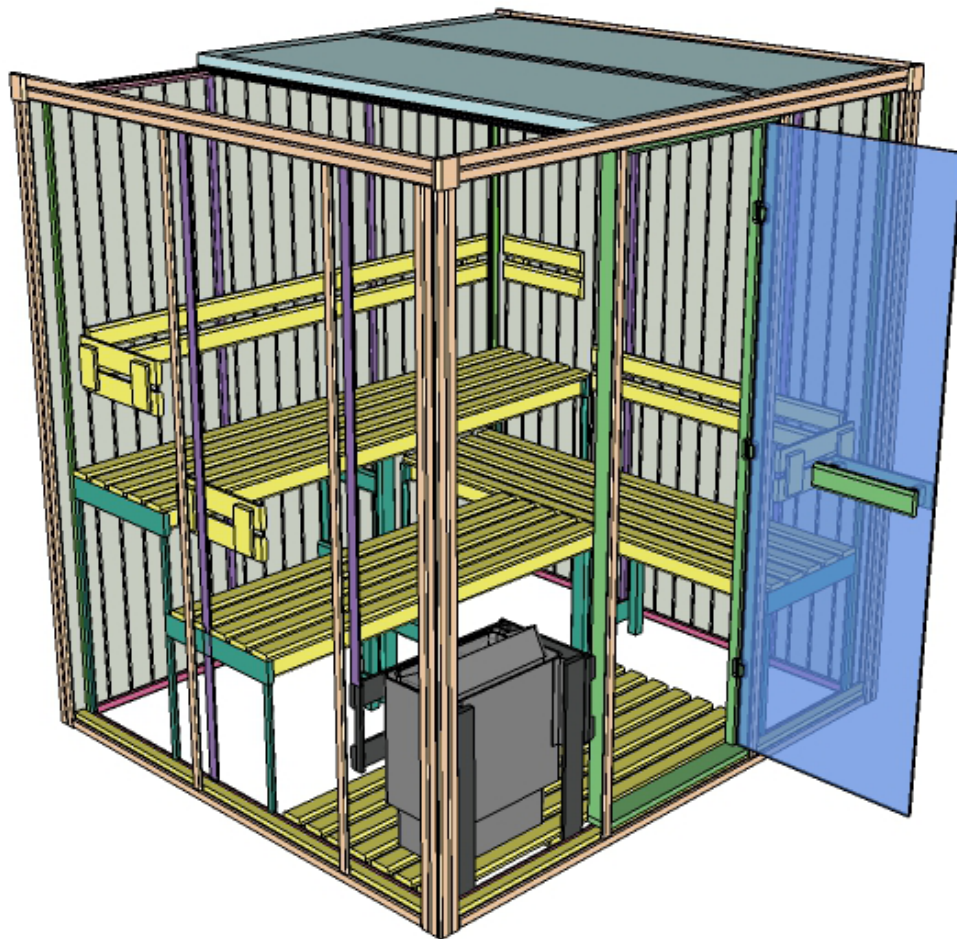




# Oceanic

## Sauna & Steam

### TRADITIONAL SAUNA INSTALLATION INSTRUCTION MANUAL



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## 1. Introduction

Welcome to the Traditional Sauna Bench build 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 with skills of carpentry, plumbing, tiling and electrics. Please read through all of the safety precautions on the following page before using the steam room.

### 1.1. Pre Installation Checklist

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.

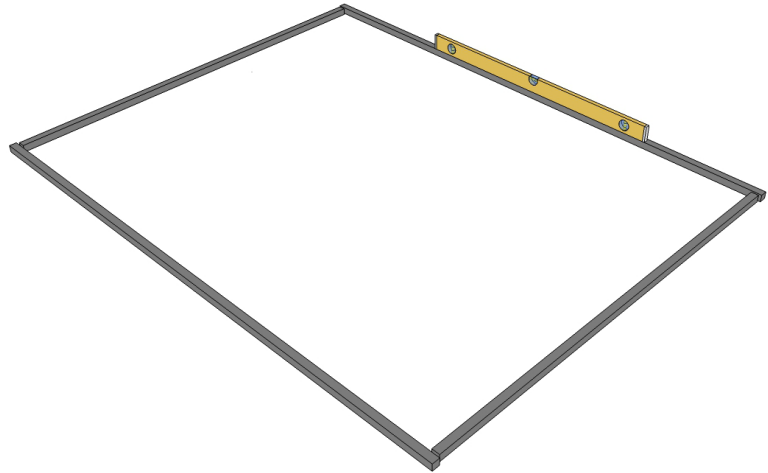
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## 2. Materials you will need

- A powered drill/screw driver with drill bits and posi screw driver and countersink tool
- Spirit level
- hammer
- saw
- Optional item: pin gun

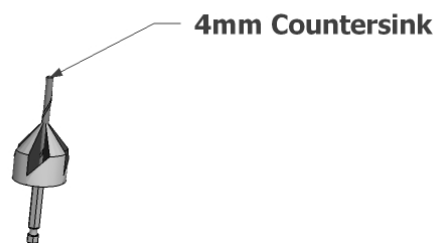
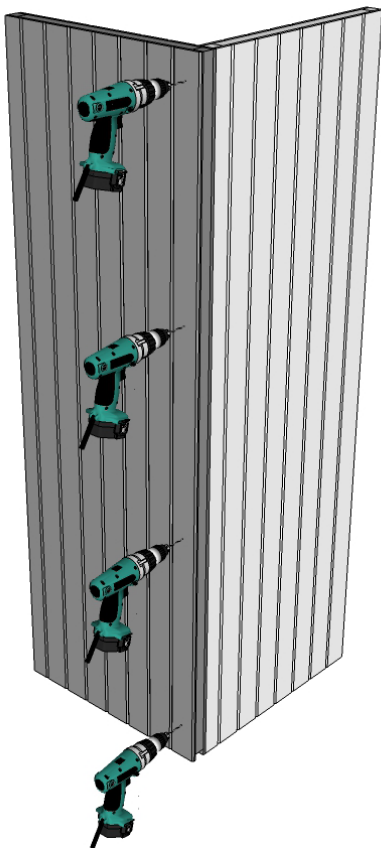
### 3. Construct base

- i. Lay out the four lengths of 32mmx32mm base into the correct shape.
- ii. Check using the spirit level that all sides are flat.



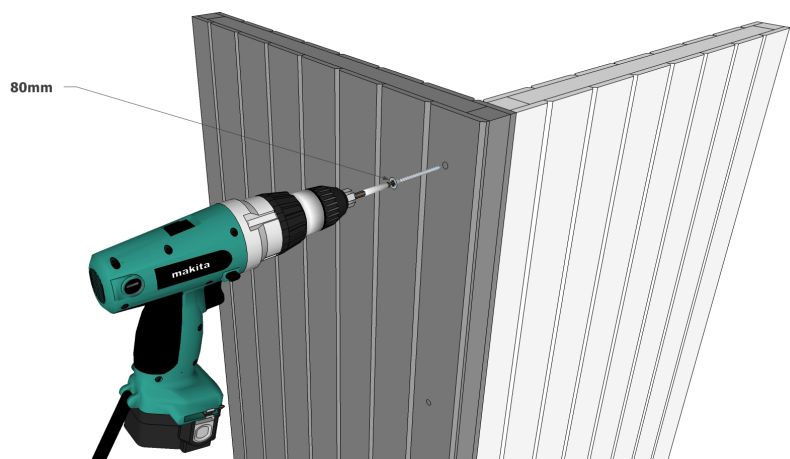
### 4. Drill Corner Panel

- i. Stand up the panels which meet to form a corner
- ii. Drill four holes along the corner of the side wall panels as shown in the diagram using a 5mm drill and the 4mm countersink bit.



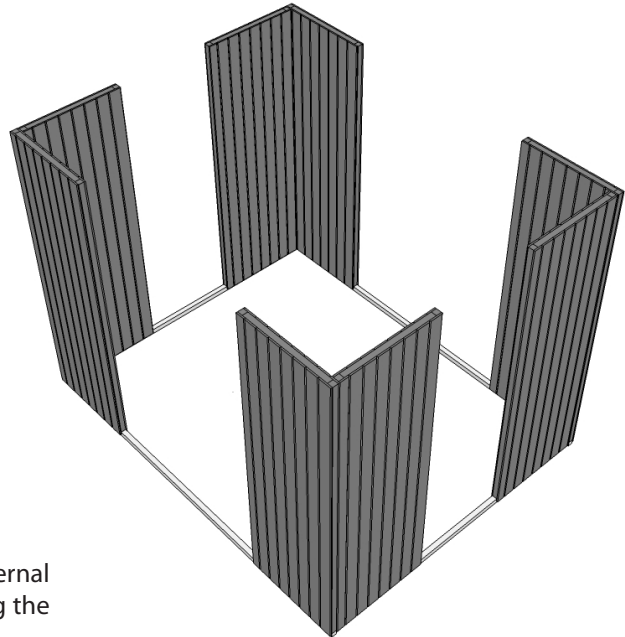
### 5. Fix Corner Panel

Fix the corner panels together using the 4.8 x 80mm screws.



## 6. Add four corners

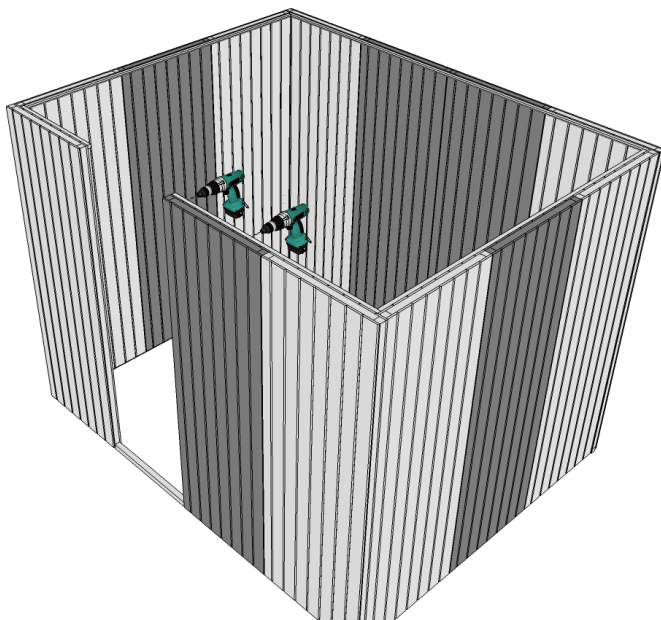
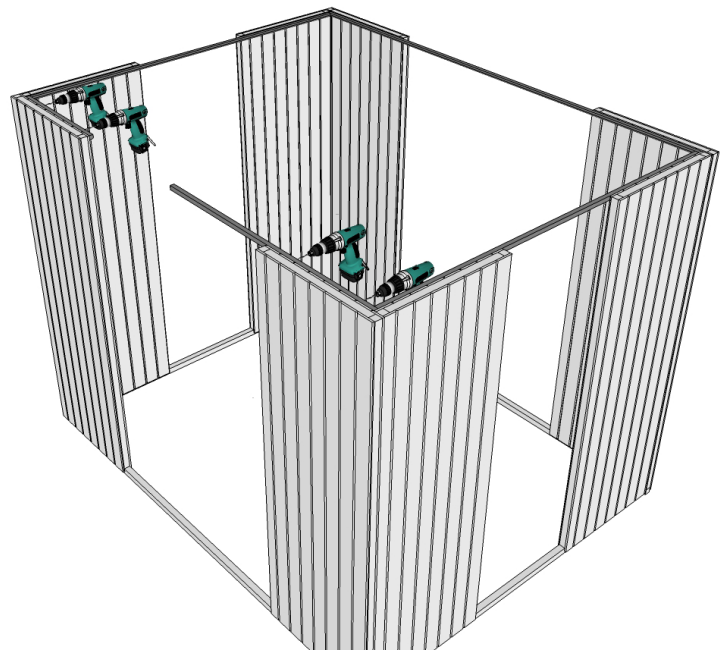
Lift the corner panels onto the base ensuring the panels appear to sit flush with the floor



## 7. Add Cornice Trim

Fix the high level cornice trim (19x19mm) to the internal face of the corner panels as shown in the diagram using the 40mm screws.

40mm Screw



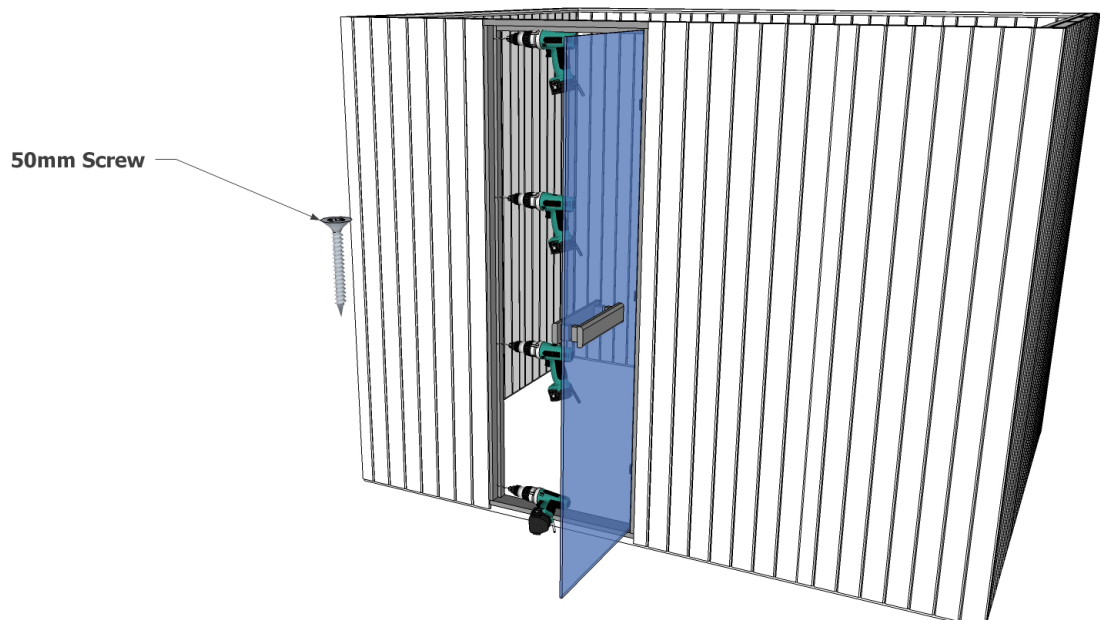
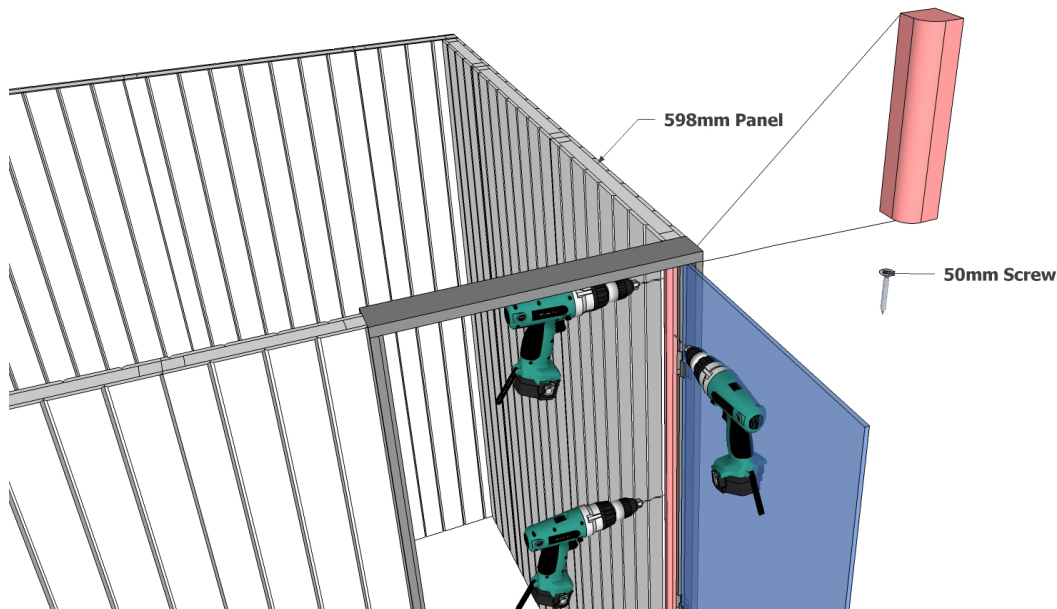
## 8. Add remaining wall panels

Position the remaining panels onto the base and fix to the cornice trim and pin panels to the base.

## 9. Add door frame

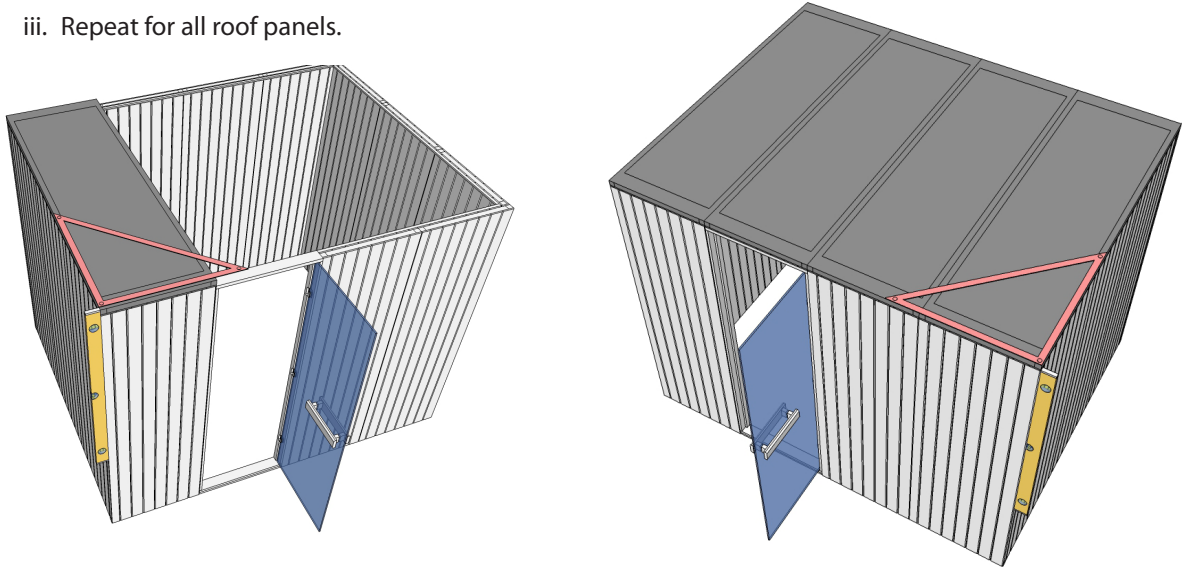
**Note: When handling toughened glass, safety goggles should be worn.**

- i. Remove glass and hinges from door frame and store safely
- ii. Decide which side the door is to be hinges and rotate frame to suit. Ensure the glass door opens outwards, fix door frame in place using 3 x 4 x 50mm screws to each side, ensure the outside of door frame is located flush to outside face of frame.
- iii. There will be a small gap below the glass door to act as an inlet for fresh air to enter the cabin when in use; according to the arrangement of the Either the top or bottom of the door frame will have a timber section to form a rebate (i.e. 9mm x 60mm x 5.50) pinned loosely in place, remove this and place aside. Position 9mm x 60 x 550 section to head of door frame and fix using 25mm pins leaving rebate door equal to side rebate.
- iv. Where the door frame abuts a panel (see step 5a) screw a piece of corner mould (item 5 19 x 19) to the door frame and also to the adjoining panel – (4 screws to each face 4mm x 40mm screws – pre drill a 4mm dia). Cover this joint with 32 x 9 trim



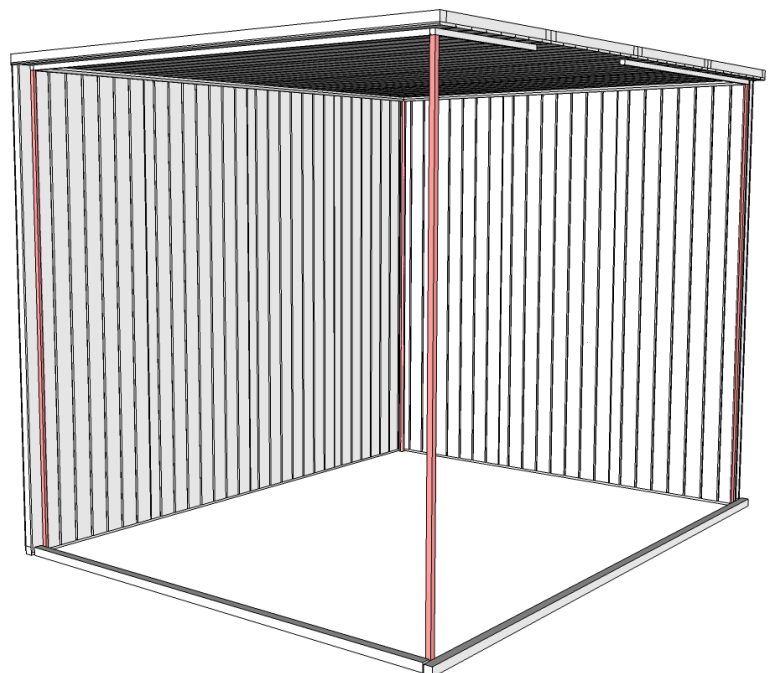
## 10. Add roof panel

- i. Fitting the roof; first check diagonal measurement at base to ensure cabin is square i.e. Diagonals will be equal. Locate roof panel flush to side and front edge (previously fixed at step 4) firstly drill a 4mm dia hole and fix using 4 x 40 screws – approx 300m intervals
- ii. Screw up through 19 x 19 corner mould
- iii. Repeat for all roof panels.



## 11. Add Corner Trim

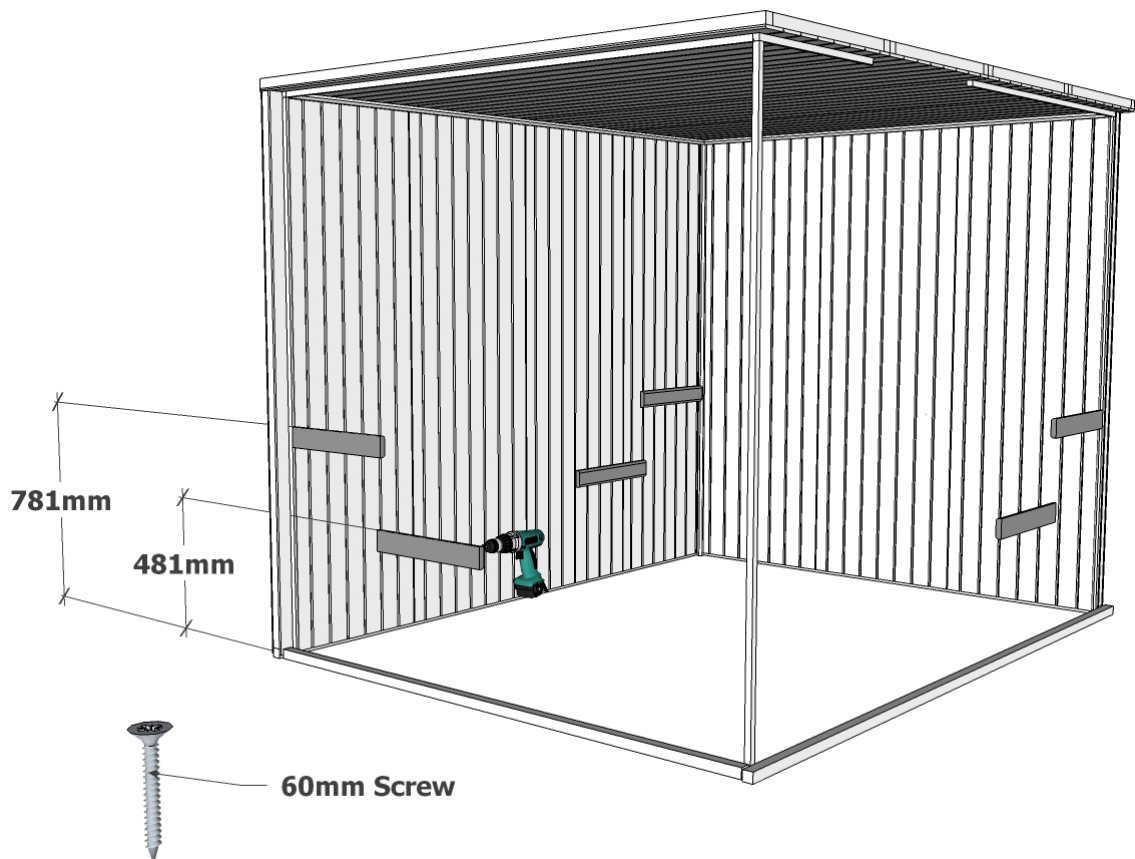
Use nail gun to fix the internal vertical corner trim (19x19mm) into the internal corners of the structure.



## 12. Add Bench End Rails

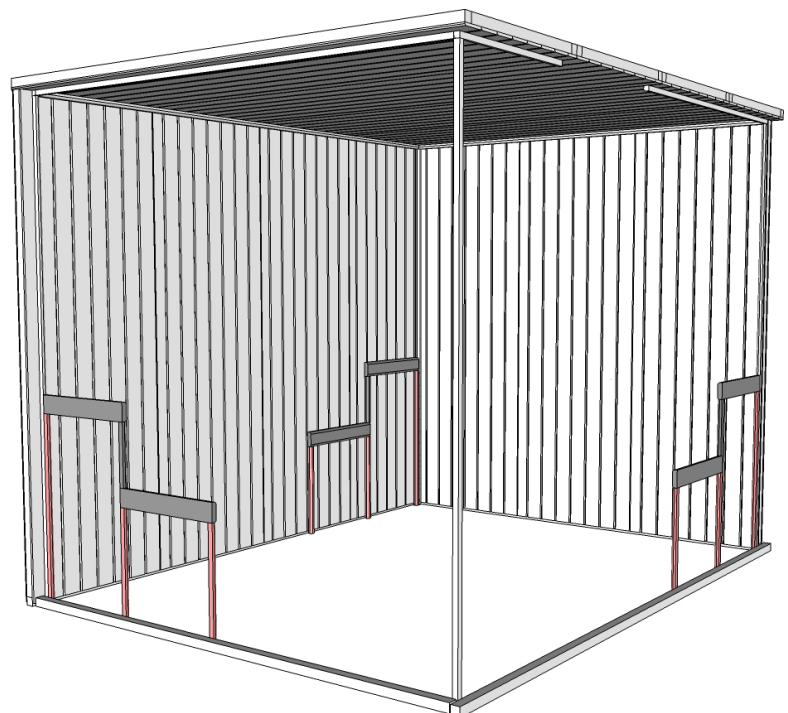
Fit bench supports; all timbers fixed to cabin walls with 6 x 4 x 40 screws pre drill timbers 3.5 mm, ensure fixing screws pick up main framework in panels (if in doubt add additional support beneath rail).

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



## 13. Add legs to end rails

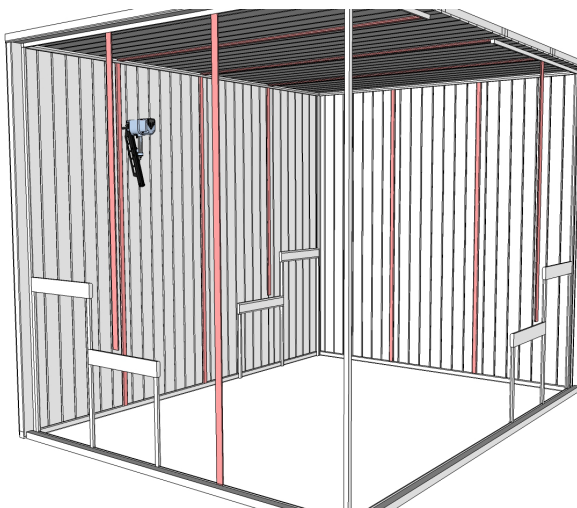
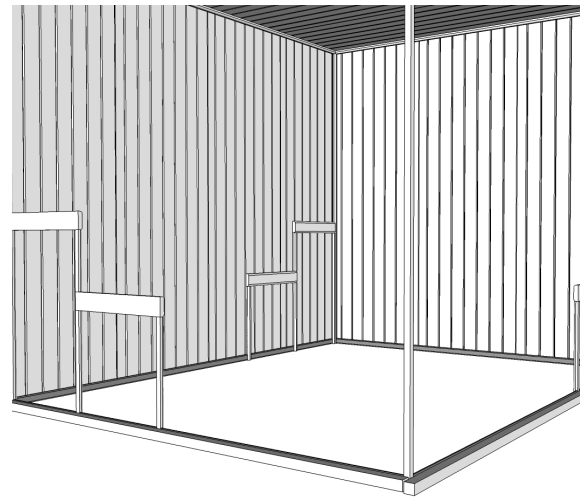
Fix legs to the wall panels in position beneath each end of the rails using 60mm screws





## 14. Add internal low level skirt

Cut to length and fix the low level skirting pieces around the inside base allowing for the bench end legs using the nail gun.

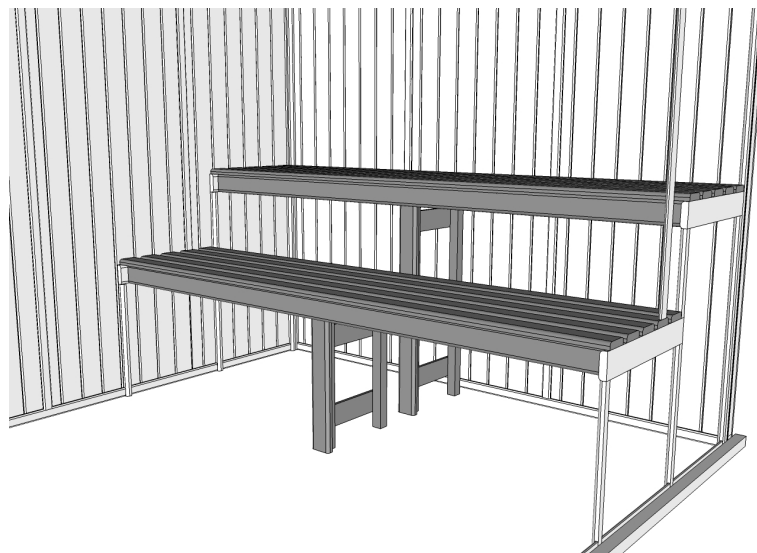


## 15. Add overlap mould

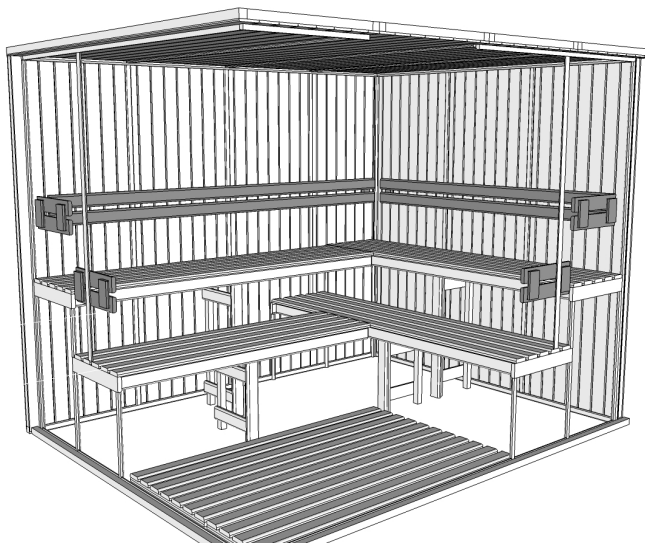
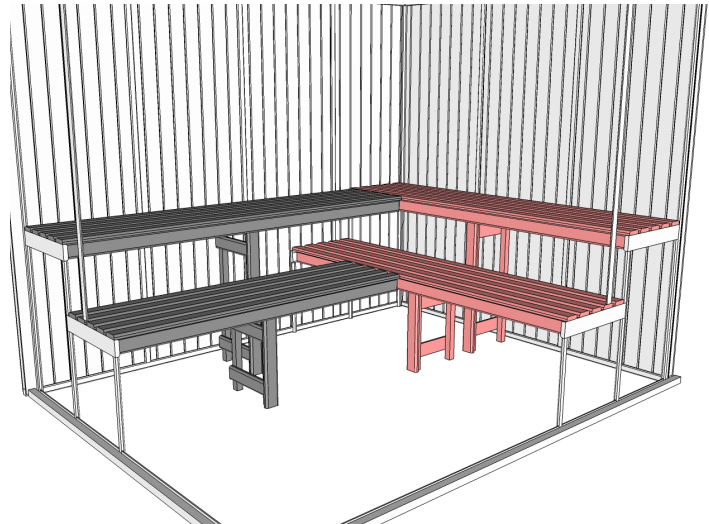
Nail the overlap mould over the wall panel joints.

## 16. Add benches

- i. Refer to bench build manual and drawings to construct the benches
- ii. Locate the overhanging section of bench onto the supports and drill 2 x 3.5 mm holes into the underneath section of the end rails of the bench and fix using 2 x 3.5 x 40 mm screws into the support rails.



- iii. For benches over 1300 mm centre supports are provided, fit the support from underneath the bench locating the top rail to the centre cross rail and screw into place using 2 x 4 x 40 mm screws through 3.5 mm holes.
- iv. If there are more than one bench at either level install the full length benches (rail to rail) first.



- v. 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.

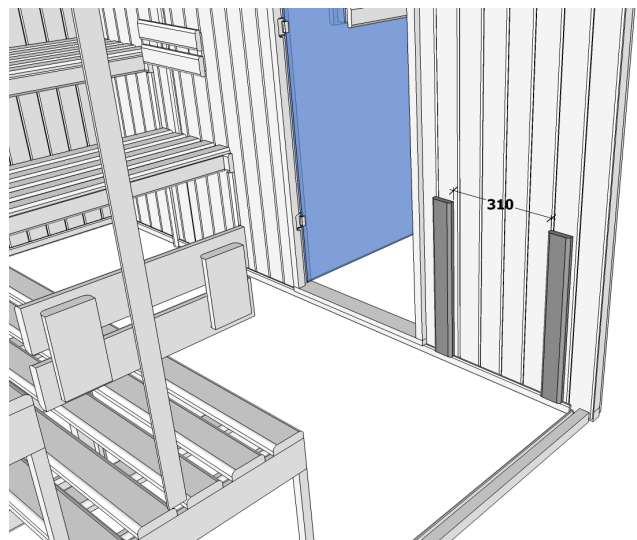
## 17. Add back rests

Install the back rests at a height of 250mm from the top of the bench to the bottom of the back rest using 50mm screws.

## 18. Add Heater Support

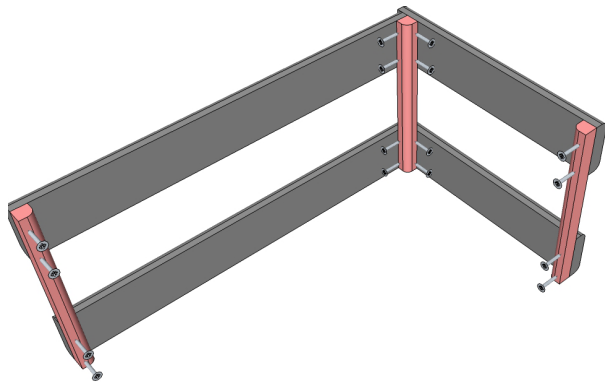
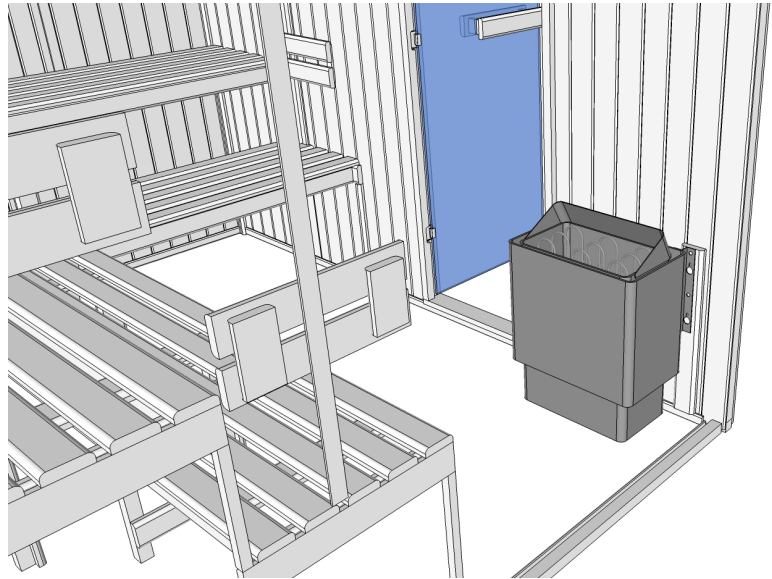
- i. Fit heater mounting timbers; fix using 2 x 4 x 60 screws at the end of each rail – drill holes 3.5mm dia in each end of the rail.
- ii. Ensure fixing screws enter main frame of panels by aligning screws to line of nails securing cladding—see heater mounting instructions for all relevant clearances.

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



## 19. Add heater

Install heater onto the supports. The heater should sit on the floor and be fixed to the supports using 40mm screws.



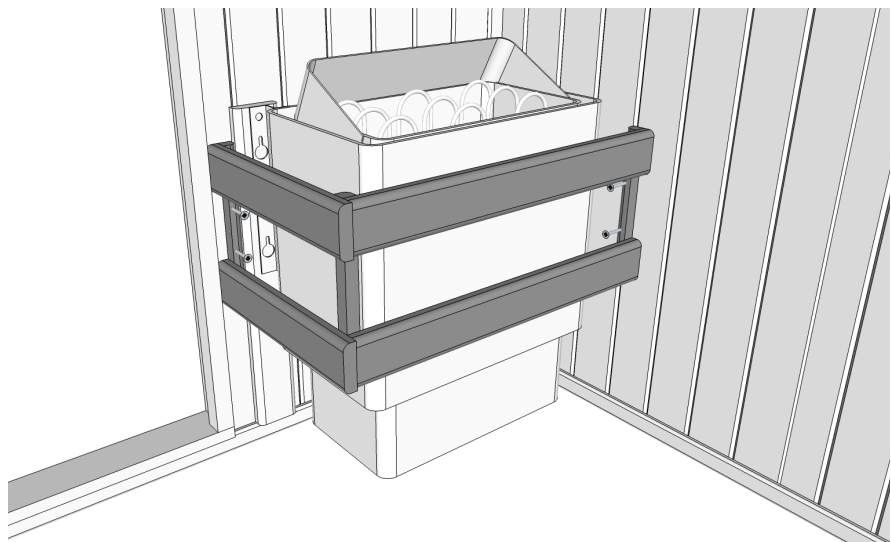
## 20. Build heater guard

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

## 21. Add heater guard

Fix the heater guard onto the wall panels by pre drilling 3.5mm holes through the 19x19mm uprights and fixing to the adjacent wall with 2No 4 x 40mm screws as shown

**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.**



## 22. Fitting the glass door

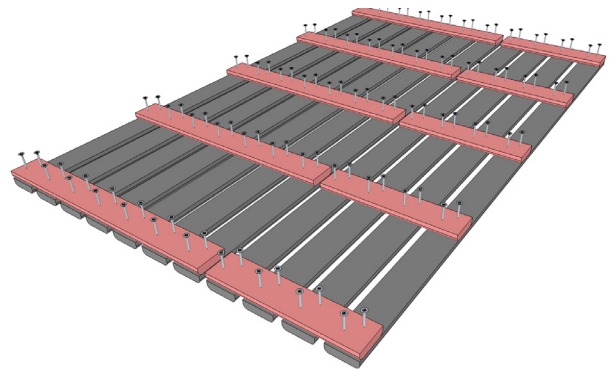
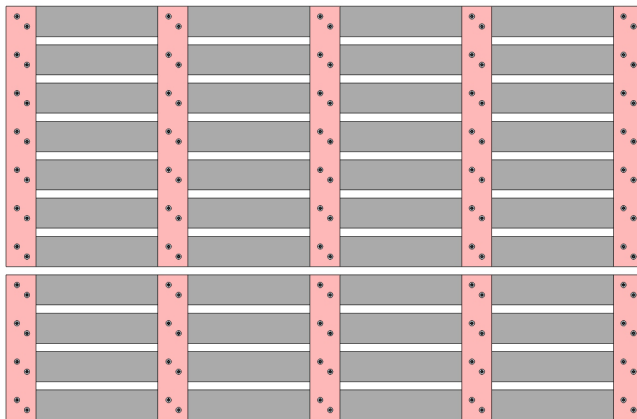
we recommend this step is carried out after all the internal fittings have been installed. Open the hinges and slide onto the support bases, fasten and adjust using the screws of the fitting as detailed opposite.



## 23. Build floor mats

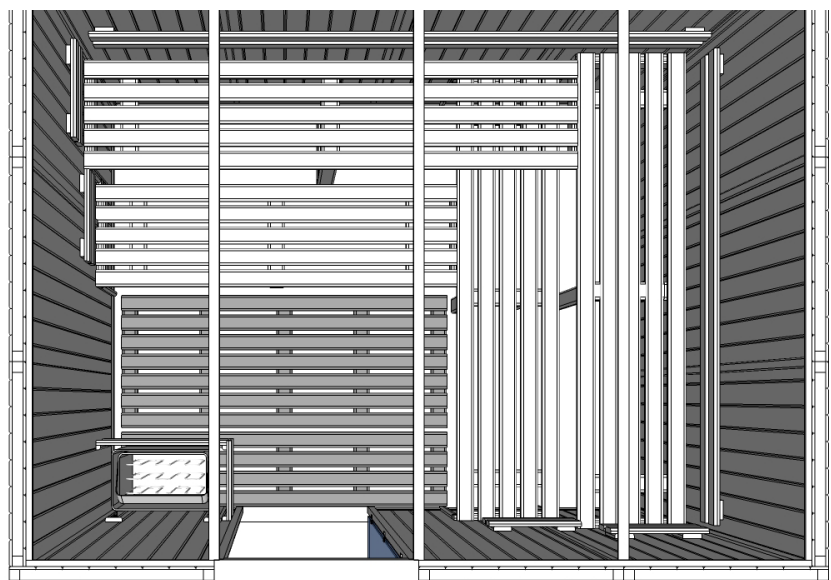
You will be provided with pre-cut timber to create a floor in which to cover the area in front of the benches and underneath the heater. Please make sure you measure the area first and make sure you have built the cabin correctly for the matt to fit.

Assemble the floor mats using left over corner mould as 19mm spacers between the slats. Ensure the cross lengths aligned equally beneath the length of the mat as shown in pink in the diagram below. Fix with glue and 30mm screws from the underside remembering to countersink all holes.



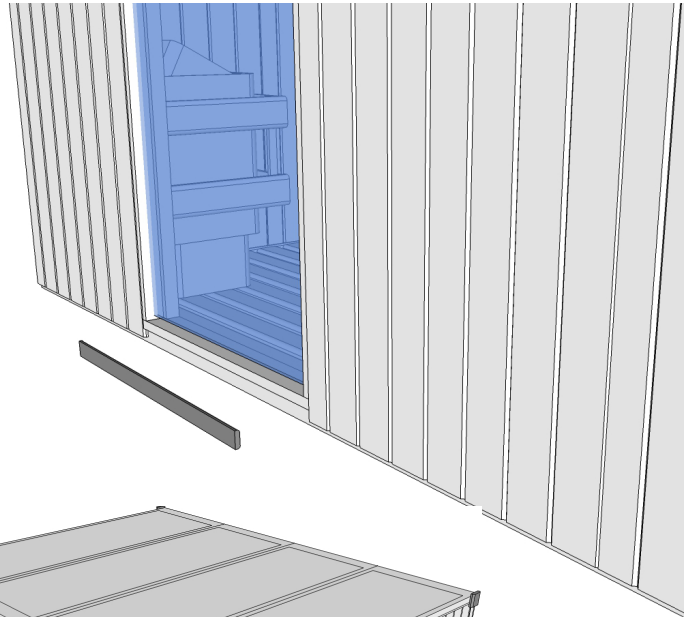
## 24. Add floor mats

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



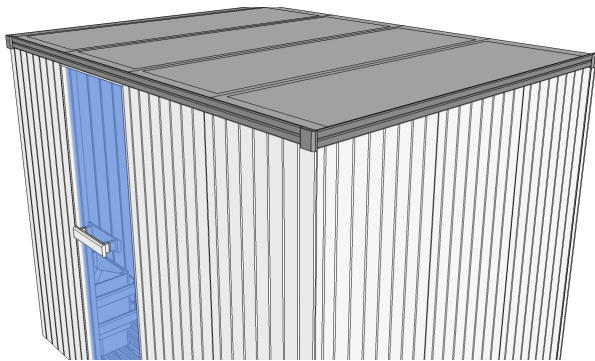
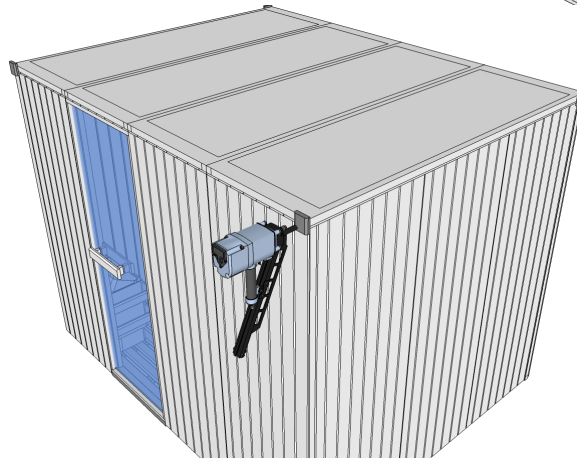
## 25. Add packing piece

To finish the door frame fix the packing piece using the nail gun.



## 26. Add fascia blocks

Fix the fascia blocks to the corners of the wall panels at high level as shown using 25mm pins and glue.

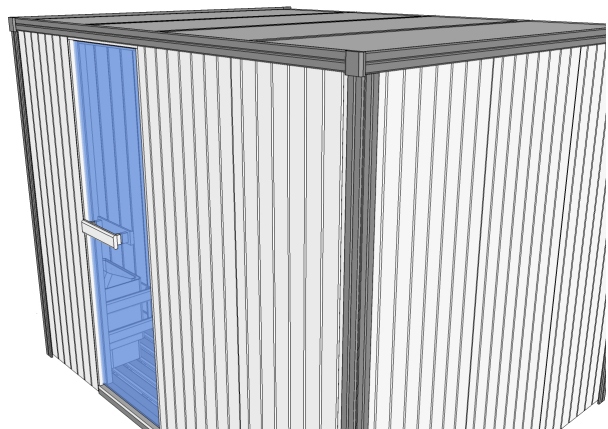


## 27. Add top fascia

Fix the lengths of fascia to the top of the external using 25mm pins.

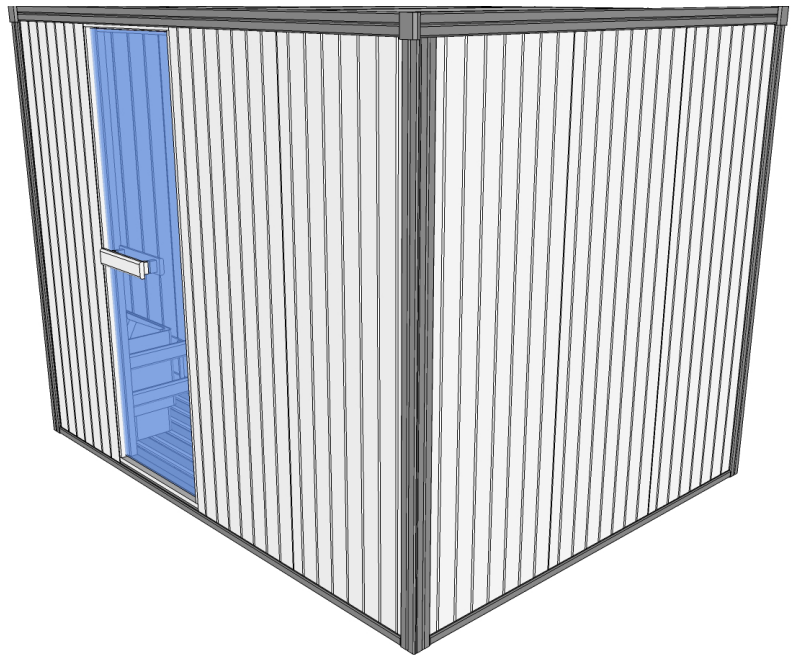
## 28. Add uprights

Repeat with the vertical edges of the external wall panels using the 1875mm lengths of overlap trim



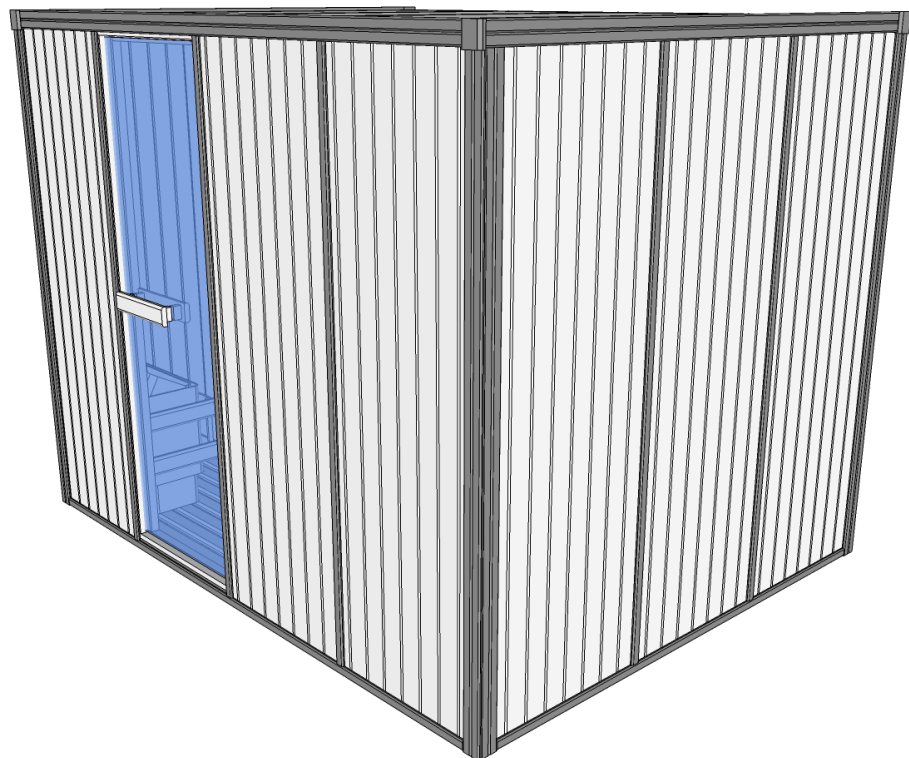
**29. Add fascia skirt**

Fix the low level skirt inbetween the uprights as shown using the 25mm pins



**30. Add final overlap moulds**

Measure and cut the lengths of overlap mould to be fixed over the vertical joints between external wall panels



## 31. 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 (M<sup>3</sup>) 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)



## 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, remove any part of the fillet blocks that impede the fixing of the notched cross rails and refix vertical blocks for end rail fixing – screw and glue ALL joints.

## 32. 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.

### iii. Wall light – inside cabin

Lamp & Shade – Centre wall above bench. Approx 100mm from ceiling.

### iv. Low Voltage Lights (deluxe model)

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

### v. Instruction card – outside cabin.

### vi. Sauna Clock (deluxe model) – outside cabin

### vii. 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.

### viii. 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.





