

CEDARBROOK

ASSEMBLY

INSTRUCTIONS



Western Red Cedar Modular Prefab Sauna

Congratulations on your purchase of a Cedarbrook Prefab Sauna

If you have any questions on the assembly of your sauna materials package, contact you local distributor or call Cedarbrook direct.

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Link to website video

<https://www.cedarbrooks sauna.com/how-to-build-indoor-modular-sauna.html>

MODULAR SAUNA INSTALLATION INSTRUCTIONS

The following is a list of tools and nails that are required:

TOOLS

Air Nailer/Hammer
Nail Set
Drill w/screw attachment
Circular/Hand Saw
Sandpaper

SCREWS and/or NAILS

16d Galvanized Nails
12d Galvanized Nails
8d Galvanized Nails
4d Galvanized nails
3" Galvanized Deck Screws

(1) Lay out all materials and familiarize yourself with the sauna plan and materials. It is easier to construct the sauna with two people. Refer to the diagram of your particular floor plan.

(2) Use a level and square. Check the diagonal dimensions to make sure the base plates are laying flat and level. If necessary insert wedges under parts that need to be higher. It is very important for perfect results.

(3) Lay your 2"x3" base plates (BP) flat in the location of the intended sauna room according to Diagram 1. Nail base plates together in corners using 16d galvanized nails or 3" wood screws. Secure the base plates to the area to support the sauna. If the base is concrete, use concrete fasteners, if wood flooring, use wood screws.

(4) **WALL PANELS** - sizes will vary. Panels are numbered for location and have a definite inside and outside and are marked as such (Knotty tongue and groove outside is standard with clear tongue & groove inside.)

Refer to your sauna plan for location of Panel 1 which is the first panel left of the door panel and continue clockwise making the door panel the last panel. Toe nail at a 45 degree angle each wall panel to the base plate nailing through panel framing member into the base plate using 16d galvanized nails or 3" wood screws. Use 3" wood screws to fasten sides to front and back. Screw through 2"x3" framing on corners 2' centers. (every 2 feet).

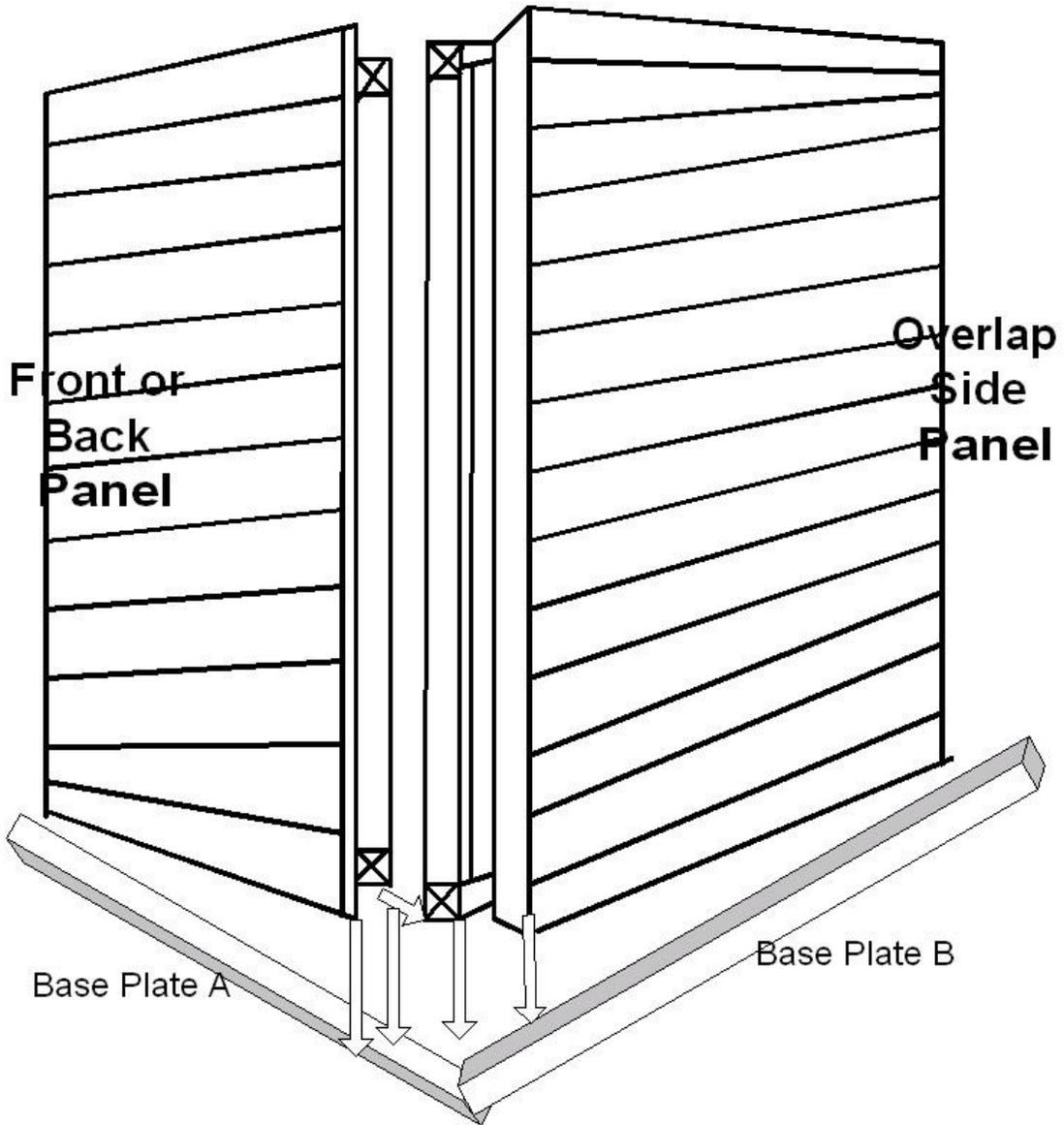
NOTE: If your sauna room is inside or in a non-windy location, you may omit nailing the wall panels as base and ceiling plates align the wall panels.

(5) Once all wall panels are in place, locate your top plates (TP) and nail onto the wall panels in the same manner as the base plates. Top Plates should match base plates in placement. Nail top plates in four (4) places per wall panel using 12d galvanized nails. (See Diagram 2). (Screws will remove easier if you are going to disassemble and move at some time.

(6) **CEILING PANELS** - Locate your ceiling panels and place on top of wall panels per your sauna plan. Nail ends of ceiling panels at a 45 degree angle into top plates using 16d galvanized nails, or screw to top plates and wall panels with 3 1/2" wood screws. Make sure the tongue and groove of

each ceiling panel lines up on the interior. Make sure clear tongue & groove is down and the front of both panels is at the door end.

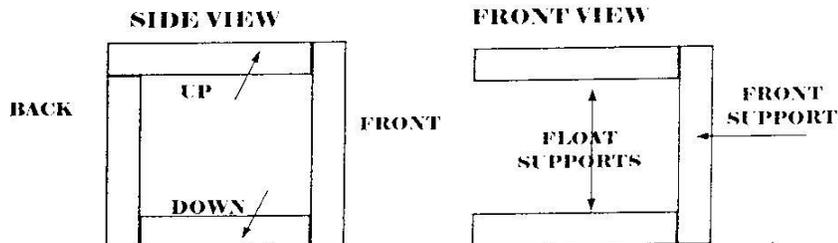
Diagram (1) – Corner Assembly of Panels



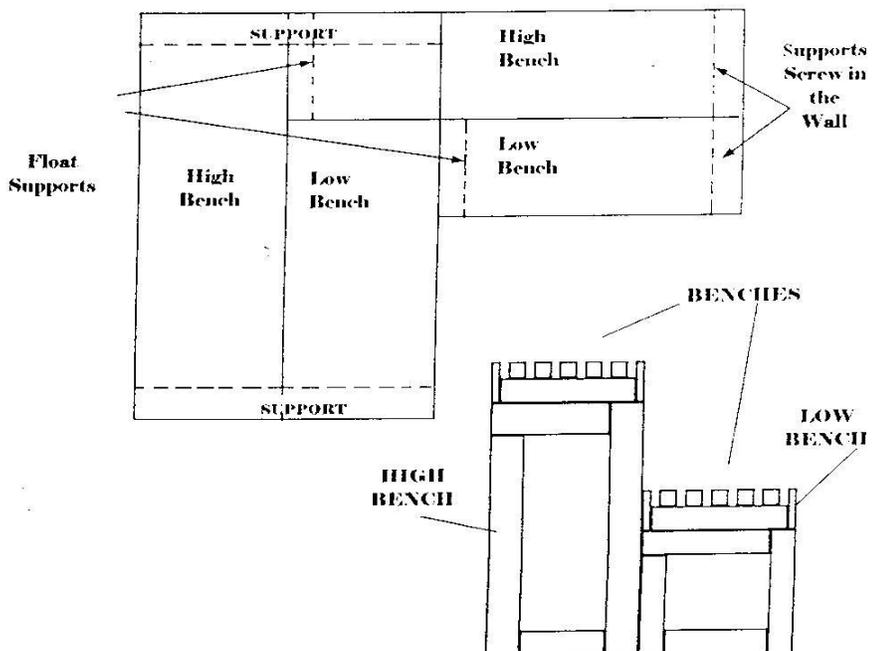
BENCH AND SUPPORT INSTALLATION

Diagram #5

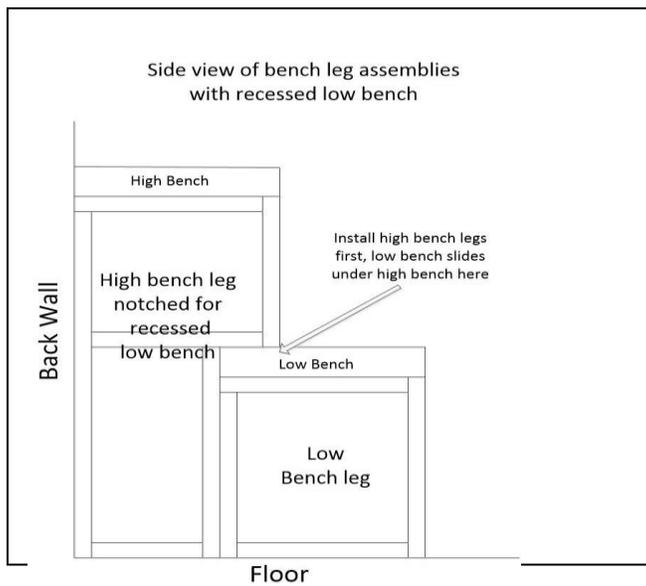
Bench Supports

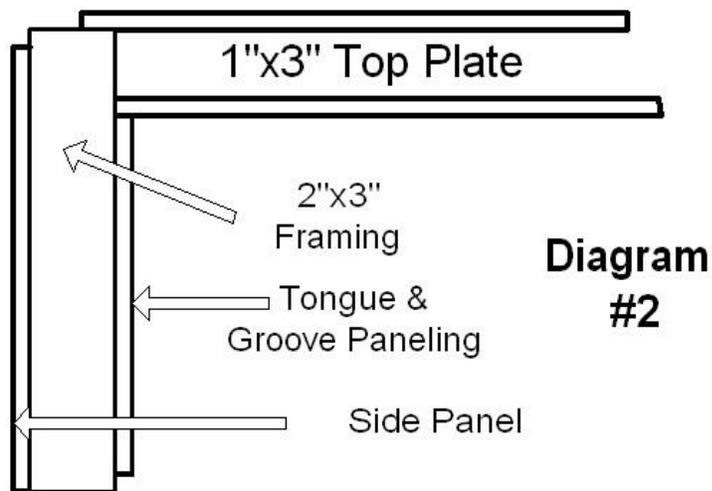


SUPPORT PLACEMENT



SIDE VIEW SUPPORT WITH BENCHES





(7) **BENCHES** - are prebuilt. Refer to diagram for locations. Your bench supports are numbered and correspond to the numbers on your layout drawing. Benches up to 72" in length have two supports one at each end. When two benches meet on the same level, the supports are installed at the end of each bench. You can fasten bench supports to the walls with nails or screws.

From beneath the bench you can also fasten the back rails and end rails to the wall as well. (See Diagram 3). 84" and longer benches have a third midwall support.

The support that "floats" (i.e. where one bench meets another on the same level) can be nailed or screwed upwards through the support into the bench. You will receive (2) 2" x 2" x 24" floor supports for each floating intersection. You are to cut these and use to sturdy the bench support from the wall to the bench support. When you have a high and low bench on the same wall, you can fasten through the high bench support into the back of the low bench.

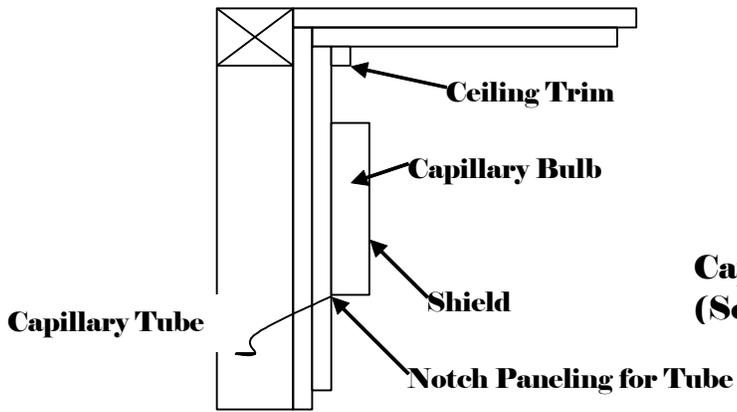


(8) Nail or screw supports into corners of wall using galvanized nails or coated screws. Place bench on top of supports and attach to wall at each end of the bench frame into the walls and through the back of the bench to the wall at panel framing members (preferred). Put a little downward pressure on the bench before screwing into the walls so the benches are tight and do not squeek.

(9) **INTERIOR HORIZONTAL BASE & CEILING TRIM** - 1"x2" trim (9/16" x 1 3/8") is provided for interior horizontal base and ceiling trim and should be installed next. Locate lengths and placement per application list. Trim will be over length for inside trimming. Fasten trim using 8d galvanized finish nails.

(10) **INTERIOR VERTICAL CORNER TRIM** - Next locate your 1"x1" (9/16" x 9/16") for interior vertical corners. Apply per application list using 4d galvanized finish nails.

(11) **HEATER** - Your sauna heater comes with mounting and wiring instructions in the heater box. Refer to these and the sauna diagram for placement. Extra support has been built into the panel. You can look on the side of the panel to locate these extra supports. If you have a heater with a separate control panel (with a Deluxe Heater), see Diagram 4.



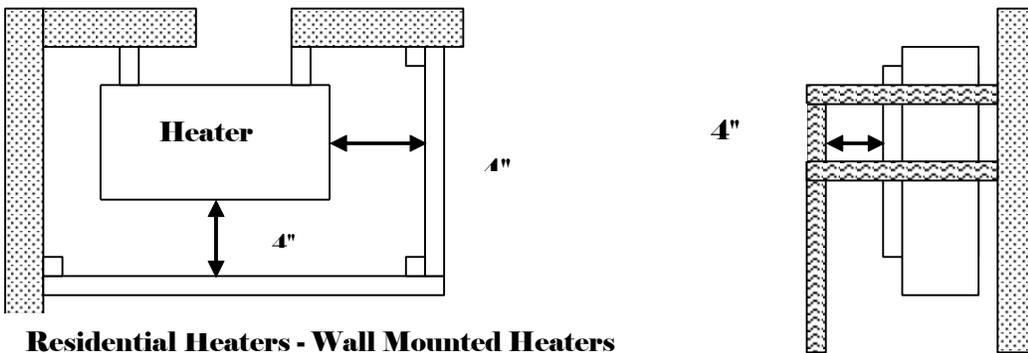
**Capillary Bulbs - Diagram 4
(Separate Controls)**



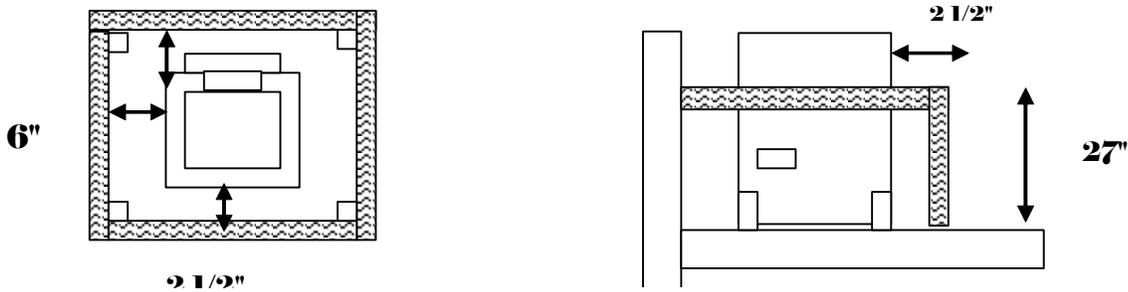
Wall mount heater, vent and conduit



(12) **GUARD RAIL:** Heater guard rails are always supplied as a policy, if they are not used be sure that all heater clearances (noted in the heater install manuals) to any wood surfaces are met. Locate the guard rail pieces. Assemble guard rail as shown in Diagram #5 using galvanized finish nails or coated screws. Set exposed screws or nail heads. These can be modified to meet special field conditions.



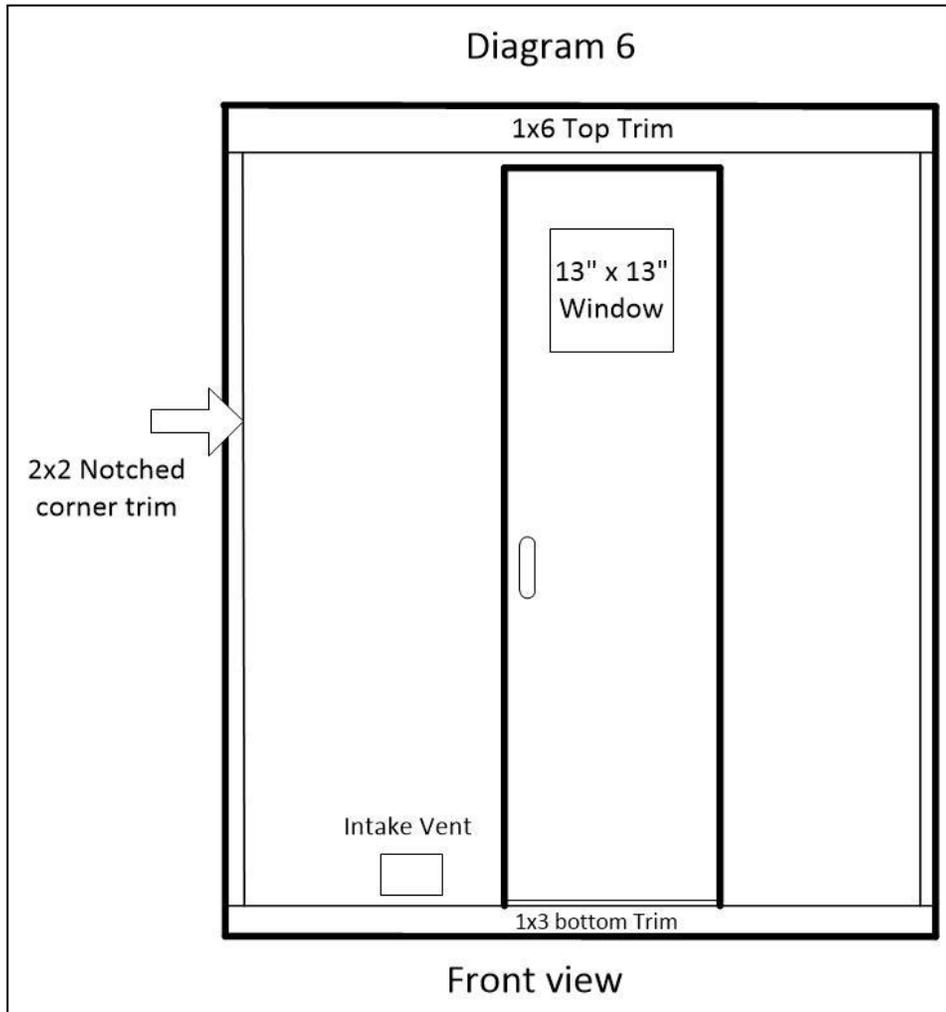
Residential Heaters - Wall Mounted Heaters



Commercial - Floor Mounted Heaters

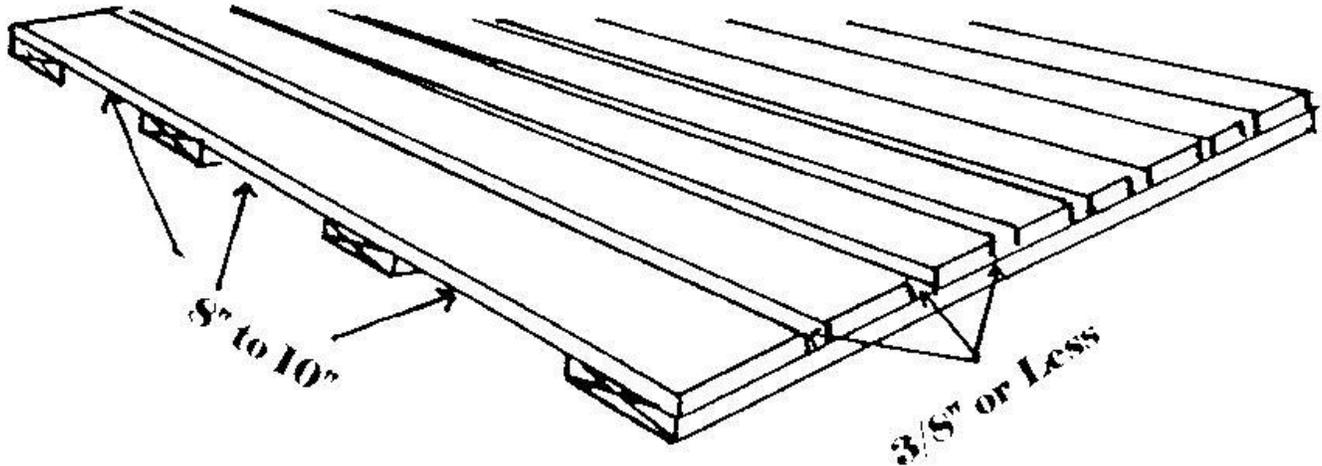
(13) **EXTERIOR TOP & BOTTOM, WALL PANEL, & DOOR TRIM** - The next step is to install the 1"x 6" exterior top trim (5/8" x 5") and the exterior 1x3 bottom trim. The 1x6 top trim will go horizontal across the top of the bevel siding on the two sides, front and back. These 1"x 6" pieces will rest on top of the top piece of bevel siding and be attached with galvanized finish nails. The 1x3 bottom trim will cover some of the bottom piece of bevel siding and the exposed 2x3 base plate, and run to the ground. The 1"x 2" trim (9/16"x1 3/8") is provided for exterior vertical wall panel trim should be

trimmed and nailed into place. 1"x 3" trim is provided for vertical door trim. Refer to Diagram 6. Trim pieces are often sent over length and may need to be trimmed in the field.



(14) **EXTERIOR TOP & CORNER TRIM** - Special 2"x2" vertical corner trim should be applied after the 1x3 bottom trim and 1x6 top trim. This will fit on exposed 2"x3" panel framing. (This will cover screws used to fasten side panels to front and back panels). The 2"x2" corner trim often overlength and may need to be cut to length. This will butt to bottom of base plate (BP). Nail into place using galvanized finish nails.

(15) **FLOORING** - We recommend concrete, sheet vinyl, or ceramic tile. Do not use carpeting or wooden paneling. Locate your removable duckboard grating kit. The top boards should be laid face down and the runners laid on top flush with edges and 8" apart. The top boards are nailed upside down with a 3/8" gap between the pieces, so nail heads are on the bottom when finished. Use 1" galvanized finish nails or 1" staples. See diagram (7) Duckboard should be built with the top boards parallel to the door and runners perpendicular.



CARE OF SAUNA ROOM

We do not recommend treating the interior of the room, especially in residential applications. If you feel a need to clean the cedar, use a mild solution of gentle detergent (such as Ivory Flakes), water and a small amount of chlorine bleach as a disinfectant. Wipe wood down with this solution, then wipe down with clear water. You may lightly sand the cedar to freshen the wood. You may wish to use towels on the benches.

CARE OF HEATER

In caring for the heater, do not pour or throw "buckets" of water on the rocks. Use a full dipper or two. Use only fresh water, no pool water, salt water, 7-up etc. Use our mentholypus or eucalyptus for inhalation therapy. Call for details.

WARRANTY

All sauna rooms are warranted for one year against defect in material and workmanship for residential application. Sauna heaters have a one year warrantee on the elements and a three year warrantee on all other parts.

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