

Light Duty Commercial Sauna Installation Instruction Manual 10.03.23





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1. Introduction

Welcome to the Light Duty Commercial Sauna manual please take time to familiarise yourself with the steps to ensure a trouble free installation. Please note this is not a DIY kit and should be installed by competent tradesmen. Please find the parts list which will be specific to the sauna you are building, this will help you with the layout of the panels, benches, back rests, floor mats and heater.

2. Pre Installation Checklist

- This is not an outside sauna and can only be installed indoors or within a weatherproof building.
- Saunas can be erected onto the existing floor we advise tiles or a single piece of vinyl (not vinyl tiles)
- The heater must be powered by an isolated electricity supply, please check the parts list for the KW of heater.
- Check all the parts against parts list before commencing the installation.

3. Tools you will need

- A powered drill/screw driver with drill bits and posi screw bits
- 4mm Countersink Drill [Countersink all holes before screwing]
- Spirit level
- Hammer
- Hand Saw
- Optional Tools; Pin Gun, Cross Cut Saw, Large Set Square

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 and accessories such as backrest lighting.

No holes are pre-drilled in this panel so please drill holes as required.

IMPORTANT NOTICE: All power cables entering the panel (Excluding low voltage temperature sensor, and keypad cables) must be high temperature heater silicone BSEN 6141 i.e Power Input, Heater or Lighting Cable.



5. Air Vents

5.1. High Vent

A high level vent should be located at the opposite side of the sauna to the heater, this location is shown on the panel layout on the second page of the sauna part list document.

- Select one 615 panel to use as the high level vent panel.
- For interior hole mark a point 150mm from the top of the panel and 308mm in from the side.
- Drill 50mm hole through the interior cladding only.
- For exterior hole mark a point 100mm from the top of the panel and 308mm from the side.
- Drill 50mm hole through exterior cladding only.
- Install exteiror vent cover now if there is no access later on.



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Interior high vent cover



Exterior vent cover





5.2. Low Level Air Vent

A low level vent should be located beneath the sauna heater, this location is shown on the panel layout on the second page of the sauna part list document.

- Select one 615 panel to use as the low level vent panel.
- For interior holes mark points 100, 150, 200mm from the base of the panel and 308mm in from the side.

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- Drill 50mm holes through both interior and exterior cladding
- Install vent covers using pin gun.



Low level vent holes





6. Construct base (Part 1)

- i. Lay out the four lengths of base as shown, drill 2 4mm holes with countersink and fix together with 60mm screws.
- ii. Level the base and pack if necessary. Square up using a set square or by measuring from corner to corner.
- iii. We recommend fixing the base to the floor, this will help make the general stength and construction much stronger this however optional.

7. Fix together the four corners (Part 16)



- i. Check the second page of the parts list to find which panels make up the four corners and which edge matches against which face. Usually the front and back walls will sandwich the sides unless the cabin is bespoke.
- ii. Make sure the void in the panel is towards the top, there is a in fill timber to hold the top of the panels rigid this will be shown on the next page.
- iii. Stand up the panels which meet to form a corner
- iv. Drill four holes along the corner of the side wall panels as shown in the diagram using a 4mm countersink drill bit.
- v. Fix the corner together using 4 x 80mm screws, repeat for all four corners.



8. Infill Beam (part 13)

- i. Simply push the 32x32mm inserts into the void in the top of the panels. Do not screw until the remaining panels have been added.
- ii. Add the remaining panels.
- iii. Starting at one end fix down through the infill into the panels ensuring there are no gaps between each panel





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

- i. The door is the same size as the full sizes panels so it can be moved around in most cabins. We will show the different ways to join the door with the panels in the following points.
- ii. If you are working alone we advise that you remove the glass from the hinges and set to one side.
- iii. To install the door as shown in the 2D image below (on the corner against the end of the perpendicular side panel). Firstly with 30mm screws evenly fix the 4 flat brackets supplied down the inside edge (30mm side) of the door frame (hinge or handle side just rotate the frame 180°). Then fix to the end of the side panel using 30mm screws.







- iv. You will need to remove the standard magnetic catch and fit the piece of timber shown below in blue which has a magnetic catch installed half way down. This timber part is supplied with every door. Make sure the curved edge is towards the back so you have a flush finish across the front, pin in place with 25 or 35mm brad nails. You can then trim the other edge using 32x9 overlap at a later stage.
- v. To fix the door in between two panels or to the inside face of a side panel (as the 2D drawings below).





vi. Pilot and counter sink 4 holes and use 50mm screws to fix into the panel adjacent.





- vii. Fix the other front panel to the door now or later when fixing the roof.
- viii.There is a piece of 10 x 25mm timber supplied with the door frame this is the slamming strip which should be cut to size and fixed to the top rail of the door frame.





10. Cornice 1 (Part 14)

 Fix the first cornice trim (46mm x 19mm) to the internal face of the corner panels as shown in the diagram using the 40mm screws. Countersink drill all holes. (optional - can use pin gun)



11. Roof Panel & Second Cornice 2 (Part 17 & 14)

- i. Fitting the roof; first check diagonal measurement at base to ensure cabin is square i.e. Diagonals will be equal. Lay the first roof panel on top, locate roof panel flush to side and back edge.
- ii. Option 1 fix down through the roof panels into the wall panels, 2 screws per wall panel. Once all roof panels are fixed, measure, cut and fix the second cornice (19x19mm) using 40mm screws, countersink drill holes (optional can use pin gun)
- iii. Option 2 if you don't have enough ceiling height to fix down you can fix into the roof panel vertically through the corner mould. Measure, cut and fix the second cornice (19x19mm) using 40mm screws, countersink drill holes, lay the first roof panel on top, check the panels are plumb and square and that the roof panel is flush with the edges of the wall panels. Fix upwards through the second cornice (19x19mm) using 40mm screws. Repeat for remaining panels.







12. Vent cover

- i. If you haven't already done so, fix the vent kit using pins as shown.
- ii. The window should slide left to right to allow adjustment in the air flow while in use.



13. Fix Panels to Base, Internal Skit (Part 11)

i. Countersink holes along interior skirt evenly at appoximately every 400mm screwing into both panels and base so panels are fixed. Use 40mm screws to fix. (option - Use pin gun)



14. Internal Corner Mould (Part 6)

i. Screw or pin corner trim(19x19)



15. Bench End Rails (Part 4)

- i. Please see the drawings on the next page for accurate dimensions. Please note these support diagrams are for 5 slat benches.
- ii. Use page three from the parts list to help you choose the correct support frames.
- iii. Fit bench supports; all timbers fixed to cabin walls with 4 x 40 screws. (Pilot drill screw holes with 4mm countersink) Ensure that at least 2No fixings are into the 32 x 32mm internal framing at the edge of each wall panel.
- iv. Support all rails with legs made form 19x19mm corner mould, fix with 40mm screws, countersink drill all holes.

The strength of these fixings is critical as the weight of the user is carried by such.





16. Add overlap mould (Part 7)

- i. Nail the overlap mould over the wall and ceiling panel joints.
- ii. Finish overlap 19mm above any bench rails so the bench lies in between.





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17. Construct benches. (Part 2)

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.
- ii. If the sauna you are building has L shaped Benches where one bench end fixes against a perpendicular bench then your frame should be constructed as shown below with one end doubled up. Looking at the parts list or a few pages forward may help to understand this better.



- iii. Use workbench with square corner.
- iv. 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.





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



L Bench (Fixes to Wall one end, bench the other



Overhang sits underneath perpendicular bench slat

vi. Add the cross members, two are positioned 100mm from the ends, the third is centred, a dimension for A can be found on your specification sheet.

vii.







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

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







x. Reinforce bench - use 30mm screws to fix the bench strengtheners (part 11) to the bench under frame.

xi. Add lower or higher leg support. Make sure you fix the correct size of leg support, see the parts list for details. Fix using 6x 40mm Screws.



18. Add benches

- i. Locate the overhanging section of bench onto the supports and fix using 4 x 70mm screws into the support rails. (Pilot drill screw holes with 4mm countersink)
- ii. For benches over 1300 mm centre supports are provided, fit the supports prior to installing the bench as shown in the bench building manual.
- iii. If there are more than one bench at either level install the full length benches (rail to rail) first.
- iv. Add the next bench at right angle to the first (rail to bench) fixing through the end of the bench into the bench end rail and side of first bench using 2 x 70mm screws.
- v. If there are more than one bench at either level install the full length benches (rail to rail) first.
- vi. Add the next bench at right angle to the first (rail to bench) fixing through the end of the bench into the bench end rail and side of first bench.





Close up of L Bench Joints





19. Build Back rests (Part 3)



Install the back rests at a height of 250mm from the top of the bench and 75mm away from any corner using 50mm screws.

20. Heater Mounting Rails (Part 10)

- i. Fit heater mounting timbers; fix using 6x 60mm screws. (Pilot drill screw holes with 4mm countersink)
- ii. Ensure fixing screws enter main frame of panels by aligning screws to line of nails securing cladding see heater mounting instructions for all relevant clearances.





The strength of these fixings is critical to carry the weight of the heater and rocks.

21. Add heater





Install the heater approximately 180mm off the floor using 40mm screws.

For EOS heater follow instructions in the heater manual.

22. Build heater guard (Part 9)

Assemble the heater guard as shown fixing through the corner mould using 30mm screws.

23. Add heater guard

Fix the heater guard 4 x 40mm screws as shown. (Pilot drill screw holes with 4mm countersink)

It is important that the top rail of the guard is set at least 25 mm below the rim of the heater such that it





does not receive heat radiation directly from the heater rocks.

24. Build floor mats (Part 15)

- i. You will be provided with pre-cut timber to create a floor in which to cover the area in front of the benches and underneath the heater.
- ii. Please make sure you measure the floor area first before screwing together the matt. If you have ordered a special size cabin the timbers may be slightly larger to allow you to achieve a neatly fitted matt by cutting to size.
- iii. Assemble the floor mats using left over corner mould as 19mm spacers between the slats.
- iv. Ensure the cross lengths aligned equally beneath the length of the mat as shown in pink in the diagram below.



v. Fix with glue and 30mm screws from the underside. (Pilot drill screw holes with 4mm countersink)

25. Add floor mats

Position the floor mats in the sauna room, no fixing required.





26. Top Horizontal Facia (Part 8)

Measure, cut and fix the lengths of facia to the top of the external using 25mm pins or 30mm screws and countersink.



27. Vertical Facia Uprights (Part 12)

Measure, cut and fix lengths of double up overlap down corners using 25mm pins or 30mm screws and countersink.





28. To reduce size of cabin. (All models).

IMPORTANT NOTES (SAFETY CRITICAL)

- At all times the clearance distances around the heater must be complied with.
- The cabin capacity (M³) must be within heater specification.
- The cabin door must always open outwards.
 - i. To reduce length or width of cabin.

Mark out on the panel (s) the portion to be cut off and cut through using a saw. (P15). If metal fixing is hit, use a flexback hacksaw blade in a pad saw to cut fixing. If using a circular saw use a TCT blade and proceed slowly.

Remove framework (2 x 32) from discarded panel, strip off claddings etc. place 32 x 32 frame against remaining panel and mark off position of cross braces (P16). Cut framework to marked lines and push back into panel to be flush and pin in place through outer claddings (P17).

Safety Note

The panels are constructed using metal fastenings and contain fibreglass/rockwool insulation, safety goggles and dust mask must be worn if using power tools.

ii. Roof

Cut roof panel as if for side panel, if reducing length of panel use same sequence, measure, mark, cut, replace framework and pin in place. (P18)



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Important note.

Make sure the recut frame work is a good fit between cross braces. As the panel carries the load of the roof. If you are reducing both length and width of the cabin, ensure the modified ends of panels are never adjacent to each other.

iii. To reduce the height of cabin

First check heater clearances then proceed as for side and roof panels. If you are in any doubt regarding clearances please ring our Technical Department.

iv. Benches

Reduce side slats by same amount as wall panels.

29. Locating accessories.

i. Thermometer

Inside cabin approx 200mm from ceiling on opposite wall from stove.

ii. Sand timer

Inside cabin – on any wall but away from stove.

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iii. Wall light - inside cabin
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Lamp & Shade - Centre wall above bench. Approx 100mm from ceiling.

iv. Low Voltage Lights

Holes can be drilled where applicable (not factory pre-drilled)

- v. Instruction card outside cabin.
- vi. Sauna Heater inside cabin

See layout drawing of cabin

Please note sauna heaters do not operate from a 3 pin plug, they require hard wiring using high temperature silicon rubber cable to BSEN 6141. (not included) Electricians can normally obtain this from their supplier but in case of difficulty please contact our technical department for further advice. The length you will require depends upon the distance between where you locate your control box and the heater.

vii. Control Box for Heater - outside cabin

Please note sauna heaters do not operate from a 3 pin plug, they require hard wiring using high temperature silicon rubber cable to BSEN 6141. (not included) Electricians can normally obtain this from their supplier but in case of difficulty please contact our technical department for further advice. The length you will require depends upon the distance between where you locate your control box and the heater.

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 01902 871127 technical help line.