ALMOST HEAVEN
SAUNAS®

Hillsboro Sauna

Installation & Owner's Manual



IMPORTANT SAFETY INSTRUCTIONS

DANGER: Indicates a hazardous situation that, if not avoided, will result in death or serious injury.

WARNING: Indicates a hazardous situation that, if not avoided, could result in death or serious injury.

CAUTION: Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.

NOTICE: Indicates information considered important, but not hazard-related.

READ ALL INSTRUCTIONS BEFORE INSTALLATION AND USE TO AVOID INURY OR DAMAGE TO SAUNA

FOLLOW SAFETY INFORMATION IN THIS DOCUMENT TO AVOID SERIOUS INJURY OR DEATH

REFER TO YOUR LOCAL BUILDING CODES FOR ANY SPECIFIC INSTALLATION REQUIREMENTS

ALL ELECTRICAL WORK NEEDS TO BE COMPLETED BY A LICENSED ELECTRICIAN. FAILURE TO DO SO COULD CAUSE INJURY OR DAMAGE TO THE HEATER.

KEEP THESE INSTRUCTIONS FOR FUTURE REFERENCE

⚠ WARNING

- **This sauna is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the sauna by a person responsible for their safety.**
- **Consult your doctor about any health-related limitations related to sauna use. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not let people with pre-existing health conditions bathe in the sauna on their own. Using the sauna could cause these users to lose consciousness.**
- **Parents should consult your pediatrician before allowing children to use the sauna. Ignoring advice from your medical provider could cause serious injury or death.**
- **Do not smoke, use alcohol, or exercise in the sauna. These tasks could cause users to lose consciousness.**
- **Do not exceed 30 min. in the sauna at one time, as excessive exposure may be harmful to health. The sauna should not be used as an endurance test.**
- **Do not place any combustible material over the sauna heater (towels, bathing suits, wooden bucket or ladle)! This will cause the sauna to catch fire.**
- **Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98,6 ºF. The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting.**
- **Only use stones approved for sauna heater use. Inadequate stones may crack or explode leading to serious injury.**
- **Do not sleep in a sauna that the heater is operating. Sleeping in a heated sauna may lead to injury or death.**

⚠ CAUTION

- **Keep all occupants away from the heater and when it is hot. The stones and outer surface of the heater may burn your skin.**
- **Do not throw excessive amounts of water on the stones. The evaporating water is boiling hot and could cause burns.**
- **Do not throw water directly onto the elements. This could cause burns and damage to the heater.**
- **Be very careful when moving in the sauna, as the benches and floors may be slippery. This could cause the user to slip and fall.**

• Do not alter the sauna in any way, unless explicitly instructed in this manual. Altering the sauna could lead to structural damage, increasing the risk to bodily harm.
• When moving and lifting heavy pieces, use two or more people. Moving pieces without adequate manpower will lead to injury.

ALMOST HEAVEN SAUNAS®

Thank you for your purchase of your Hillsboro sauna! Should you have any questions during assembly, please feel free to call us at **888-355-3050**, or email **sales@almostheaven.com.** Regular business hours are 9-5 EST, M-F. In addition to reading this manual you may find our instruction video helpful. You can find it at: **youtube.com/user/almostheavensauna**

Your Hillsboro Indoor Sauna is specifically designed to utilize your existing floor. Your sauna can be assembled on any surface that is firm and flat, including concrete, ceramic, vinyl, laminate or tile. Installation on a carpeted surface is not recommended.

ELECTRICAL REQUIREMENTS

Because of the heat involved in the sauna, it is required that you use copper wire with 90ºC insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements for your particular situation.

You will need the following tools to assemble your Hillsboro Sauna:

- ☐ Rubber mallet
- ☐ Hand saw
- ☐ Hammer
- ☐ Cordless drill
- ☐ Stepladder
- ☐ Level
- ☐ Square
- ☐ Tape measure

You will find the following wood components as well as labeled bags of screws and hardware. (dimensions are approximate)

4 – Bottom rails
1 –19" wall section with square vent hole
4 – 19" wall sections without plastic clips
2 – 19" wall sections with plastic clips on one edge
1 – 23" wall section with plastic clips on both edges
2 – 90° corner posts without plastic clips on the edges
1 – 90° corner post with black clips on both edges
1 – Vertical window post with clips on one side and window groove on the other
1 – Vertical hinge post
2 – Door headers (one for left door installation, the other for right door installation)
1 – Glass window section
1 – Window floor support
2 – Front and back (long) roof support rails
2 – Left and right (short) roof support rails
2 – Horizontal bench supports
2 – Vertical bench section supports
1 – Vertical bench section
1 – Sauna bench
1 – Back support
1 – Heater fence (consists of (3) upright posts and (4) horizontal rails)
1 – Step (consists of (1) top, (2) legs, and (2) 45° supports
2 – Roof sections
4 – Roof trim pieces
1 – Glass door
1 – Hinge kit

Sauna Assembly

⚠ CAUTION

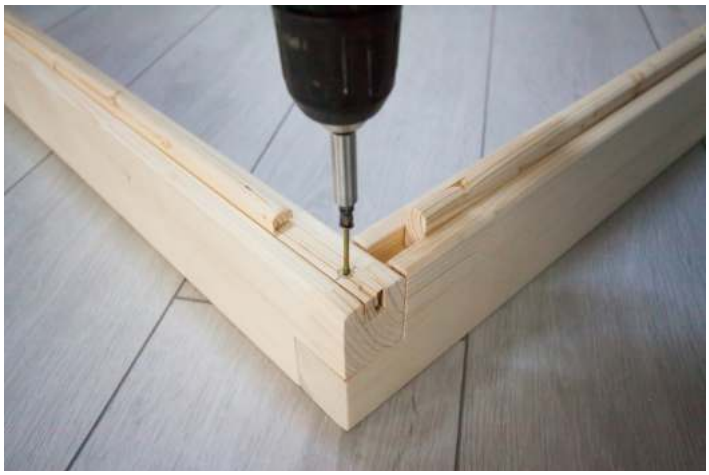
• Ensure sauna foundation is sturdy and level. If the foundation is not, the sauna could tilt, shift or fall leading to injury.

These instructions explain assembly with the door on the front left corner of the sauna. You can assemble the entire sauna in a reverse layout to what is shown, which would place the door on the front right corner of the sauna. If you choose to reverse the assembly then be sure to do all assembly opposite of the directions shown.



Step 1

Locate the (4) bottom rails and position as shown. Overlap the corner joints and be sure the rails are square to each other.

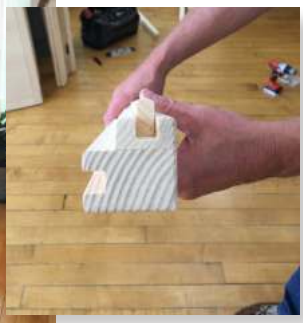


Step 2

Screw a single 4x70 screw into each of the 3 corners. NOTE: You will hear the wood "crack" as you insert the screw, but this is due to the soft nature and grain of the wood and will not affect the integrity of the wood or structure.







Step 3

Find the 19" wall section with the square cut out hole and position on the left rear of the bottom rail. NOTE: These instructions place the door on the left of the sauna when viewing from the front. If you want the door on the right side then place the square cut hole on the right rear of the sauna. With one person holding this wall section have another person position one of the 2 90° corner posts (without the black clips) onto the wall section and then another 19" wall section on the rail perpendicular to the first element section.

NOTE: It is helpful to tap the wall sections to each other, to the corner post and to the bottom rail using a rubber mallet.



Step 4

Verify that the wall sections are square to the rails, perpendicular to each other, and that the flat top of the wall sections and corner posts align. Using a cordless drill with the appropriately sized bit (included) use 6x120 screws and secure the 90° post to the two wall sections. Cover each screw hole with one of the wood plugs by tapping into place with the rubber mallet.



NOTE: Because the wall sections utilize both vertical and horizontal boards, you will hear a "cracking" sound as you draw the wood tight with the screw. This is normal and will not result in splitting of the wood.





Step 5

Place two additional 19" wall sections on the back wall of the sauna. There will be no screws used in these sections, but be sure the wall sections are placed firmly to the bottom rail so that the flat top sections are flush with each other. NOTE: In step 14 you will begin to secure the wall sections together using the roof support rails.



Step 6

Place the second 90° corner post without the plastic clip on the rear right corner of the sauna and position another 19" wall section perpendicular to it. As with step 4, screw the corner post to the wall sections using 6x120 screws.



Step 7

Place the 19" wall section with the plastic clips on the right side of the sauna with the clips facing the front.







Step 8

Place the 23" wall section on the front of the sauna. Using 2 people, take the 90° corner post with black plastic clips on both sides and attached to the two wall sections. Raise the post several inches above the wall sections and position so the groove and the tongue pieces align. Then, gently tap the post down with a rubber mallet so that the clips nest into each other.

NOTE: The clips allow the wall sections to connect securely and firmly without the use of screws, but everything must line up for them to fit correctly. You must position the 90° post several inches above the wall section before nesting the post to the walls. The clips will slide into each other to hold the post. If the clips will not easily slip together, then take a Phillips head (+) screwdriver and loosen the screws holding the clips by up to 1 full turn. Loosening the clip will not affect the holding power of the clip but will allow the clips to connect more easily.





Step 9

Place the 19" wall section with black plastic clips on one side onto the left hand side of the sauna with the clips facing the front of the sauna.







Step 10

Find the vertical piece with the window groove on one side. Hang the black clips on the front wall section and line up the post with the window groove to the wall. Make marks on the window post with a pencil where you will attach the black clips. Screw the clips in using 3.5x40 screws, making sure to keep them loose, and attach to the front wall section as described in step 8.

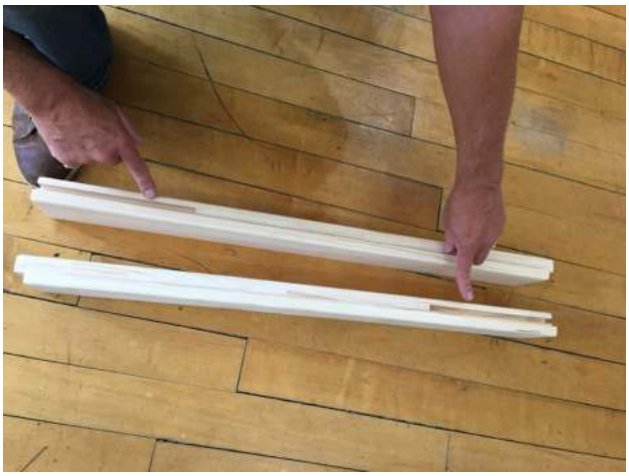




Step 11

Find the vertical hinge post and line up next to the left wall section. The clips must be installed to this post. They are not installed at the factory, as the positioning of the clips will depend on whether you place the door on the right or left of the sauna.

Lining up the post to the left wall section, use a square to mark off where the clip must be positioned to properly align with the clip on the left wall section. Once the location has been established, screw in the clip using the 3.5x40 screws provided. Repeat for all 3 clips and insert the post according to the instructions in Step 8. Remember, keeping the clips slightly loose will allow them to nest easier and will not affecting the holding power of the clip.



Step 12

Find the door headers and select the left door header (right door header if the door is on the right.) You can determine the correct header by noting the groove for the glass window. The header will position above the door with the groove for the window to the right and facing down.

Note: you can tighten or loosen the screws to help clip the wall elements together.







Step 13

Find the glass window section and position into the groove of the vertical wall section post. Then, position the header for the door so that the groove goes over the top portion of the glass window. Insure that the top of the header is flush with the tops of the wall sections and screw into place using 4x70 screws inserted on an angle.





Step 14

Place the window floor support below the glass by sliding under the glass from the side and tapping into place with the rubber mallet.







Step 15

You will now install the roof support rails, which will both support the roof and secure the wall sections to each other. Locate (2) front and rear (long) and (2) left and right (short) roof support rails. Position the long roof support rails on the front and rear of the sauna, measuring 1-1/2" down from the top of the wall sections. Screw into place using (1) 4x70 screw into each wall section. Next, place the short roof support rails on the right and left of the sauna, measuring 1-1/2" down and lining up with the front and rear supports. Screw into place using (1) 4x70 screw into each wall section.

Note: you may have to cut the roof support rails to length to fit between the wall sections.



Step 16

Find the two horizontal bench supports. On both the left and right sides of the sauna room, from the floor measure 32" up and make a mark. Place the bottom of the horizontal bench support at your mark and screw into place using (3) 5x70 screws each. Be sure that the bench support is level and that it butts up to the rear wall of the sauna.





Step 17

Find the two vertical bench supports. Position the right and left vertical bench supports so that they butt up against the bottom and front edge of the horizontal bench supports as shown. Screw into place using (2) 4x70 screws each.





Step 18

Find the vertical bench section and position in front of the vertical bench supports. Using (4) 4x70 screws, from the backside attach the vertical bench section to the vertical bench supports as shown.







Step 19

Place the sauna bench in place over the horizontal bench supports. You will need to crawl below the bench and secure to the bench to the wall sections using (4) 4x70 screws, one into each wall section.

Bench is not screwed down to the braces but instead placed on top.



Step 20

Find the back support and position the bottom 10" (+/- depending on your preference) above the bench. Using (3) 3.5x40 screws, attach to the rear wall through the vertical boards and between the horizontal slats on the rear of the back support as shown.



Step 21

Locate the vent cover and position over the wall opening. Attach with (4) 3.5x40 screws.

Note: if the vent cover is stiff, you can force it off with a mallet or sand it.



Step 22

Find the (2) roof sections and place over the roof support rails. Be sure the tongue and groove sections are facing in as shown so that the smooth edges are around the perimeter. It is not necessary to screw the roof sections down. If you choose to screw them down, using 4x70 screws.

Heater Installation

DANGER

• Turn off power to heater at breaker before beginning installation or performing maintenance on the heater. Failure to turn off the power will lead to electrocution and even death.

CAUTION

• Improper installation of heater mounting bracket could cause the heater to fall leading to burns and other injuries.

• Before placing or adjusting stones, ensure heater is back to room temperature. Failure to do so may cause burns.

Please consult your heater manual for all heater installation information.





Step 23

Find the (3) upright posts and (4) horizontal rails for the heater fence. Tap the pieces together using a rubber mallet to form an "L" and install to the front and side walls using 4x70 screws. The top of the horizontal heater fence rails should be 26" above the floor.









Step 24

The step consists of the top, two legs, and two 45° supports. Assemble as shown with the wide trim on one side of the step facing the front and the two 45° supports at the back. Screw the legs to the to the step top using (4) 4x70s screws. Fit the pins of the 40° supports into the holes and secure the other ends to the step top using (4) 3.5x40 screws.

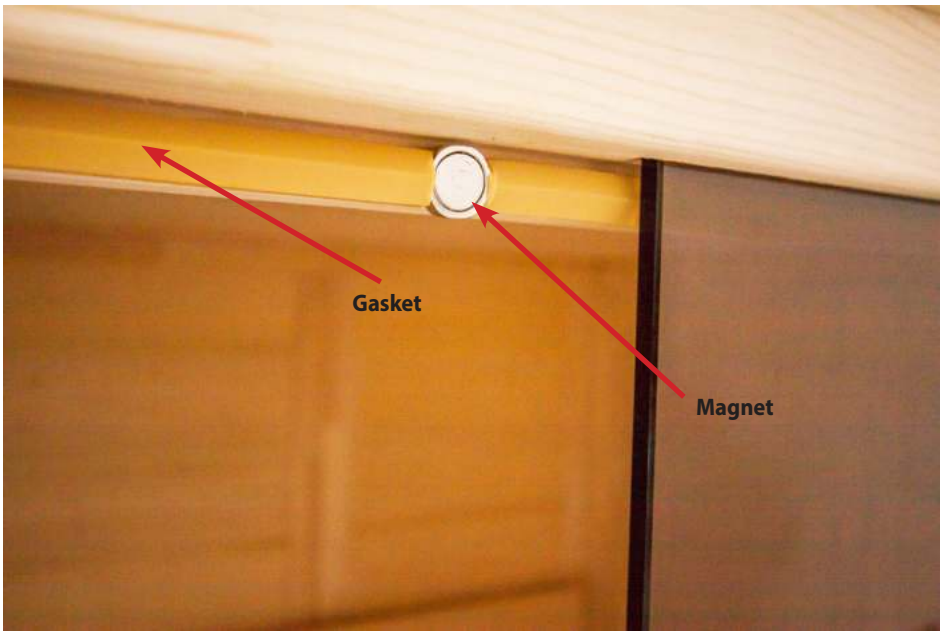


Step 25

Find 4 pieces of roof trim. Place the long piece with the two 45° angles on the front, and the two short pieces on the sides. Attach to the sauna using 3.5x40 screws, (4) in each long piece and (2) in each short piece. Screw from the top and into the roof sections. NOTE: The rear piece of trim is generally not used as the sauna is placed against a wall. However, if you use the rear trim then it will need to be cut to fit around the two side pieces of trim.







Step 26

Locate the door magnet and door gasket. Insert the magnet into the pre-drilled hole above the door and push the gasket into the groove around two sides of the door (the groove that is in the door header and vertical hinge post).







Step 27

Attach the hinges to the door using the gaskets and screws provided with the hinges. Position the hinges exactly as shown for building the sauna with the door on the left. Use the small hex wrench to remove and reinstall the hinge cover, and use the large hex wrench to attach the hinges to the door.







Step 28

Before attaching the door, place it in the opening and insure that there is a 1/8" gap between the glass and the door header, and about a ½" gap at the floor. With one person holding the door up (or set on ½" spacers at the floor) screw the hinges into the vertical hinge post using the screws included with the hinges. Secure one screw in each hinge and then close the door to be sure of the fit. Once the fit is verified secure the remaining screws.

NOTE: There will be a ½" gap below the glass and also a ¼" +/- gap between the door and the window. This is necessary in order to allow proper airflow into the sauna. Adjusting the opening of the wall vent will determine the amount of air that flows through the sauna, but it is important that there is a gap around the glass door.



Step 29

Install the handle on the door using the screws provided.

Refer to the separate installation guide for the LED light bar installation.

OPERATION

After the sauna has been installed, sweep down the inside to remove any sawdust and wood shavings, and then vacuum completely. Using a damp cloth and warm water, wipe down the entire sauna including the benches to remove any remaining dirt, dust and debris.

If excess amounts of water are used during sauna, prop door open to let the humidity escape. Not much water is necessary to achieve a "wet sauna".

The amount of ventilation in the sauna can be adjusted by means of the vent located toward the top of the sauna. It is important to have adequate fresh air flowing through the sauna, and this flow can be adjusted with the movable vent cover.

TRADITIONAL STEPS IN TAKING A SAUNA BATH

STEP #1 Set your heater so that the sauna room achieves the desired temperature, usually between 150° F and 170° F. As a novice, you should begin at the lower end of this range and work your way up to the higher temperatures over several sauna baths.

STEP #2 Remove all clothing (except maybe your swimsuit), eyeglasses, contact lenses, jewelry, etc. Take a quick shower with warm water and soap, or a quick dip in your hot tub.

STEP #3 Enter the sauna initially for about 5 to 15 minutes. Bring a towel into the sauna onto which you can sit or lay. Leave the sauna room once you have begun to perspire freely.

STEP #4 Now you may take a cold plunge in your swimming pool, shower or snow bank. After that, relax and cool down for another 10 to 20 minutes.

STEP #5 Re-enter the sauna. On this return visit you may wish to sprinkle small amounts of water onto the stones creating bursts of steam. If the water spills through the heater and onto the floor, you are using too much, although this will not hurt the heater or the sauna.

STEP #6 After your final visit to the sauna, relax for at least 20 minutes. Shower with soap and warm water. Finish your shower with cooler water to close the pores of your skin. Dress only after you have cooled down completely.

NOTE: Whatever your sauna regimen, it is important that you keep yourself hydrated by drinking plenty of water!

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