

**SAUNACORE**

INSTALLATION INSTRUCTIONS FOR SAUNACORE DO-IT-YOURSELF SAUNA KITS

# INSTALLATION GUIDE

SAUNACORE  
905.857.8085  
[www.saunacore.com](http://www.saunacore.com)

ATTENTION: THIS MANUAL MUST REMAIN WITH THE OWNER OR OPERATOR OF THE SAUNA

These instructions were written for contractors and do-it-yourselfer who are constructing their own saunas. Much of the installation is performed with basic construction practices. However, these tips should help make the process easier and help ensure your sauna is professionally installed for optimum enjoyment.

- A. Materials that are NOT furnished include: framing, insulation, and exterior finish. (unless specified)
- B. All electrical work should be completed by a licensed electrician.
- C. Study all the instructions prior to installation.

**NOTE: Each lumber bundle is marked. Minor trimming may be needed to fit job conditions.**

**Your sauna can be placed on concrete, tile, linoleum, or any surface that does not absorb water. Do not install the sauna on carpeting**

**Hint:** We recommend the use of a pneumatic brad nailer for installing the tongue and groove (T&G) boards. This will save more than half of labor time and will allow for easier blind nailing. Use 1-1/4" to 1-1/2" galvanized finish nails.



**Installation Instructions for the Saunacore Sauna Kits****Materials supplied:**

**Walls and Ceiling** - 1x4 V-joint tongue and groove kiln dried clear Western Red Cedar up to 3/4 " in thickness. Cedar paneling can be vertically or horizontally (specified at time of ordering). Ceiling can be up to 7 feet high.

**Heater** - Saunacore Standard Heater, Saunacore Special Edition, Saunacore Ultimate, Saunacore Steam Vaporizer, or Saunacore Commercial, depending on which you have ordered.

**Benches** - 2x4 clear Western Red Cedar for two benches, bracing, and bench support

**Sauna Door** - Door with roll-catch, hinges, cedar door handles, cedar framing, stop, and cedar casing.

**Floor** - Clear western red cedar slates and bracing for duckboard in entrance area of sauna.

**Extras -**

- Clear cedar heater guardrail
- Galvanized finishing nails and screws
- Aluminum foil vapor barrier for walls and ceiling
- Vapor proof sauna light
- Cedar louver for vent
- Full length backrest (Prem and Plat.)

**Materials Not Included:**

**Framing materials** - Studs for walls and ceiling joists. Typically 2x4 spruce studs and 1x3 spruce strapping

**Insulation** - R-12 pink fiberglass for walls and ceiling

**Wiring** - Consult with qualified and experienced licensed electrician.

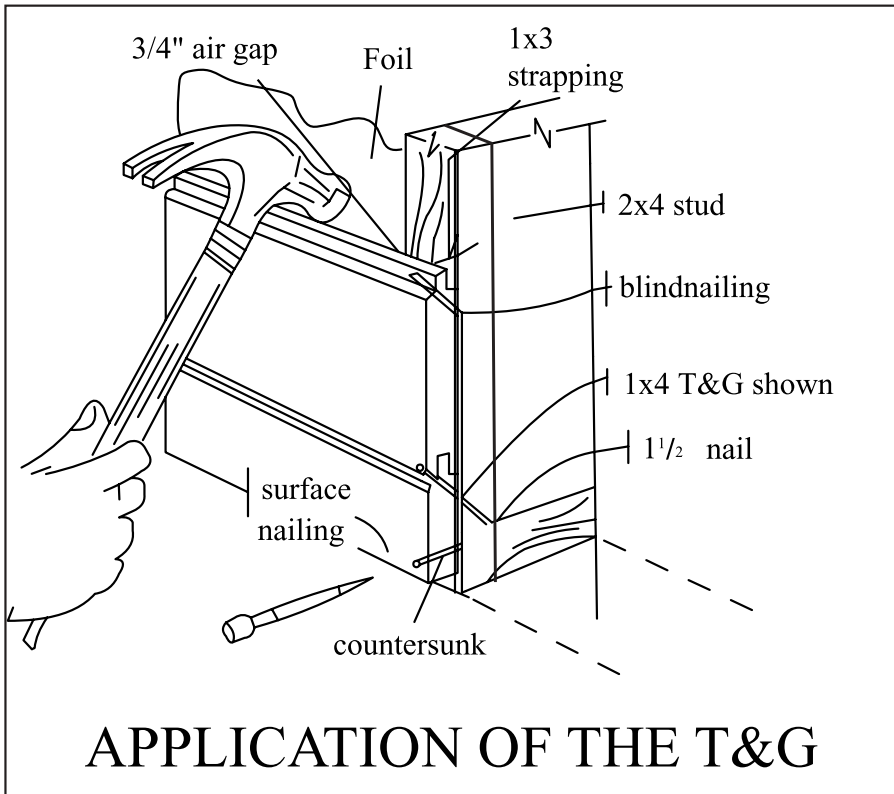
**Tools required:**

Hammer, handsaw, mitre saw , table saw, drill or cordless screwdriver, tape measure, square, jig saw, and level.

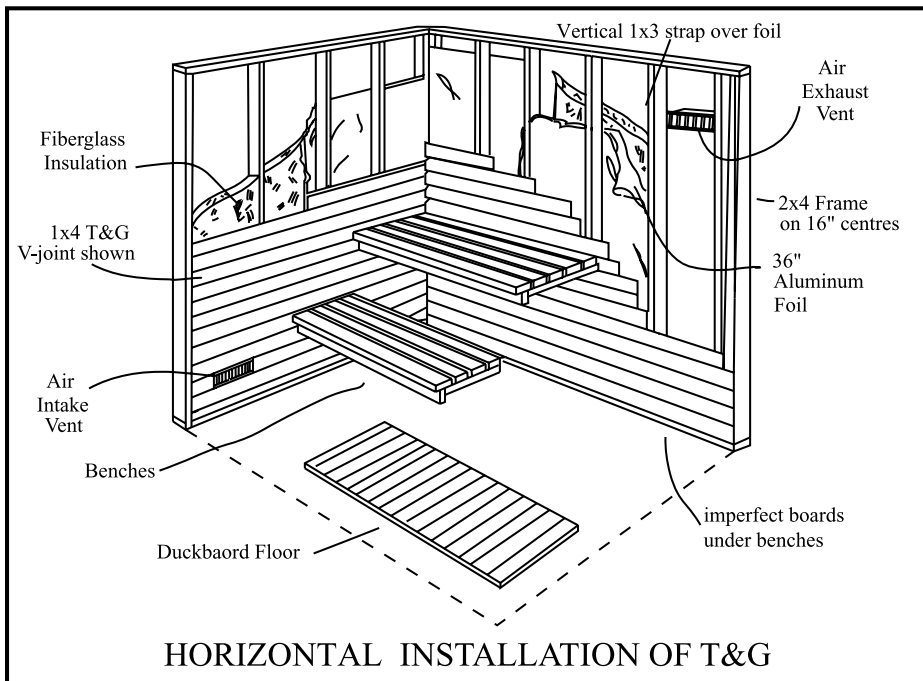
**NOTE: Study your instructions prior to installation. Minor Trimming may be needed to fit project conditions.**

**IMPORTANT: Please check immediately for any hidden damage that may have occurred in shipping or missing items. If any damage is found or if there are missing items, you must notify the delivering carrier and Saunacore within 48 hours.**

# Installation Instructions



APPLICATION OF THE T&G



HORIZONTAL INSTALLATION OF T&G

**Warning: Always use galvanized or stainless steel fasteners.**

## 1. Base plate, ceiling and corners

The base plate should be of treated 2x4's for added protections against moisture on the floor. All other framing can be any other suitable framing material. Be sure to fasten the bottoms plates to the floor with concrete nails. The front wall base plate should be a double 2x4. The floor should be a waterproof surface.

## 2. Framing the Doorway

Each side of the doorway should have double 2x4's. If the door framing is perfectly plumb and square, it is best to frame it 2" bigger than the door's outside dimension. A 24" x 78" door should have a rough opening of 26" x 80".

## 3. Framing for Ventilation

All saunas require the following:

**Air inlet:** should be located just below the heater, at floor level. Using 2x4 framing, frame an area with inside dimensions of 3 3/4 high x 6 1/4 wide. Simply nail two short 2x4's to the stud nearest to the heater (the studs form one side of the vent, the base plate forms the bottom, and the two short pieces complete the rectangle

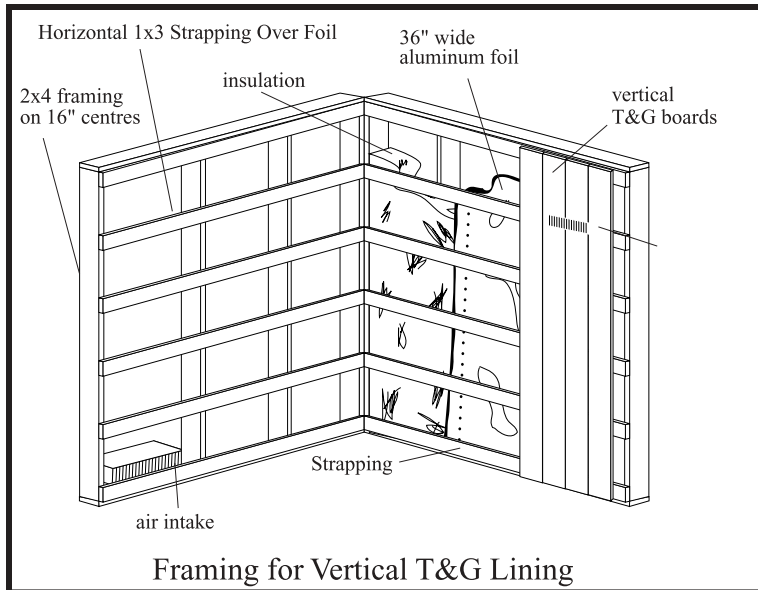
**Air Outlet:** should be located as far as possible from the inlet, in the diagonal opposite corner top of the sauna. Frame an opening that is the same size as the air inlet. Again, use the existing stud to form one side of the vent. Nail a cross piece between two studs for the vent base; then nail two short 2x4's as with the inlet to form an opening that is 1.625 x 3.125 inches. Ventilation opening is trimmed with wooden louver and frame provided.

## 4. Additional framing for heater mounting:

Determine where the heater will be located. Add two 2x4 support studs for the heater brackets.

## 5. Framing for horizontal T&G

There should be 2x4 framing on all four sides and the ceiling. Framing should be on 16" centers must strap over ceiling and wall studs. (3/4" air gap between foil and cedar)



### 6. Framing For vertical T&G

Strap walls with 1x3 spruce horizontally across the already existing vertical studs. When installing the cedar use nailer to attach directly over the strapping. (This will create a 3/4" air gab between the foil and the cedar)

### 7. Electrical

It is much easier to rough-in electrical wiring when the framing is done, but before the insulation is put in.

**Warning:** Always use a licensed electrician. Always follow wiring instructions provided with heater. Always use proper wire size and type. Follow local electrical codes.

### 8. Insulation

Use fiberglass batts between the studs and between the ceiling joists. The wall insulation is 3 1/2" fiberglass; the ceiling can be double layer of 3 1/2" with the second layer going across the bottom layer. Add strapping over foil to create the 3/4" air gab. Max R12 rating.

### 9. Vapor Barrier:

Use foil vapor barrier provided with your kit. The vapor barrier always goes on the warm side of framing. Use staples to fasten the vapor barrier to the studs and ceiling joists. Install the foils horizontally, lower partitions of the wall first. Overlapping foil (1" overlap) eliminates the need of taping. Always strap over foil, you must create a 3/4 inch air barrier between the foil and the cedar pannelling. Strapping is required for vertical and horizontal installation and for the ceiling.

### 10. Ceiling installation:

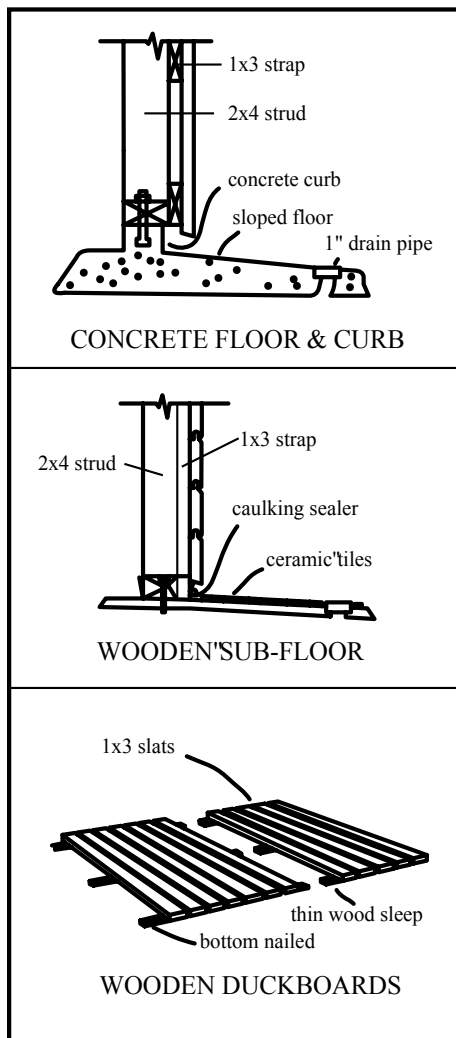
Always install the ceiling boards first. Work from the back of the room to the front. Start with a full board, with the groove against the wall. Nail the first board threw the face of the board at each end, and along the sidewall. Use 4 penny nails, nail at the inside edge of the tongue, at an angle through the board into the framing.

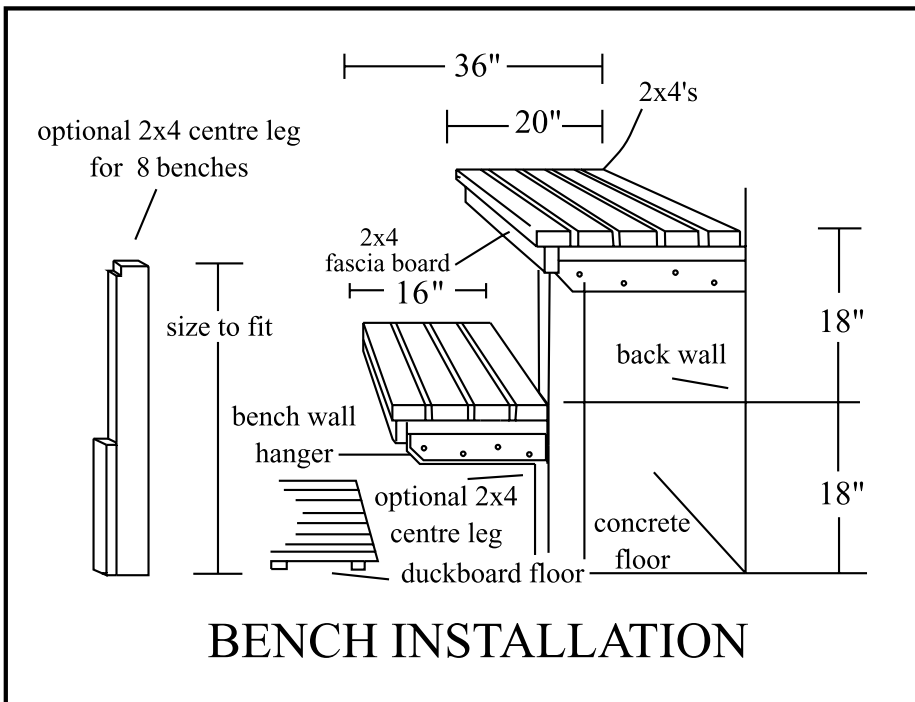
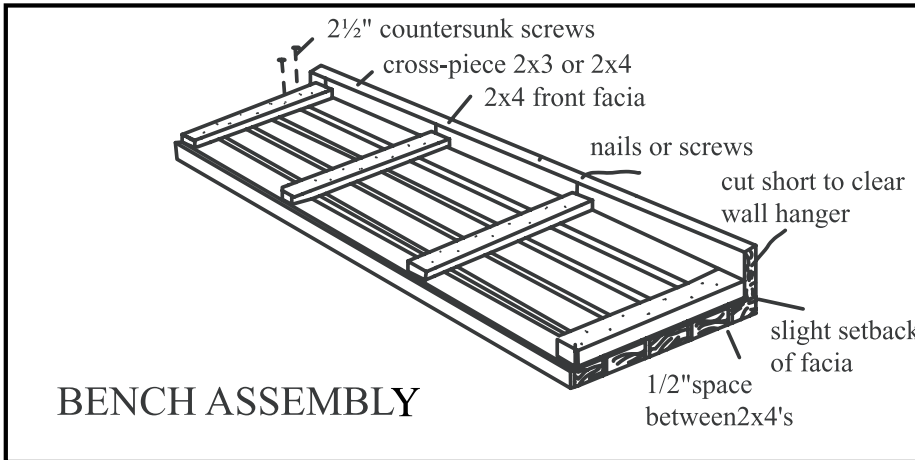
Continue with the other boards, nailing through the inside edge of the tongue along the board.

### 11. T&G Installation

Nailing close to the board ends can split the wood; likewise nailing too close to the end of the tongue. All T&G boards are nailed so the tongues point away from the previously nailed board. Be sure to recess the nail heads completely.

**Hint:** Use pneumatic brad nailer. Use 1 1/4" - 1 1/2" galvanized nails.





## 12. Wall installation/horizontal

The first tier of boards should be installed completely, before proceeding with additional tiers of boards.

All boards should be off the floor a minimum of ½" to prevent "wicking" of moisture from the floor. Install the top board on the back wall (tongue down), followed by both sides, and the front. Be extra careful to make sure that the first tier installed is perfectly level and tight up against the ceiling. The first tier is the guide for the boards below.

Remember each board may be cut slightly shorter than the framed opening. Always split the difference of the space between both ends.

When you get to the bottom board, measure the space remaining, scribe the board and cut it to fit. Install by face nailing along the outer edges.

**HINT:** To keep one side of the wall from creeping up, start nailing on the alternate ends of the board. (Do not start your nailing on the same end every time, alternate ends). Always keep checking for level, every few tiers.

## 13. Wall Installation/Vertical:

Complete the back wall left to right and then the other two side walls back to front. Lastly, the front wall from corner to door. The first of each wall should start with the groove end flush. The last board, ripped to fit, can be beveled slightly to make it fit easier. Always butt vertical boards to the ceiling, and keep a minimum of ½" off the floor.

## 14. Bench Installation:

The top bench should be at least 20" wide and 36" from the floor, and lower bench 18" from the floor. Benches are placed on the wall supports and legs if needed. 2" x 4" cedar with ½" space between the boards is recommended.

**15. Interior Trim:**

Is not required if sauna is built well.

**16. Door Installation**

Place the door into the frame opening and fasten the hinges to the frame. Mount so the doorjamb is flush with the surface of the exterior wall material. Door can be hinged left or right. Be sure the door is level and plumb. If it is not, use shims between the opposite side jamb and frame. Check for uniform spacing at the top of the door and the jamb, open then continue to fasten around the door. Door must always open out of the sauna.

Install the door handles, with screws; apply glue before attaching. Installed height is approximately 36" to the center of the handle.

