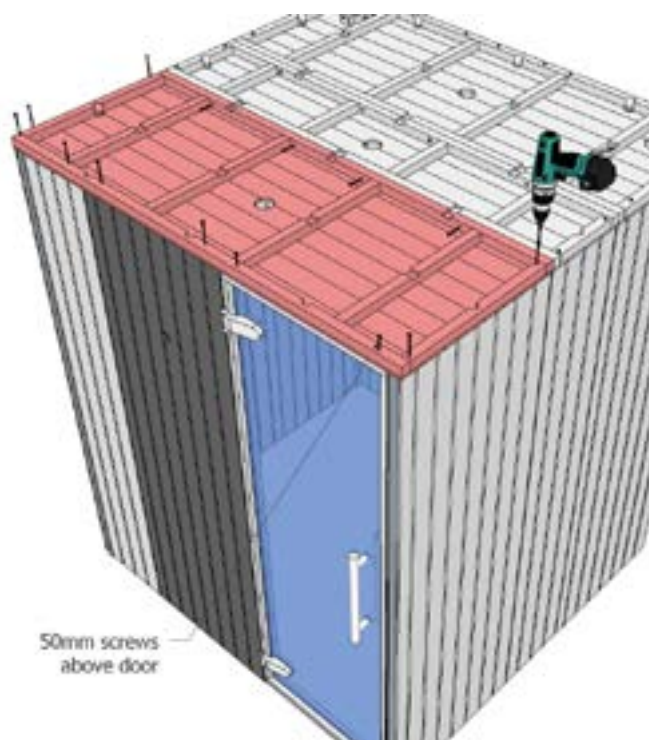
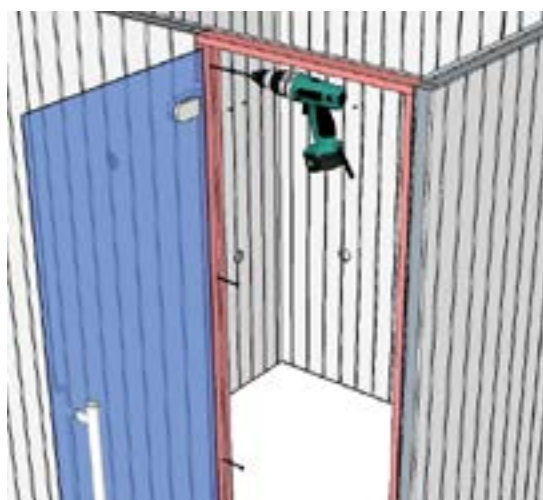
Infrared Sauna Assembly

8. Add Roof

- i. If you are installing the cabin with a restricted height (less than 2200mm) and have purchased the "Low Height Kit" you will be supplied with an additional guide for fixing the roof.
- ii. If you have a height of 2200mm or above please use the following steps.
- iii. Start with the back roof panel, start from the corners to square up the wall panels, pilot and counter sink holes and use 60mm screws, don't screw near the cable holes.
- iv. Fix the roof panels to each other in the centres check they are flush on the inside face.
- v. When you fix above the door use 50mm screws so they don't stick through top of the frame or countersink and screw from underneath.

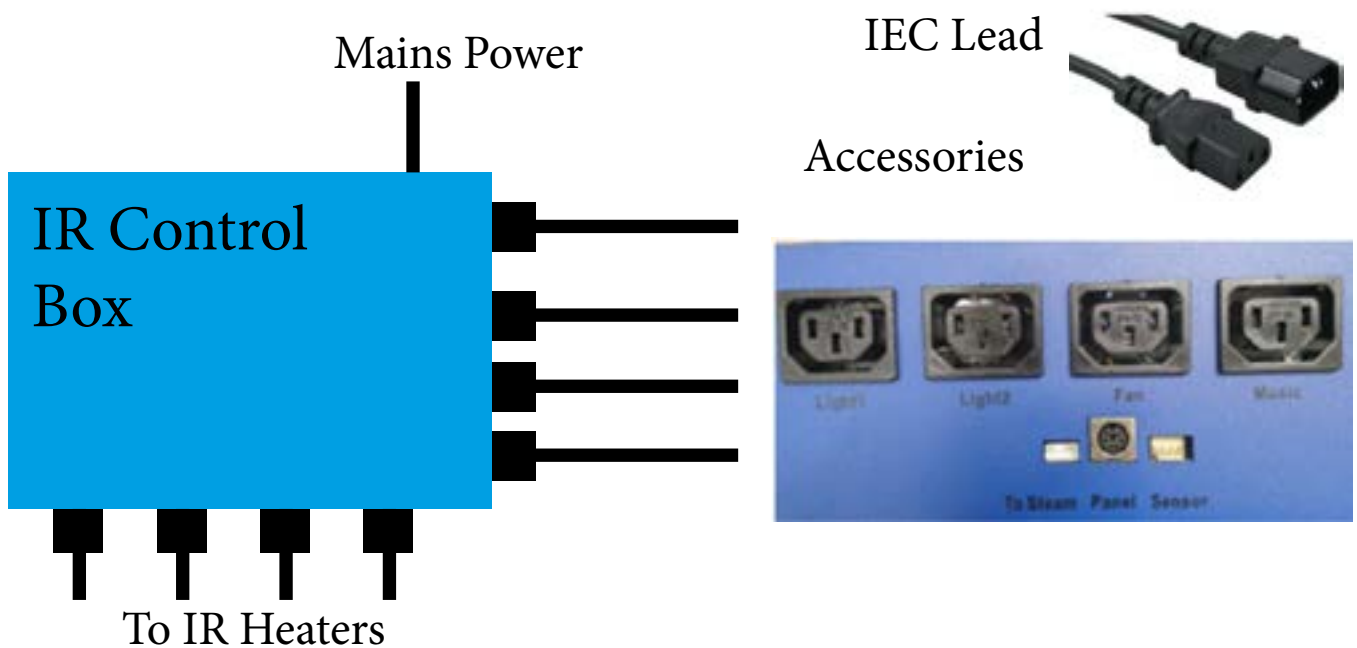


- vi. If you levelled and squared the base properly the door should open perfectly at this stage. If it doesn't you may need to pack the base up, use a spirit level to make things easier.
- vii. Fix the other side of the door if you haven't already done this at the previous stage.



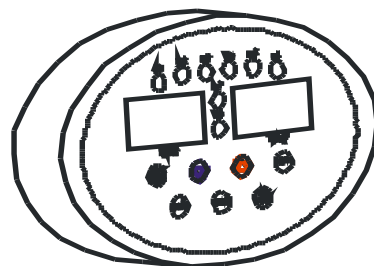
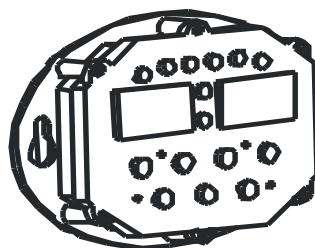
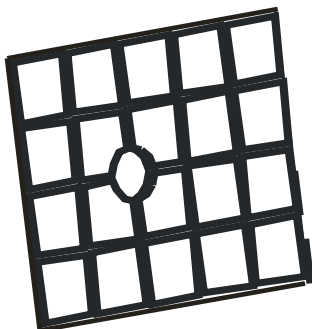
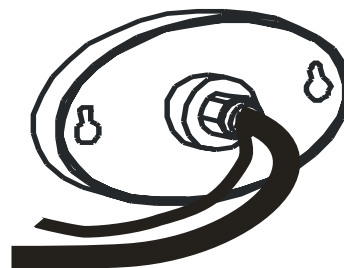
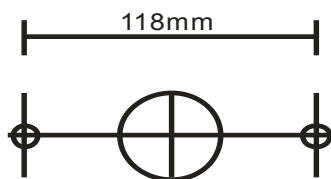
Infrared Sauna Assembly

9. Wiring



9.1. Keypad and Temperature Sensor

- i. Do not turn any power on until the cabin has been fully installed.
- ii. Refer to the parts list for a wiring schematic.
- iii. Sit the control box on the roof in the specified position.
- iv. If you have not already fed the temperature sensor and keypad cables through the relevant panels do this now. Route the cables across the roof, through the channels made in the frame to the control box connections and plug them in.
- v. To fit the keypad to the front of the wall panel use screws at 118mm apart centred on the cable hole.



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9.2. Wall Heaters

- i. For the heaters use the correct length of cable as shown on the schematic. Note that in order to reach the control box longer cables need to plug into the heaters furthest from the panel. For saunas with over 8 heaters use the additional power box (see section 19)
- ii. Plug the one end into the control as shown below.
- iii. Route the other end down from the roof into the walls panels.
- iv. Pull out of the hole on the inside.
- v. Plug the heater wire into the connector on the rear of the heater unit.
- vi. Plug the heater wire in.

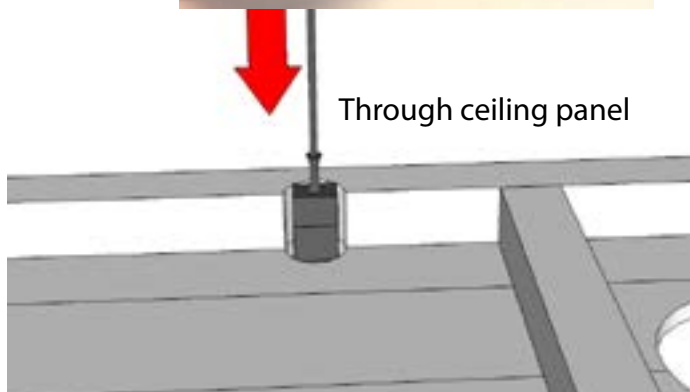
Heater cable, control box end



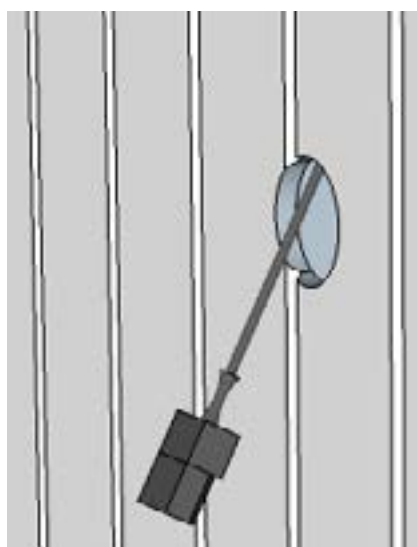
Plug cable into control box



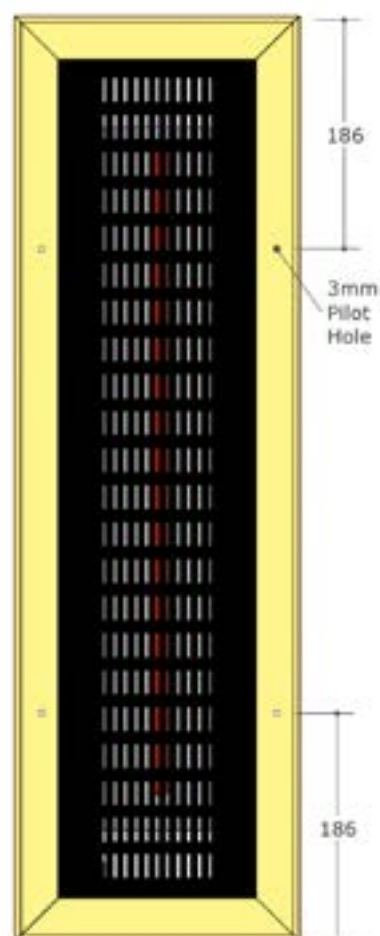
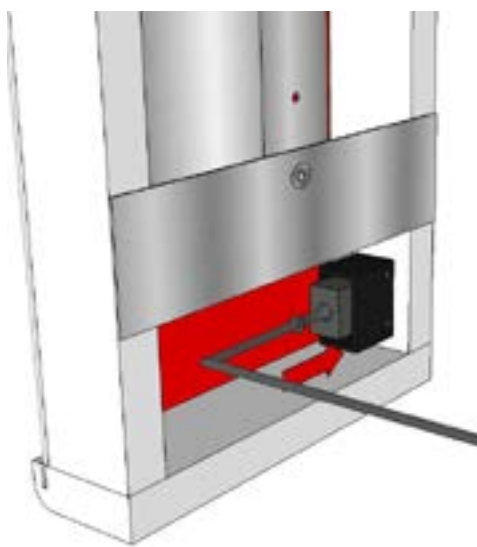
Through ceiling panel



Feed through wall panel

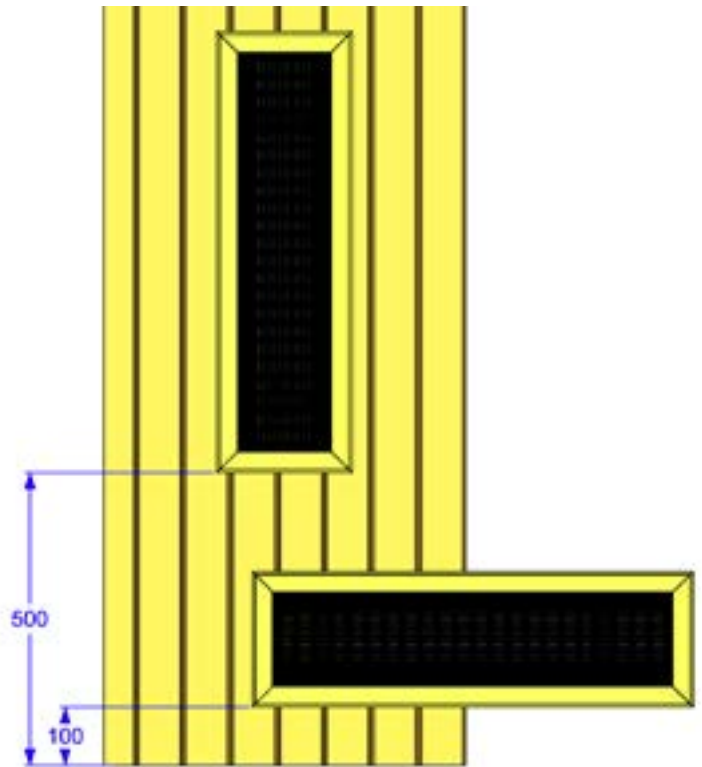


Connect to heater unit

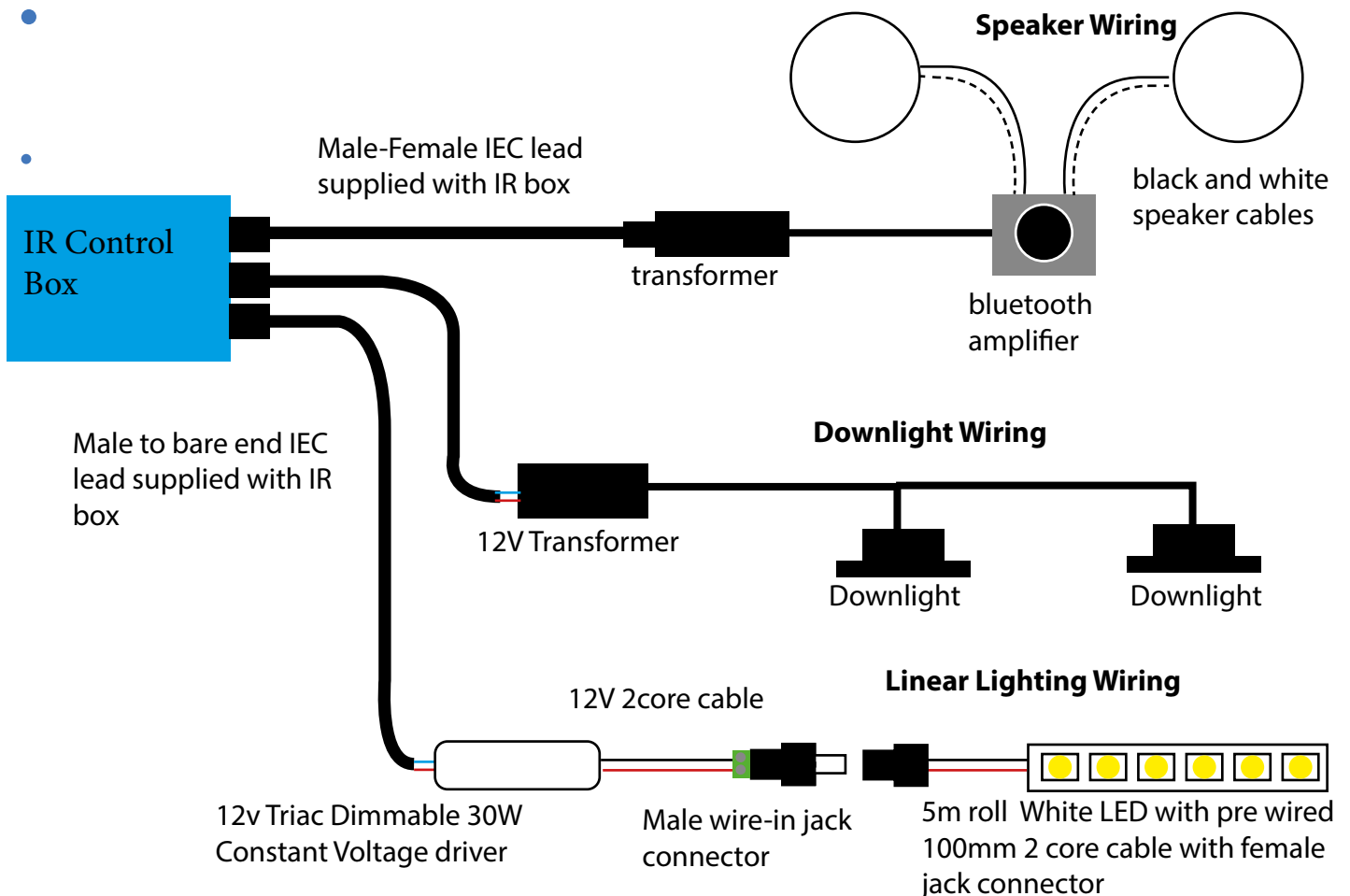


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- vii. For vertical heaters mount the unit at 500mm above base of panel. Fix 4 x 70mm screws through the pilot holes on the front of the heater unit.
- viii. For horizontal heaters mount the unit 100mm above base of panel covering the cable hole and fix to the wall using 4x70mm screws through the pilot holes on the front of the unit.
- ix. Fit screw caps onto the screw head screws at 700mm centres approx 200- 300mm from the floor, but most importantly 40mm to the left off the centre of the wire hole.
- x. Hang the heater onto the screws.
- xi. Secure at the bottom with 1 x 30mm screw.



10. Accessories



Infrared Sauna Assembly

10.1. Down Lights

- i. Low Voltage downlights should be wired to the 12V transformer supplied, note no more than 2No downlights should be wired to a single transformer. Each lighting circuit can use maximum of 2No 20W halogen downlights.
- ii. Fit the spot lights to the ceiling panel as per the manufacturers instructions supplied with the fittings.
- iii. Install either standard or colour changing bulb(s) if supplied
- iv. If you ordered the deluxe specification you will be supplied with a remote control to control the lights, you can choose between many different colours, there is also a fade mode.
- v. Finally Plug the pre wired light cable into the socket on the control box labelled "Light 1 and or Light 2"

Note: It is possible to switch a second lighting circuit separately using the Light 2. This would be useful if you wanted the option of both white and coloured lighting. Oceanic provides one pre wired cable as standard.

10.2. Speakers

- i. Speakers are supplied with a separate bluetooth amplifier. A male to female IED lead is supplied to plug the bluetooth amplifier to the control box. An aux cable is also supplied if you prefer not to use the bluetooth function.
- ii. Wire each speaker to the amplifier using the black and white speaker cable provided. Note to use the black striped cable to negative terminal on the amp/speaker. Cables will be routed across the roof panel.

11. Bench Assembly

Important Safety Information.

The benches may have to support the body weight of several bathers. It is important that they are correctly assembled; the holes for all screws must be predrilled to prevent the timber splitting. To tighten the screws use a hand held screwdriver or an electrically operated one with a torque setting that allows the screw to be fully tightened but not to spin as spinning reduces the holding power of the screw.

Note the use of a good quality PVA adhesive (not supplied) will improve the durability of the benches.

Maximum loadings;

Up to 1200 mm no centre support 2 x 12.5 stone people

Up to 1800 mm with 1 extra support 3 x 12.5 stones people

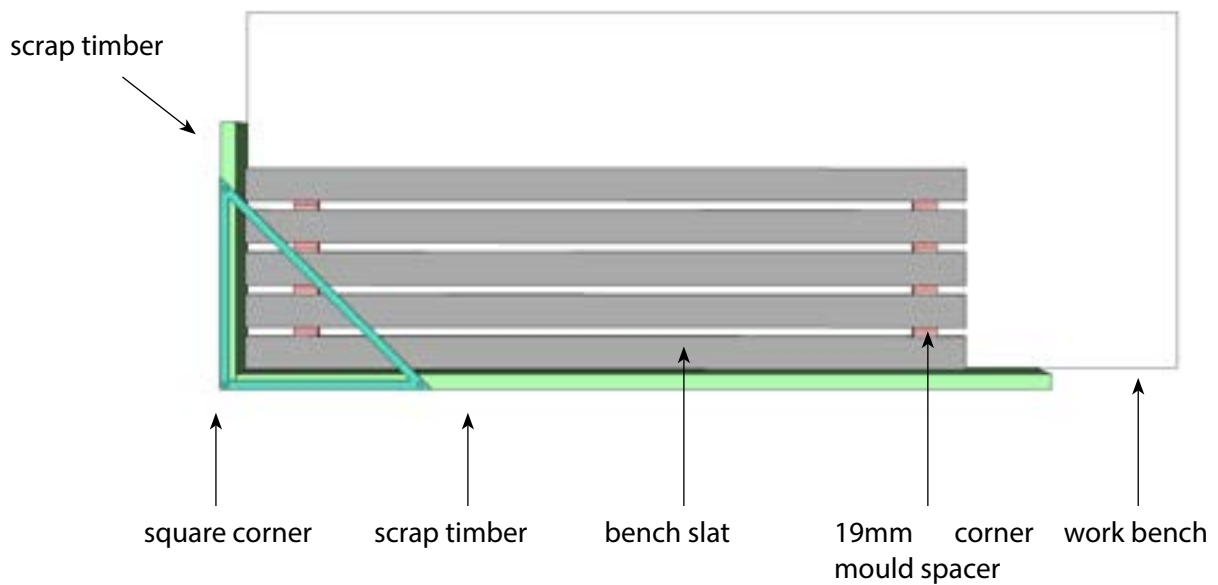
Before commencing the construction of the benches find the specification sheet for the sauna you are building. This will give detail of the correct quantities and positions of timbers and fixings.

- i. Screw the supporting frame together using the 4 large brackets and 20mm screws.

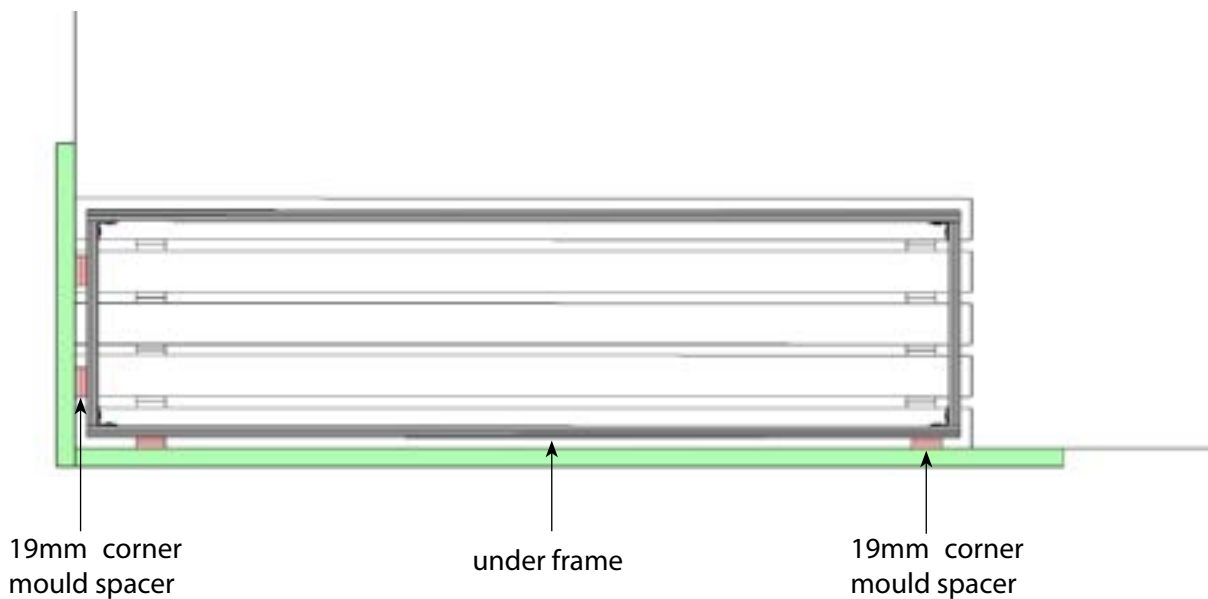


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- ii. Lay the 5 or 6 bench slats face down on a work bench, use two pieces of scrap timber along the edges of your bench to create a square corner to work off. Use small pieces of corner mould as 19mm spaces.

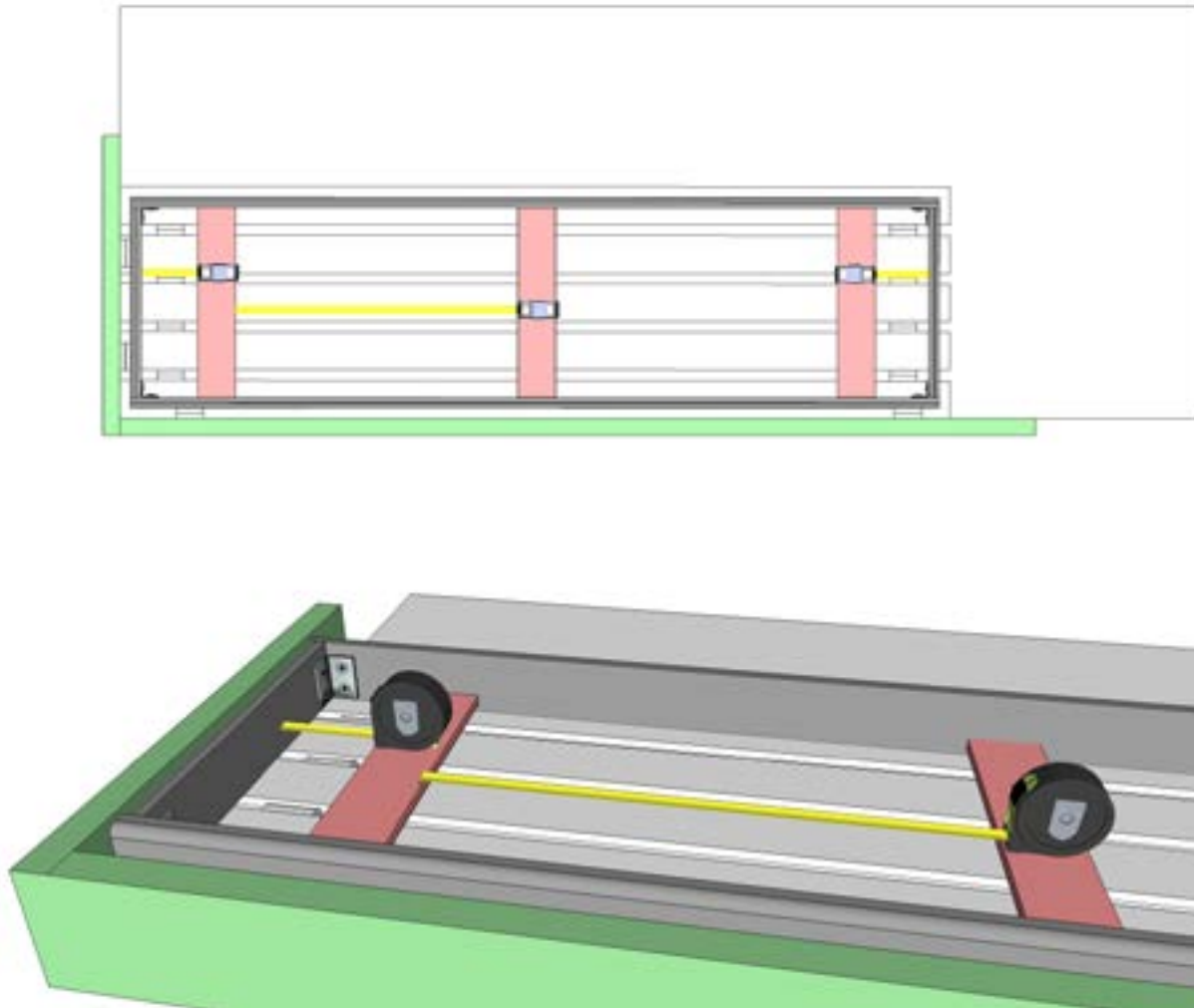


- iii. Lay the supporting frame onto the slats, use spacers along the two edges to give a 19mm overhang each side.



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- iv. Add the cross members, two are positioned 100mm from the ends, the third is centred, a dimension for A can be found on your parts list.

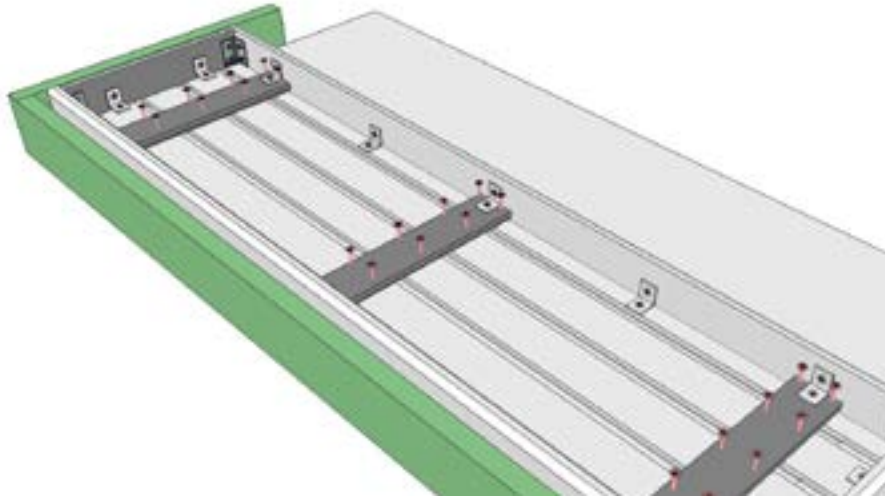


- v. Evenly space out the 14 L brackets and fix using 20mm screws.

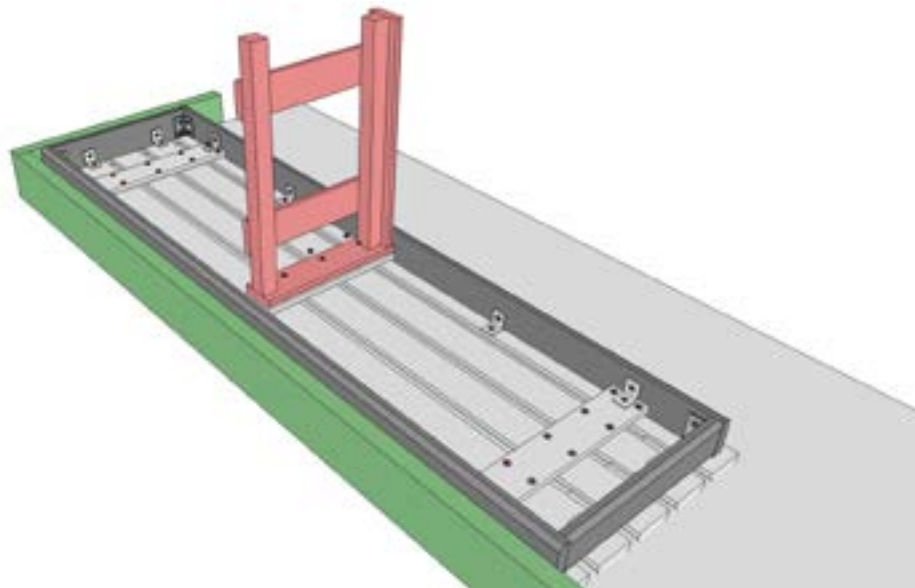


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vi. Use the 30mm screws provided to fix down through the cross members into the slats.



vii. If your parts list shows you have a bench leg, add this now as shown. Use 6x 40mm Screws.



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12. Fix the bench end rails.

- Fix the 69 x 19mm bench support rail so the top is at 481mm from the floor. Use 4 x 50mm screws.
- Fit the two support legs using a brad nailer as shown, this can alternatively be done using a countersink and 30mm screws.



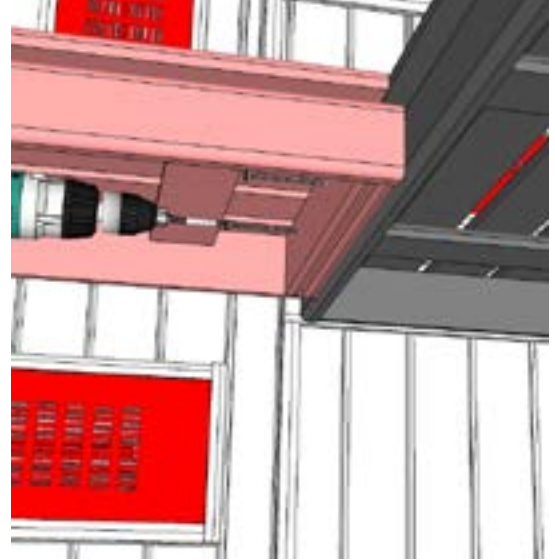
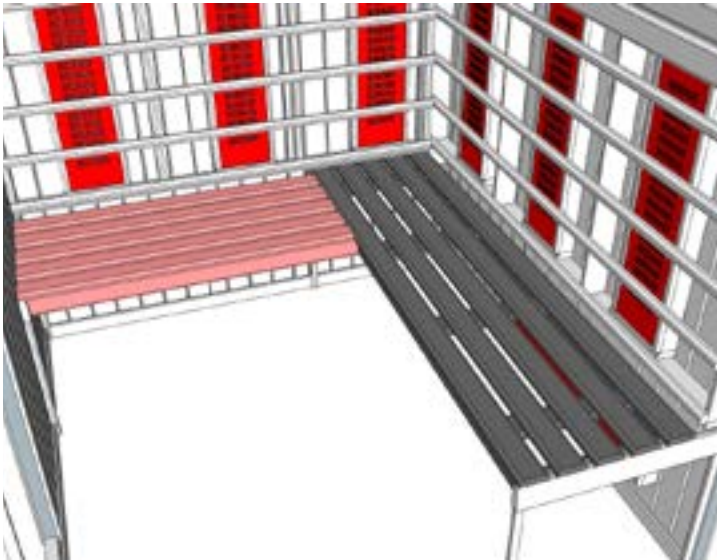
13. Fix the bench

- Pre drill with countersink, then fix 2 x 50mm screws through the under frame of the each end of the bench as shown. The bench is sat forwards as shown so there is a gap at the back of the bench, this will be covered by the heater guard later.



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- ii. If there is an L bench in the sauna you are assembling joint as shown using 2 x 60mm screws. Make sure to pilot and countersink to prevent splitting.



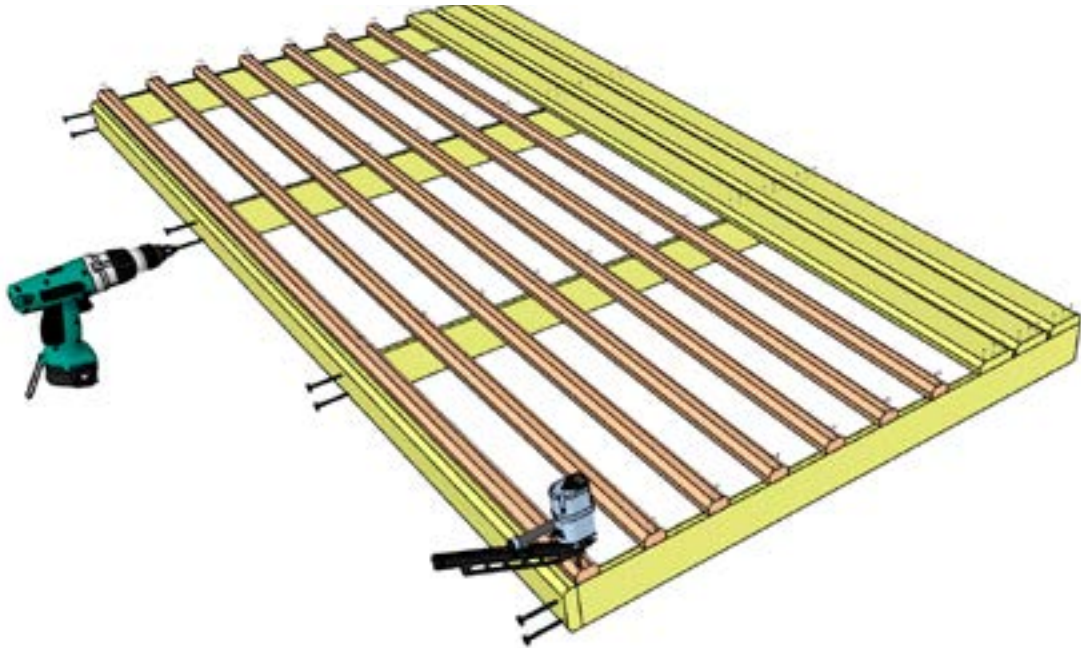
14. Back Rest Assembly

- i. Refer to the parts list for specific detailed information on the back rest.
- i. Layout the back rest frame as to the drawing in the parts list.
- ii. Pre drill the top rail with countersink tool.
- iii. Screw the top rail onto the uprights.



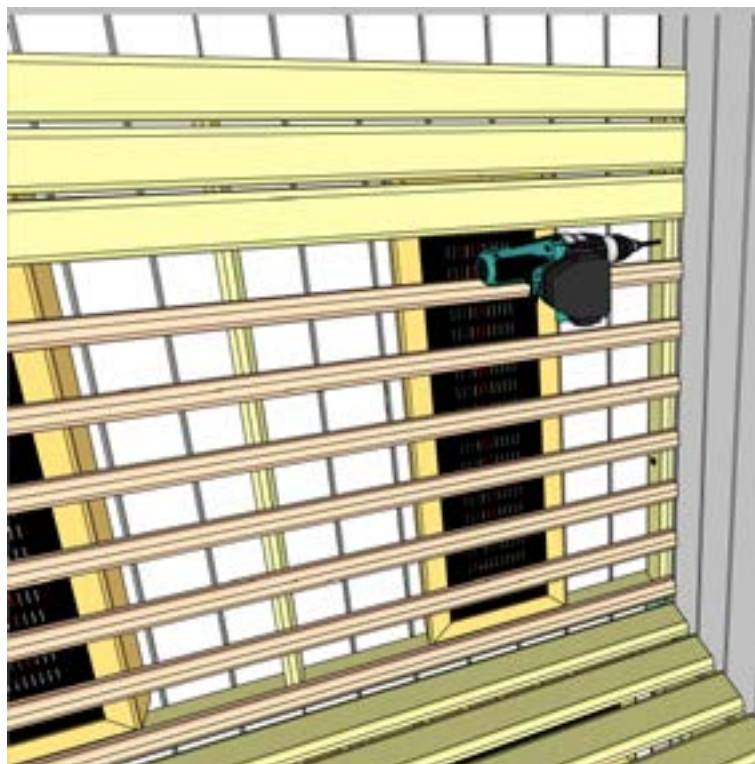
Infrared Sauna Assembly

iv. Pin the slats onto the edge of the uprights using two pins at each joint.



15. Fix the back rest

Pre drill with countersink through the end uprights at the top and bottom, then fix the back rest using 4 x 40mm screws so the bottom is level with the bench.

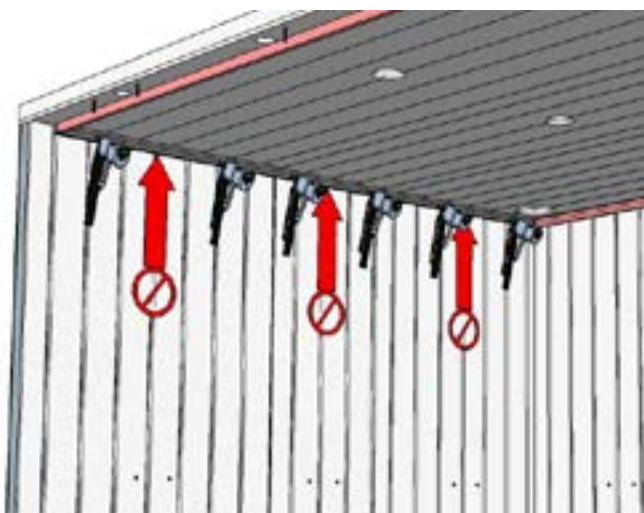


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16. Internal Trim

16.1. Cornice

Measure, cut to size and fix the 19 x 19 corner mould and fix to into place using a brad nailer and 32mm brads provided. *(If you have already fitted the cornice from the roof stage please continue to the next step.) Important: Do not pin near cables, ie the centre of each heater panel.*



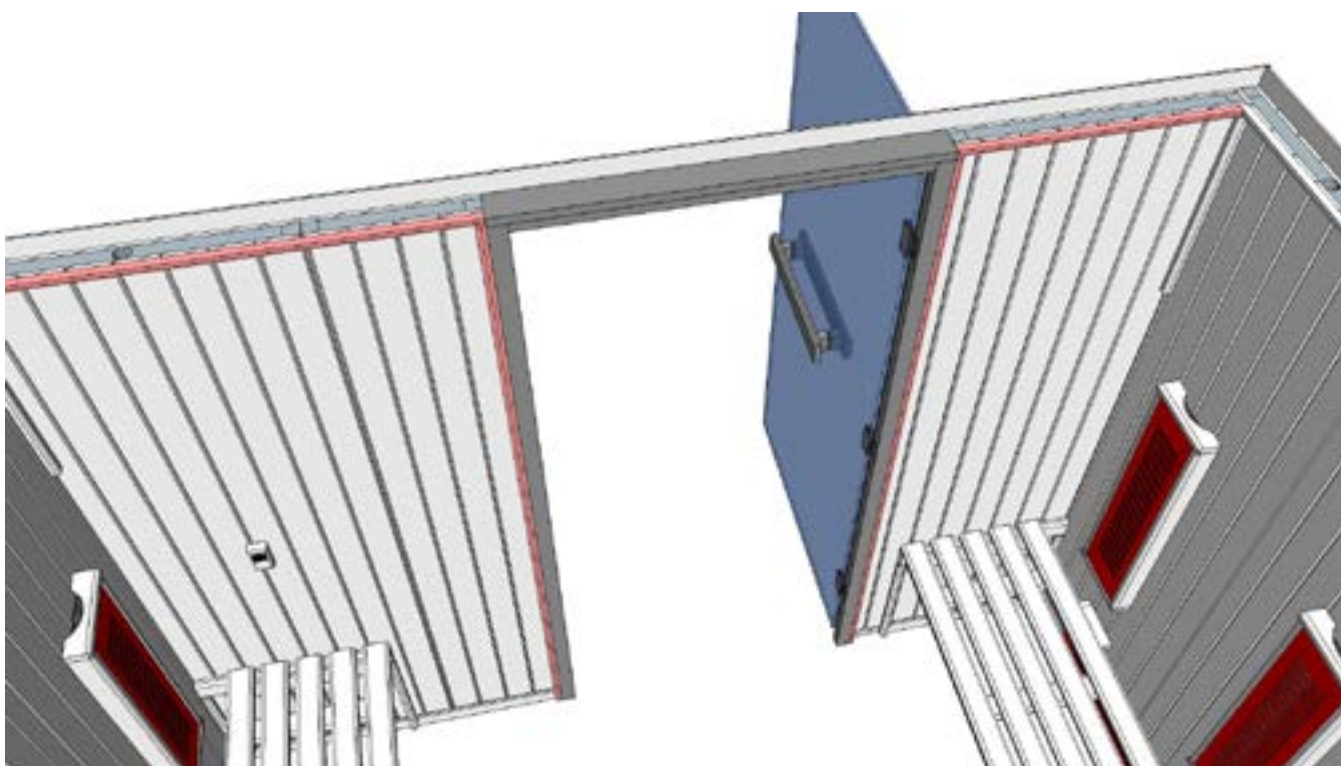
16.2. Corner Uprights

Measure, cut to size and fix four of 19x19 corner mould and fix with 32mm brads into the corners of the room as shown.



16.3. Door

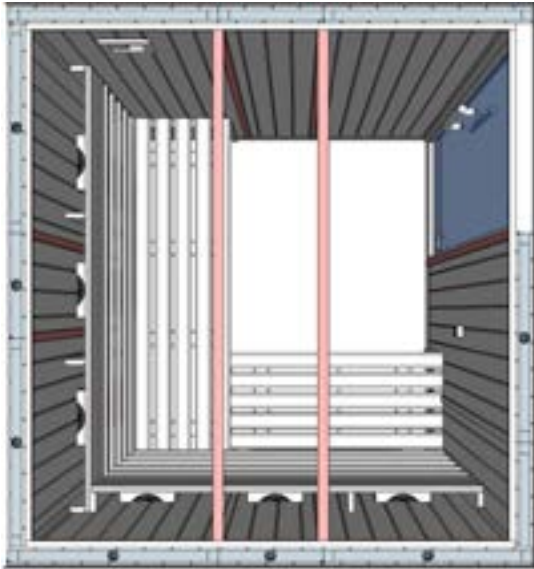
- i. Use 19x19mm corner mould either side of the door.



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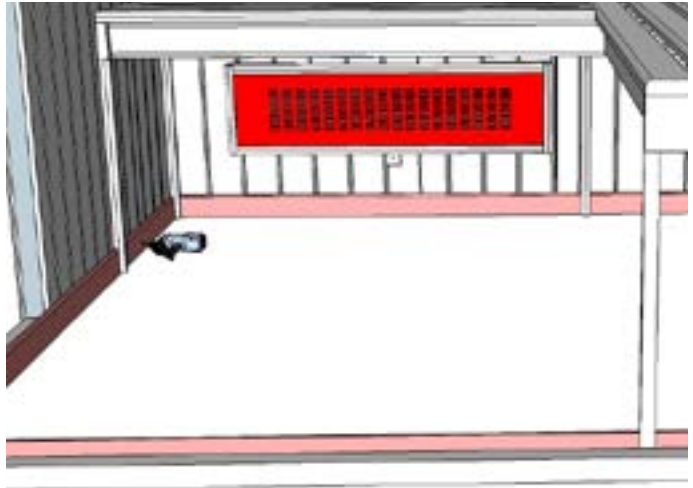
16.4. Overlap

Use 32x9mm overlap across the joints between each panel as shown below using 25mm brad nails.



16.5. Internal Skirt

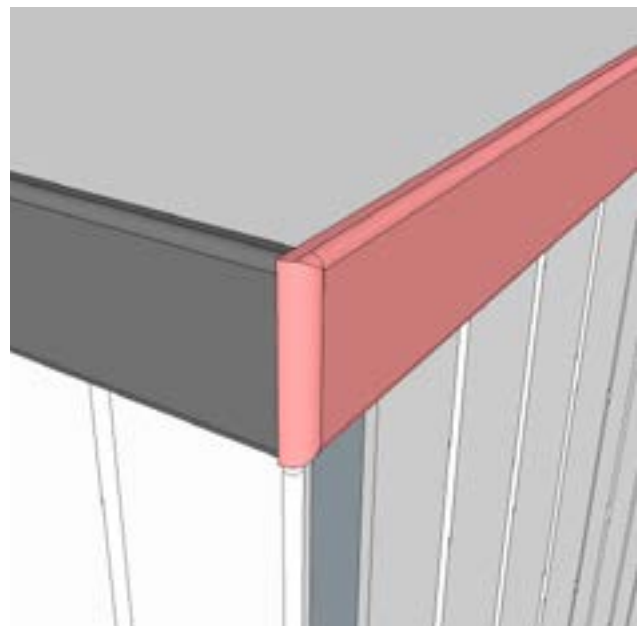
Measure, cut to size and fix the 45 x 9mm skirting around the internal edges of the sauna using 25mm brad nails.



17. External Trim

17.1. Horizontal top fascia

Fix the 65 x 9mm fascia with 32mm brads provided, the front fascia has been machined with curves on the ends so you don't need to mitre you can just butt the other square edge trim upto it.



Infrared Sauna Assembly

17.2. External Facia Uprights

Measure cut and fix 65 x 9mm facia around external corners of the sauna with 25mm brads.



17.3. Exterior Skirt

Measure cut and fix 45 x 9mm trim around the bottom edges of the sauna with 25mm brads.



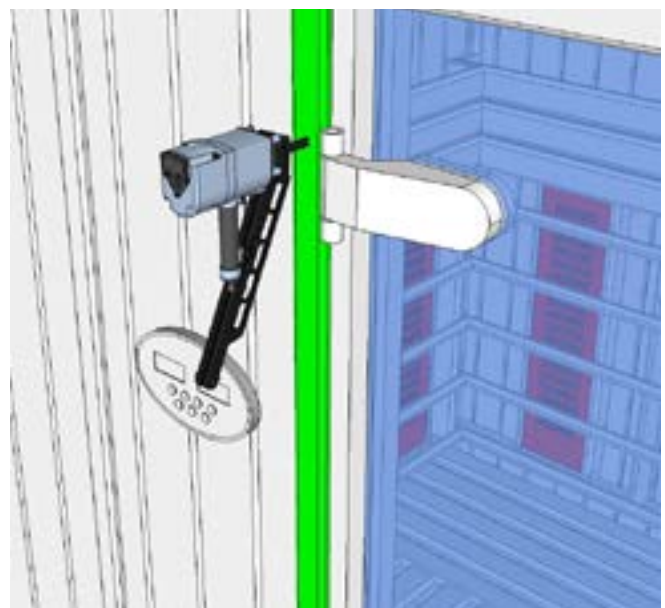
17.4. External Facia Joint Overlap

Measure cut and fix 32 x 9mm overlap mould over the joints between the panels with 25mm brads.



17.5. Door frame trim (hinge side)

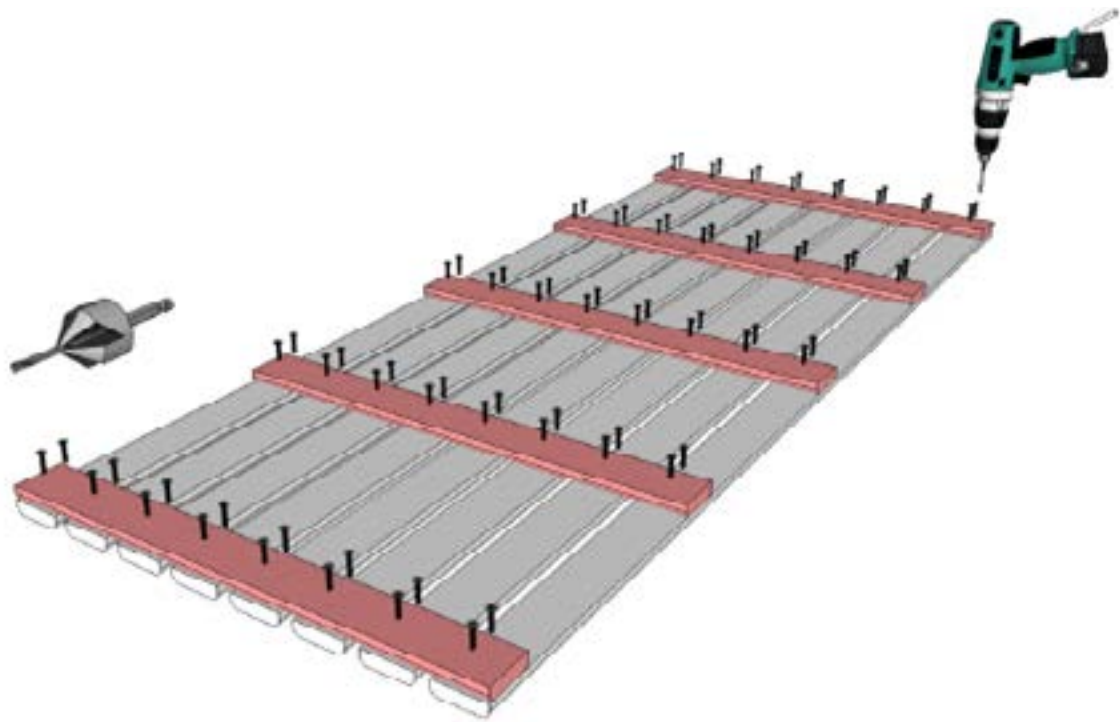
Measure cut and fix a 32 x 9mm overlap over the gap between the panel and door frame.



Infrared Sauna Assembly

18. Floor Matt Assembly

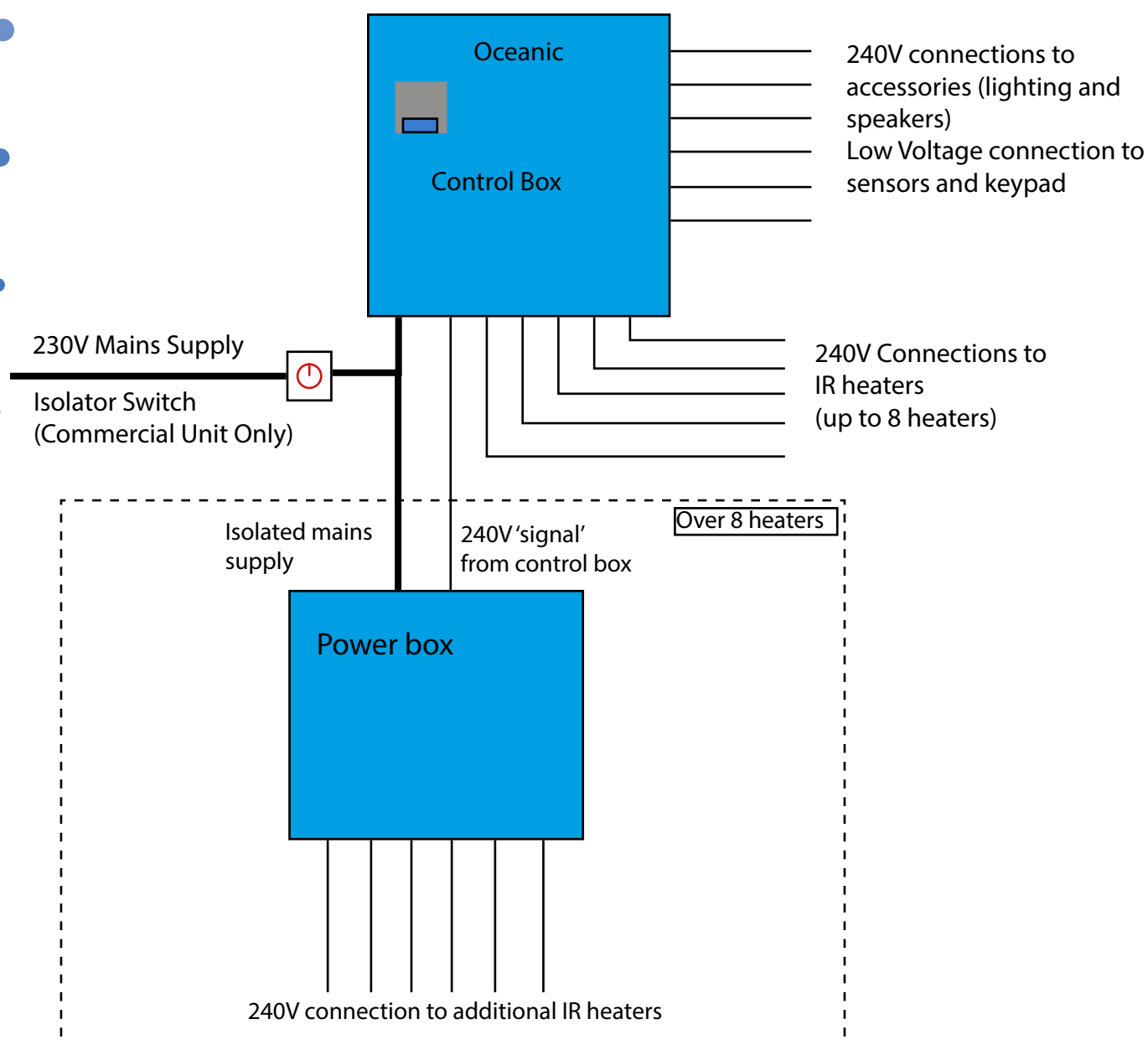
- i. Refer to the parts list for specific detailed information on the floor matt.
- ii. Pre drill holes with 4mm countersink bit.
- iii. Fix with 2 x 30mm screws at each joint as shown.
- iv. Lay the floor matt in the sauna.



19. Connection to Power

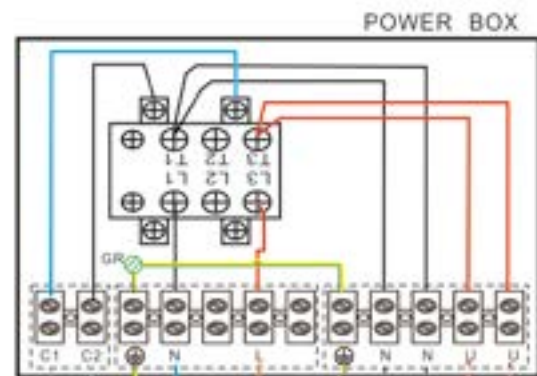
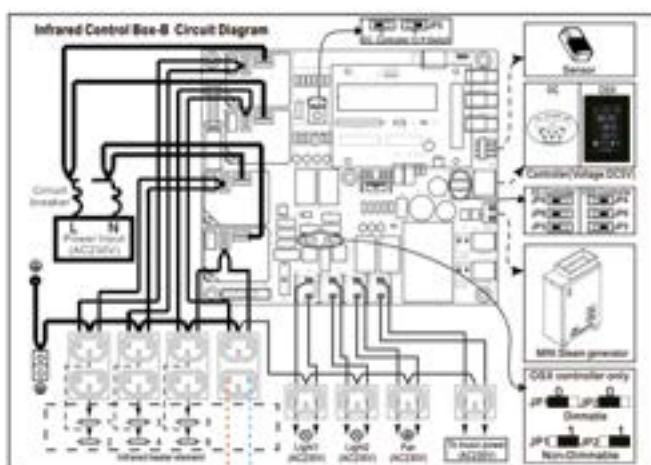
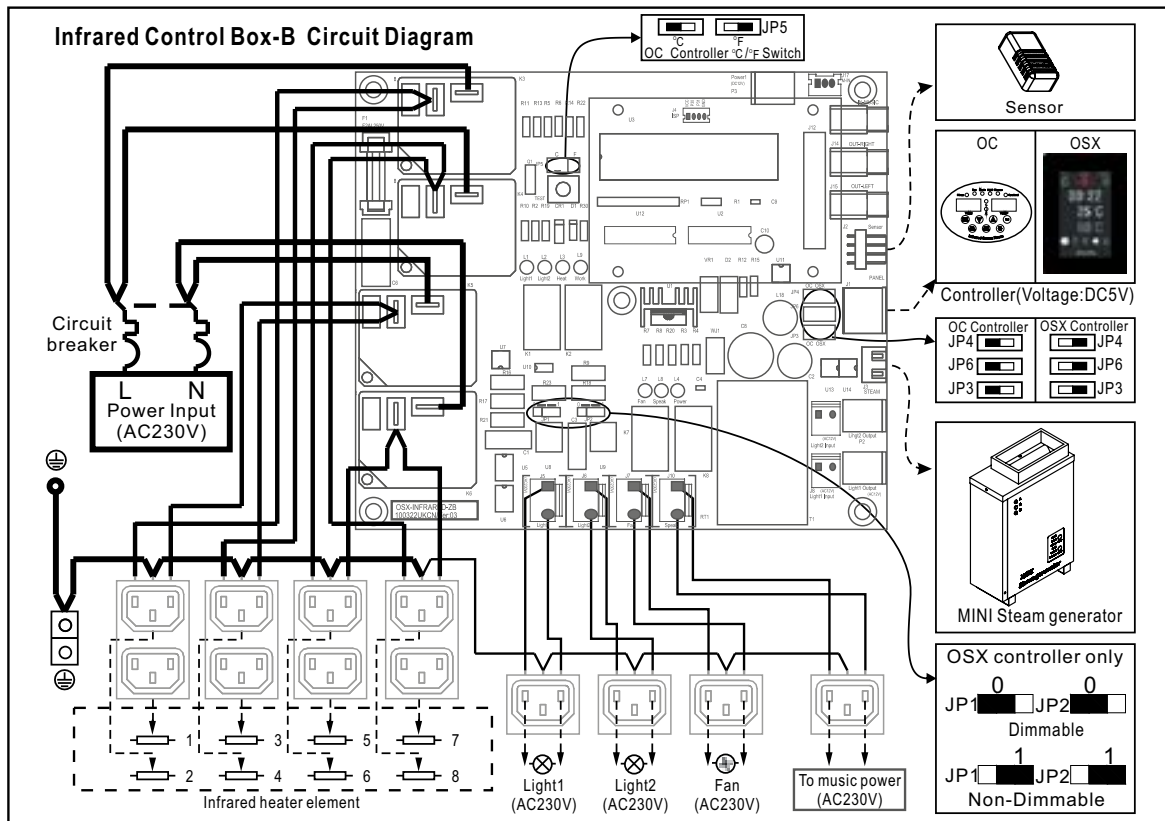
All commercial units must be hard wired to an isolated mains supply and cannot be plugged into a 13Amp socket. The control panel must be wired to a single phase 230V supply. Additional power box required to connect over 8 heaters.

Model	No of IR Heaters	Total Power (kW)	Total Current (A)
IR3030 Corner	8	2.4	10
IR3030 L Shape	9	2.7	11.7
IR3030 Parallel	10	3	13
IR4030	12	3.6	15.7



Infrared Sauna Assembly

20. Circuit Diagram

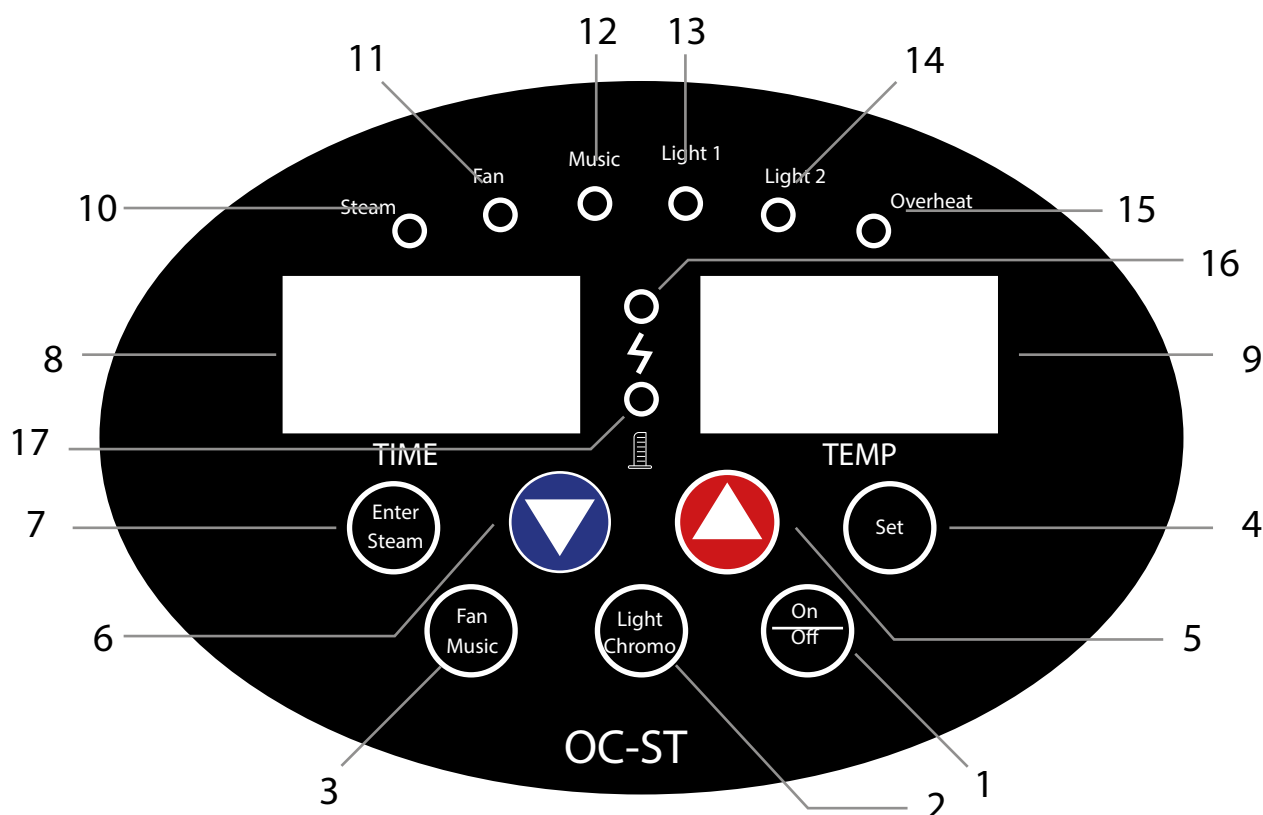


isolated input

POWER INPUT AC230V 1N~

Infrared heater element

21. Keypad functions



No	Part	Description
1	On/off	Push to turn the equipment on or off
2	Light	Push to turn on the light in the room.
3	Fan / Music	Push once to turn on fan (not required) Push twice to turn on speakers
4	Set	Preset time and temperature - (you must then press 'Enter' to save settings)
5	∧	Increase button
6	∨	Decrease button
7	Enter / Steam	Press Enter to save settings. Steam function not required
8	Time display window	Display the work time of the steam generator
9	Temp display window	Display the detected temperature of steam room
10	Steam	Not used
11	Fan	Indicated the Fan is active (not required for Oceanic IR sauna)
12	Music	Indicated the Speakers have been turned on
13	Light 1	Indicated the Light is turned on
14	Light 2	Light to indicate secondary lighting circuit
15	Overheat	Indicator LED for overheat - turn machine off and wait for 1 hour before switching back on, if problem persists contact the seller.
16	L7	Indicates the detected temperature is lower than the preset temperature and sauna heater is heating.
17	L8	Indicates the detected temperature is higher than the preset temperature and the sauna heater is idling.

22. Keypad Operation

- i. Once all the cables has been correctly connected to the control box and the box and the power cable has either been plugged into the wall socket (domestic) or hard wired to the isolated mains supply (commercial) you can press the 'On/Off' button on the keypad to turn on the infrared sauna.
- ii. The keypad should now display a time and a temperature and L7 should be orange to show that the lamps are warming up. The time displayed is the length of time that the sauna will stay on for before turning itself off. The can be can be increased or decreased as described below. The temperature shown is the current air temperature inside the cabin, the maximum air temperature can be increased or decreased as described in point iv.
- iii. Adjusting the time. Press the 'Set' button once. The time will now flash. Increased or decrease the time using the blue and red arrow keys. Once the correct time is flashing press the Enter key to save the selection. If you do not press the Enter key the time will not be saved and will revert to the previous setting. The maximum time you can select is 12 hrs for a session.
- iv. Adjusting the temperature. Press the 'Set' button twice. The temperature will now start flashing. Increase or decrease using the blue and red arrow keys. Once correct press the 'Enter' button to save. The maximum air temperature is 60 degrees for the infrared sauna.
- v. The keypad will remember the time and the temperature that you selected on your previous session when you turn the sauna on.
- vi. To activate the other functions such as turning on the lighting and speakers, press the associated key the correct number of times as described in the table on the previous page. The associated LED will light up to show you that the light or speakers are on.
- vii. Overheat light. All saunas are fitted with a built-in thermal cut-out that trips automatically if the temperature in the sauna rises above a safe level. The reset button is located in the remote thermostat. If you cannot ascertain what caused the increase in sauna temperature, do not attempt to reset the sauna, but either notify Oceanic Saunas Ltd, or call in a qualified electrician.

Please read the Infrared Sauna Operation Manual for full instructions on how to use and look after your infrared sauna.

23. Guarantee

All generators and heaters are guaranteed for 12 months for domestic and commercial use from the date of purchase. This guarantee excludes consumable items such as the electrical elements and failures resulting from misuse or abuse such as a failure to descale.

If you encounter any difficulty with this assembly procedure or think we could have explained anything more clearly we would welcome your comments, please call T: 01902 655425 or T: 01902 871127 technical help line.