

Thank you for choosing a genuine Finnish Helo sauna. The following instructions should make the installation of your sauna quite straight forward, however if you need help please call us on 01342-300555.

Please note - some of the photographs in these instructions may show features from other sauna models which differ from those of the Original sauna range.



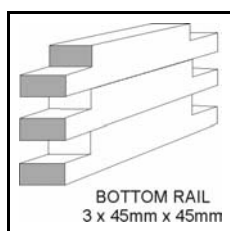
Your sauna will have arrived on a pallet. The first thing to do is locate the sauna layout drawing and picking list, unpack the components, and check that you have everything listed.

The first section below will help you identify each component.

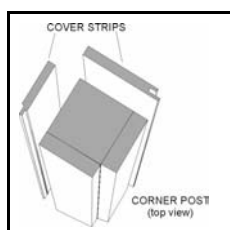


There will be a number of different wall and ceiling panels, benches, a box of sauna accessories, a sauna heater, and a fixing kit (250 x 2" screws, 80 x 3.5" screws and 150 panel pins).

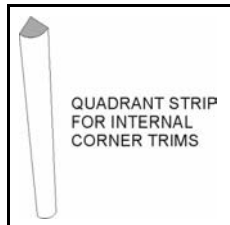
You should also have the following components:



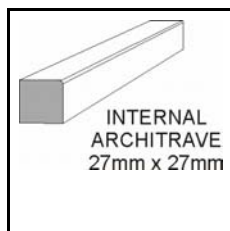
3 x Base/top frames (45mm x 45mm x various) for each side of the sauna - 12 in total, half-jointed at each end. These are cut to suit the size of your sauna. You need two of these for each side of the base rail, and one for each side of the top frame or ring beam.



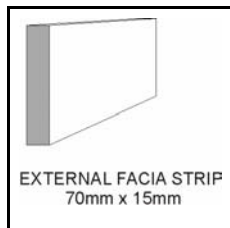
4 x L-shaped corner posts (65mm x 65mm x 1740mm) and 8 x lengths of specially cut paneling (4 tongue & 4 groove) to finish.



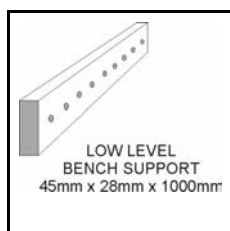
4 x Quadrant strips (1855mm) - square on one side and round on the other - these are used to finish the internal corners.



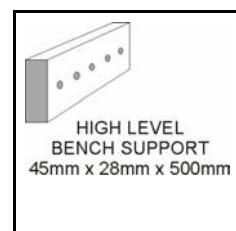
4 x Cornice (27mm x 27mm x various) - bevelled on one edge to join wall to ceiling. These are left slightly longer than required so that they can be cut to fit exactly.



4 x Fascia (70mm x 15mm x various) to finish top external edges of the sauna. These are left slightly longer than required so that they can be cut to fit exactly.



Bench supports - 45mm x 28mm x 1000mm for low benches and 45mm x 28mm x 500mm for high benches.



Once you have familiarised yourself with the various components you can start assembling the sauna cabin.



First assemble the sauna base frame. Take the first 4 base frames (two of each length) and join them together at each corner with 2" screws provided. Make sure the first layer of the base frame is square and level, and in the desired position. When square, the distance from each corner to its diagonally opposite corner will be the same.



Fix one more layer of base frames screwing this to the next using the 2" and 3.5" screws provided, until you have a solid square base frame two sections high.



You should leave a gap of at least 50mm between the sauna and any adjacent wall to allow air to circulate around the cabin.



You will have 4 base frames left over. Fix these together to create the top frame or ring beam. Use the base frame to make sure the top frame is square. Once you have made the ring beam, put it to one side for use later.

Before you start assembling the sauna check your sauna layout diagram and establish which panels go where - each wall of the sauna is made from a combination of different size panels.

All the wall panels are the same height and thickness, however they come in three different widths - 24.7, 50.2 or 67.2cm.



You may also have one or more of the following special wall panels:



Ducted wall panel - 50.2cm wide - used to channel power cables from source (outside the sauna at high level) to the sauna heater (inside the sauna at low level). One of the T & G panels is removable to allow the cable to be easily installed. Flexible ducting is incorporated into the panel to protect the cable (not shown).



Vent panel - 67.2cm wide - has a low-level grill inside the sauna, a hidden air duct, and a high-level grill outside the sauna. The vent panel is installed opposite the sauna heater, so that "old" air can escape from the cabin.



Wooden door with three windows complete with frame, hinges, door catch and handle - 67.2cm wide. The original door is made with toughened safety glass, however, as with all glass products, special care must be taken when handling in order to avoid breakage.



The sauna wall panels usually have polystyrene strips on each edge to protect the tongues and grooves - these strips and the staples used to attach them should be removed.



The wall panels must be installed with the longest panelling at the top and facing out.

Once you have planned the layout and determined which panels go where, you can start assembling the sauna walls.

Start by creating the four corners. Each corner is made from two wall panels and a corner post. Drill three holes through the corner post into the end of each wall panel and fix together with 3.5" screws - the corner post should be level with the frame of the wall panel. Lift each corner into place and slot down over the base frame.



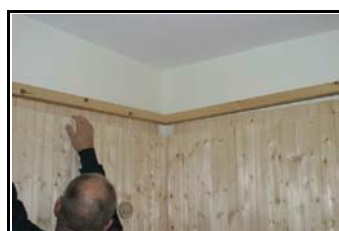
Build the rest of the sauna walls, lifting the appropriate panels into place ensuring the T & G joints meet - you should not install the door at this stage. The walls will not become fixed until the top frame is installed.



You can now install the top frame you made earlier.



First, drill a hole in the frame over the cable panel (if you have one) to allow for the heater power cable. Then lift the top frame beam over the sauna walls and into place. You may need an extra pair of hands for this job.



The top frame should fit tightly into the slot around the top of the wall panels to pull the structure together. You may need move the wall panels about to make the top frame fit.



If necessary use a hammer to gently knock the top frame into place.



Once the top frame is in place, ensure the cabin is square and level. The screw down through the top frame into the corner posts and wall panels at regular intervals using the 3.5" screws provided.

You are now ready to install the ceiling panels.

One face of each ceiling panel will be marked with a cross to indicate that this is the side that should face up and not be seen.

The ceiling panels are manufactured slightly smaller than the space available - this is so that they can be moved around once in place to make it easier to join the tongues and grooves together.



Lift the first ceiling panel over the top of the sauna and into position. The sauna layout diagram will show you which way the ceiling panels should face, and if they are different widths, which order they go in.



Position the ceiling panels on top of the top frame, inside the external wall panelling. The ceiling panels slot together tongue to groove in the same way as the wall panels.

There is no need to secure the ceiling at this stage - see ceiling fixing below.

The last panel to be fitted is the sauna door.



Fit 2 x infill strips (9mm x 45mm x 1750mm), one on each adjacent wall panel as shown using panel pins provided.



The door is universal (left or right hinged) - simply flip the door over to open left or right.



The door is installed from the outside by placing the bottom of the door frame onto the base frame in the gap between the adjacent wall panels, before raising into position.



Once in position, the door frame should be secured to the adjacent walls. Simply screw through the door frame into the adjacent wall panel using 3.5" screws provided. Screw in three places on each side of the door.

There is no need to fix the door at the top or bottom.



You should have some spare T & G panelling. This should be cut into short lengths to fill above the door on the outside of the sauna. Secure these small pieces of T & G with either silicone or panel pins (both provided).

You are now ready to fit the sauna door handle.



The door handle has 6 wooden components - two triangular handle sections and four washers.



Assemble one side of the handle using the threaded bolts provided. Locate the two bolts through the pre-drilled holes in the door so that the ends are showing on the other side.



Locate the second handle section onto the bolts and tighten using an Allen Key.



The door handle may need to be re-tightened once the sauna has been run, as the wooden components will expand and contract when heated.

Once the door is complete the ceiling can be secured.



First use silicone (supplied) to seal between the ceiling panels and the top frame.



Fit the cornice strips between the ceiling and the top of each wall. These will need to be trimmed to fit with either a mitre or butt joint in each corner. Fit the cornice with its bevelled edge showing. Drill and screw using 2" screws provided.

The next step is to finish the exterior.



Fascia is provided to finish around the top of the sauna walls and around the base frame.



The fascia will need to be cut to length with either a mitre or butt joint in each corner and fixed in place with panel pins (provided).



Specially trimmed T & G panels are supplied to finish exposed corners. If the sauna is against a wall (as shown) use T & G to fill the gap between the sauna and the adjacent wall.

You can now finish the interior.



First, fix the quadrant strips into each corner of the cabin (with the round side toward you) using panel pins as shown.

Next, fit the sauna benches.

Having checked the bench layout (refer to your sauna layout drawing), you can secure the bench supports. Use 500mm supports for the high level benches and the 1000mm supports for the low level benches.



High level supports should be installed 1200mm from the sauna ceiling, with the low level supports 300 - 350mm lower.



Make sure the bench supports are level. Drill and screw to the wall using the 2" screws (provided), one screw into every T & G panel. Try to screw slightly to one side of each T & G panel - screwing through the centre can cause the panels to crack.



Lift the benches into place and secure by screwing through the under side of the bench support into the bench frame using the 3.5" screws (provided).

You are now ready to fit the sauna heater. Full installation and operating instructions are included with the sauna heater, together with a fixing kit and template.

It is important that all electrical connections are made by a qualified electrician. The sauna heater wiring must be heat resistant and should comply with all current electrical regulations.



The heater is fixed to the wall using screw bolts supplied. Use the template to locate the bolts.

Screw the top bolts into the sauna wall panel.





Hang the heater on the two bolts.



Once you have cleaned the sauna rock, select smaller pieces first and place these around the elements on the rock tray. Do not force the rock as this may damage the elements. Fill the rock tray until the elements are covered completely.



Do not attempt to connect the electrical supply yourself - always use a qualified professional.

The time and temperature controls are mounted on the front of the heater. If necessary, your electrician can move the controls to either side of the heater to suit the layout of your sauna.

Next the heater guard rail can be assembled and fitted.



The sauna heater is fitted in the corner of the sauna and is protected by a wooden guard rail.

The two sections of the guard rail are screwed together and to the wall to form a frame.





Some heater guard rails come with an additional corner support leg. This can be screwed to the corner of the guard rail as shown. The support leg will need to be trimmed to the right height - it is important that no part of the guard rail or support leg are fitted higher than the top of the heater.



Ventilation is critical for the correct operation of the sauna heater. You should create a low level air vent to allow fresh air to be pulled into the bottom of the heater. This is done by drilling four x 25mm diameter holes in the base frame directly beneath the heater.

The final stage is to fit the sauna light and accessories.

It is important that all electrical connections are made by a qualified electrician. The sauna light wiring must be heat resistant and should comply with all current electrical regulations.



The sauna light should be situated in the back corner of the sauna and fixed to the ceiling. Make a hole in the sauna roof for the light cable. Once the light is wired, fit the lamp/bulb and screw the fitting to the roof using the 2" screws provided. Finally, fit the glass light shade.



Some saunas come with a thermometer and/or hygrometer, this should be fitted to the wall 150mm from the ceiling opposite the sauna heater.

Finally, if your sauna comes with a duck board, place this on the floor where required.

CONGRATULATIONS!

You have finished installing your sauna and it should look something like this...



You are now ready to use your sauna. Always check that the sauna heater is clear of any combustible materials, wood, paper, towels, etc. Turn the heater on by turning the thermostat knob to approx. 9 o'clock and the timer round to between 0 and 4 hours. Once the sauna has heated up, you can adjust the thermostat to fine tune the temperature, and then leave it set for next time.

N.B. If you turn the timer past 4 hours this will activate the delayed timer. This allows you to set the sauna to come on automatically after up to 8 hours. So if you turn the timer all the way round, it will wind back for 8 hours before turning the sauna on for 4 hours.