

Oceanic

Sauna & Steam

Vision Sauna Manual

19.06.23

Wall Hung Heater Version
(Covers all models)

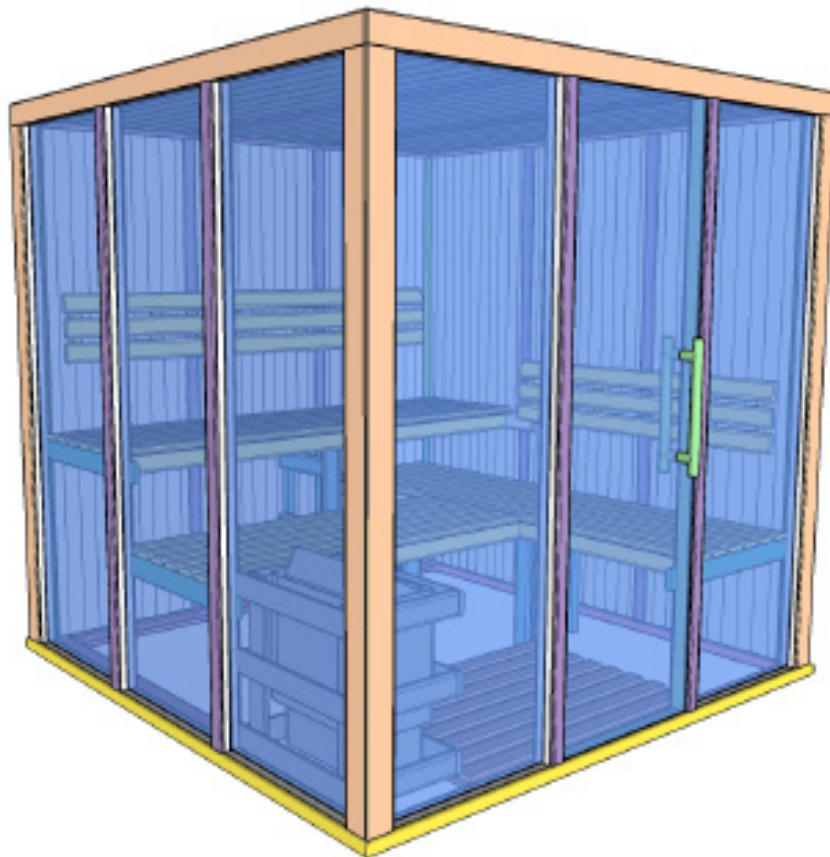


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1. Introduction

Welcome to the instruction manual for the Oceanic Saunas Vision Range. This guide is meant to be used alongside a **Part List Document** which has specific information for the cabin you have been supplied. Please take time to familiarize yourself with both the steps in the manual and the specific layout of benches and panels for the cabin you are building before making a start on assembly.

We recommend that this cabin is installed by a competent carpenter to achieve the most professional finished product.

The cabin has been designed so no fixtures can be easily seen, the use of a F16 or F18 brad nailer is advised for all trim and there is some filler and sand paper supplied for finishing up the holes.

Once the cabin has been completed you may want to apply a finish, there are a range of sauna specific paints and protectors available on the Oceanic website. Do not apply any traditional varnishes or oils that may release toxins into the air during use.

The cabin is self supporting and does not need to be fixed to the ground so it is possible to assemble and slide (with 2 or more people with care) if this is something you require to assemble into a specific area.

Trim should be cut to size once the cabin has been completed in order to ensure an accurate fit as there may be +/-10mm tolerance/play on the overall cabin size once installed.

2. Tools

- 3 or 4mm pilot drill with countersink or separate counter sink.
- 12mm drill bit.
- Bit extension, PZ2 and PH2 screw driver bits.
- Cordless Screw Driver / Drill
- Spirit level, set square, tape measure, pencil,
- Hand saw or preferably mitre saw.
- Brad nailer F16 or F18.
- Wood Chisel
- Filler knife or piece of plastic (e.g window packer or similar)
- Safety glasses, dust mask, safety gloves for glass, site specific PPE.

3. Safety

You must wear safety gloves and glasses at all times when handling the glass panels and door. Please refer to the bather safety rules card supplied before turning the sauna on.

4. Wiring (please refer to heater manual for more detail)

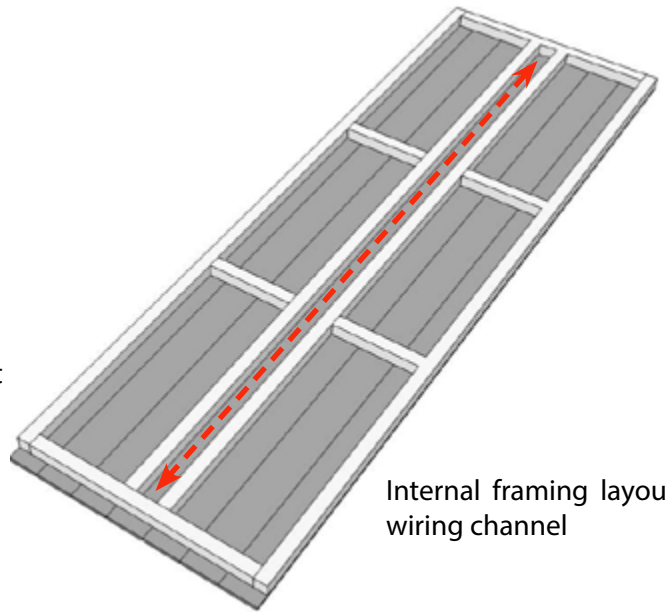
- This sauna should be hard wired to an all pole isolator with RCD protection.
- Note any mains powered cables entering the cabin must be 150oC rated silicone. This cable is usually red in colour.
- Heater - The heater wire required will either be a 3 or 5 core cable depending if you have built in controls or separate remote controls. This wire can be hidden using trunking we supply see section 12 in the instructions for more help.
- If you have external controls there will be a control box (relay box) which should be hidden from view, then secondly a keypad which goes on a wall outside of the sauna and thirdly a temperature sensor which will need to be mounted on one of the internal wall panels usually 300mm down from the ceiling but check with the heater manual.
- Finally you will have the lighting wires, either spot lights in the ceiling or back rest LED strips. The lighting may be powered off the remote controls if this function is available, alternatively you can power them off a switched fuse spur.

5. 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.

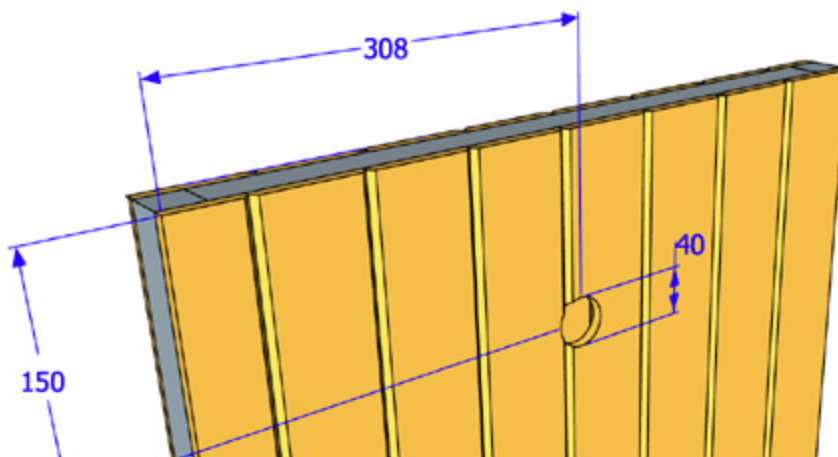
No holes are pre-drilled in this panel so please drill holes as required.



Internal framing layout - wiring channel

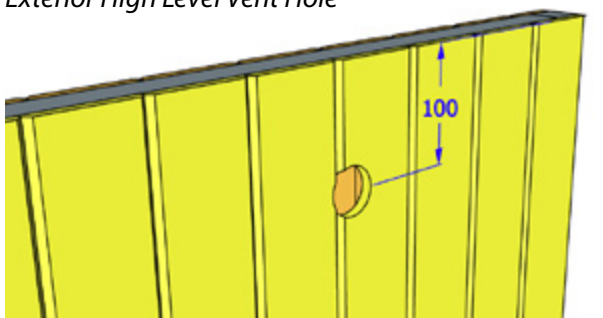
6. Vent Holes

- 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 vent panel.
- For interior hole mark a point 150mm from the top of the panel and 308mm in from the side.
- Drill 40mm 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 40mm hole through exterior cladding only.
- Install exterior vent cover now if there is no access later on.

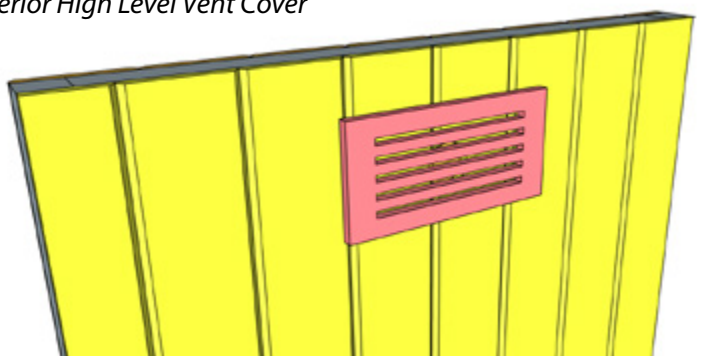


Interior High Level Vent Hole

Exterior High Level Vent Hole



Exterior High Level Vent Cover



7. Step 1 Base

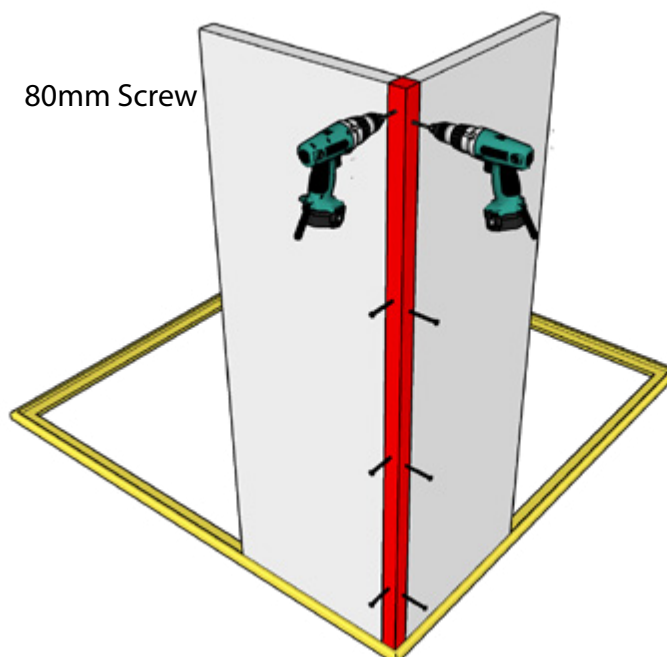
- Locate the base drawing on page 2 of the parts list for reference to dimensions.
- Use the 4 flat brackets supplied to join each corner of the base together.
- Mark the holes and pilot with 3 or 4mm drill, use 4 x 15mm screws in each corner.



8. Corner Joint

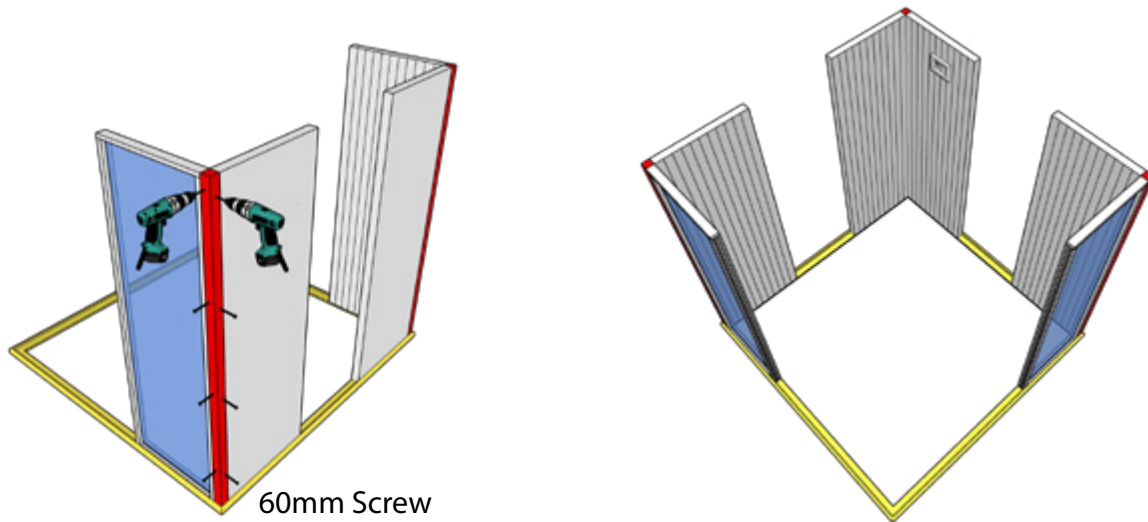
- All corner joints are made using the 1875 x 50x50mm fixing column shown in red below.
- Countersink drill 4 holes evenly down the column.
- Fix into the end of the side panel using 80mm screws and repeat for the rear panel.
- The panels simply sit onto the base, don't fix them down.

Note: For vent panel see page 10



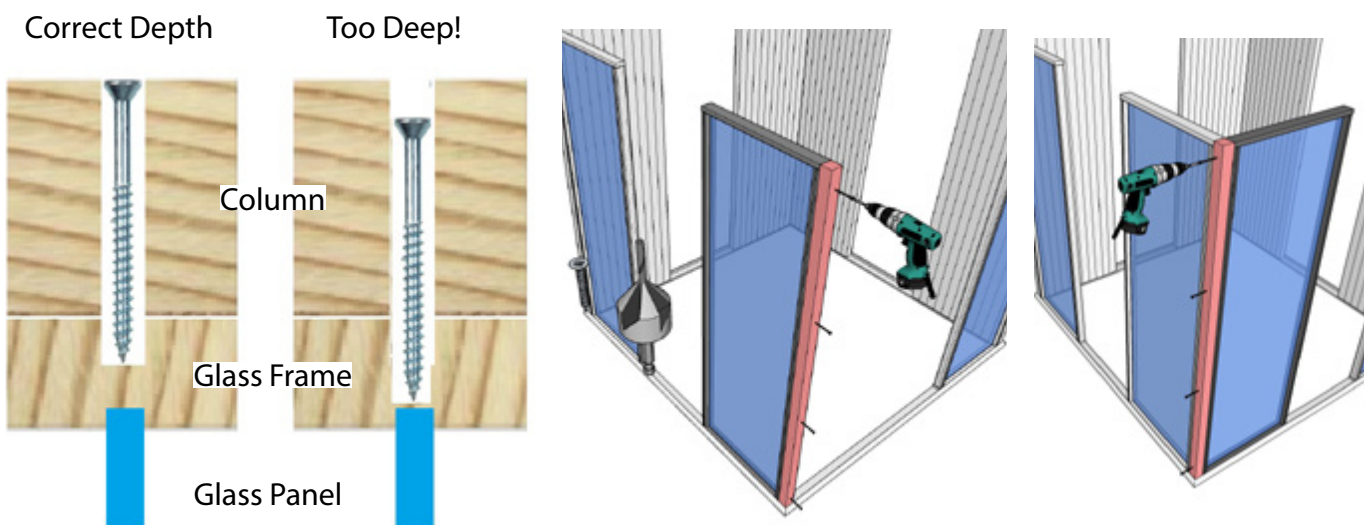
9. Wooden to Glass Panel Joint

- Similarly to how the back corner was installed fix 4 x 60mm screws into the side of the glass panel. It is very important not to tighten the screw any deeper than surface level as the screw could reach through and hit the glass.
- Repeat for the other corner.



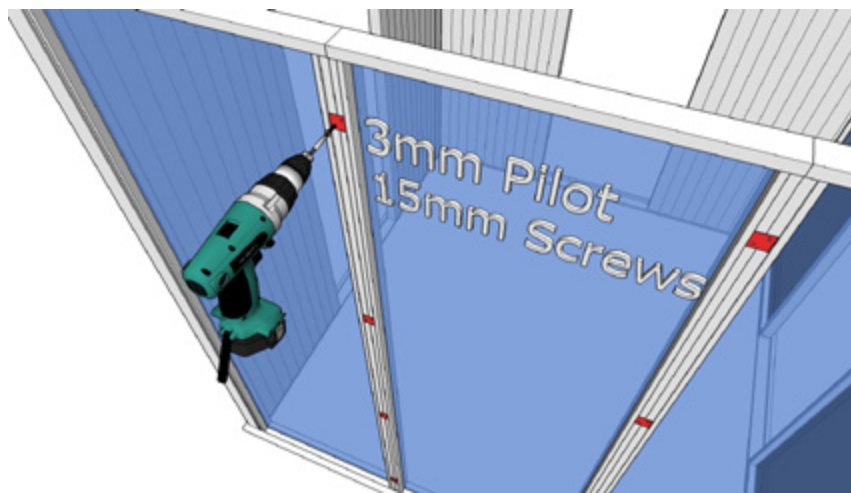
10. Front Corner (Fixing Column)

- With the remaining corner column fix this to edge of the glass panel using 4 x 60mm screws. Again do not overtighten the screws and pilot and countersink holes.



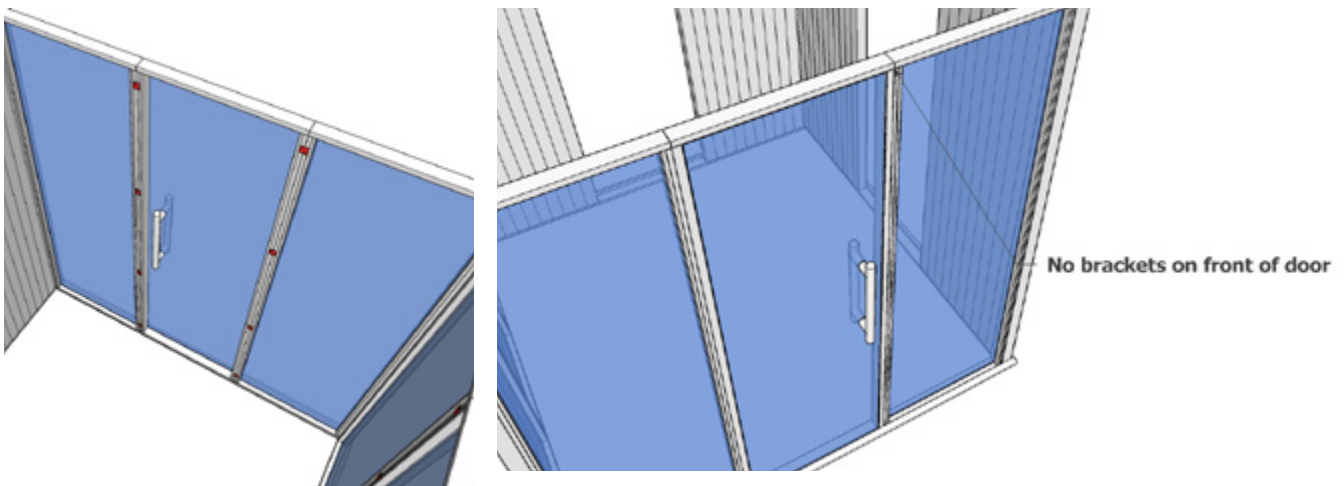
11. Glass Panels

- i. The glass panels are fixed together using flat brackets in the channel as shown below.
- ii. Mark all holes with pencil and use 3mm pilot drill for all holes.
- iii. Position the brackets evenly but make sure they are staggered from inside and out so the screws don't clash. (For example inside face go 50mm down and 700mm down then externally 100mm and 600)
- iv. Fix 4 brackets on the inside and 4 on the outside join. Use 2 x 15mm screws for each bracket.



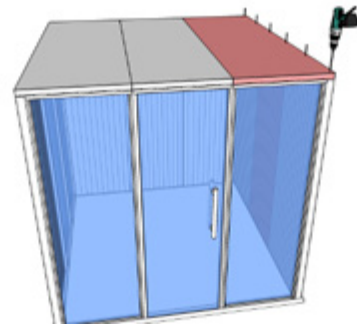
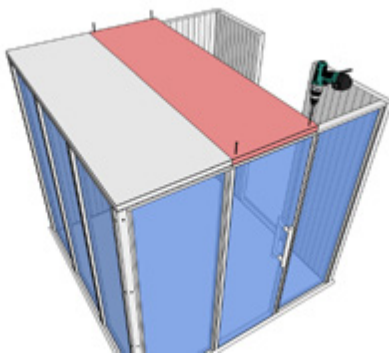
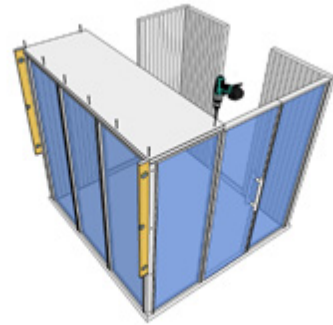
12. Door Frame

- i. The door frame doesn't have a channel on the external face so only fit the brackets to the internal join.
- ii. **The door must be installed opening outwards.** You can hinge the door from the left or right hinge by just rotating the frame 180 degrees.



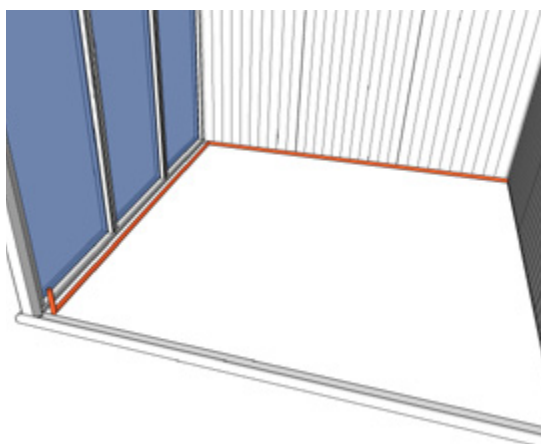
13. Roof

- i. Fix the roof panels down using 60mm screws, countersink drill and don't overtighten.
- ii. Start in the front or back corner then work along fixing 2 screws down into each wall panel. All joins should be flush.
- iii. Continue to add the remaining wall panels.

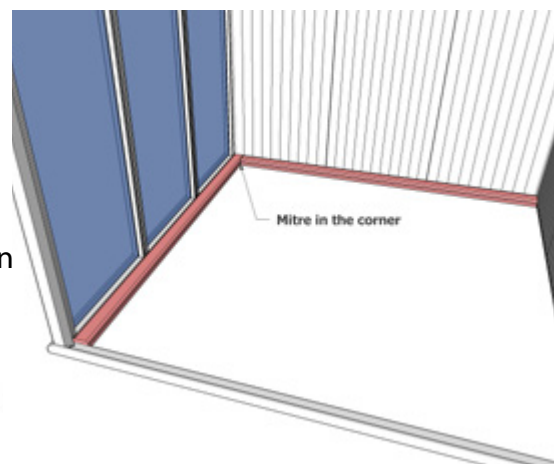
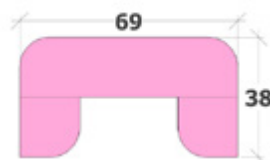


14. Heater Wire & Wooden Trunking

- i. In some cabin layouts you may just bring the wire through one of the solid wooden panels behind where the heater will be located. But for some of the larger models the heater is positioned in between glass panels.
- ii. We supply enough wooden trunking to go around two sides of the cabin so you will always have enough no matter where the cable comes into the cabin from.
- iii. Route the cable first and make sure there is enough spare at the heater end for the electrician.
- iv. Then measure and cut the trunking along the one or two edges that you require, if you mitre the trunking the cable will run around the corner perfectly without any other holes or notches being made.

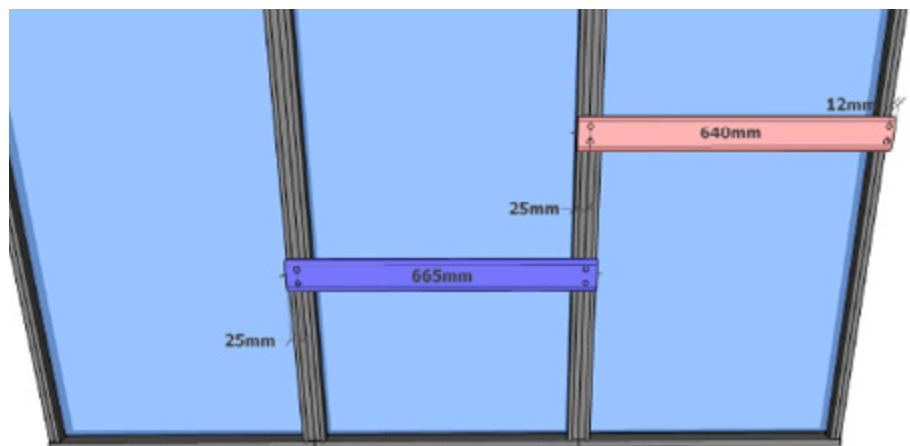


Cable Trunking Section

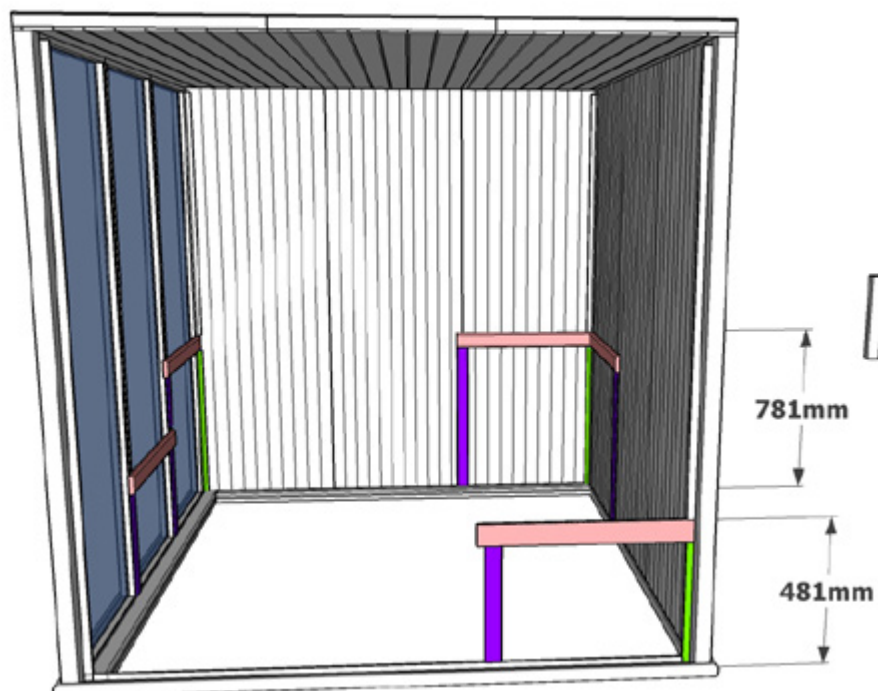


15. Benches

- i. Refer to your parts list for the bench layouts.
- ii. For a high bench you will need to fix the bench rail at 781mm from the floor and for low bench 481mm.
- iii. For one tier of benches fix one 640mm rail as shown to the right either at 481 or 781mm from the floor
- iv. For two tiers of benches the second rail 665 will be fixed as shown.
- v. Dowel plugs have been supplied to fill the holes, these are to be fixed in using the filler and cut off using a wood chisel, sanded flat then filled and sanded again if required.

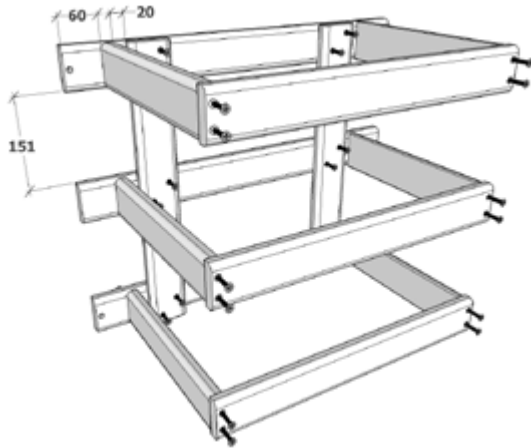


- vi. This image shows how the bench rails are supported by the 50mm double round trim and corner mould with the concave front. We don't recommend that you add these until the cornice and skirt is on first. We think this gives the best aesthetic look.

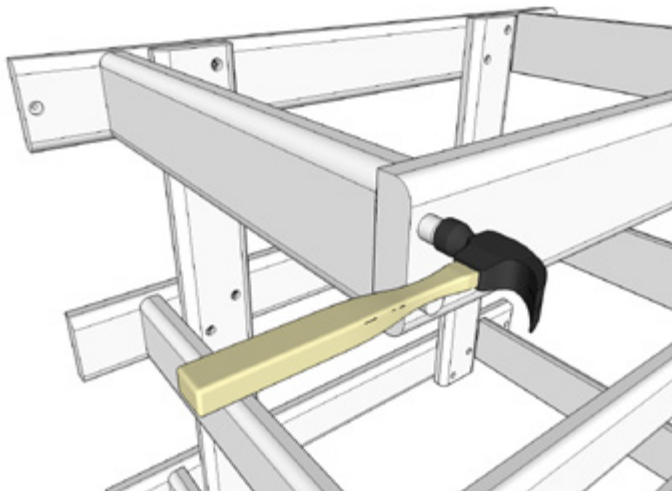


16. Heater Guard

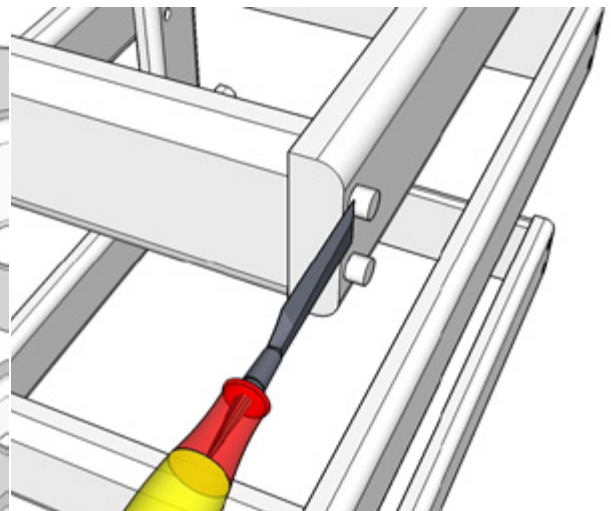
- i. Fix the guard together using 30mm screws as shown in the two below image.



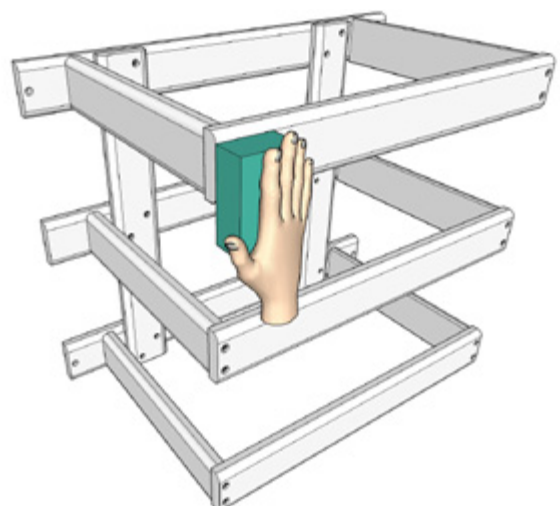
- ii. Hammer the dowels into the holes to cover the screws.



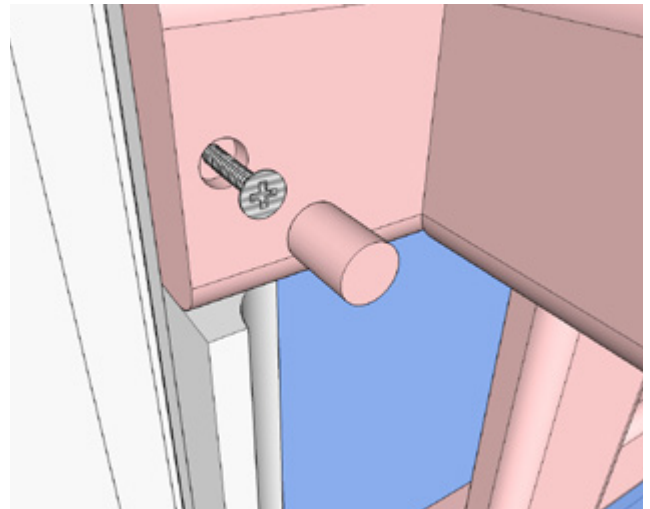
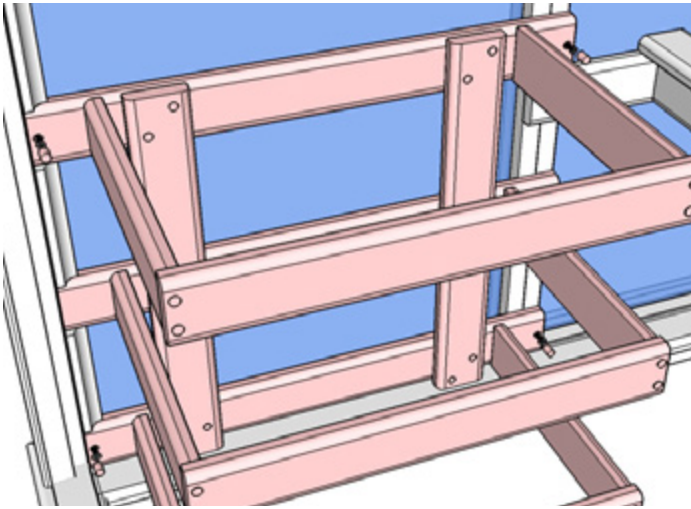
- iii. Chisel off the dowels, don't chisel level chisel about 2mm proud.



- iv. Sand the dowels level.

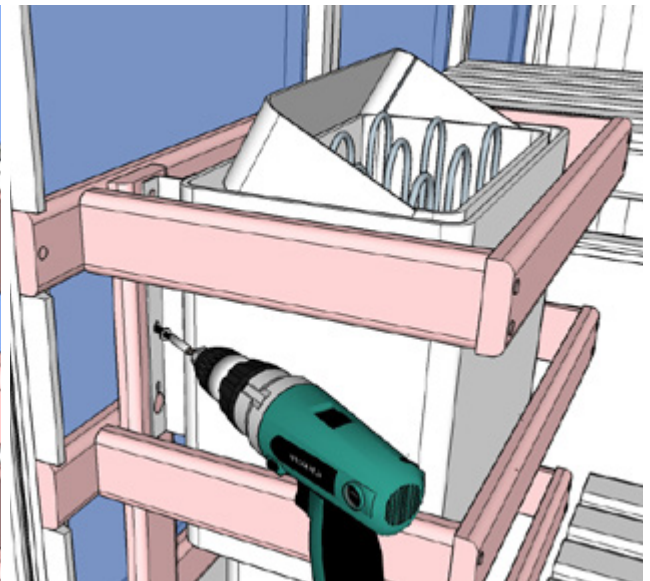
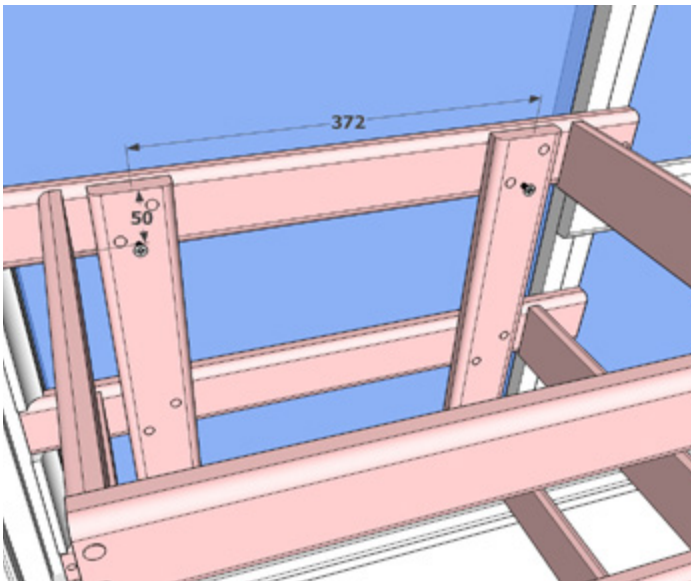


- v. Fix the guard to the wall panel as shown with 4 x 30mm screws. Plug, chisel and sand.



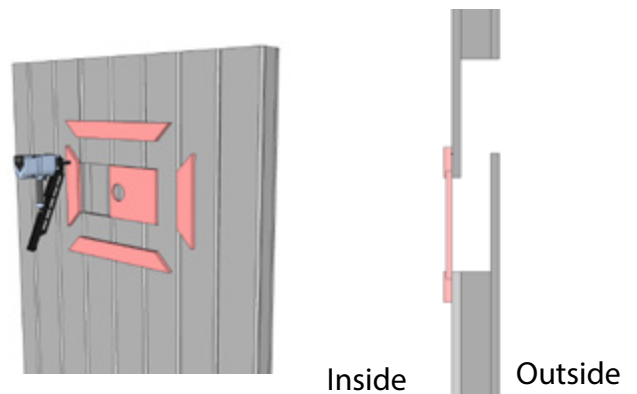
- vi. Fix two 30mm screws at the positions shown to hang the heater. 372mm apart, 50mm from the top of the vertical rail.

- vii. Drop the heater onto the mounting screw then secure using 2 x 30mm screws.



17. Adding Vent

- Fix the vent kit using pins as shown.
- The lower part of the vent should face the inside of the cabin so the hot air flows up and out.
- The window should slide left to right to allow



18. Internal Trim (Fix in this order)

i. Cornice (convex)

(Mitre cuts if preferred)



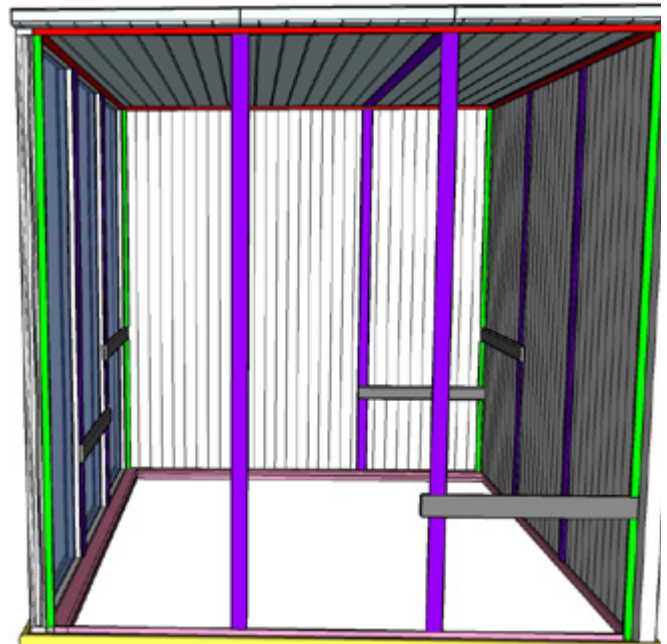
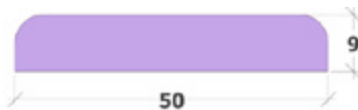
ii. Skirt



iii. Corner Trim (concave)



iv. Overlap Mould (fix over every joint between glass and wooden panels as shown)



Measure cut and fix the pieces on using 25 or 35mm brads. (Optionally fill holes, then sand down when filler is dry)

19. 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;

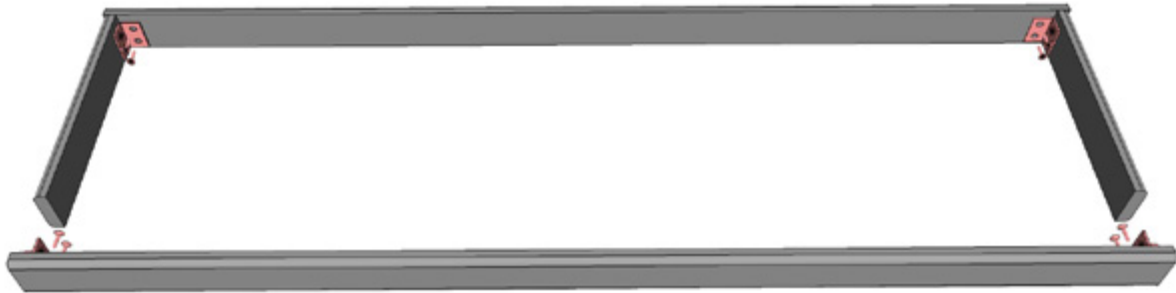
Up to 1200 mm no centre support 2 x 12.5 stone people

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

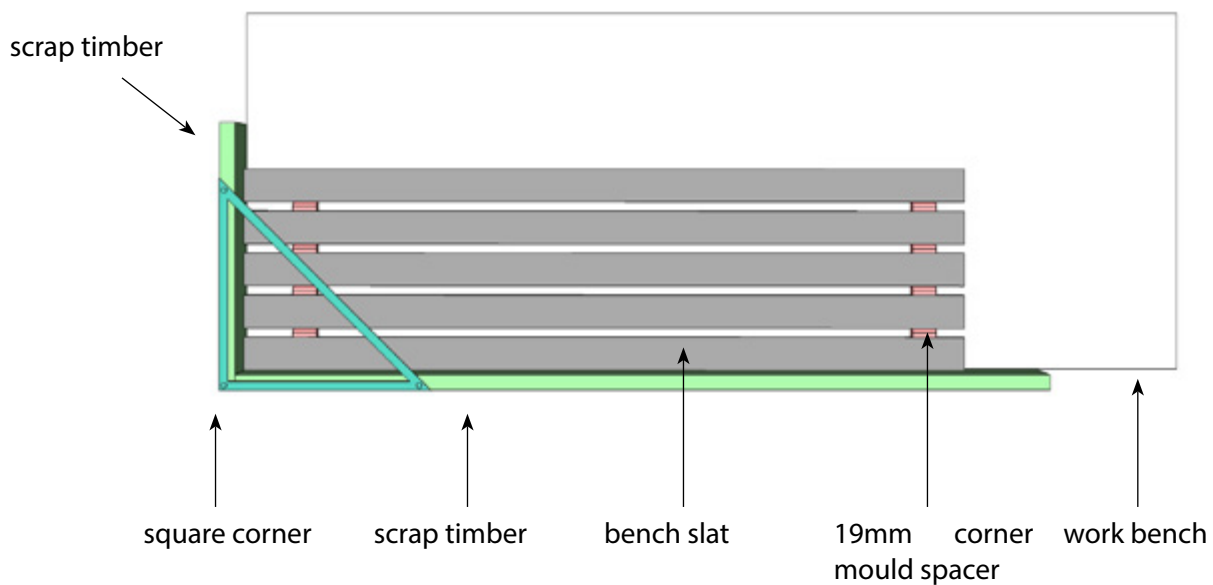
Before commencing the construction of the benches find the specification sheet for the sauna you are building. This will give detail of the correct quantities and positions of timbers and fixings.

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

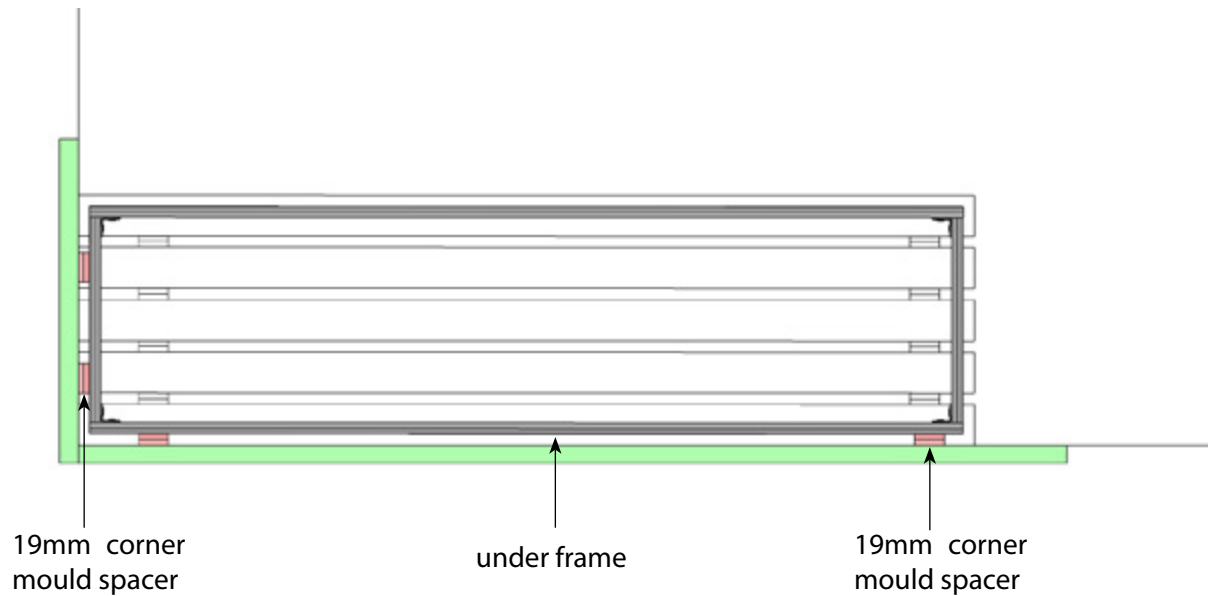


- ii. Lay the 5 or 6 bench slats face down on a work bench, use two pieces of scrap timber along the edges of your bench to create a square corner to work off. Use small pieces of corner mould as 19mm spaces.

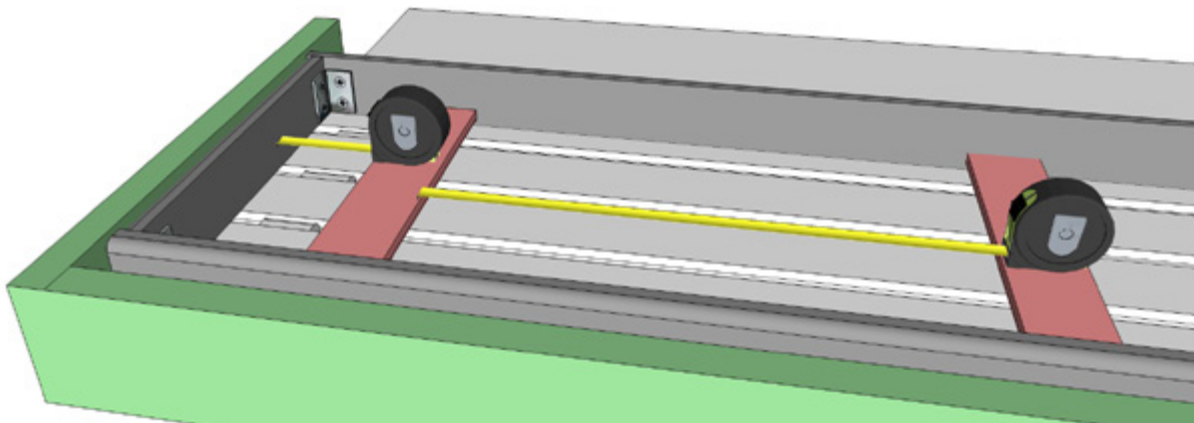
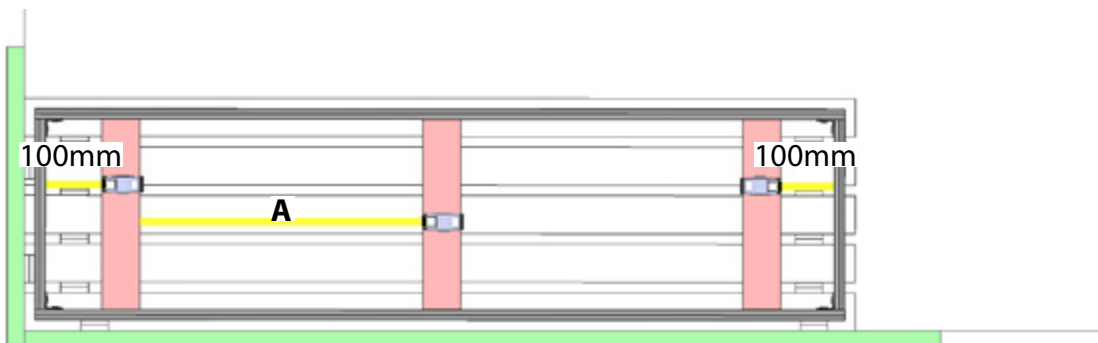


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- iii. Lay the supporting frame onto the slats, use spacers along the two edges to give a 19mm overhang each side.



- 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.

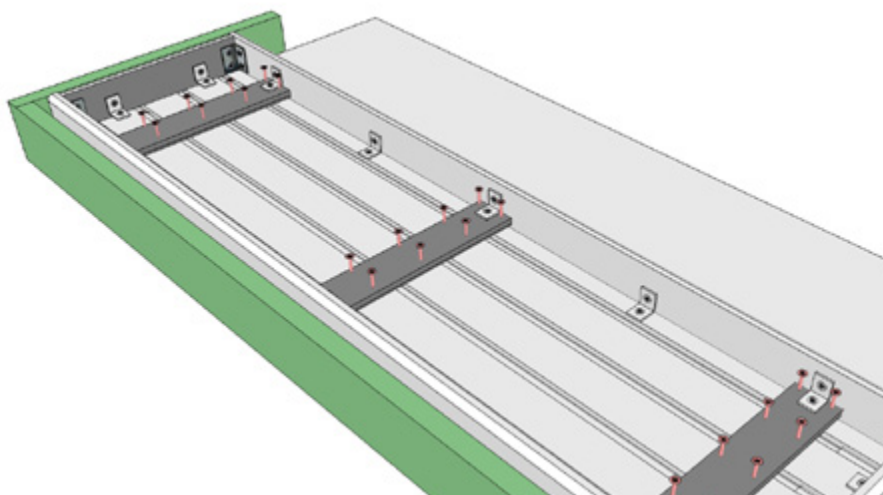


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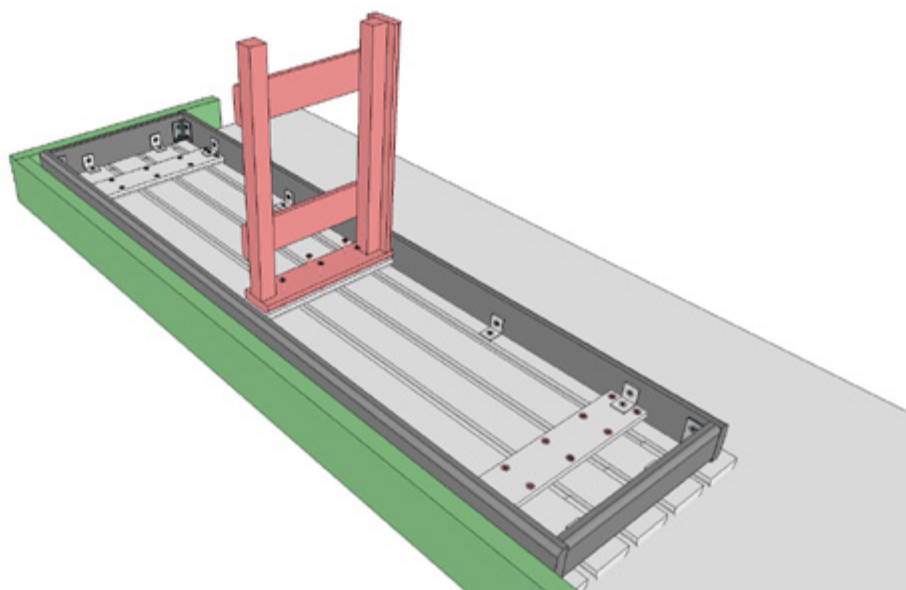
- v. Evenly space out the 14 L brackets and fix using 20mm screws.



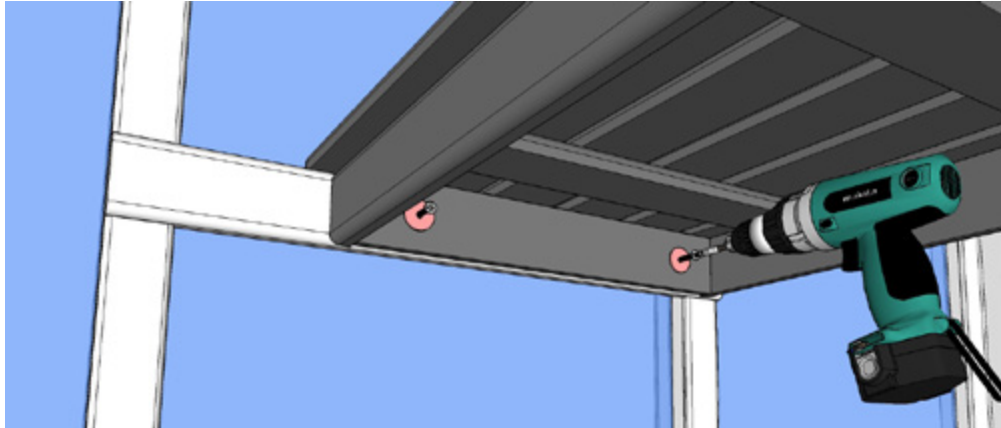
- vi. Use the 30mm screws provided to fix down through the cross members into the slats.



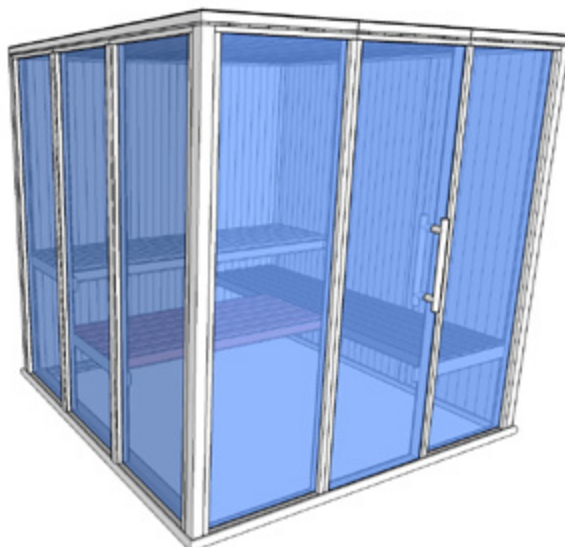
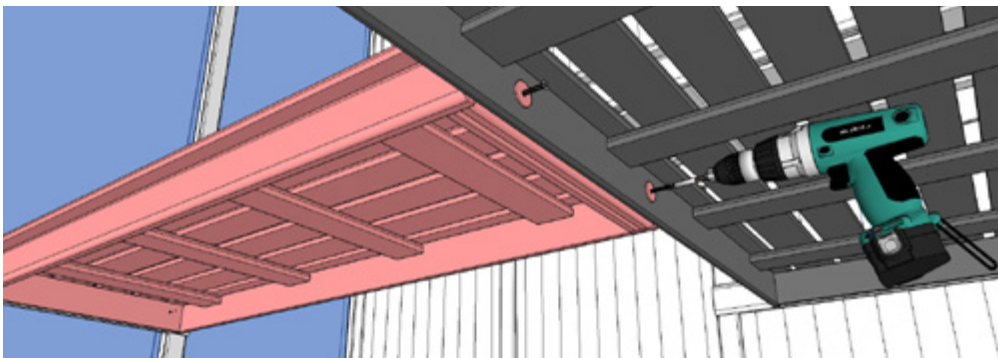
- vii. If your parts list shows you have a bench leg, add this now as shown. Use 6x 40mm Screws.



viii. Screw the benches onto the wall rails using 2 x 30mm screws and 2 x 30mm washers.

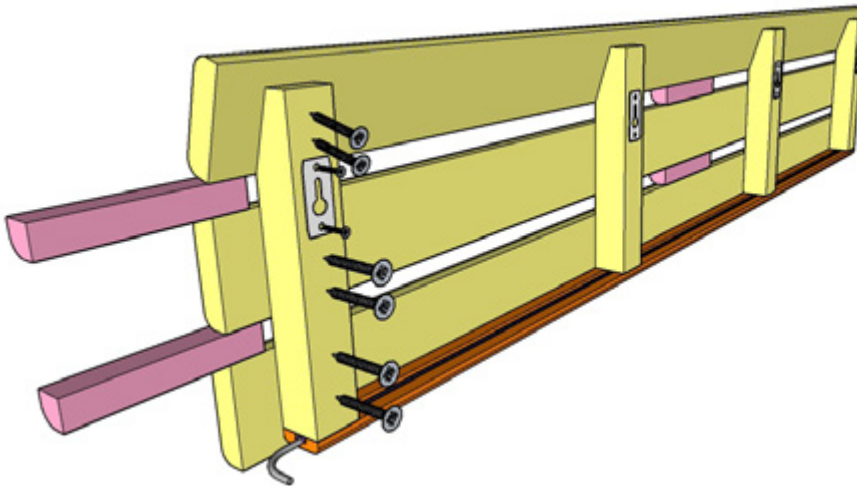


ix. Fix L Benches together using 2 x 50mm screws and 2 x 30mm washers.

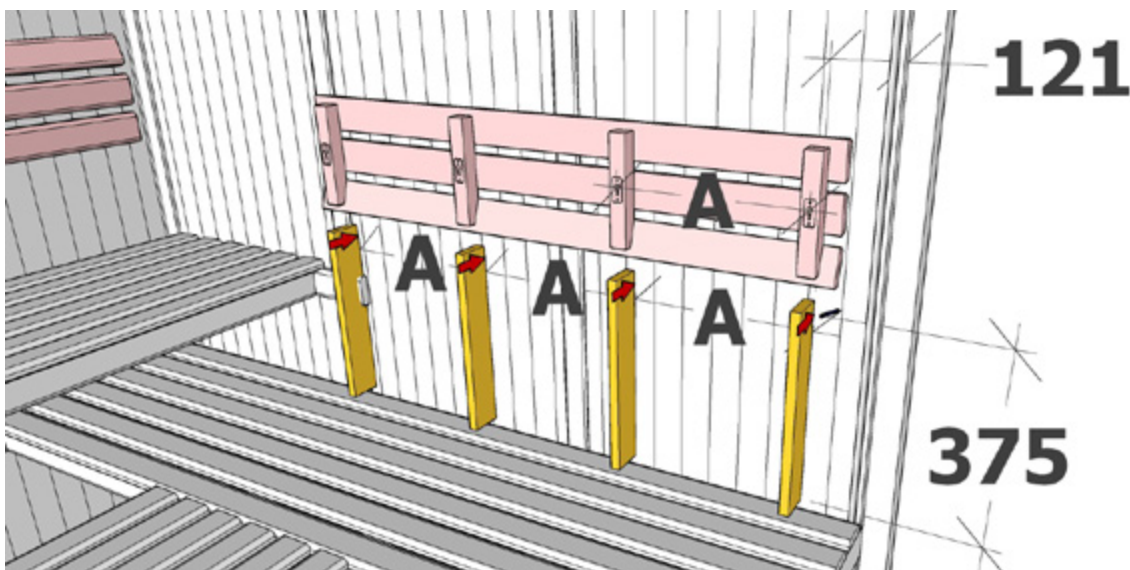


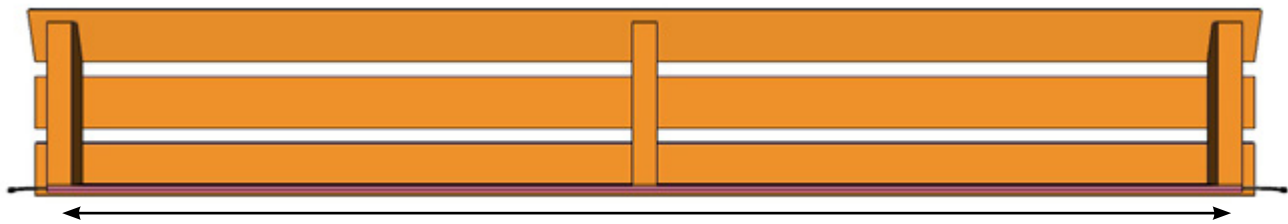
20. Back Rests

- i. Located the drawing in the parts list for the back rest(s).
- ii. We recommend fixing the back rests together from behind so there are no fixings seen. You can alternatively pin the slats onto the uprights using brad nails and fill / sand.
- iii. Use 2 x 30mm screws for the top angled slat, then use 2 x 45mm screws for the two lower slats.
- iv. Use pieces of corner mould as 19mm spacers.

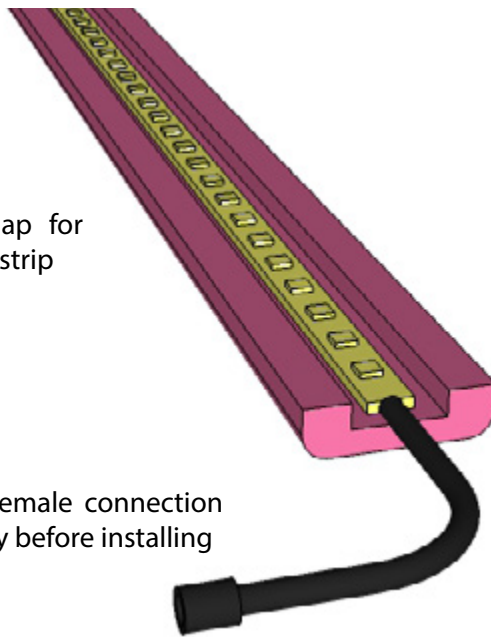


- v. The back rests are to be positioned 75mm from an adjacent wall. Mark with a pencil at 121mm from the adjacent wall and 375mm up from the bench. (As there is a gap behind the bench we recommend using a piece of wood and marking 375mm on it, then using this to mark your fixing points)
- vi. For the remaining fixing positioned measure between the keyways (dimension A)
- vii. We recommend a height of around 250mm off the bench so 375mm for the screws will give you this.
- viii. Pilot with 3mm drill and fix 30mm screws where needed.

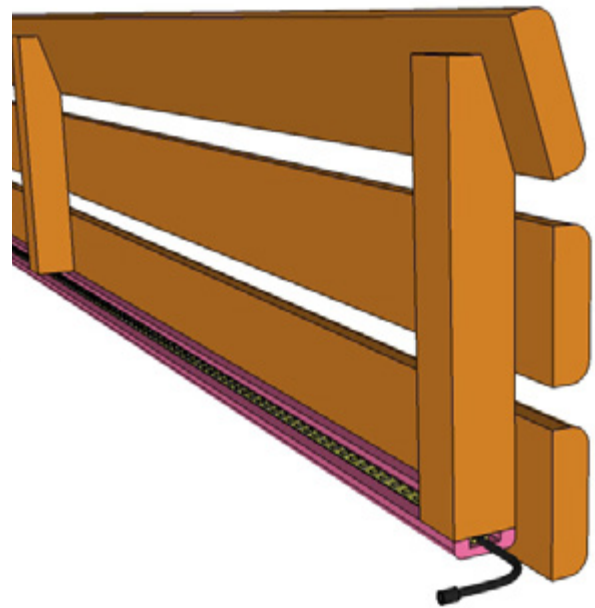




LED strip fixed beneath the backrest



Routed overlap for mounting LED strip



IMPORTANT

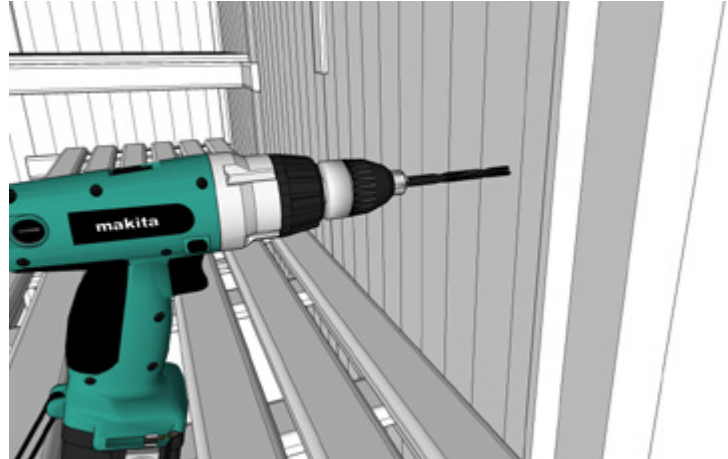
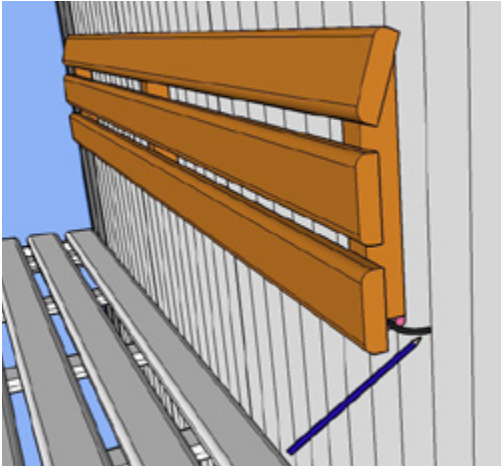
Check male / female connection to power supply before installing

20.1. Back Rest LEDs

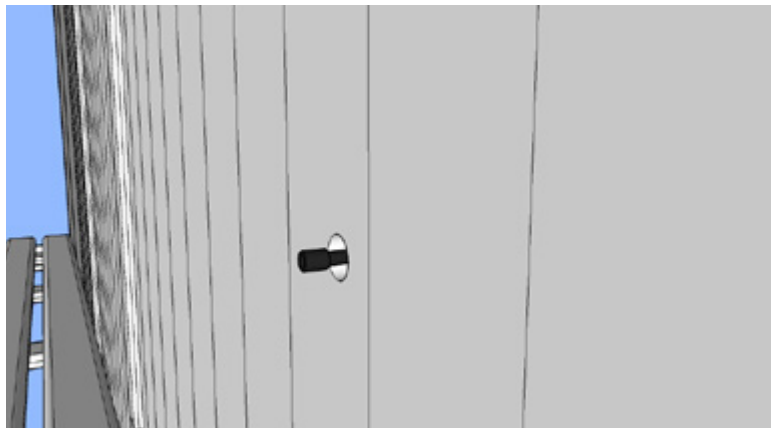
- i. Find the length(s) of overlap mould with the routed channel for the LED strip to mount into.
- ii. If necessary cut the piece of timber to the required length so that it can be mounted beneath the two outermost vertical timbers on the back rest as shown above.
- iii. The LED strip has male connector on one end and female connector on the other.
IMPORTANT make sure the correct end is at the correct location to be connected to the power supply.
- iv. If there are two back rests you will be supplied with 2 separate rolls of LED which can be connected via an extension cable (also supplied). See diagram on page 19 for more details
- v. Unravell the LEDs and marry the strip up along the channel, make sure you have the input end where you will want to bring the holes through the wall.
- vi. When you are happy with the length of the LED cut the strip across the incidated lines on the strip cleanly through the copper tracks.
- vii. Remove the self adhesive tape and fix the LED into the wooden track.
- viii. Fix the assembled LED unit to the underside of the backrest timbers using the nail gun or use a hammer.

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- ix. To get the right position for the LED wire just mount the back rest on the wall and pencil a point close to the connector.
- x. Take the back rest off and drill a 12 mm hole for the wire.



- xi. Route the wire from the roof or control box location through the wall.
- xii. Connect up and mount the back rest back on the wall.



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Diagram 1 - Single Downlight, Single LED strip

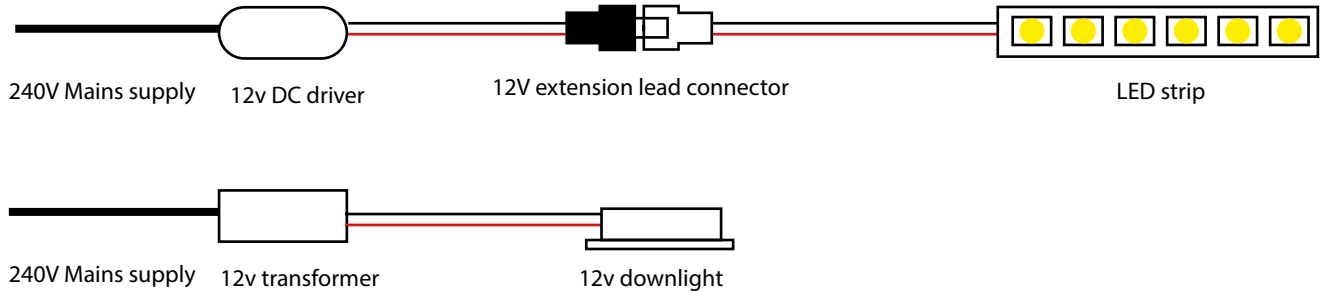


Diagram 2 - Double Downlight, Double LED strip

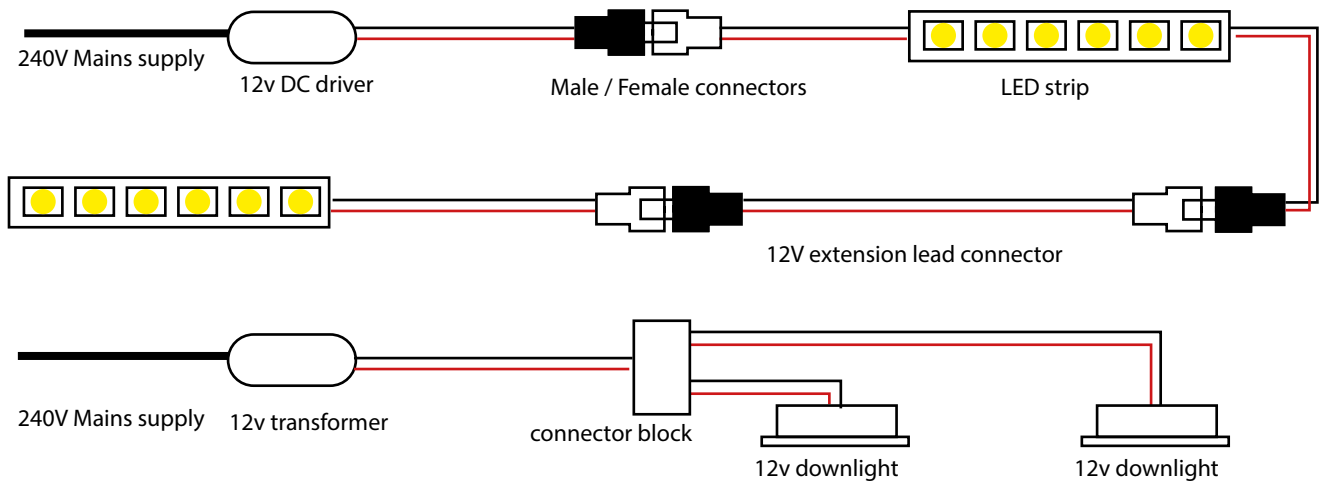
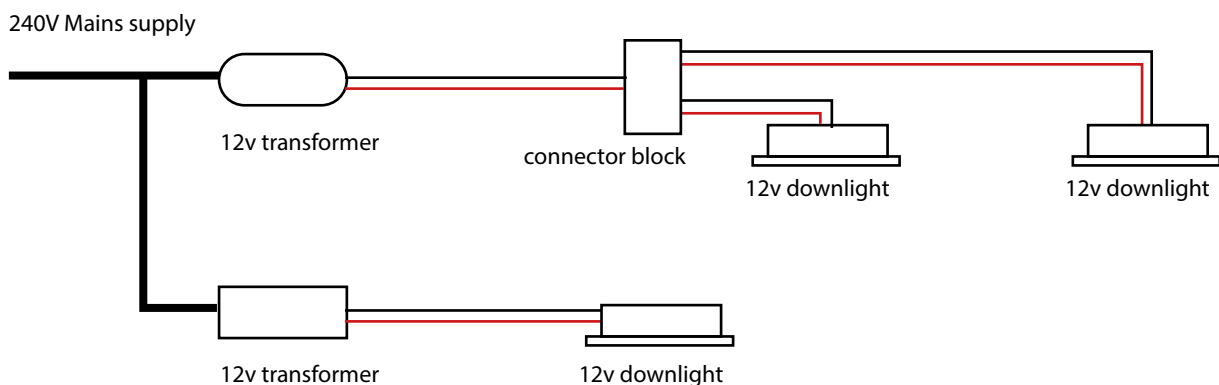
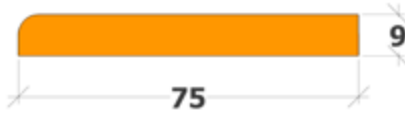


Diagram 3 - Triple Downlight

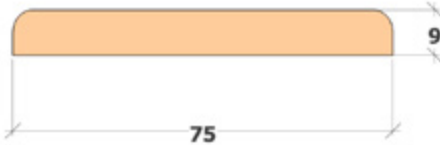


21. External Trim (Fix in this order)

- i. Top fascia and uprights (75mm single round)



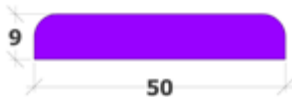
- ii. Front corner fascia (75mm double round)



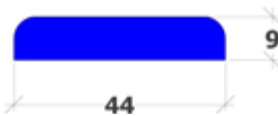
- iii. Internal door frame Trim



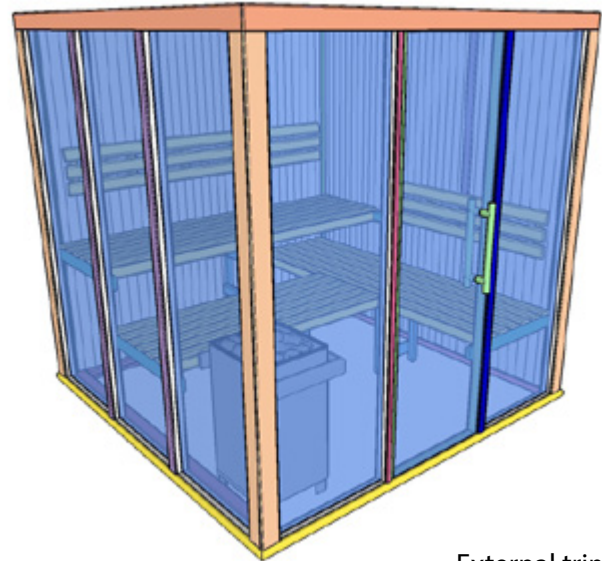
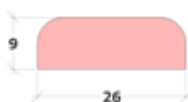
- iv. Overlap (50mm double round)



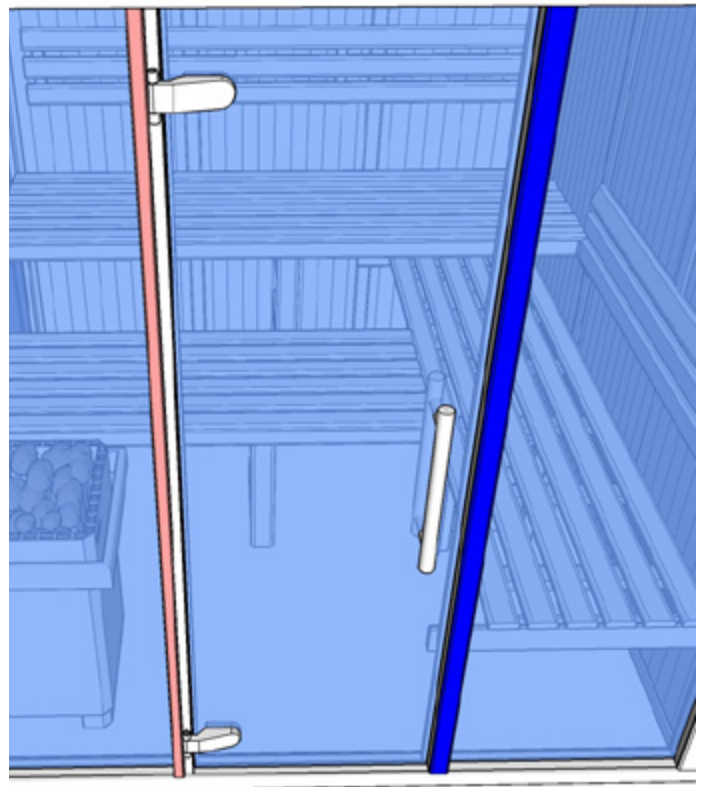
- v. Door trim (44mm double round)



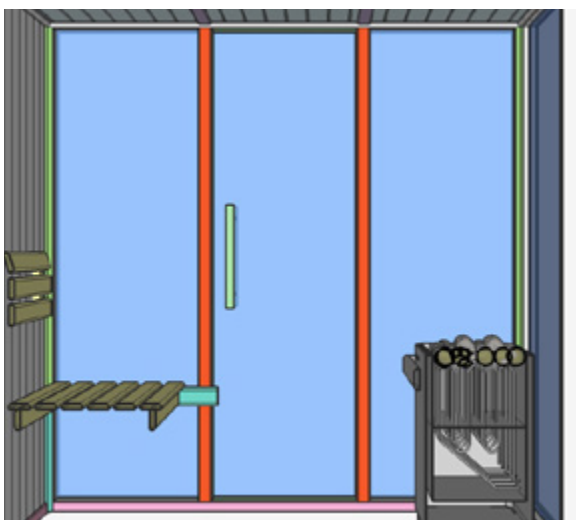
- vi. Door trim (26mm double round)



External trim



External door trim



All trim should be measured and cut to size at this stage to ensure a good fit.

A brad nailer should be used for best results or alternatively hammer and nails. Use the wood filler and sand paper to disguise any brad/pin heads.

Internal door trim

22. Floor Mat(s)

- 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)

