heavenly heat
saunas

2 Person
Traditional Sauna



Table of Contents

Sauna Assembly 03

Caution 03

Exploded Diagram..... 07

Instructions 09

How to Use Instructions 18

Operation Instructions 18

Maintenance 19

FAQs 23



Safety & General Information

Before You Start

Pleasereview the complete manual prior to starting your installation. Careful attention to each step will help guarantee a smooth, safe setup. Should any questions arise during the process, contact Heavenly Heat Saunas at 1-703-935-5777 or heavenlyheat@heavenlyheatsaunas.com. Do not proceed without clarification.

Before You Begin

Please read these assembly instructions in full before beginning installation.

- For safe handling and correct assembly, a minimum of two adults is required to assemble the sauna. Do not attempt to lift, position or install the sauna panels alone.
- Before assembly, ensure the installation area is prepared, clear of obstacles and suitable for the sauna.
- Upon arrival, examine all components for damage or shortages. Notify Heavenly Heat Saunas immediately if anything is missing or compromised before you begin.
- Heavenly Heat Saunas cannot be held liable for injuries or property damage caused by incorrect assembly or non-compliance with the instructions in this manual.

Warranty Protection

- Improper assemblyordeviation from the instructions may result in warranty cancellation.
- Any modifications made to your unit outside of authorized recommendations are not covered and may invalidate your warranty.
- Keep this manual accessible for future reference.

General Notes

- Product specifications are subject to change at any time without prior notice.
- This manual applies exclusively to the sauna model indicated on the cover.
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Installation Requirements

To ensure safe operation and protect your sauna:

•Install the sauna on a stable, completely level surface capable of supporting the assembled unit.

•The sauna is designed for installation in a dry environment. Do not install it in areas exposed to excessive moisture or water.

•Do not install plumbing, taps, shower fittings or other water fixtures inside the sauna.

•Keep water and other liquids away from heaters, electrical components, control systems and connections.

•Maintain adequate clearance around the sauna and ensure ventilation openings are not obstructed.

•Keep flammable materials, combustible products and corrosive chemicals away from the sauna at all times.

•Ensure all electrical connections remain accessible and are not pinched, trapped or placed under tension during assembly.

•Inspect all panels, components and electrical connections before operating the sauna for the first time.

•Do not use an extension cord or power strip. These may not be compatible with this sauna and may interfere with proper operation.

•Where local electrical code requires GFCI protection for the installation location, such as a garage, basement, outdoors, or near a water source, GFCI protection must be used. Confirm what your location requires with a licensed electrician.

Important. Assemble and operate the sauna only as described in this manual. Incorrect installation may affect performance, cause damage to the sauna or create a safety hazard.

Electrical Requirements

Electrical Specifications, 2P Traditional Sauna

This sauna requires two separate dedicated electrical circuits. Each power system operates independently and must be correctly connected before use.

Lighting System — 120V / 15A

A dedicated 120V / 15A circuit with a NEMA 5-15 receptacle is required to power the chromotherapy lighting.

Traditional Heater — 240V / 30A

A separate dedicated 240V / 30A circuit is required exclusively for the traditional Finnish stone heater. This connection is hardwired and does not use the sauna's 120V power supply.

Professional Electrical Installation Required

The 240V traditional heater circuit and heater connection must be installed by a qualified, licensed electrician in accordance with applicable national and local electrical codes.

Before installation, your electrician should confirm that the property's electrical panel and available circuit capacity are suitable for the sauna's requirements. Electrical upgrades may be required depending on the existing installation.

Any electrical disconnection or reconnection of the traditional heater required for future relocation, servicing, or disassembly must also be performed by a qualified electrician.

Specification	Requirement
Sauna Light Circuit	NEMA 5-15
Traditional Outlet Type	120V, 20A, dedicated
Tradtional Circuit	hardwired by a qualified, licensed electrician.
	240V 30A, Dedicated & Hardwired

IMPORTANT. For any questions about your electrical setup, consult a licensed electrician us The 120V and 240V systems are separate and must not be combined, modified, or connected to the same branch circuit. Always follow the electrical specifications provided for your specific sauna model.e.

Pre-Assembly Overview

Relocating Your Sauna Post-Installation

If you need to move the unit after assembly—such as into a corner, closet, or other tight space—we suggest using furniture sliders from your local hardware retailer (Home Depot or Lowe's). Install sliders beneath the Base Platform corners before assembly begins.

When repositioning an assembled unit:

- Avoid pushing against the wooden panels, as damage can occur.
- Always apply force through the base platform only.
- Sliders may remain in place to simplify future repositioning.

Setup Tips

Each panel includes an identification label that remains attached. This simplifies parts identification if you later disassemble and reassemble elsewhere.
Adhere to every instruction step

Questions during assembly. Phone 1-703-935-5777. Email heavenlyheat@heavenlyheatsaunas.com

Exploded Diagram



1 Roof Panel	8 Calf Panel	15 Switch
2 Back Panel	9 Foot Bench	16 Front Panel
3 Backrest	10 Floor Panel	17 External Buckle
4 Left Panel	11 Electric Stove	18 Glass Window
5 External Buckle	12 Floor Drain	19 Glass Door
6 Bench Panel	13 Right Panel	20 Handle
7 Support	14 Ventilation Window	21 Hinge

Accessories & Hardware

Accessories

1.40mm*10pcs-40mm for Sitting Bench Support
2.40mm*20pcs-40mm for Foot bench
3.50cm*2pcs-- 50mm for Curved Seating Panel
70cm*2pcs- 70mm for Flat Seating Panel
4.Sandpaper*1piece
Phillips*1
Phillips Head Drill Bits*1
Allen Wrench*1
1 Assembly Manual

Hardware & Fastener Disclaimer

The hardware and fastener sizes shown throughout this manual are provided as a guide. **Screw, bolt and other hardware sizes may change between production runs** as components and manufacturing processes are updated.

As a result, the exact hardware supplied with your sauna may differ slightly from the sizes referenced or pictured in this manual.

All required hardware is supplied with your sauna and should be easily identifiable by matching each fastener to its corresponding component and fixing point.

If you are unsure which hardware should be used at any stage of installation, **do not force or substitute a fastener**. Please contact Heavenly Heat Saunas for assistance before continuing.

Questions during assembly. Phone 1-703-935-5777. Email heavenlyheat@heavenlyheatsaunas.com

Sauna Assembly

Install The Floor Base [Part #10]



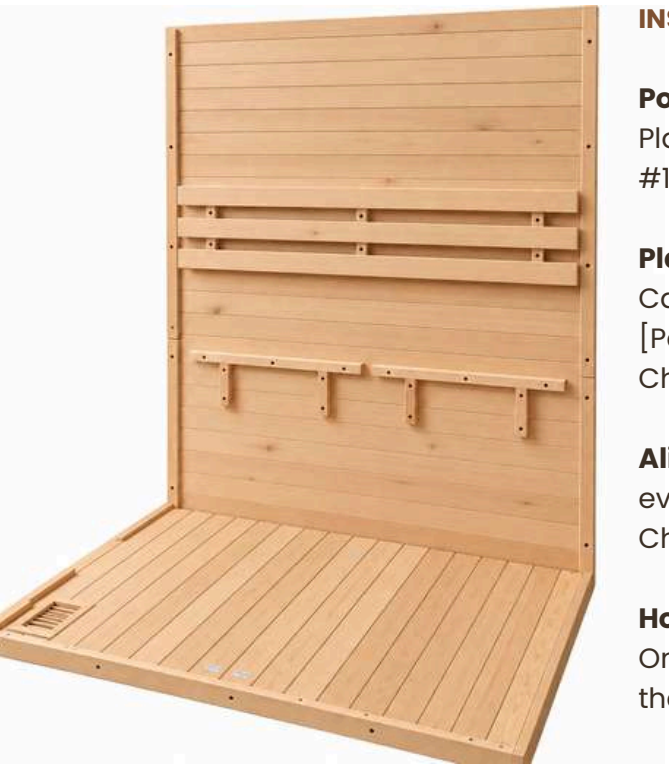
LAY OUT THE FLOOR BASE

Floor Base [Part #10]
Begin by laying the Floor Base [Part #10] in an area close to the sauna's permanent location. If desired, this is a good time to position furniture sliders under the base for easier movement into the sauna's final location. Sliders are available at any local hardware store.

Orientation: The Floor Base [Part #10] should be positioned so that the trim pieces attached to the floor face forward, toward where the Front Wall [Part #16] will be installed. A label near the front marks the front of the Floor Base [Part #10] to help ensure correct placement.

The trim pieces will act as guides when installing the four walls.

Install The Back Panel [Part #2]



INSTALL THE BACK PANEL

Position the Back Wall [Part #2]
Place the back wall [Part #2] close to the rear of the floor base [Part #10], leaving enough room to access and connect the cables.

Place the Back Wall [Part #2]
Carefully lift and position the back wall [Part #2] onto the floor base [Part #10]. Ensure the bottom edge sits fully flush with the floor.
Check Alignment

Align the back wall [Part #2]
evenly with both the left and right sides of the floor base [Part #10]. Check that the wall is sitting straight and square before continuing.

Hold the Wall in Position
One person must hold the back wall [Part #2] securely in place while the next wall panels are installed.

Install Right Side Wall Installation [Part #13]





Position the Right Wall

Carefully position the right side wall [Part #13] onto the right side of the floor base [Part #10], bringing it into place against the back wall [Part #2].

Align the Wall

Ensure the bottom of the right wall [Part #13] sits fully flush with the floor base [Part #10] and the rear edge sits snugly against the back wall [Part #2].

Seat the Wall in Position

Gently tap the right wall [Part #13] into position until it is sitting square and securely against the back wall [Part #2]. The connection should be tight with no visible gaps.

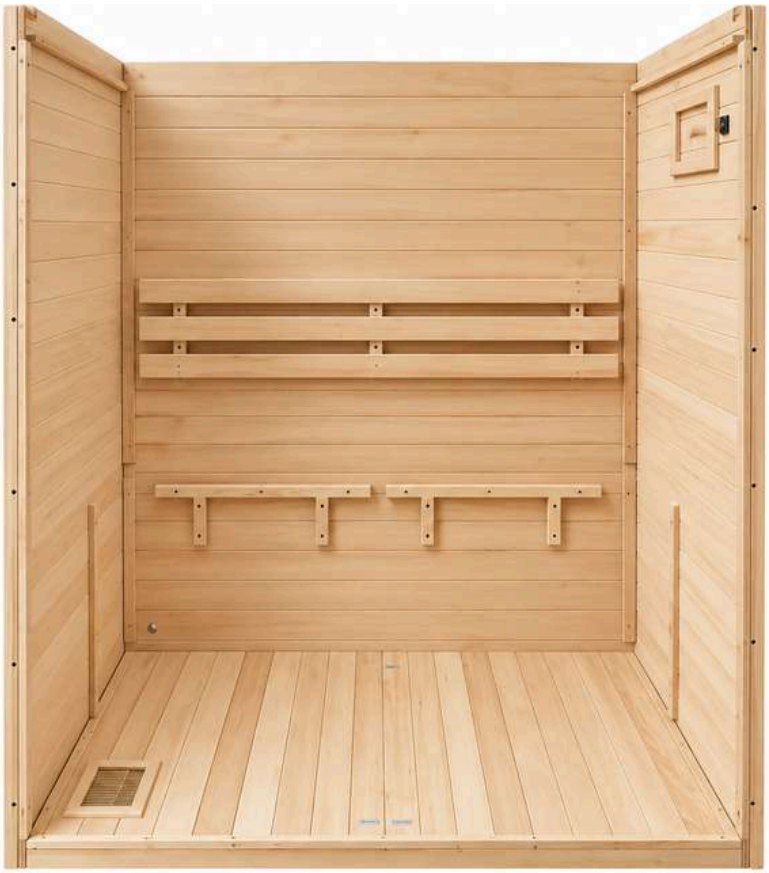
Secure the Back Wall [Part #2] to the Right Wall

Locate the three locking clips running down the rear side and align them with their corresponding connection points.

Lock the Walls Together

Engage and close each of the three clips until fully locked. Check that the back wall [Part #2] and right wall [Part #13] are firmly connected with no gaps or movement.

Install Left Side Wall Installation [Part #4]



Position the Left Wall
Carefully position the left side wall [Part #4] onto the left side of the floor base [Part #10], bringing it into place against the back wall [Part #2].

Align the Wall
Ensure the bottom of the left wall [Part #4] sits fully flush with the floor base [Part #10] and the rear edge sits snugly against the back wall [Part #2].

Seat the Wall in Position
Gently tap the left wall [Part #4] into position until it is sitting square and securely against the back wall [Part #2]. The connection should be tight with no visible gaps.

Secure the Back Wall [Part #2] to the Left Wall
Locate the three locking buckles running down the face of the wall and align them with the three corresponding hooks on the left wall [Part #4].



Lock the Walls Together
Engage and close each of the three buckles until fully locked. Check that the back wall [Part #2] and left wall [Part #4] are firmly connected with no gaps or movement.

Install The Calf Panel [Part #8]



INSTALL THE CALF PANEL

Bring the Calf Panel [Part 8] in through the front opening at an angle, positioning the right side toward the back wall corner. Line up the left side of the panel with the trim guide on the Left Wall. Once that's positioned correctly, slide the right side of the panel from back to front until it locks securely against the guides on the Right Wall.



INSTALL THE SEAT SUPPORT & BENCH SEAT

Position the Bench Support [Part #7] inside the sauna as shown, ensuring it is correctly seated and aligned between the wall and the shank panel. Secure the Bench Support in place using the 40mm Yellow Screws. Check that the support is level and firmly secured before proceeding. *Screws & Hardware subject to change from time to time.

Place the Bench Seat [Part #6] onto the installed Bench Support.
The Bench Seat is reversible and can be installed with either the flat side or contoured side facing up, depending on your preference.
Once positioned correctly, secure the Bench Seat using the pre-drilled holes:



IMPORTANT: Do not force the Calf Panel into position. If the panel does not engage correctly, move the right-hand side back slightly, check that the left-hand edge is correctly seated between the timber guides, and repeat the installation.

Install The Front Glass Door Panel [Part #16]



Two people are required for this step.

Position the Front Wall [Part #16]

Carefully position the front wall [Part #16] onto the sauna floor [Part #10]. Ensure the bottom edge sits fully flush with the floor and the side edge is aligned with the right [Part 13] and left panel [Part 4].

Check Alignment

Before securing the wall, confirm the front, right wall,and left wall panels are sitting square and tightly together with no visible gaps.



Secure the Locking Latches

Locate the three locking latches running vertically down the rear edge of the front wall [Part #16]. Engage each latch with the corresponding fitting on the right wall panel and left wall panel.

Lock the Wall in Place

Close each of the three latches firmly until fully locked.

IMPORTANT: Do not force the Front Glass Door Panel into position. If it does not sit correctly, lift the panel slightly, check the alignment of the locating strips and slots, then reposition.

Assemble The Foot Bench & Door Handle





1 INSTALL THE FOOT BENCH [PART #9]

Place the Foot Bench [Part #9] on a clean, flat surface and position the timber components as shown.

Align the side supports and legs with the Foot Bench seat, ensuring each component is positioned square and flush.

Secure the components together using the provided 3.5 × 40 mm Black Screws to complete the Foot Bench assembly.

Once assembled, carefully place the completed Foot Bench [Part #9] inside the sauna in front of the Calf Panel.

IMPORTANT: Fully assemble the Foot Bench before installing it inside the sauna. Ensure all components are correctly aligned before tightening the screws.



2. INSTALL THE DOOR HANDLE [PART #20]

Locate the Door Handle [Part #20] and the provided mounting bolts.

Position the Outside Handle and Inside Handle on opposite sides of the glass door, aligning the mounting holes with the pre-drilled holes in the glass.

Insert the provided bolts and carefully tighten until both sides of the handle are secure and correctly aligned.

Check that the Door Handle is firmly installed before operating the door.

IMPORTANT: Do not over-tighten the Door Handle bolts. Excessive pressure may damage the glass, mounting hardware or handle.

Assemble The Foot Bench & Door Handle





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Place the Foot Bench [Part #9] on a clean, flat surface and position the timber components as shown.

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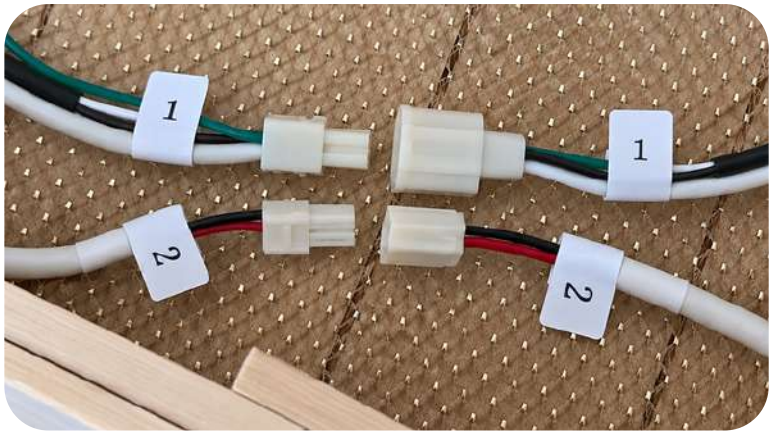
Insert the provided bolts and carefully tighten until both sides of the handle are secure and correctly aligned.

Check that the Door Handle is firmly installed before operating the door.

IMPORTANT: Do not over-tighten the Door Handle bolts. Excessive pressure may damage the glass, mounting hardware or handle.

Roof Panel Installation & Power Connections





ROOF PANEL INSTALLATION [PART #1]

Prepare the Cables

With all four walls securely installed, locate the cables protruding from the top of the wall panels. Before installing the roof, position all cables toward the exterior of the sauna so they remain accessible once the roof is in place.

Check the Roof Orientation

Identify the correct orientation of the roof panel [Part #1] before lifting it into position. The air vent should be positioned toward the back of the sauna.

Install the Roof Panel [Part #1]

Carefully lift the roof panel [Part #1] above the sauna and slowly lower it onto the four walls. Take care to keep all cables clear while lowering the panel.

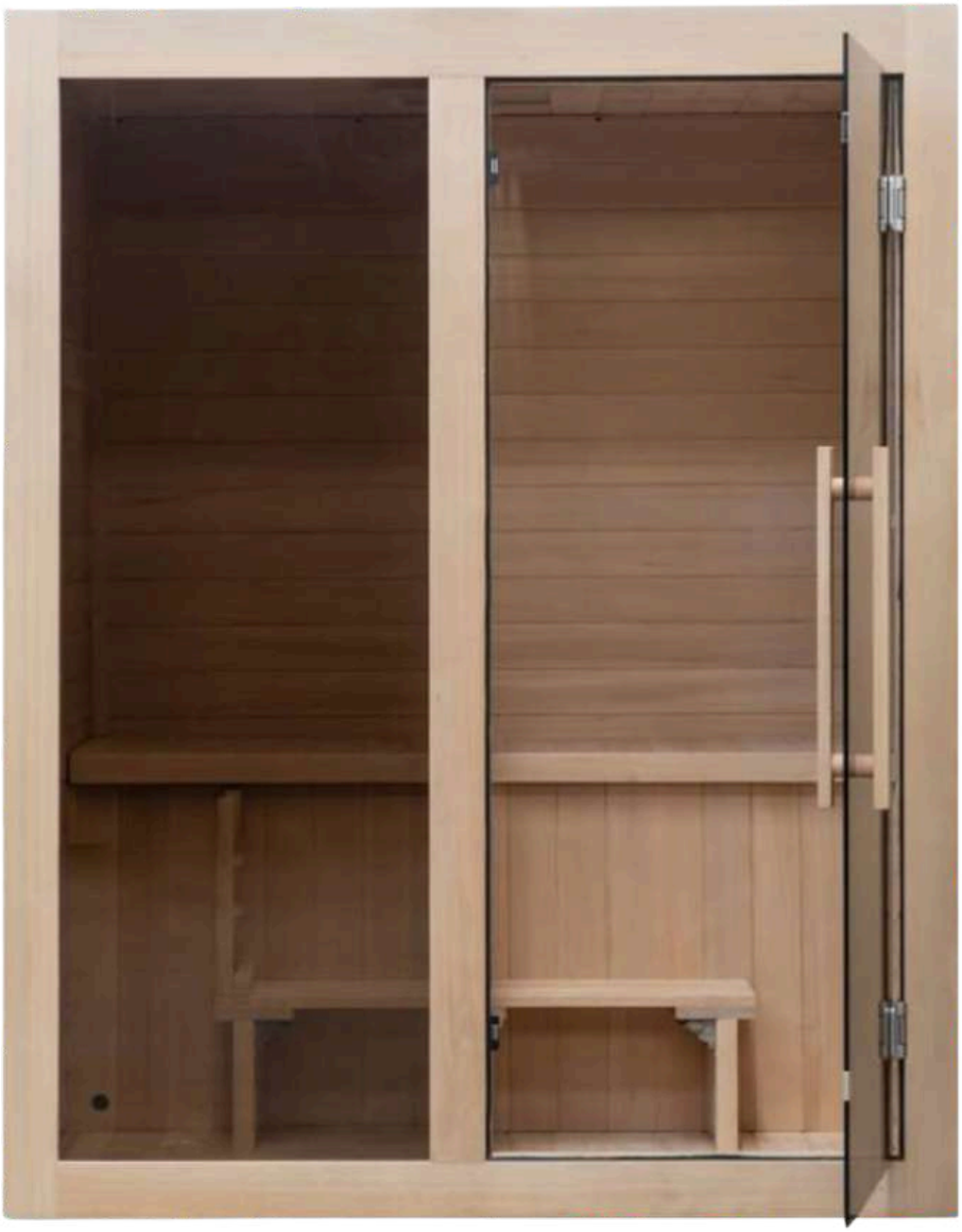
Seat the Roof Panel [Part #1]

The roof panel [Part #1] is designed to drop slightly inside the four wall panels, allowing it to seat securely into position. Check all sides and ensure the roof is sitting evenly, square and flush before continuing.

Connect Electrical Cables 1 and 2

Locate and connect all electrical cables to their corresponding connections. Ensure each connection is fully secured.
Ensure cables are connected to there matching number.

IMPORTANT: Never install the Roof Panel over loose or trapped wiring. Before continuing, check that the Roof Panel is fully seated on all four walls and all electrical connections are secure and correctly matched.



Electrician still needs to do the installation of the traditional stone heater.

Congratulations!

The assembly of the sauna is complete
Now you're ready for the electrician to install the traditional heater

How to Use Instructions

Caution

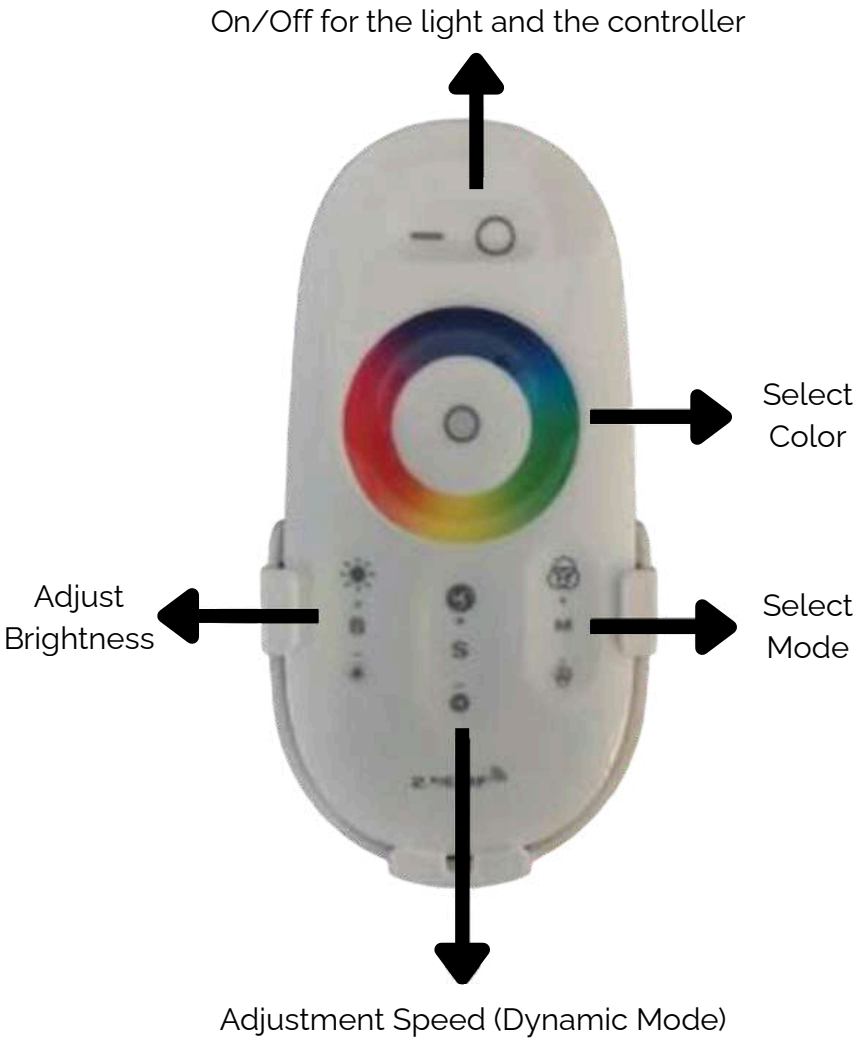
- Check all the circuitry and the plug connections carefully.
- Do not share the outlet with other electrical appliances to avoid danger.
- Do not use the sauna room if under the influence of alcohol, drugs, or medications.
- Pregnant women or persons with poor health should consult their physicians before use.
- Minors should be supervised in order to prevent injury.
- Allow up to 15 minutes heat up time.
- Do not use the room for drying clothes, bathing suits, etc.
- Do not put animals in the sauna.

Use Environment

Temperature: 41F ~ 106F.
Comparative humidity: ≤ 85%.
Atmospheric pressure:
700 hpa ~ 1060 hpa.

Operation Instructions

- Use the knobs on the traditional heater to control the time and temperature.
- Open and close the vents in the sauna to regulate airflow.
- Light remote.



Care & Maintenance

Regular care will help protect the natural wood and keep your sauna clean, fresh, and performing at its best.

After Each Session

Always sit on a clean towel during use to minimize direct contact between perspiration and the wood.
After each session, leave the door and ventilation openings open to allow residual heat and moisture to escape and the interior to dry naturally.
Do not leave damp towels, clothing, or other items inside the sauna.

Cleaning the Interior

For routine cleaning:

1. Lightly dampen a soft cloth with warm water and wring it out well.
2. Wipe the benches, backrests and other interior wood surfaces.
3. Wipe over again with a second clean, dry cloth.
4. Leave the door and vents open until the interior is completely dry.

For heavier marks, add a few drops of unscented, pH neutral dish soap to warm water, wipe over, then wipe again with a cloth dampened in clean water to remove any residue.
Avoid using excessive water when cleaning. The wood should never be soaked or saturated.
If the wood becomes noticeably damp during cleaning, run the sauna afterward to ensure the interior dries thoroughly.

Cleaning the Glass

Clean glass surfaces using a soft cloth with diluted white vinegar or a suitable non-abrasive glass cleaner.
Avoid abrasive pads or harsh chemicals that could damage the glass, surrounding wood, or finishes.

Call or Text: 1-703-935-5777
heavenlyheat@heavenlyheatsaunas.com

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Care & Maintenance

Removing Sweat Marks & Stains

Your sauna is built from untreated, unsealed timber, and it is designed to stay that way. There is no lacquer, varnish or chemical finish on the interior wood. Heat volatilises whatever sits on a surface, so anything applied to the timber ends up in the air you breathe during your session. That is why our approach to stains is mechanical rather than chemical.

Light sanding is the correct way to refresh sauna wood and it is what we recommend for any mark that does not lift with warm water. It removes nothing but a whisper of the timber itself, introduces no VOCs, no fragrance and no residue, and returns the surface to bare, clean wood.

Use fine grit sandpaper, 120 to 180 grit, and always work in the direction of the wood grain.

Sand lightly and evenly, feathering out past the edges of the mark so the surface blends and there is no visible patch.

Remove all sanding dust with a vacuum, ideally one with a HEPA filter, or a cloth dampened with clean water. Allow the area to dry completely before using the sauna again.

Do not apply any sealant, oil, varnish, wax or wood treatment to the interior timber afterwards. Bare wood is the correct finish and the reason the air in your sauna stays clean.

Sanitising

For most owners, sitting on a towel and drying the cabin out after each session is all the hygiene management a sauna needs. Heat and thorough drying do the work.

If you would like to sanitise the benches occasionally, use 3% household hydrogen peroxide diluted half and half with clean water, applied to a cloth rather than sprayed. Hydrogen peroxide breaks down into nothing but water and oxygen. It leaves no residue, no fragrance and no VOCs, which is why it is the only sanitiser we recommend for use inside the cabin.

Wipe over with a cloth dampened in clean water afterwards, and leave the door and vents open until the timber is completely dry.

Never soak the wood. Avoid using excessive water when cleaning. If the wood becomes noticeably damp during cleaning, run the sauna afterward to ensure the interior dries thoroughly.

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Using Your Sauna

Your sauna is now ready to use.

Allow approximately 10 to 15 minutes of warm-up time before beginning your session. You do not need to wait for the sauna to reach your selected temperature before entering. The infrared heaters begin delivering radiant heat as soon as they are operating.

Your First Sessions

If you are new to infrared sauna use, begin gradually while you become familiar with how your body responds to the heat. A good starting point is:

•15 to 20 minute sessions
•Approximately 158F (70°C)
•Allow adequate recovery time between your first few sessions

As you become comfortable, you can gradually adjust the temperature, session duration, and frequency to suit your personal preference.

Always listen to your body. End your session immediately if you feel dizzy, faint, nauseous, or otherwise unwell.

Hydration

Ensure you are adequately hydrated before and after sauna use.
Sweating rates vary considerably between individuals, particularly when first beginning infrared sauna use. Some people may sweat heavily during their first session, while others may take several sessions before experiencing significant perspiration.
Sweating is not required for the infrared heaters to be operating effectively.
Your First Sessions

Why Does the Temperature Rise and Fall?

Small temperature fluctuations during operation are normal.

Once the sauna reaches the selected temperature, the heating system will automatically cycle on and off to maintain the desired cabin temperature. As the temperature falls slightly, the heater will reactivate. This cycle will continue throughout your session.

What Temperature Will My Sauna Reach?

The maximum achievable cabin temperature can vary depending on the environment in which the sauna
is installed. Factors may include:
•Ambient room temperature
•Installation location
•Ventilation and airflow
•Electrical supply
•Frequency of door opening
•Surrounding environmental conditions

For optimal performance, install and operate your sauna according to the installation and operating requirements outlined in this manual.
Small temperature fluctuations during operationare normal.

Once the sauna reaches the selected temperature, the heating system will automatically cycle on and off to maintain the desired cabin temperature. As the temperature falls slightly, the heaters will reactivate. This cycle will continue throughout your session.

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FAQs

How should I start using my sauna for the first time?
During your initial two weeks, we suggest limiting sessions to 15–20 minutes at 110°F, spaced out with rest days in between. Once you're comfortable, experiment with different session lengths, temperature settings, and usage frequency to discover your personal preference.

Why am I not sweating during my session?
Your body may need time to acclimate to infrared sauna therapy before sweating becomes noticeable. Staying hydrated throughout the day is equally important. A helpful guideline: take half your body weight in pounds and consume that equivalent in ounces of plain water or herbal tea (avoid caffeine and carbonated drinks).

Why does the temperature rise and fall during my session?
Temperature fluctuation is expected and part of normal operation. Once your target temperature is reached, the heating elements power down. The temperature will drop roughly 5 degrees before the heaters reactivate. This on-and-off cycle repeats to keep your sauna at the temperature you've set.

What is the maximum temperature my sauna can reach?
Maximum temperature varies based on installation specifics, your room's ambient temperature, where you've placed the sauna, and your electrical system's capacity all play a role. Every home's setup is unique, so results may differ.

How do I clean my sauna?
Warm water and a soft cloth. Wring the cloth out well, wipe down the interior wood, then follow with a clean dry cloth and leave the door and vents open until everything is dry. For heavier marks, add a few drops of unscented, pH neutral dish soap and finish with a clean water wipe.
💡 **Tip: Cleaning regularly prevents sweat buildup and keeps your sauna wood in excellent condition.**

heavenly heat
saunas

Traditional

Heater Installation

Instruction Manual



Please refer to the heater manual for specific wiring instruction

Overview

1. Install junction box.
2. Direct connect junction box to electrical panel.
3. Mount heater.
4. Run 3/4 in. metallic conduit from junction box to heater.
5. Mount thermostat bulb.
6. Install Stones & Safety Grate

Table of Contents

Requirements 03

Electrician to Provide 03

Heater Connection Picture 03

Heater Mounting 04

External Works 05

Thermostat Installation 04

Heater Stones 07



Requirements

1. It needs a 2 pole 30 amp non-GFCI breaker.
2. Run (2) #10 copper wires + ground to heater.
3. Wires connect to heater terminals 1 and 2.

Electrician to Provide

1. Junction box.
2. 3/4 in metallic conduit.
3. All wiring external sauna heater.

Important. Assemble and operate the sauna only as described in this manual. Incorrect installation may affect performance, cause damage to the sauna or create a safety hazard.

Internal Heater Mounting



1 MEASURE & MARK HEATER POSITION

Measure the sauna wall and determine the correct heater location. Mark the heater mounting position clearly before beginning installation.

- 3.5 inches from the door
- 6.75 inches from the floor





2. REMOVE THE HEATER GUARD

Remove the screws securing the top heater guard/grille. Carefully lift the guard away from the heater and set it aside for reinstallation later.

3. INSTALL THE MOUNTING SCREWS

Remove the screws securing the top heater guard/grille. Carefully lift the guard away from the heater and set it aside for reinstallation later.



4. MOUNT THE HEATER

Carefully lift the heater and align the mounting slots on the rear of the heater with the installed screws. Lower the heater onto the screws until it is fully seated and securely supported.





5. CHECK HEATER POSITION

Confirm the heater is level, firmly mounted and positioned at the required clearances before proceeding with the electrical connection.

Important: Do not operate the heater until it has been fully secured and all required electrical work has been completed by a qualified electrician.

External Electrical Work

1. Mount the junction box on the outside of the sauna back wall, next to the pre-drilled hole.
2. Direct-connect that junction box to the electrical panel.
3. Run 3/4" metallic conduit from the junction box through the pre-drilled hole in the back wall and through the pre-drilled hole in the sitting baffle.
4. Reduce to 1/2" seal-tight flexible conduit for the final run to the heater knockout.



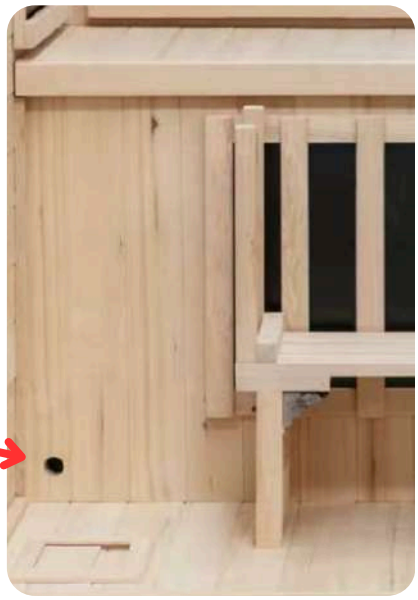
1 MOUNT THE JUNCTION BOX
Mount the junction box on the outside of the sauna back wall, positioned next to the pre-drilled hole.

2. CONNECT TO THE ELECTRICAL PANEL
Have a qualified electrician connect the junction box to the appropriate dedicated branch circuit in accordance with the heater requirements and all applicable local and national electrical codes.

3. ROUTE THE METALLIC CONDUIT
Run 3/4" metallic conduit from the junction box through the pre-drilled hole in the back wall, then through the corresponding hole in the calf shank panel

4. CONNECT TO THE HEATER
Transition to 1/2" liquid-tight flexible conduit for the final connection to the sauna heater.

Run Metallic conduit through this hole to the heater.



Important. All electrical wiring and connections must be completed by a qualified electrician in accordance with the heater manufacturer's requirements, the National Electrical Code (NEC), and applicable local codes.

Heater Stones Install







⚠ CAUTION: Never install, remove or reposition sauna stones while the heater is hot. The heating elements must remain evenly separated and must not touch each other.

PREPARE THE HEATER & SAUNA STONES

1. TEST THE HEATING ELEMENTS
Before installing the sauna stones, turn the heater on and confirm that all three heating elements are operating and heating correctly.

2. BURN IN THE HEATER
With the heater empty and the sauna stones not yet installed, operate the heater for approximately 45 minutes to complete the initial burn-in of the heating elements.

3. WASH THE SAUNA STONES
While the heater is completing its burn-in cycle, thoroughly rinse the sauna stones with clean water to remove any loose dust, stone particles or debris.

4. ALLOW THE HEATER TO COOL
After the burn-in cycle, switch the heater off and allow it to cool completely before handling the heating elements or installing the sauna stones.

INSTALL THE SAUNA STONES

5. CHECK THE HEATING ELEMENTS
Before adding the stones, confirm that all three heating elements are correctly positioned and evenly separated. The elements must not be touching each other.

6. CAREFULLY PLACE THE STONES
Place the sauna stones individually by hand, carefully positioning them around and between the heating elements. Do not drop or force stones into the heater, as this may bend or damage the elements.

7. MAINTAIN ELEMENT SEPARATION & AIRFLOW
As the stones are installed, ensure they do not push the heating elements together. Stack the stones loosely and evenly, maintaining separation between all three elements and leaving sufficient space for airflow.

8. DO NOT OVERFILL
Do not tightly pack or overfill the heater. The stones should be evenly distributed and positioned so the top grate can sit correctly.

9. REINSTALL THE HEATER GRATE
Once the sauna stones are correctly positioned, reinstall the heater grate and secure it in place.

heavenly heat
saunas

Traditional Heater Installation

Instruction Manual - FLB60



EN

Owner's/Operator's Manual

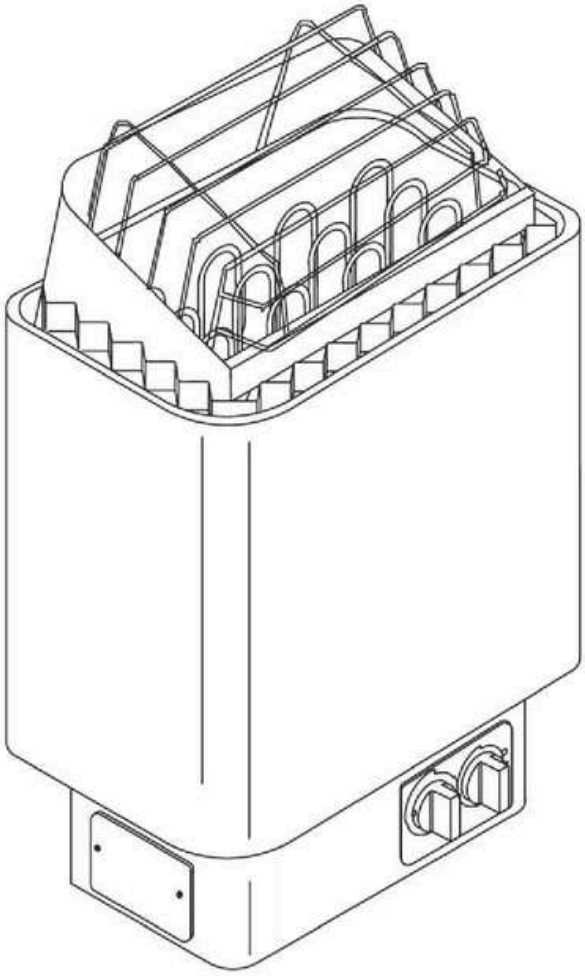
Sauna heater installation, wiring, operating instructions, trouble shooting, maintenance and guarantee.

IMPORTANT! This manual must be left with owner, manager or operator of Sauna after it is used by electrician!

MODEL

FLB-30
FLB-45
FLB-60
FLB-80

c UL us LISTED 6J21
SAUNA HEATER



Importer:
Finlandia Sauna Products, Inc.
14010-B S.W. 72nd Ave.,
Portland, OR 97224-0088
1-800-354-3342
503-684-8289
Fax: 503-684-1120

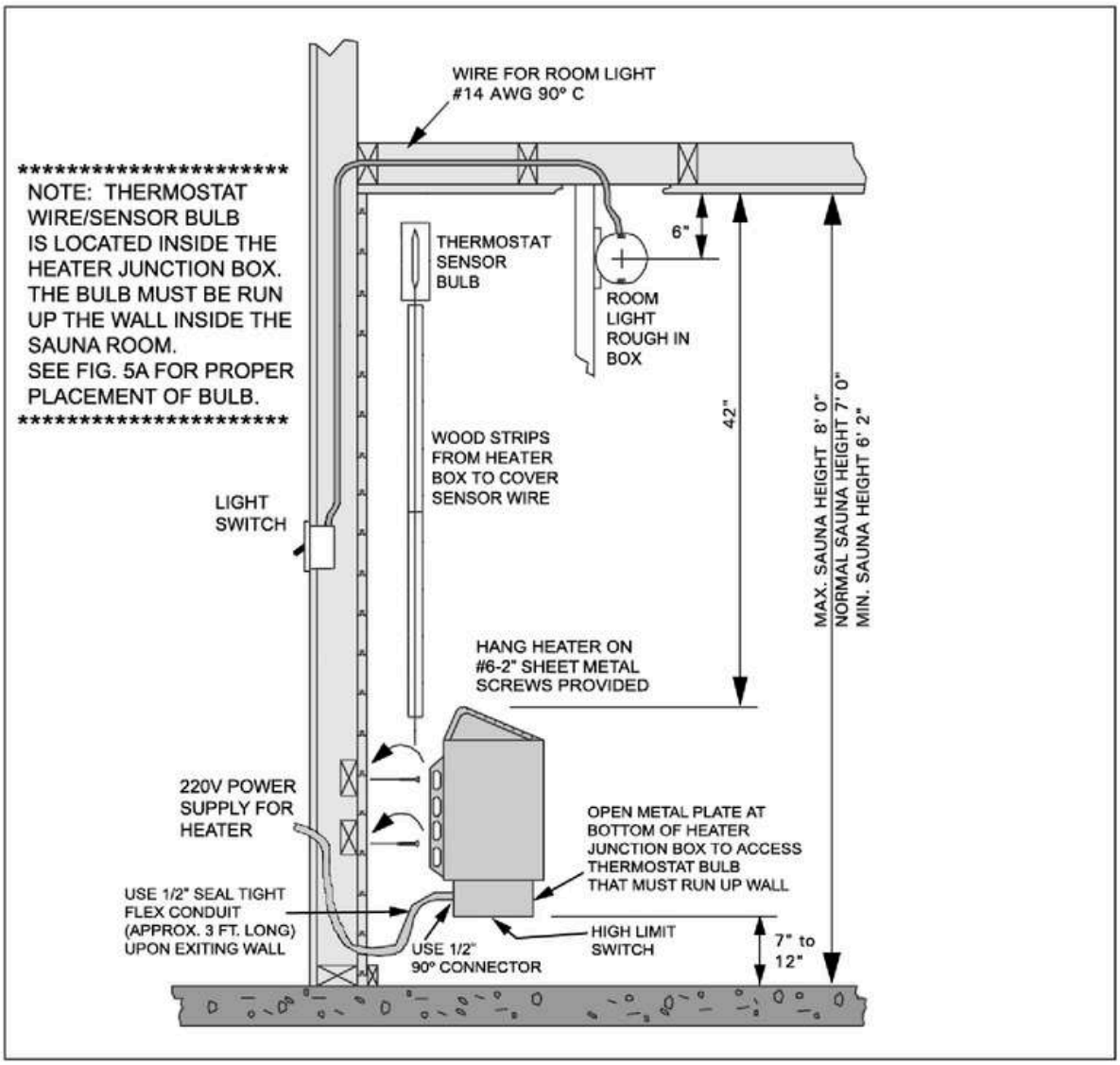


Figure 1

NOTE: DO NOT USE GROUND FAULT INTERRUPTER (GFI) ON SAUNA HEATER BREAKER!!

SAUNA HEATER INSTALLATION

1. Remove heater from carton and attach heater to wall with screws supplied. If wall thickness is less than 3/4", use 2"x 4" backing behind heater. Observe proper clearances as per page 4 and table 1.

2. See applicable wiring diagram fig. 5–8 for heater model. Heater must be permanently installed (no pigtails or plug allowed) and wiring must be done by a licensed electrician, who must follow wiring diagram provided and adhere to local codes. Use proper A.W.G. rated wire size and use copper wire suitable for 90°C within Sauna walls. Use grounding terminals provided in Sauna heater to properly ground the equipment as per NEC and local codes.

3. FLB style heaters have a thermostatic sensor bulb (located in the junction box of the heater) that must be run up the face of the interior Sauna room wall. See figure 5a for proper thermostatic bulb placement. DO NOT MOUNT SENSOR BULB DIRECTLY ABOVE THE HEATER or room will not get hot enough. Sensor bulb mounts in metal bulb holder that comes with heater.

4. Signs are located inside the heater carton. Mount the metal "CAUTION" sign directly above the heater. Install the metal "WARNING" sign above the heater or near sauna room entry. Place "BATHING INSTRUCTIONS" sign in a visible place

Two 4" x 10" R.O. Vents are recommended in the Sauna Room for proper air circulation.

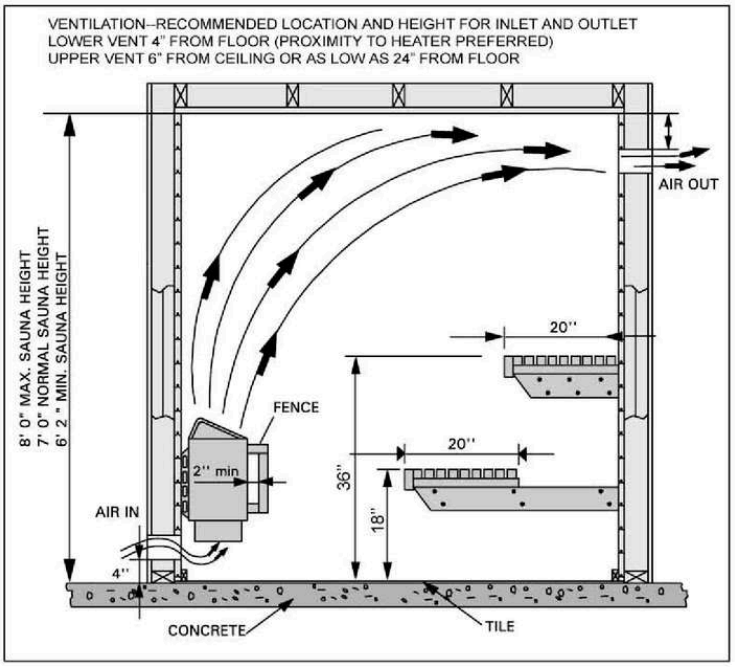


Figure 2.

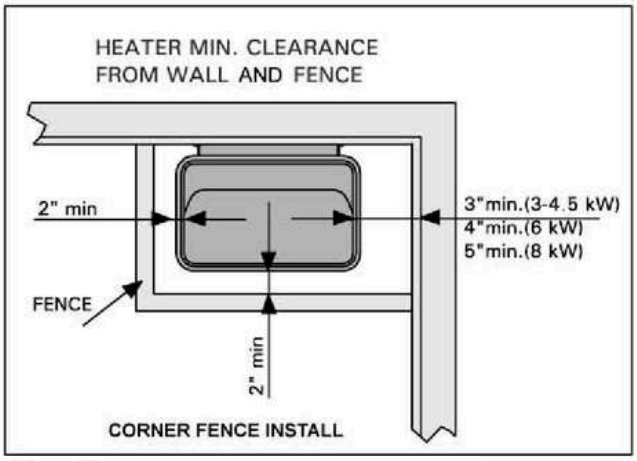


Figure 3.

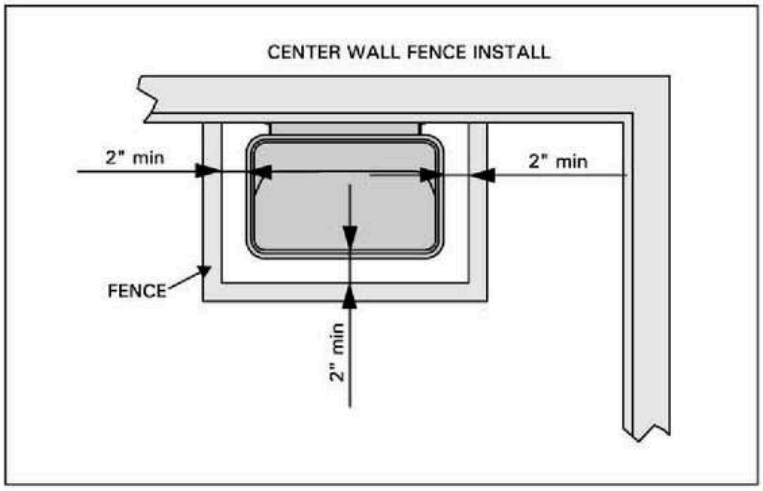


Figure 4a.

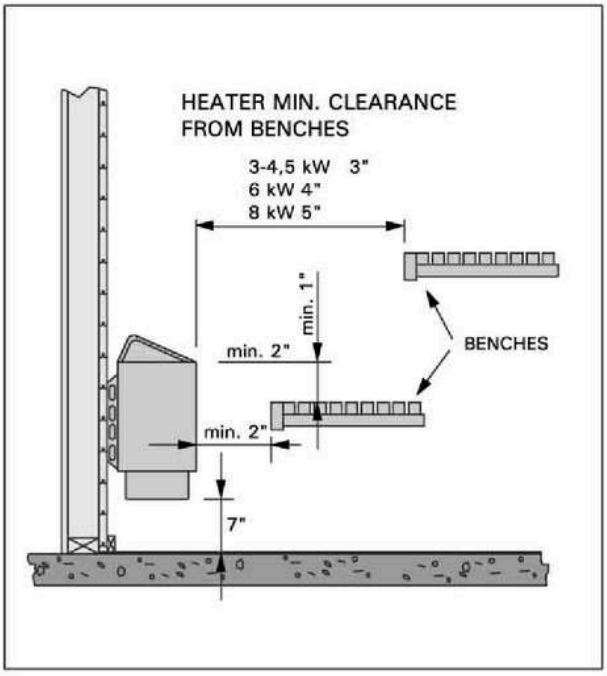


Figure 4.

Model	KW size	Min. height	Floor area		Sauna Room		Min. spacing from adjacent surfaces inches
			Min. Sq.Ft	Max. Sq.Ft	Min. Cu.Ft	Max. Cu.Ft	
FLB-30	3.0	6'2"	10	20	84	130	3"
FLB-45	4.5	6'2"	16	30	100	210	3"
FLB-60	6.0	6'2"	28	40	170	300	4"
FLB-80	8.0	6'2"	40	65	250	425	5"

Table 1.

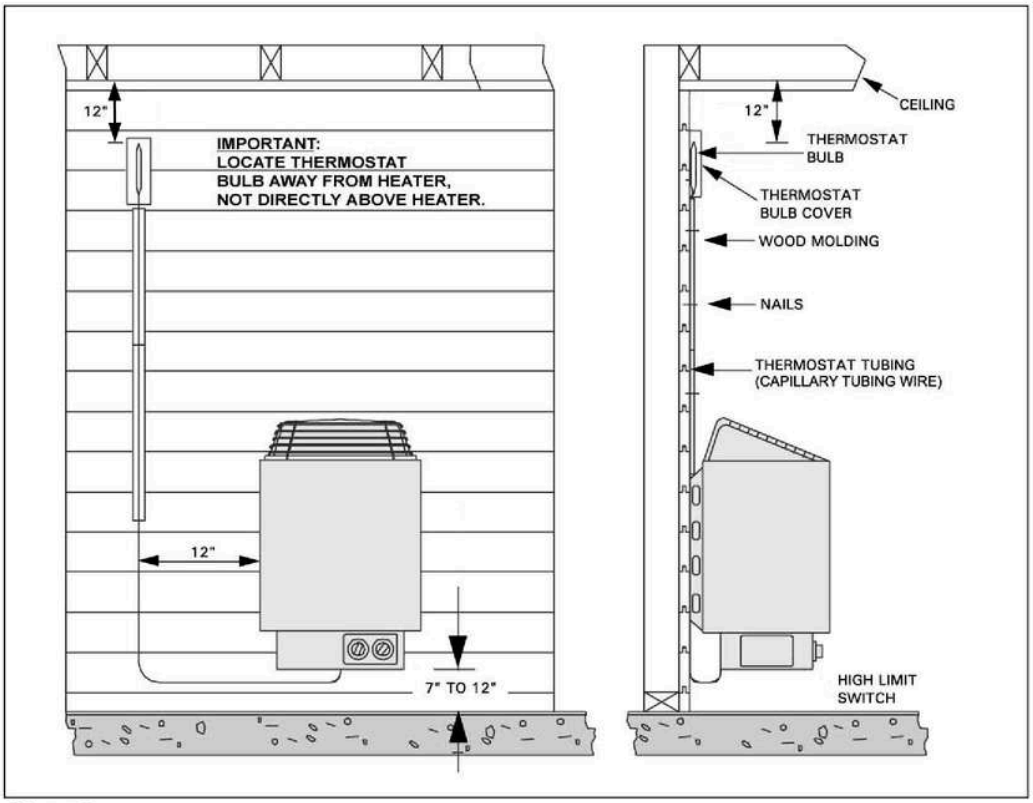


Figure 5a.

SAUNA HEATER WIRING AND HOOK UP OF FLB/KIP-B HEATER

Important! Before hooking up electrical wires to terminal block of heater, remove coiled thermostat wire and sensor bulb from junction box and bring up wall to side of (not directly over) heater. Cover wire with wooden molding provided in heater box. Molding will not cover entire length of wire. Coil up excess wire loosely and place under heater close to floor. NOTE: If left in heater, thermostat can short out and would have to be replaced at your expense.

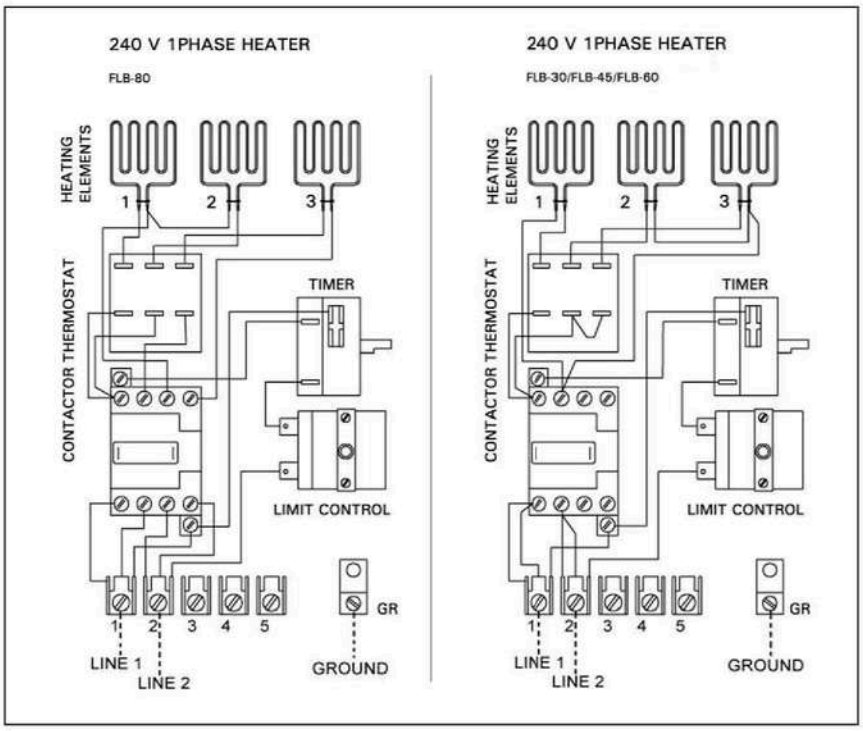
Refer to chart page 5 for proper wire size and amperage. See page 4 for required clearances. Any wiring within internal Sauna walls must be rated 90° C and copper wire must be used. Run wire through seal tight flex conduit from sauna wall to knock out at back of heater and connect to heater with 90° connector. Metal cover plate under heater must be removed to access junction box. Connect to terminals 1 and 2 of terminal block and connect ground wire to lug marked ground.

Note! If connection to heater will be made at a later time, bring flex into Sauna room 4–6" from floor, and leave 3' of flex for hookup (can be cut to right length later).

Before using heater, fill rock cavity with igneous stones provided with heater and fasten metal rock guard at top of heater. (See general info concerning placement of stones.)

Be sure to cover thermostat bulb with protective metal cover by threading bulb through holes in cover, and fasten bulb cover to wall with screws provided. Also, take care when nailing protective wood strips over capillary tubing, so that nails do not puncture tubing. If punctured, entire thermostat must be replaced.





2 hot wires
to terminals
1 & 2 + GND

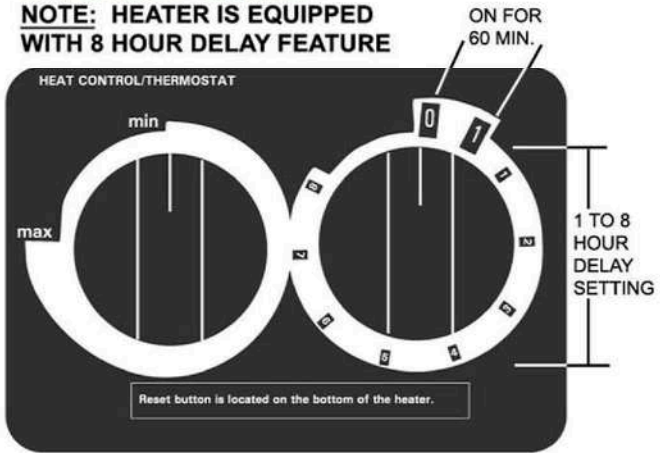
Figure 5. FLB Heater hook up

SAUNA HEATER (240 V) WITH BUILT IN CONTROLS						
Model	Watts	Amp Draw	Breaker Size	Voltage	Phase	Wire Size
FLB-30	3000	12.5	20	240	1	12
FLB-45	4500	18.8	30	240	1	10
FLB-60	6000	25.0	30	240	1	10
FLB-80	8000	33.3	40	240	1	8

Breaker must be double pole non-GFCI

SAUNA CONTROLS
ON FLB/KIP-B HEATERS
NOTE: HEATER IS EQUIPPED
WITH 8 HOUR DELAY FEATURE

TURN DIAL PAST "3"AND THEN BACK TO THE LARGE "1" FOR HEATER TO TURN ON NOW.



VERY IMPORTANT!! Read instructions below for operation of heaters with built in controls.

Set heat control thermostat (left side dial) to max. FLB & KIP-B sauna heaters with built in controls have a 60 min. timer (0 to large 1 on the dial), and if you wish to use the full 60 min. cycle, turn the timer knob past the large 1 to number 2 or 3 on the dial. Then turn backward to the large 1 until a click is heard. Leave knob at that setting, and Sauna will operate for 1 hour before shutting off automatically.

An additional feature is an 8 hour time clock (small 1 to 8 on the timer dial). If you wish to preset your Sauna heater to automatically turn on from 1 to 8 hours later, turn the timer to the desired number. Timer will wind down to large 1 (1 hour) setting. The heater will turn on and stay on for 1 hour.

Allow at least 30 minutes for room to heat up to an average Sauna temperature. Note!! If you set timer past first 1, timer will not come on until the time set has elapsed. The 60 min. timer is quiet. It does not tick.

For eg., if you set the timer knob at number 3 setting, the Sauna heater will turn on 3 hours later, and will be ready for useage in 3 1/2 hours (allowing for 1/2 hour heat up time). The heater will shut off automatically in another half hour, and if you wish to continue using Sauna, reset the 60 min. timer by going forward to the time delay numbers, then backward to the large 1 hour setting. Heat Sauna for 30 min. to 1 hr. to achieve adequate Sauna temperature. Wait at least 30 minutes from cold start before pouring water on the sauna stones. If room is too hot, adjust heat control knob toward minimum until desired temperature is reached.

SAUNA – GENERAL INFORMATION

Rock placement – do not operate heater without stones!
Use only the stones which are supplied with the Sauna heater.
Place them inside heater so that rocks are between and around heating elements. However, do not force rocks between elements.
Use smaller stones first, and continue to fill heater with larger stones until they are about 2" below rock guard. You may not need all of the stones.

Stones should be placed loosely within heater so that there is good heat circulation around and through them. Stones should completely cover the heating elements, however!
Pouring water over exposed elements could cause heater damage!

TESTING OF SAUNA HEATER

1. After Sauna heater has been properly wired, according to appropriate wiring diagram and local codes, turn Sauna breaker on in the main breaker panel. (Note! Electrician must label "Sauna" breaker.)
2. Turn thermostatic (heat) control to on position (this is located either on your heater or on your remote wall control. If you have a wall control, the indicator light will come on to show that the Sauna is heating). Set timer to 10 or 15 minutes.
3. Within 5 minutes, you should be able to feel heat from heater elements when holding your hand over heater.
4. If Sauna does not heat, refer to troubleshooting information.
5. It is normal for smoke to appear during the first heating, as protective element coating needs to burn off. **Turn sauna on for 1 hour before using the first time, to eliminate smoking.**

TROUBLESHOOTING

A. If sauna does not operate after initial installation and wiring:

1. Check breaker to be sure that it is on. Also, breaker should be correct size.
2. Be sure that thermostat and timer are both in on position.
3. Be sure that timer winds down. If timer has been shorted out, heater will not operate.

B. If sauna has been in operation, but heater ceases to operate:

1. Check breaker to make sure it is on.
2. Check timer to see if it winds down.
3. Check high limit reset button in heater (reset is located under the heater).
   Push button up to reset. Make sure breaker is on and heater is in the "on" position when pressing.
4. Open the heater junction box to check condition of wires leading to the heater elements.
5. Call your electrician or service person for further help.

NOTE! A ground fault interrupter (GFI) should not be installed in and does not belong in a Sauna. If used, the breaker will trip, and damage could result.

C. If sauna heater operates, but sauna room does not come up to normal sauna temperature (160–185°F) when thermostat is at max.

1. You must allow at least 30 minutes for Sauna heat-up time.
2. Is Sauna thermometer located 6" from ceiling, and is it above or close to Sauna heater? (This is proper location for Sauna temperature reading.) Thermometer readings vary with room heights and location. Eg. 180°F above Sauna heater = 165 on opposite wall = 120 at upper bench level = 100 at lower bench level = 80 at floor level.
3. Check for proper wire size, amp size, and proper wiring (according to diagrams and information) also necessary copper wiring.
4. Check for placement of stones to make sure they are loosely spaced around elements, to insure good air flow. Stones packed too tightly will restrict air flow and reduce heating capacity.
5. Check for heat loss (around or under door, around ceiling light or fan – we do not recommend ceiling light and a fan does not belong in the Sauna.
6. Is room properly insulated?
7. Is ceiling higher than 7'?

CAUTION! ELECTRICIAN OR SERVICE PERSON!

1. **Before servicing heater, control, or contactor, turn power off at breaker!**
2. Remove bottom plate of heater to access heater wires. Make sure wires are tightly secured with no loose connections and that wire is all copper.
3. Check for burned timer or thermostat or corroded wires in heater.
4. After checking all the above, remove rocks and check heater elements for holes or any breaks. (Only if heater has been in use for some time.)

Finlandia Sauna's warranty on parts is void if installer/electrician fails to follow necessary wiring information provided or fails to follow code for proper wire size, amperage, etc.

HIGH LIMIT CONTROL

Each heater is equipped with a high limit control which is a safety device. If an abnormal heating condition should occur, the heater will automatically shut off, and it will not come on again until it cools.
To reset the high limit, locate the reset button (bottom front on wall models and push upward until contactor kicks in. If reset button continues to trip, contact a qualified service person. Be sure that a GFI breaker has not been installed.
Receptacles or PLUGS are not allowed in a Sauna room. If a speaker is installed in a Sauna room, it should not be installed higher than 3' from floor, away from the Sauna heater (consult manufacturer for ratings).

ROOM LIGHT should be a vapor proof, wall-mounted type, with rough-in box mounted flush with inside paneling. It should mount 6'6" from floor, not directly over Sauna heater, and not over upper benches; light bulb should not exceed 75 watts.

HEATER FENCE is necessary for safety and should be constructed of 1 x 2 or 2 x 2 softwood to match Sauna interior. See figures 2–4 for clearances from Sauna heater. Fence should attach to wall and should not be placed higher than top of heater below rock line.

ROOM CONSTRUCTION – GENERAL INFORMATION

A. FRAMING
- 2 x 4 dry Douglas Fir, 16" o.c.

B. CEILING HEIGHT
- no higher than 7'0".

C. INSULATION
- R13 fiberglass in walls and ceiling.

D. DRYWALL
- See local codes. Is not required in most residences. See local codes commercial. If drywall is used, apply 1 x 2 nailers so that wall and ceiling boards can be attached to solid wood.

E. PANELING
- Use kiln-dried, clear, T & G softwood such as California Redwood, Western Red Cedar, Alaska Yellow Cedar, with moisture content not exceeding 11 %.

F. BENCHES
- Use matching wood of vertical grain with 2 x 2 tops – 3/8" spacing – and 2 x 4 facing, fastening from bottom to prevent burning of bathers.

G. HEATER GUARDRAIL
- Use matching softwood of 1 x 2 or 2 x 2 .

H. DOOR
- Must open out and should not have a lock. Size – 2'0" x 6' 8" with fir rails and double sealed, tempered glass. ADA - 3' 0" x 6' 8".

I. FLOORING
- concrete, ceramic tile, or heavyduty Vinyl with walking area of removeable SuperDek.

J. VENTILATION
- should be provided by lower vent close to heater, 4" from floor, and upper vent on opposite wall (if possible) 6" from ceiling or as low as 24" from floor. Vents should be adjustable and should allow air to exchange.

K. LIGHT
- should be wall-mounted, vapor proof type, located 6" from ceiling.

L. ACCESSORIES
- bucket, dipper and thermometer are essential. Thermometer should be placed over the Sauna heater, 6" from ceiling, for correct temperature reading. Other accessories such as hygrometer, sand timer, brushes, etc. are available.

M. MAINTENANCE INSTRUCTIONS
- are included at the end of this manual.

N. WARNING SIGNS
- are furnished with Sauna heater. The metal "CAUTION" sign should be fastened to wall, close to heater, in a visible place. The metal "WARNING" sign should be fastened above heater or in another visible place.

WARNINGS!

Do not smoke, use alcohol, or exercise in the sauna!

Do not exceed 30 min. in the sauna at one time, as excessive exposure can be harmful to health. The sauna should not be used as an endurance test!

Persons with poor health should consult their physicians before using the sauna!

Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or dipper)! at any time.

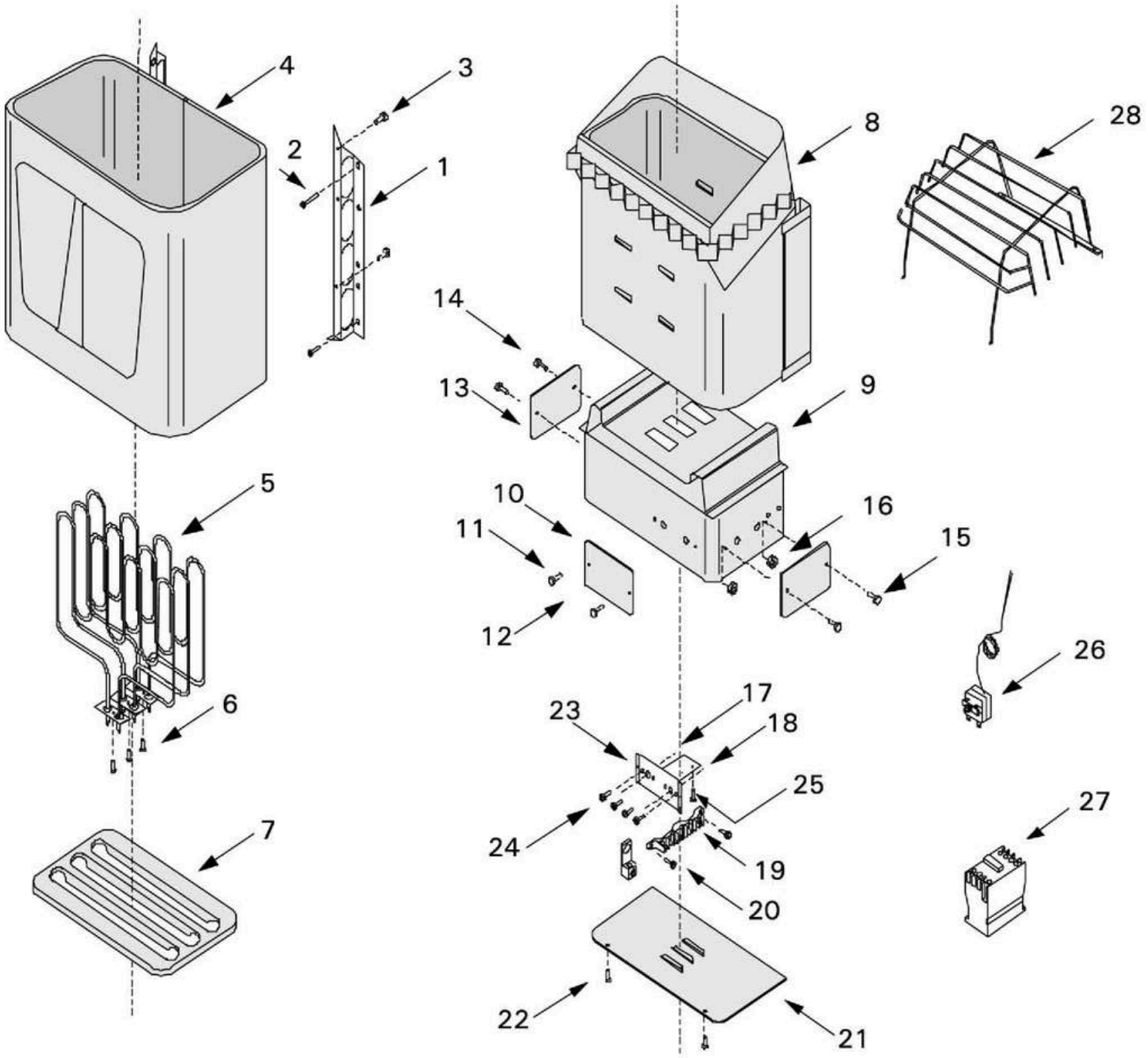
Use only clean tap water on the stones – do not use pool or spa water, as chlorine gas can be produced and the heating elements can be damaged!

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6°F. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.

The effects of hyperthermia include:
A) Failure to perceive heat
B) Failure to recognize the need to exit the room
C) Unawareness of impending hazard
D) Fatal damage in pregnant women
E) Physical inability to exit the room
F) Unconsciousness

Warning – the use of alcohol, drugs or medication is capable of greatly increasing the risk of fatal hyperthermia!

FLB HEATER PARTS



1.	Wall bracket	10.	Plate		
2.	Tapping screw	11.	Screw	20.	Strip fixing screw
3.	Sheet screw	12.	Tapping screw	21.	Base plate
4.	Casing	13.	Rating plate	22.	Screw
5.	Heating element	14.	Slothead screw	23.	Bracket
6.	Slothead screw	15.	Slothead screw	24.	Slothead screw
7.	Bottom grille	16.	Hexagon nut	25.	Slothead screw
8.	Stone compartment, assembled (frame)	17.	Thermostat	26.	Overheating limiter/switch
		18.	Timer	27.	Contactor
9.	Electrical casing, assembled	19.	Terminal strip	28.	Protective grill

HARVIA

FINLANDIA sauna

MAINTENANCE INSTRUCTIONS

1. Use only clean water on Sauna stones. **Do not** use spa or pool water as it will destroy your heater.

2. Clean water should always be used in Sauna buckets and water should be dumped out after every use. Scour buckets and dippers occasionally when film collects from usage. Use plastic bucket liner in bucket to prevent water leakage.

3. Scrub benches with a soft brush, using soap and water or a mild disinfectant, when needed– about once a week in commercial Saunas, or depending upon Sauna usage. For sanitation, each bather should sit or lie on a towel (this will prolong bench life).

4. Remove Super Dek and wash waterproof floor with disinfectant (e.g. Pine Sol) about once a week or as often as needed. Hose off Super Dek to clean.

5. To maintain beautiful appearance of Sauna heater, remove water stains by wiping with a damp cloth occasionally.

6. Finlandia/Harvia Sauna Heaters require no special maintenance when properly installed by a qualified electrical contractor. After 5 years of usage, the rocks may need replacing if they have crumbled or powdered.

7. Finlandia/Harvia Sauna strongly recommends a floor that can be easily cleaned (concrete, ceramic tile, or a poured type of flooring). When this is provided, the Sauna can be easily cleaned and kept in a sanitary condition with little effort. A carpet is NOT recommended for a Sauna! A carpet becomes a prefect breeding ground for bacteria in the moist conditions of a Sauna; and a carpet promotes the spread of foot diseases such as athlete's foot. For the same reasons, wooden duckboard should not be used for flooring.

8. In new construction, a floor drain should also be provided, especially in commercial Saunas for sanitary cleaning and maintenance.

9. Seal wood around glass in door—inside and outside—with *Thompson's Water Seal, Olympic Water Guard #55548*, or similar product.

10. When Sauna wood becomes stained from perspiration, the wood may be lightly sanded with fine sandpaper to restore beautiful appearance. We do not recommend stains or sealers as toxic vapors may appear when heated. However, 2 coats of *Thompson's Water Seal* may be used on the wood benches in a commercial Sauna, so that the wood may be more easily cleaned and kept sanitary—the wood will not absorb perspiration.

11. The Sauna room will heat faster if the higher vent is kept in a closed position when heating. The lower vent may always be kept in an open position.

12. Required warning signs should be posted according to the instructions.

Guarantee

This FINLANDIA HARVIA SAUNA heater is guaranteed for 1 year from date of purchase, and includes all heater parts such as heating elements, controls, contactors, etc.

This guarantee covers faults in manufacture and material only, and includes the exchange of new parts supplied by the manufacturer or importer, after the faulty parts have been returned to same. The replacement of parts under warranty does not extend the warranty period beyond the original one year.

The guarantee does not cover defects caused by normal wear and tear, defects caused by improper installation, poor maintenance, or failure to follow the manufacturer's instructions for installation, use and care, or alterations made to the Sauna product.

This guarantee is void if the heater is used improperly. Pool or spa water should not be poured over the Sauna stones, as chemicals are harmful to the heater. Only one or two dippers full of water should be poured over the hot stones at one time. This guarantee will be void if a shower has been installed in the Sauna room.

The guarantee does not cover delivery costs of the faulty part or costs of the person carrying out the repair in the field. If the Sauna heater is returned to the manufacturer or importer within five years after date of purchase, the importer will provide free labor for repair, but will charge for parts if date of purchase is past one year.

This guarantee will be void if installation and wiring is not carried out by a certified electrician or authorized and qualified service representative, who must sign below.

This guarantee will be void if information below is not filled out and returned within 15 days of purchase, and it applies only to original installation of product and to original purchaser.

FINLANDIA
HARVIA SAUNA HEATER _____
MODEL NUMBER _____

DATE OF PURCHASE _____
ORIGINAL OWNER _____
ADDRESS _____
_____

PURCHASED FROM _____
_____

ELECTRICAL CONTRACTOR
MUST SIGN HERE _____

DATE OF ELECTRICAL
WIRING & HOOKUP _____

Importer:
Finlandia Sauna Products, Inc.
14010-B S.W. 72nd Ave.,
Portland, OR 97224-0088
1-800-354-3342
503-684-8289
Fax: 503-684-1120

HARVIA

FINLANDIA sauna



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