

# Steamist Precut Sauna

## SAUNA PREPARATION AND INSTALLATION INSTRUCTIONS

Steamist precut sauna packages provide all the material that is necessary to complete the sauna once the enclosure has been framed, wired and insulated. Please be sure to comply with any local and national building and electrical codes when installing the sauna. Please review the following information prior to installing the sauna package.

### **Framing**

Using kiln dried 2" x 4" studs, frame the sauna enclosure to finish out to the interior dimensions as listed on the sauna drawing. The 2" x 4" studs should be 16" on center, maximum. Framing should comply with all applicable local and national building codes. Consult your sauna blueprint for the recommended heater location. Refer to the corresponding sauna heater installation guide for proper location and placement of support blocking in the sauna wall for the sauna heater. In applications where sheet rock is to be used on the interior of the sauna, be sure to accommodate the additional thickness of the sheet rock into your initial framing dimensions. Remember, Steamist sauna packages are pre cut to fit the exact interior finished dimensions of the sauna.

### **Flooring**

Tile is the most common floor material used in sauna applications. Other materials such as concrete, marble, slate, sheet vinyl, etc. can also be used. No materials for flooring are provided with the sauna package, although Western Red Cedar duckboard and plastic Sauna Mat are available as an option. Duckboard and/or Sauna Mat are used to elevate the sauna user above any potentially wet surfaces.

### **Wiring**

Refer to the respective sauna heater installation guide to determine the wire size and location where the wiring will terminate in the sauna. Note: All wiring should comply with all applicable local and national electrical codes and should be accomplished by a certified electrician. The wall bracket light provided by Steamist is provided with each complete precut package. The rough in box should be mounted flush with the inside finish material. The minimum recommended height is 70" up from the finished floor. If a ceiling light is used in the sauna, it must be an approved type with a junction box that is mounted separate from the fixture and utilizes A, F or fixture type internal wiring. Sauna lighting should always be located in an area that minimizes potential contact with the sauna bathers. The power supply circuit should be a #14 AWG or larger, 2 wire with ground per National Electrical Code.

**Note: Lights used in the sauna should not be greater than 100 watts maximum.**

Refer to the sauna heater installation guide for the wiring diagram.

## **Insulation**

Use insulation with a minimum rating of R11 for the walls and ceiling. Fiberglass insulation with a foil vapor barrier is optimal, but Kraft (paper) faced insulation is acceptable. Additionally, rigid foam insulation is acceptable, but is usually more expensive and difficult to work with.

## **Sheet Rock**

Check with your local building codes for sheet rock requirements. Some areas of the country will require a 1 hour fire rated sheet rock (minimum 5/8" thickness) covering the interior walls of the sauna.

## **Tongue and Groove Application**

The tongue and groove provided as part of the package is to be fastened to the wall using a 5 penny, galvanized finish nail. If you're using a pneumatic nailing gun, use fasteners with an equivalent size to the 5 penny finish nail. Use a "blind nailing" technique, nail into the tongue of each piece of lumber at a slight angle, at each stud location. Make sure that each nail secures the tongue and groove to the stud. When the next piece of tongue and groove is applied, the groove will slide over the tongue and the process is repeated. Blind nailing ensures that no nails will be visible to the bathers and that there is no risk of injury from the hot nail head. Starting with the back wall of the sauna, nail a tongue and groove board approximately 1/2" up from the floor. Be sure that each piece is level. Base trim will cover the gap left under the tongue and groove. Next, nail tongue and groove on the side walls and the front wall in the same manner. After the first course of tongue and groove lumber is applied to all four walls, repeat the process around the sauna; this time applying 4 boards to each wall. Make sure that all of the boards are level and that the seams on the tongue and groove line up. After the walls are completed, apply the ceiling tongue and groove. Next, install the benches and bench supports, referring to the diagram supplied with the sauna package. You are now ready to install the door. Finally, trim is applied to all 4 corners, the floor, ceiling and door casing supplied for the interior of the room.

If you need additional assistance with questions regarding the installation of a

**Steamist Precut Sauna, please call Steamist at the following numbers:**

**East Coast: (201)933-0700**

**West Coast: (661)726-7046**