

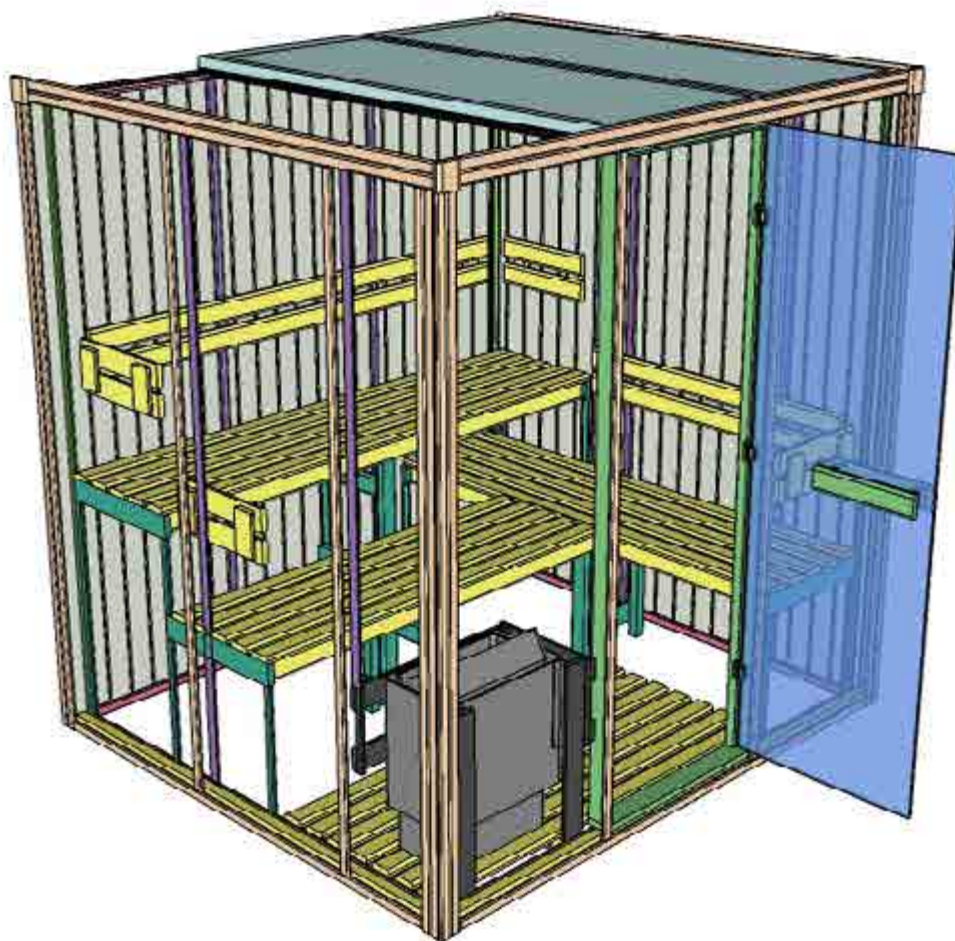


# Oceanic

## Sauna & Steam

### STAUNA

### ASSEMBLY INSTRUCTION MANUAL



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## 1. Introduction

Welcome to the Stauna Cabin Assembly 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. Please find the parts list which will be specific to the cabin you are building, this will help you with the layout of the panels, benches, back rests, floor mats and heater.

### 1.1. Pre Installation Checklist

- This Stauna can only be installed indoors or within a weatherproof building.
- Saunas can be erected onto the existing floor that can be vinyl, ceramic, concrete, timber but not carpet or laminate.
- The heater must be powered by an RCD protected isolated electricity supply, please check the parts list for the KW of heater.
- Check all the parts against parts list before commencing the installation.

## 2. Tools you will need

- A powered drill/screw driver with drill bits and posi screw bits
- 4mm Countersink Drill [Countersink all holes before screwing]
- Spirit level
- Hammer
- Hand Saw
- Optional Tools; Pin Gun, Cross Cut Saw, Large Set Square

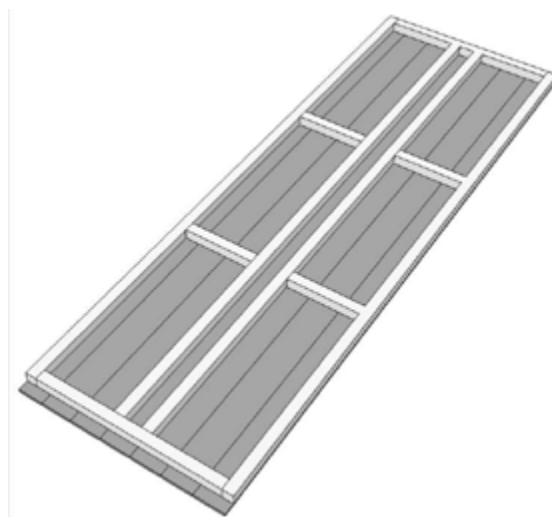
## 3. Stauna Coat

Stauna Coat should be applied to all internal surfaces. We recommend applying before installation and after installation. See page 21 for more details.

## 4. Wiring Panel

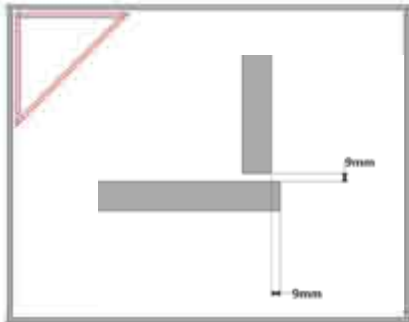
As our cabins are supplied with digital controls we provide a special panel to conceal the wire. Please find the 2 panels labelled "WIRING PANEL". The image below shows the channel down the centre of the panel, all wires are to run down this channel, the panel is supplied with no holes so it is down to you drill these where needed. Please see image below.

**IMPORTANT NOTICE:** Any wire entering the panel (Excluding temperature sensor cable) must be high heater silicone BSEN 6141 i.e Power Input, Heater, mini steam generator or Light Cable.



## 5. Construct base (Part 1)

- i. Lay out the four lengths of 32mmx32mm base into the correct shape. (Do no screw together)
- ii. Check using the spirit level that all sides are flat, pack if necessary.
- iii. We recommend to fix the base to the floor, this will help make it easier when coming to the later stages of the installation. If you do fix to the floor make sure you allow the 9mm gap between and spacing as shown.



## 6. Wall Panels (Part 16)

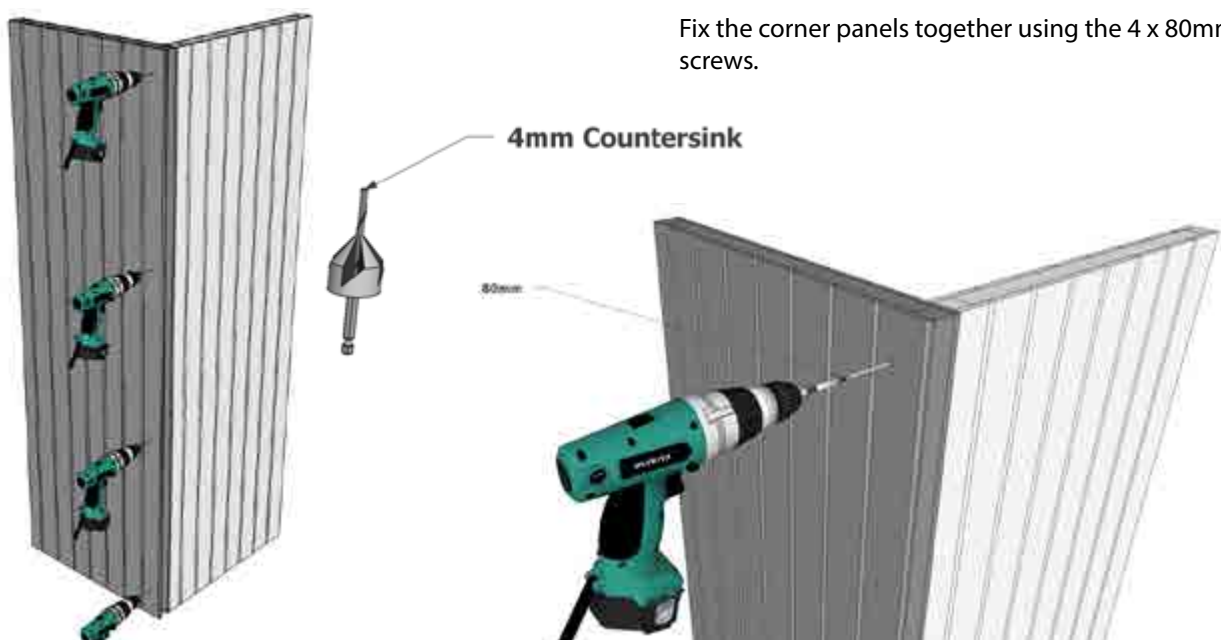
- i. i. Check the second page of the parts list to find which panels make up the four corners. If you have a 15, 25 or 35 model or a bespoke cabin you may have a mixture of different size panels so paying some attention here is important.
- ii. Ensure you are aware of the correct location for the two wiring panels, one for the sauna heater and one for the mini steam generator.
- iii. ii. Make sure the void in the panel is towards the bottom, this will sit onto the base as shown on the next page.

## 7. 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 4mm countersink drill bit.

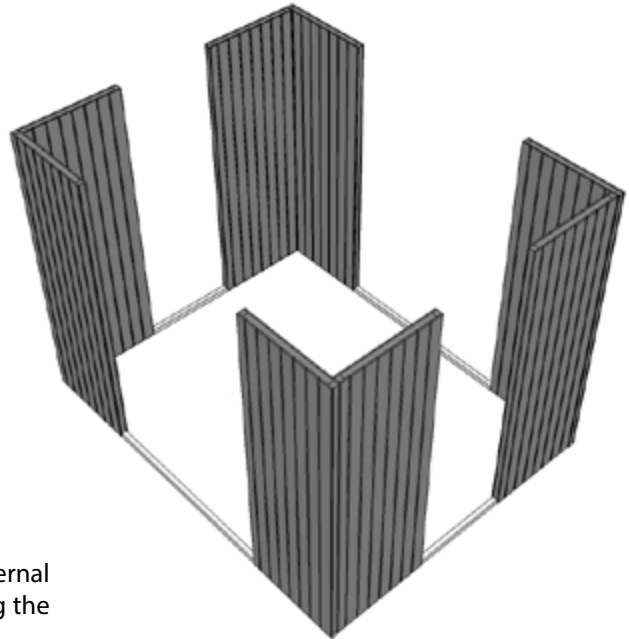
## 8. Fix Corner Panel

Fix the corner panels together using the 4 x 80mm screws.



## 9. Add four corners

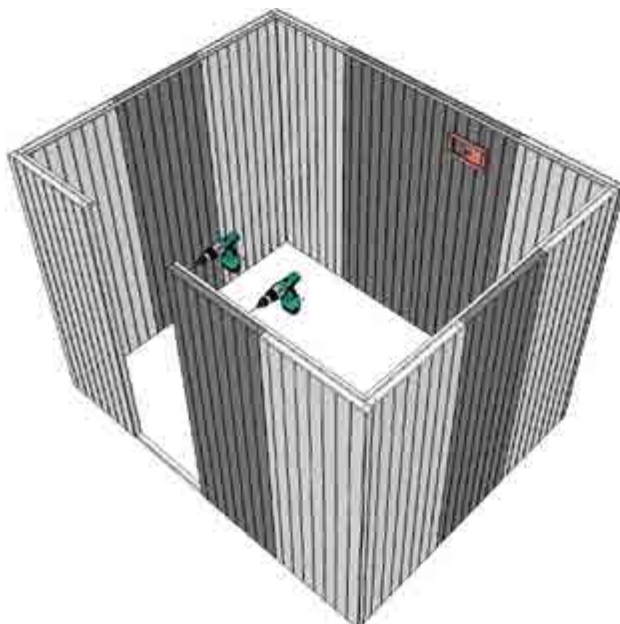
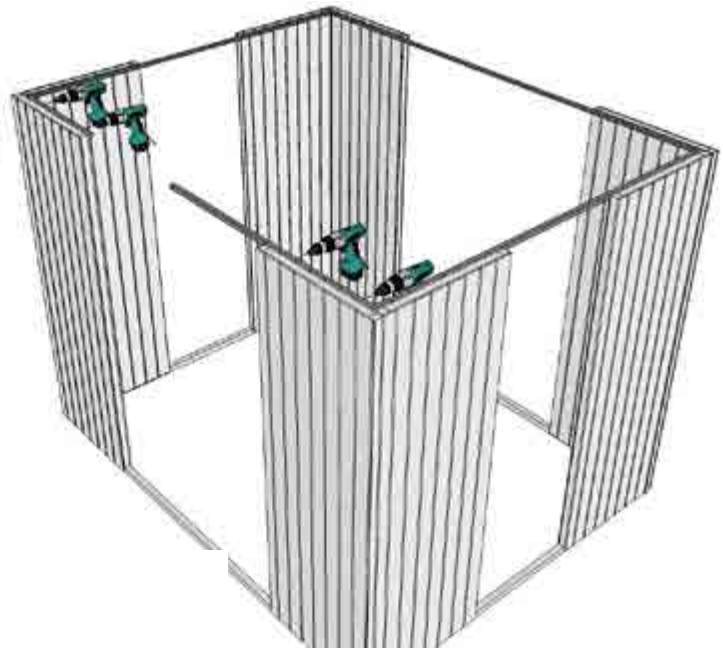
Lift the corner panels onto the base ensuring the panels appear to sit flush with the floor.



## 10. Add Cornice Trim (Part 6)

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

40mm Screw



## 11. Add remaining wall panels

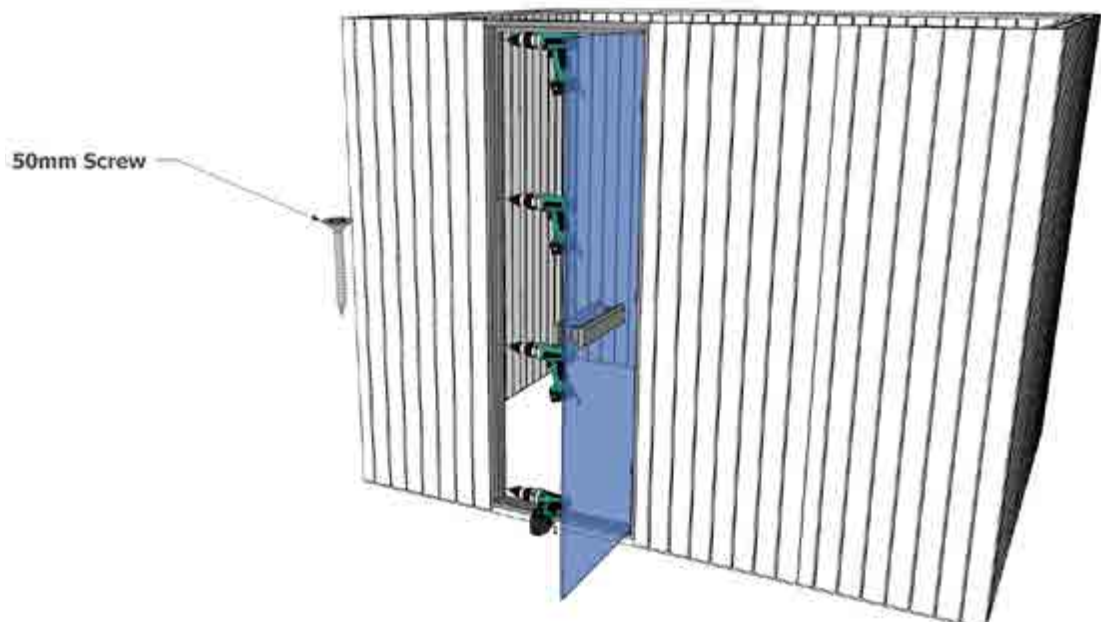
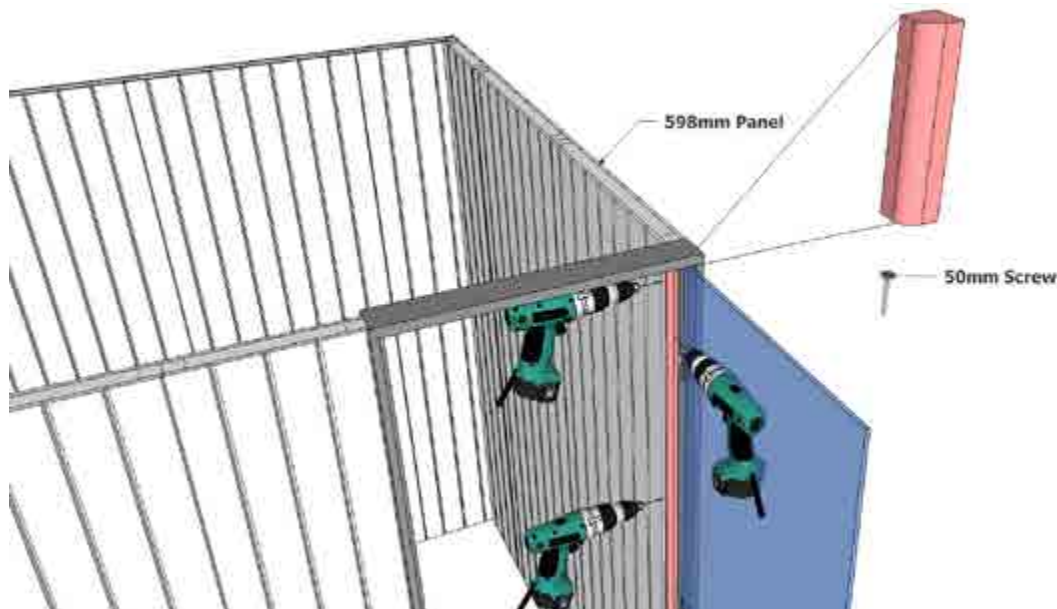
Position the remaining panels onto the base and fix in place with cornice trim. Note the location of the wiring panel from the parts list



## 12. Add door frame

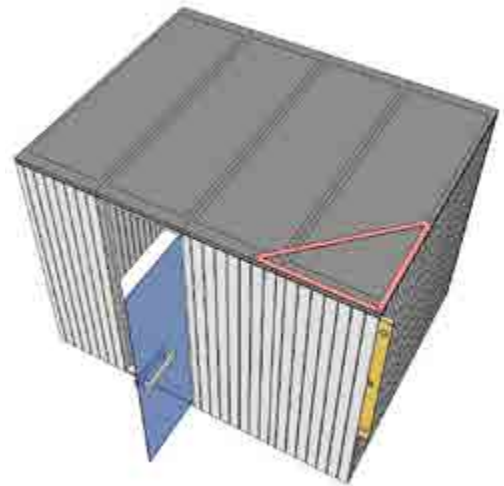
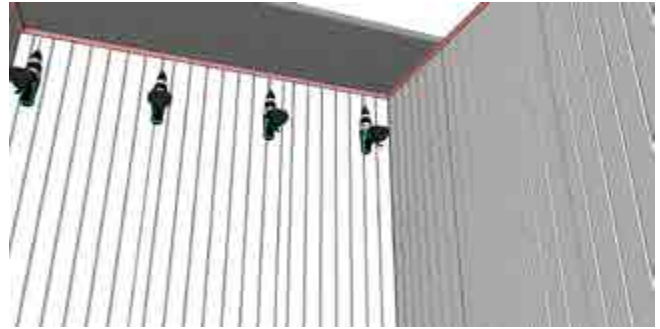
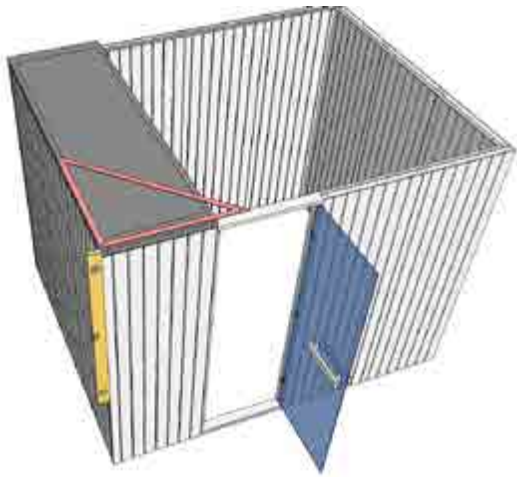
**Note: When handling toughened glass, safety goggles should be worn.**

- i. There is a strip of thin timber pinned to the side of the frame, this is the slamming strip and can be installed once the door is the correct way up.
- ii. The door must be installed opening outwards, to change the direction of the swing, rotate the frame by 180°
- iii. Use the 50mm screws provided to fix the frame into position, remove the small temporary screws from the hinges and use 50mm to fix properly into the wall panels. (The frame sits flush with the outside)
- iv. If you levelled the base rails properly the door should open and close with straight edges against the top and side, if not you may need to take some time levelling to ensure the glass closes neatly. It may help you to install the ceiling panels if you are experiencing too much movement.
- v. Fix the door handle so the caps are on the exterior of the cabin.
- vi. For corner doors we advise to use a piece of corner mould to finish the inside edge of the panel as shown.



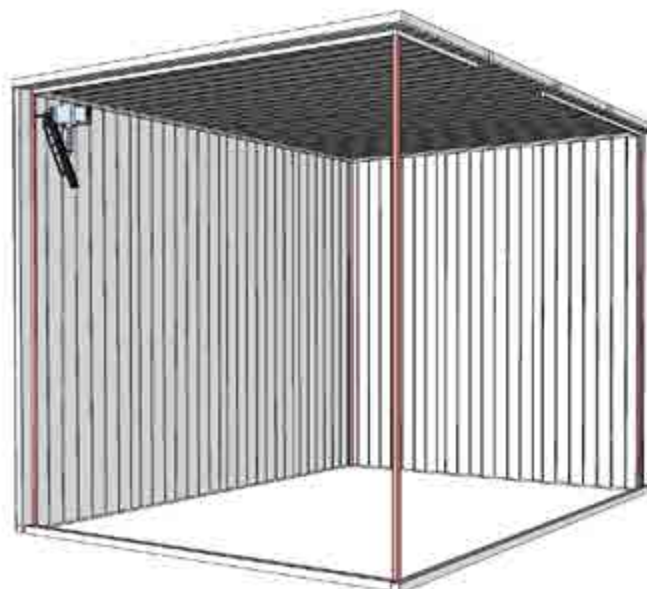
## 13. Add roof panel (Part 17)

- 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 back edge
- ii. Fix into the roof panel vertically through the corner mould (previously fitted in step 9). Start in the back corner and work along the side using a spirit level and set square to get plumb and square walls.
- iii. Fix using 40mm screws at 300mm intervals. Repeat for all roof panels.



## 14. Add Corner Trim (Part 6)

Cut to size and pin internal vertical corner trim (19x19mm) into the internal corners of the structure.

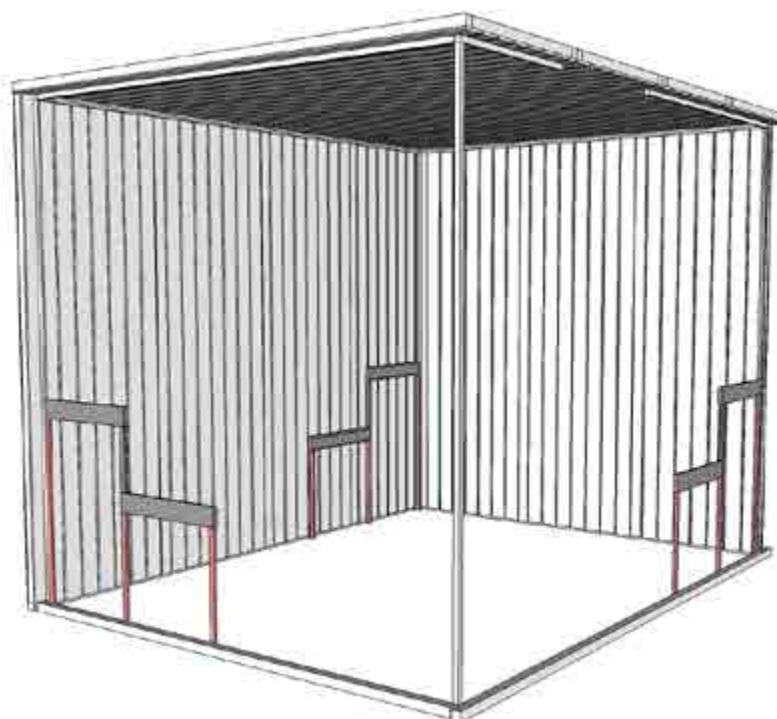
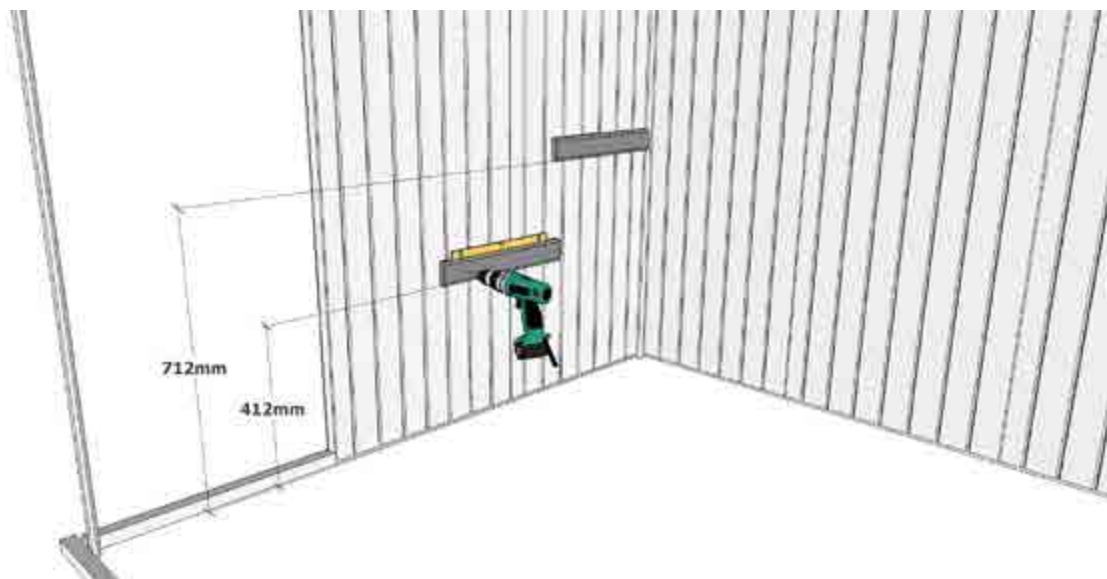


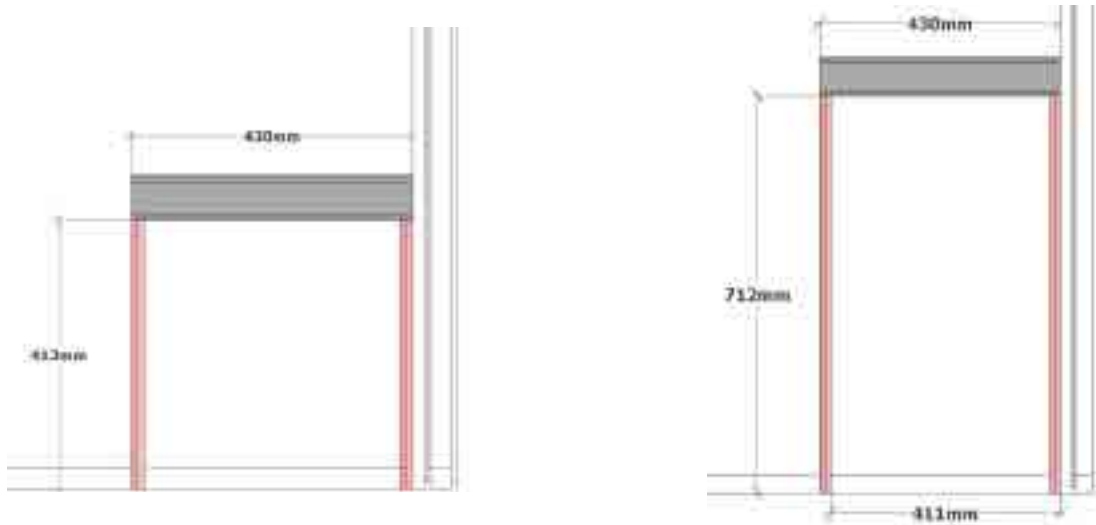


## 15. Add Bench End Rails (Part 4)

- i. Please see the drawings on the next page for accurate dimensions. Please note these support diagrams are for 5 slat benches.
- ii. Use page three from the parts list to help you choose the correct support frames.
- iii. Fit bench supports; all timbers fixed to cabin walls with 4 x 40 screws. (Pilot drill screw holes with 4mm countersink)
- iv. Support all rails with legs made form 19x19mm corner mould, fix with 40mm screws, countersink drill all holes.

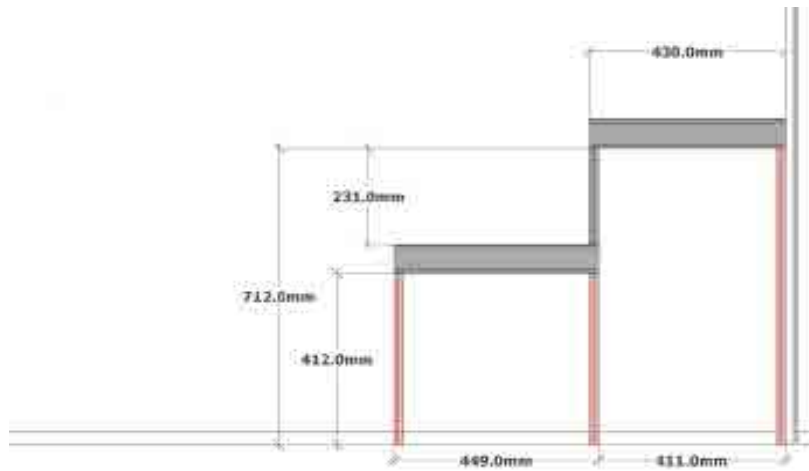
**The strength of these fixings is critical as the weight of the user is carried by such.**





Low Bench Support

High Bench Support



High and Low Bench Support

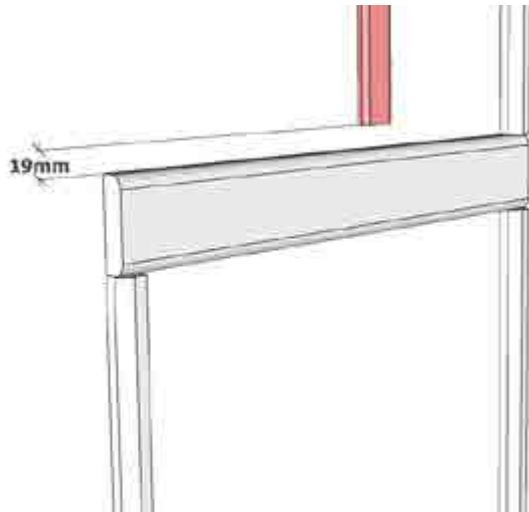
## 16. Add internal low level skirt (Part 7)

Cut to length and pin the low level skirting around the inside. (32mm Pins)



## 17. Add overlap mould (Part 7)

- i. Nail the overlap mould over the wall panel joints.
- ii. Finish overlap 19mm above any bench rails so the bench lies in between.



## 18. Construct under frame (Part 2)

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.

- i. Screw the supporting frame together using the 4 large brackets and 20mm screws.

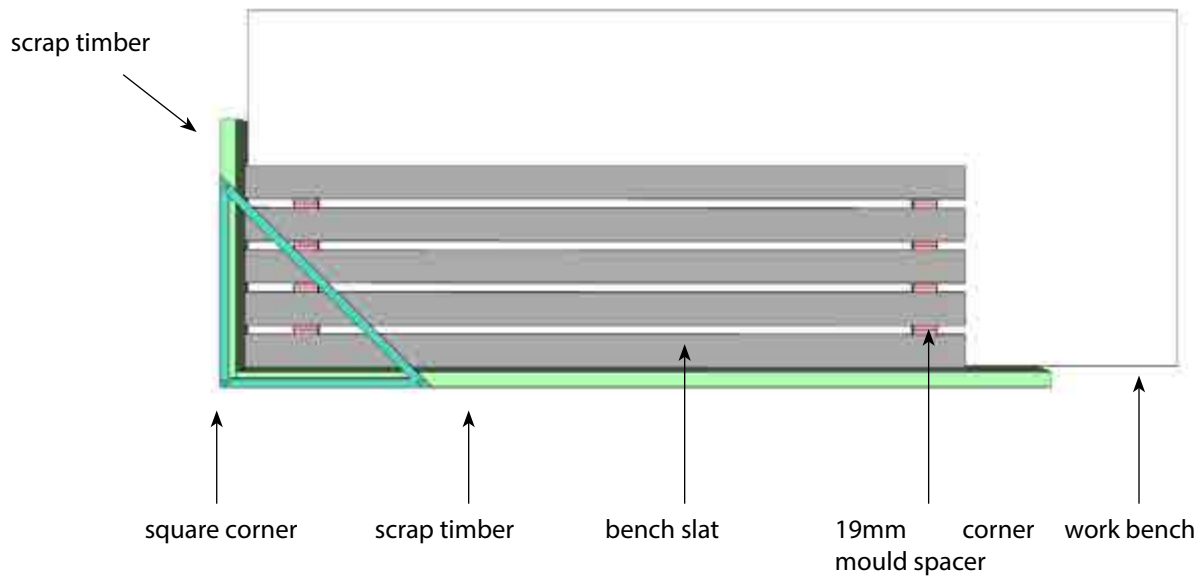


- ii. If the sauna you are building has L shaped Benches where one bench end fixes against a perpendicular bench then your frame should be constructed as shown below with one end doubled up. Looking at the parts list or a few pages forward may help to understand this better.



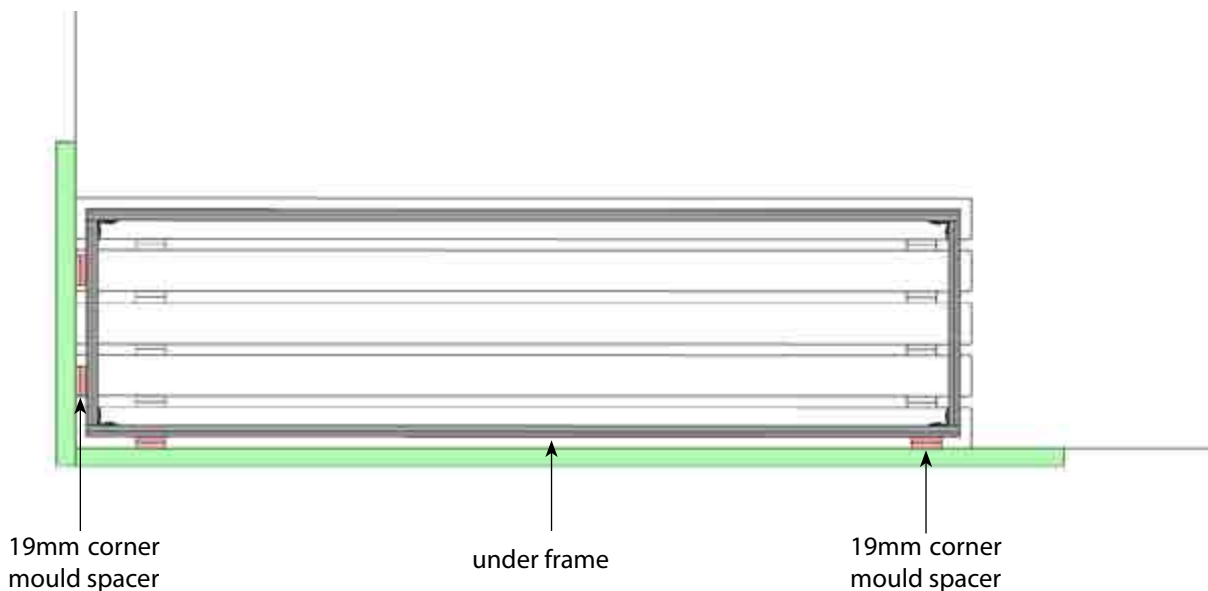
## 19. Use workbench with square corner

- i. Lay the 5 or 6 bench slats face down on a work bench, use two pieces of scrap timber along the edges of your bench to create a square corner to work off. Use small pieces of corner mould as 19mm spaces.



## 20. Add supporting frame

Lay the supporting frame onto the slats, use spacers along the two edges to give a 19mm overhang each side.



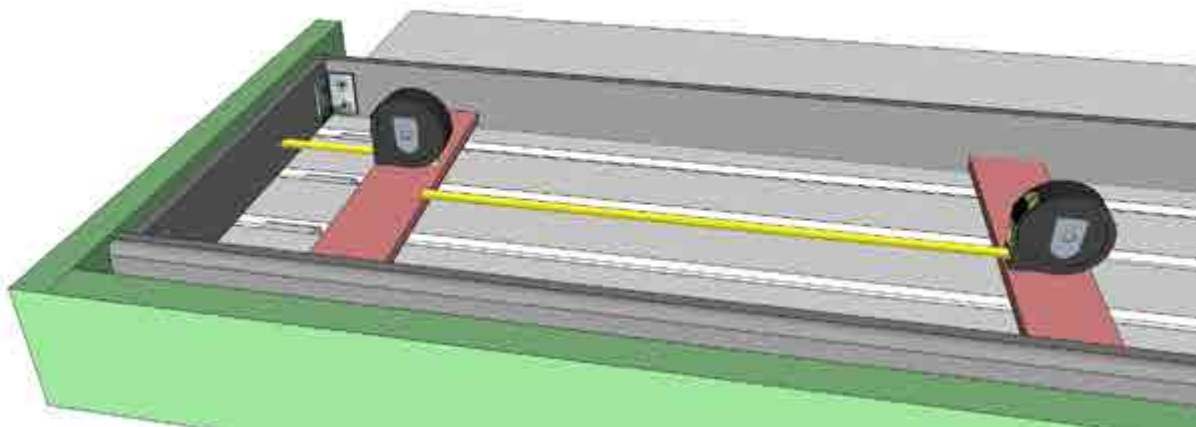
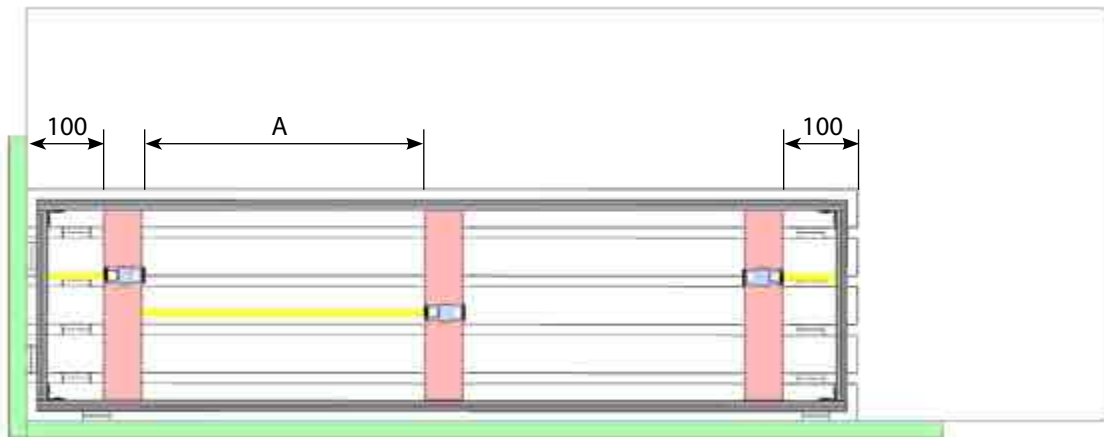
L Bench (Fixes to Wall one end, bench the other)



Overhang sits underneath perpendicular bench slat

## 21. Cross members

Add the cross members, two are positioned 100mm from the ends, the third is centred, a dimension for A can be found on your specification sheet.



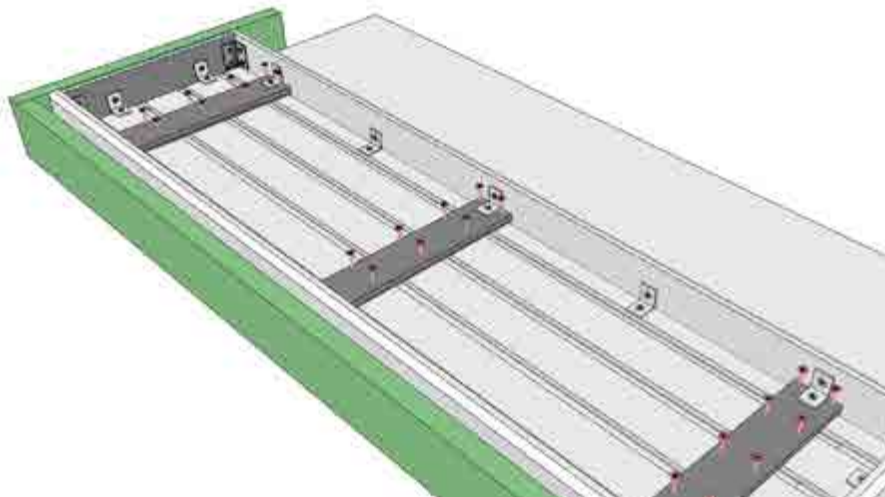
## 22. L brackets

Evenly space out the 14 L brackets and fix using 20mm screws.



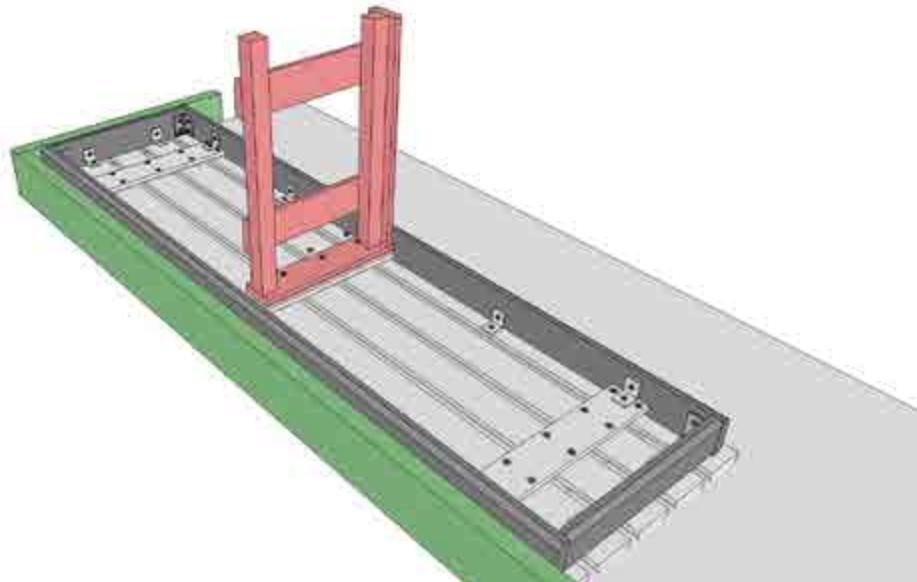
## 23. Fix cross members

Use the 30mm screws provided to fix down through the cross members into the slats.



## 24. Add lower or higher leg support

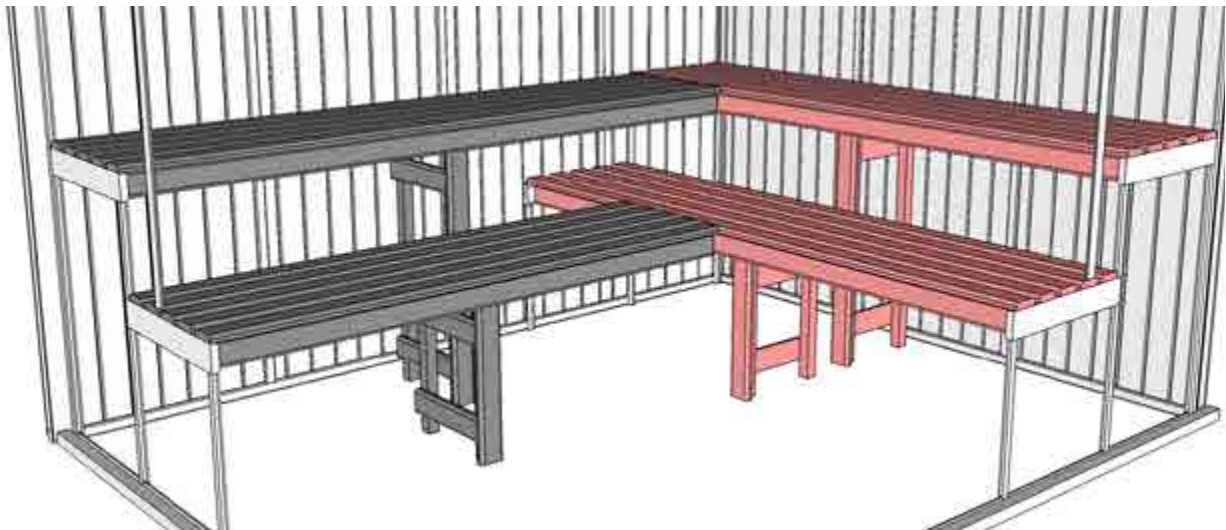
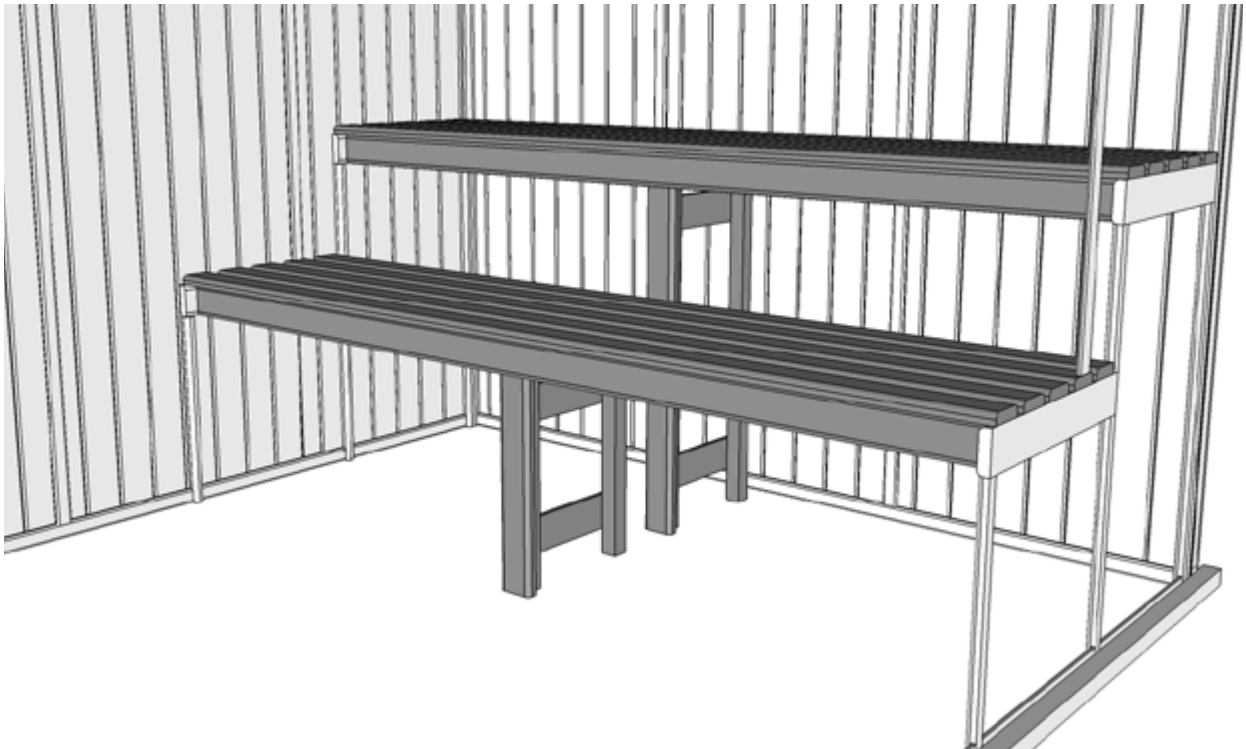
Make sure you fix the correct size of leg support, see the parts list for details. Use 6x 40mm Screws.



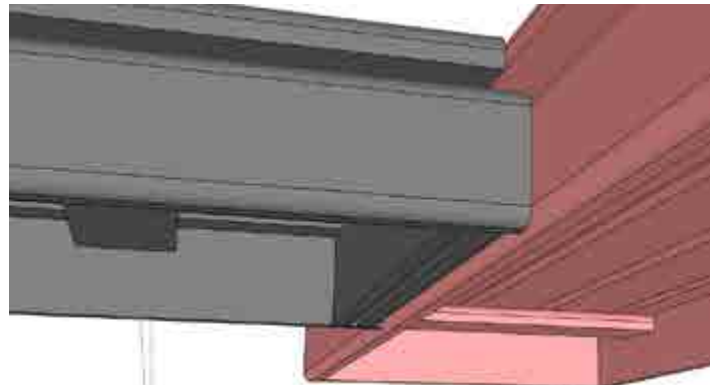


## 25. Add benches

- i. Locate the overhanging section of bench onto the supports and fix using 2 x 40 mm screws into the support rails. (Pilot drill screw holes with 4mm countersink)
- ii. For benches over 1300 mm centre supports are provided, fit the supports prior to installing the bench as shown in the bench building manual.
- iii. If there are more than one bench at either level install the full length benches (rail to rail) first.
- iv. 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.
- v. If there are more than one bench at either level install the full length benches (rail to rail) first.
- vi. 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.

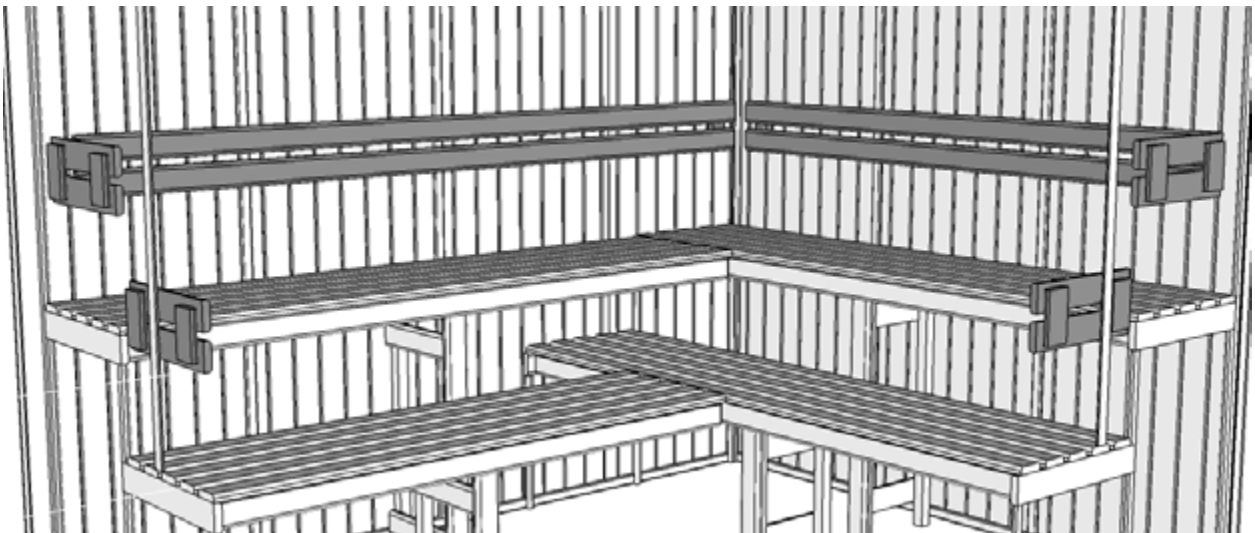


Close up of L Bench Joint



## 26. Add back rests (Part 3)

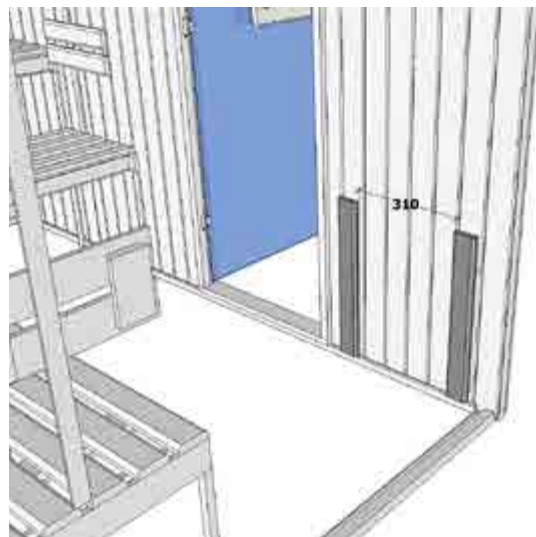
Install the back rests at a height of 250mm from the top of the bench to the bottom of the back rest using 50mm screws.



## 27. Add Heater Support (Part 10)

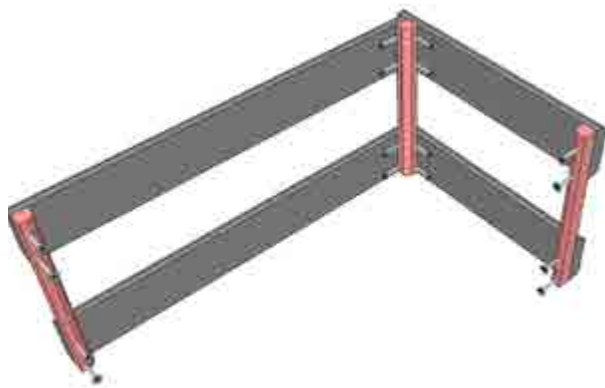
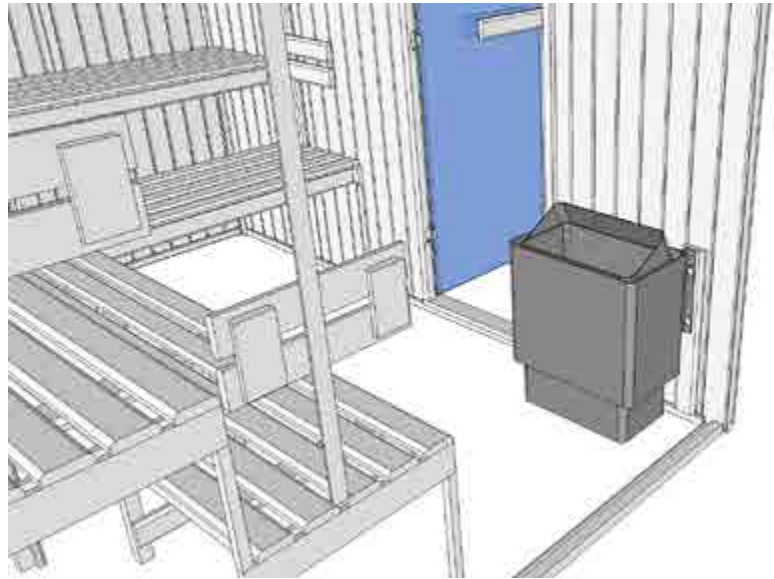
- i. Fit heater mounting timbers; fix using 6x 60mm screws. (Pilot drill screw holes with 4mm countersink)
- ii. Ensure fixing screws enter main frame of panels by aligning screws to line of nails securing cladding— see heater mounting instructions for all relevant clearances.

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



## 28. Add heater

Install the heater approximately 50mm off the floor using 40mm screws.



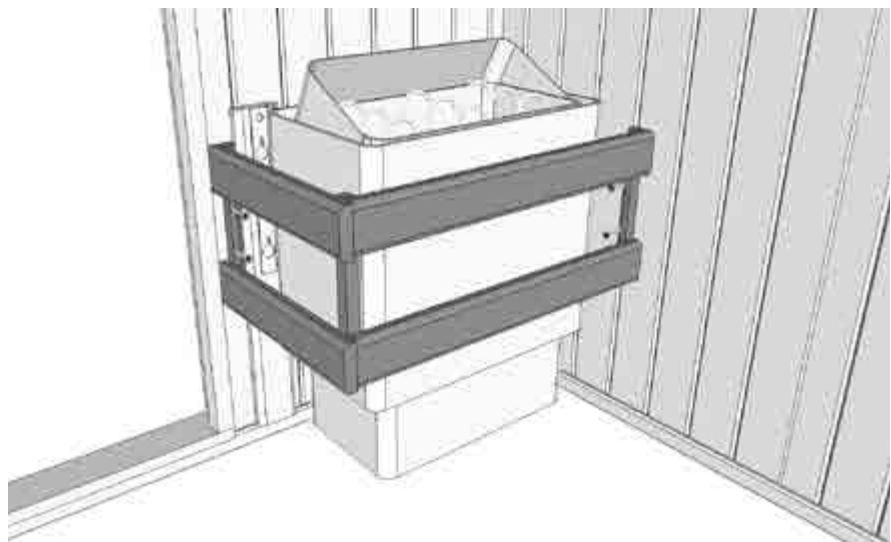
## 29. Build heater guard (Part 9)

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

## 30. Add heater guard

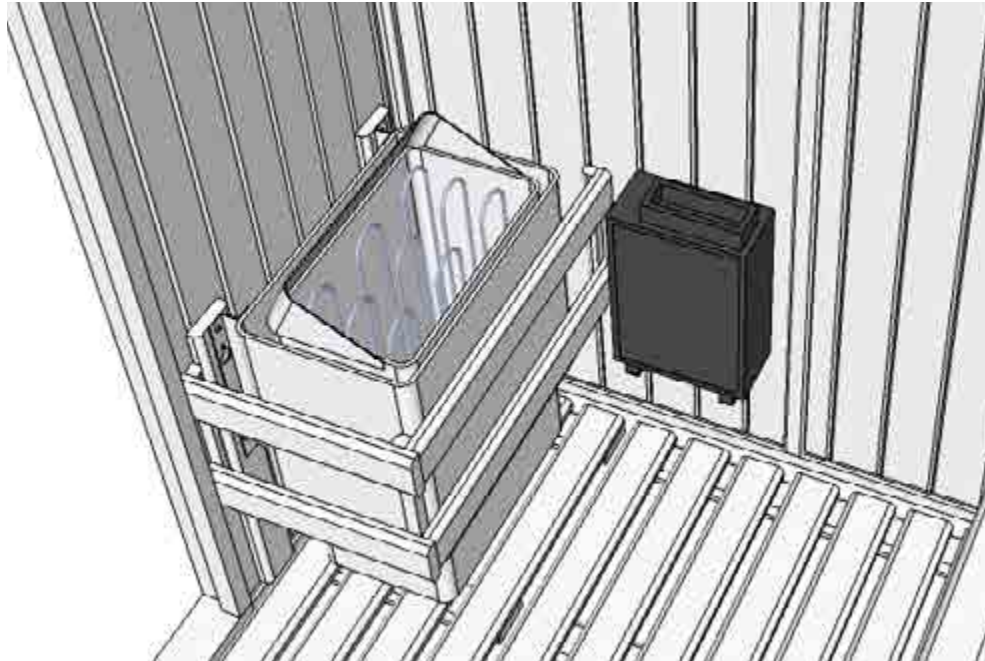
Fix the heater guard 4 x 40mm screws as shown. (Pilot drill screw holes with 4mm countersink)

**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.**



## 31. Install the mini steam generator

- i. The mini steam generator must be installed onto a wiring panel. Check the parts list document to ensure the correct location.
- ii. The Stauna Controller Manual includes information on positioning and wiring the stauna controller, sauna heater and mini steam generator. Refer to this document before attempting any wiring of the units.



Oceanic  
Sauna & Steam

STAUNA CONTROLLER  
Assembly and operating manual

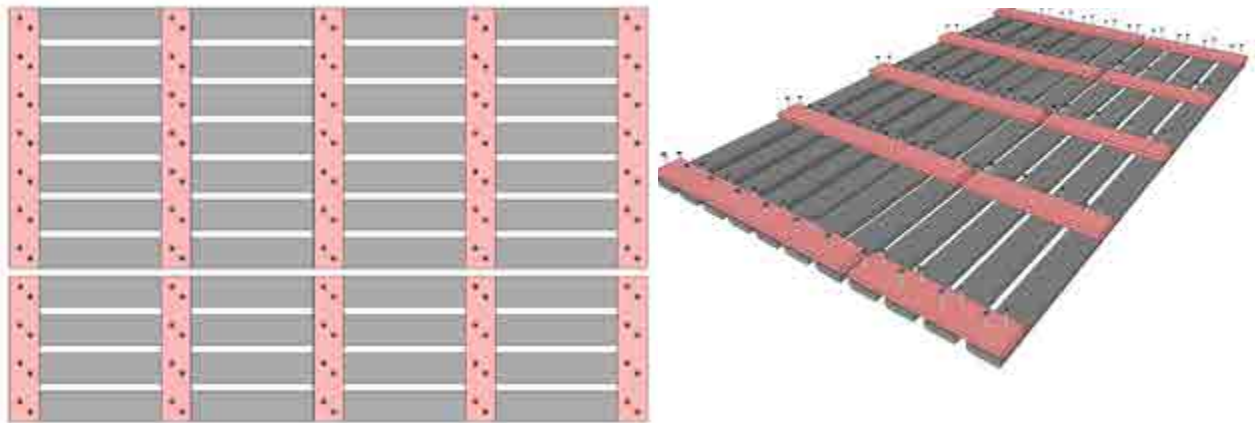


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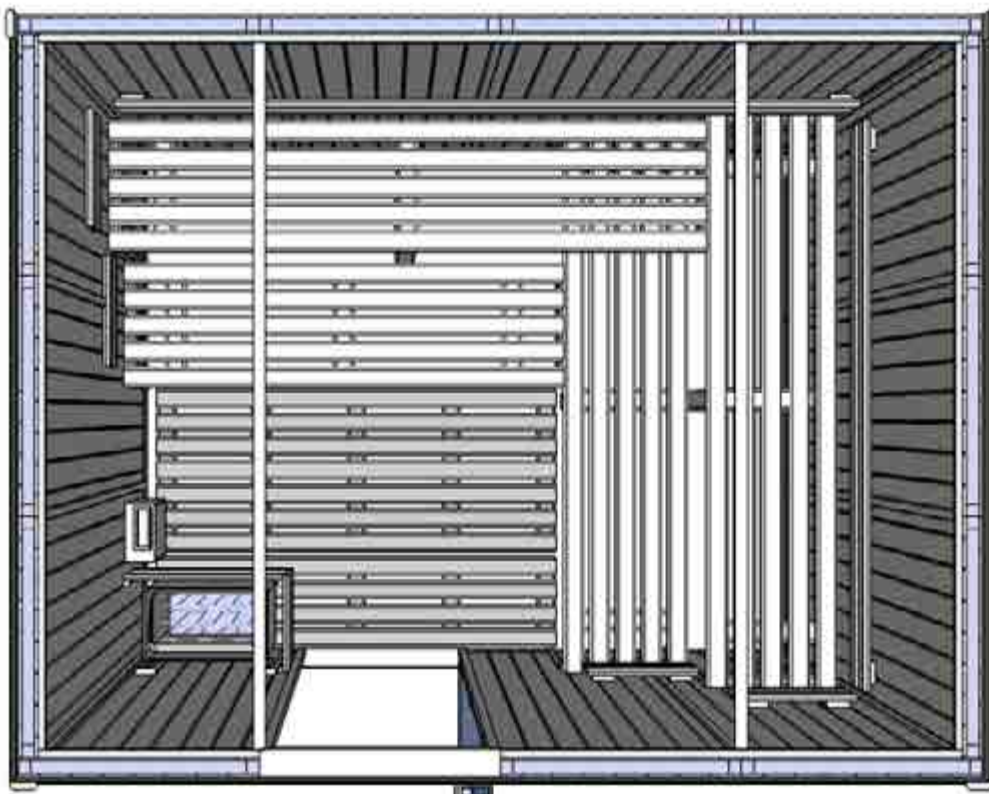
## 32. Build floor mats (Part 15)

- i. 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.
- ii. Please make sure you measure the floor area first before screwing together the matt. If you have ordered a special size cabin the timbers may be slightly larger to allow you to achieve a neatly fitted matt by cutting to size.
- iii. Assemble the floor mats using left over corner mould as 19mm spacers between the slats.
- iv. Ensure the cross lengths aligned equally beneath the length of the mat as shown in pink in the diagram below.
- v. Fix with glue and 30mm screws from the underside. (Pilot drill screw holes with 4mm countersink)



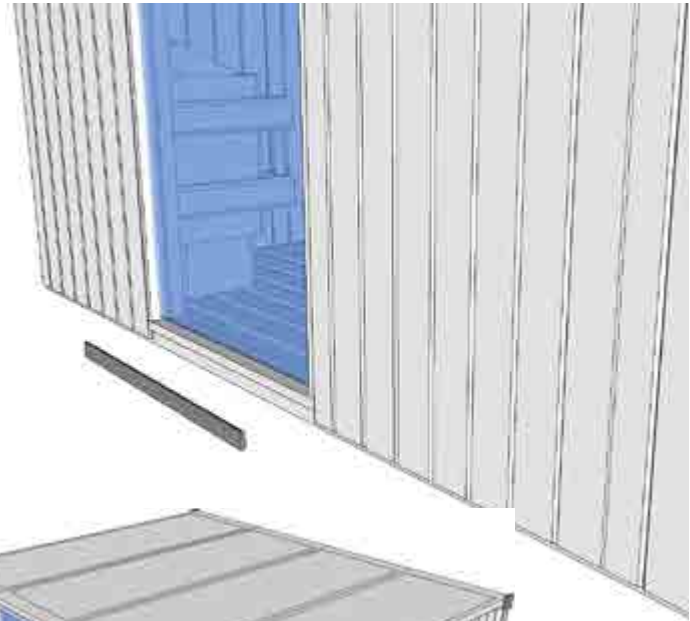
## 33. Add floor mats

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



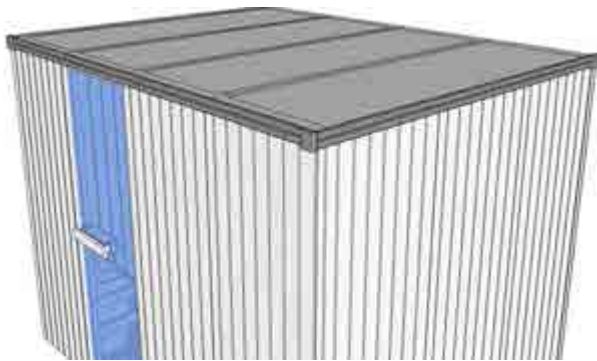
### 34. Add packing piece

Cut and fix a piece of overlap mould 610mm and fix using 25mm pins.



### 35. Add fascia blocks (Part 8)

Fix the fascia blocks to the corners of the wall panels at high level as shown using 32mm pins

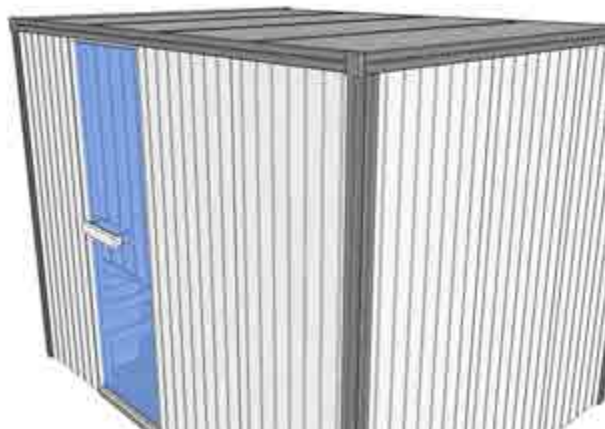


### 36. Add top fascia (Part 8)

Measure, cut and fix the lengths of fascia to the top of the external using 25mm pins.

### 37. Add uprights (Part 7)

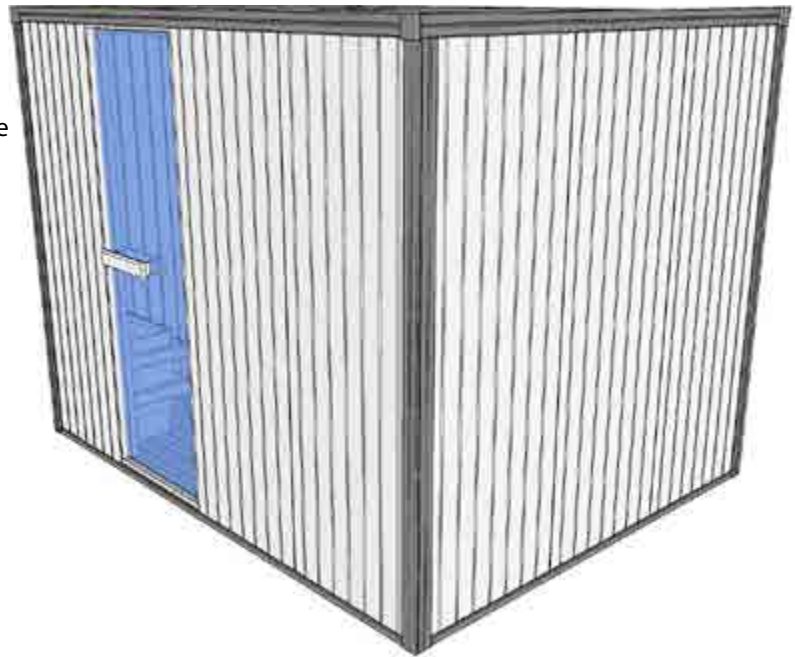
Measure, cut and fix lengths of overlap doubled up down corners using 25mm pins.





### 38. Add fascia skirt (Part 7& 8)

Repeat for low level skirt in between the uprights as shown.



### 39. Add final overlap moulds (Parts 7 & 8)

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



## 40. 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.

## **41. 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 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.

### vii. Control Box– 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.

## 42. Stauna Coat

Oceanic Stauna Coat is provided with all Traditional and Infra-red Stauna cabins for the purpose of protecting the timber from condensing steam from the mini steam generator.

### Application

- To apply the liquid use a paint brush, do not use a roller as this will absorb too much liquid.
- 1ltr of the substance will cover approximately 15sqm of timber.
- All internal timber surfaces of the sauna cabin should be coated in the liquid.
- We recommend two applications once before assembly and once after.

Application of any other type of varnish or treatment to the timber is not recommended as they may release toxins into the atmosphere during use of the sauna. Stauna Coat has been specially selected for its lack of toxicity and is safe to be used in a sauna environment.

### Safety Precautions

The coating is not considered hazardous (in accordance with OSHA Haz Com 2012, 29 CFR 1910.1200 and Regulation (EC) No1272/2008(CLP)) but the following safety procedures should be taken:

Following contact with eyes : Immediately flush eyes with plenty of water. Get medical attention, if irritation persists.

Following contact with skin : Wash with soap and water. Remove and launder contaminated clothing. Get medical attention if irritation develops or persists.

Following ingestion : Seek immediate medical attention. Do not induce vomiting.

Following inhalation : Remove to fresh air. If not breathing, give artificial respiration by trained personnel. Consult a physician.