ALMOST HEAVEN
SAUNAS®

Sutton 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 Sutton 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**

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.

Be sure the surface where you are placing the sauna is flat and level. A concrete, tile, vinyl, laminate or similar surface is suitable; placing the sauna on carpet is not recommended. It is suggested that you lay out all of the components so that it is easy to identify the pieces once you get started with assembly.

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

Rubber mallet
Handsaw
Hammer
Cordless drill
Stepladder
Level
Square
Tape measure

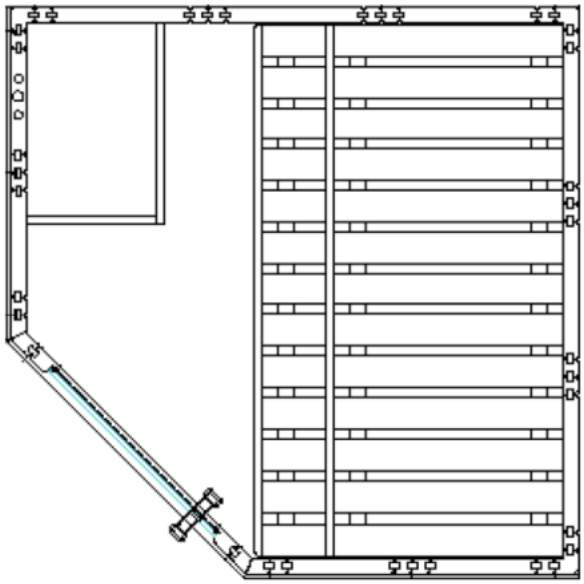
You will find the following wood components as well as labeled bags of screws and hardware. (dimensions are approximate)

4 – Bottom rails
3 – 90° Corner posts
2 - 45° Corner posts with plastic clips
6 – 17" Wall sections without plastic clips
2 – 14" Wall sections without plastic clips
2 – 14" Wall sections with plastic clips
5 - Roof support slats
3 – Roof sections
5 – Roof trim pieces – Note: longer pieces will need trimming
2 – 22" Horizontal bench supports
2 – 30" Horizontal bench supports
2 – 10" Vertical bench-cover mounting slat
1 – Bench
1 – Footrest
1 – Bench cover
1 - Backrest
1 – Door frame
1 – Glass door
1 – Hinge kit
1 – Vent cover
1 – Heater guard
1 – Hardware kit
1 – Packet of screw hole covers

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.



SUTTON FLOOR PLAN

Step 1

Locate the four bottom rails, using the two longer rails as the back walls and two shorter rails as the front walls (1). Secure them together using 4x70mm screws (2).



Image 1



Image 2

Step 2

Starting at the left-side corner, begin the wall assembly (3). Position a 17" wall section on the back rail and connect a 90° corner post using 6x120mm screws through the predrilled holes in the post. Next, add a 14" wall section without clips to the left-front rail, securing it to the post using 6x120mm screws (4).



Image 3



Image 4

Step 3

Continue adding the remaining five 17" wall sections along the left-back rail, using a rubber mallet to secure the tongue and groove fit. Add a 90° corner post to the back corner, again securing to the adjacent panel with 6x120mm screws. Continue adding 17" wall sections along the right-back rail. **Note:** This manual shows the 17" wall section with vent hole as the final section on the rail, but you may locate the vent section anywhere on the back rails.



Image 5

Step 4

Install 90° corner posts to the remaining corner, securing it in place using 6x120mm screws. Once in place, place the remaining 14" wall section ***without*** clips on the front right-front rail and push against the 90° corner post, using the 6x120mm screws to secure in place (6). Finally, position the 14" wall sections ***with*** plastic clips against the 14" wall sections without plastic clips on both front rails. Orient these wall sections so the tapered side of the clip points upward (7).



Image 6



Image 7

Step 5

Locate a 45° corner post and orient it so the tapered side of the clip points down. Position the clips on the posts above the clips of the adjacent wall section (8). Push the post into the wall section and firmly slide down, tapping into place with a rubber mallet (9-10). Verify that each of the three clips have nested snugly into each other. Repeat this process for the other side.



Image 8



Image 9



Image 10

Step 6

Remove the transport strip at the base of the door frame (11). With the rubber gasket facing outward, align the clips of the door frame to the clips of the adjacent 45° posts and firmly slide the door frame down, tapping each side into place with a rubber mallet (12-13). Verify that all clips have nested snugly into each other. At the top, middle and base of the door frame, predrill six holes (three on each side) and secure the door frame to the corner posts using 4x70mm screws (14-15).



Image 11



Image 12



Image 13



Image 14



Image 15

Step 7

Locate the six bench supports. Use the 5x70mm screws to secure the 30" supports so that the top of the support measures 14.5" from the floor. Repeat for the opposite side. Next, secure the 22" supports so the top of the support measures 31⅝" from the floor. Repeat for the opposite side (16). Finally, secure the 10" vertical bench-cover mounting slat perpendicular to the upper slat, being sure the center of the mounting slat sits at the edge of the 22" support using 4x70mm screws. Repeat for the opposite side (17).



Image 16



Image 17

Step 8

Position the footrest on the lower bench supports (18). **Note:** The footrest is intended to be free-sliding, but you may secure it to the wall sections if you wish. Now secure the bench cover to the vertical support from behind using 3.5x50mm screws (19-20). Next, position the bench on the upper bench supports (21-22). There is no need to fix the bench in place, but you may secure it to the wall sections if you wish from underneath using 4x70mm screws. Finally, level the backrest 10" above the upper bench and secure to the wall with 3.5x50mm screws through the predrilled holes.



Image 18



Image 19



Image 20



Image 21



Image 22

Step 9

Locate the five roof support slats. Starting above the door, secure the supports in place using the 4x70mm screws through the predrilled holes (23-25). Position them so the bottom of the supports measure 3" from the top edge of the wall panels. Lay the roof sections on the supports (26-28). There is no need to secure the roof panels to the supports, but you may if you wish using 4x70mm screws.



Image 23



Image 24



Image 25



Image 26



Image 27



Image 28

Step 10

Secure the hinges to the glass door, being sure the silicone gaskets are on both sides of the glass and that the black spacers are in the hinge holes (29-30). Tighten down the bolts with the provided wrench (31). Next, install the door handle on the glass door being sure the silicone washers are in the screw holes (32). Finally, with a helper holding the door in place, secure the hinges to the doorframe using three 5x30mm screws per hinge (33).

NOTE: Gaskets may not be the same color as indicated in the photo.



Image 29



Image 30

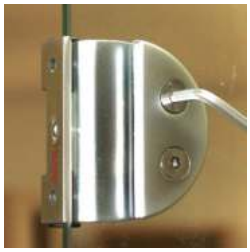


Image 31



Image 32



Image 33

Step 11

On the side opposite the hinges, run your finger on the doorframe gasket to feel for the predrilled magnet hole (34). Cut away the gasket covering the hole with a sharp utility knife, and tap the provided door-magnet in place (35). Next, locate the metal sleeve and position on the door so that it aligns with the magnet (36).



Image 34



Image 35



Image 36

Step 12

Locate the roof trim pieces. Starting with the trim piece above the door, begin installing the trim pieces around the upper rim of your sauna using 3.5x50mm screws (37-39). **NOTE:** The longer trim pieces will have to be cut to size.



Image 37



Image 38



Image 39

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 13

Assemble and install heater fence with 4x70mm screws and secure to the front corner wall of your sauna (40).



Image 40

Step 14

Gently tap in the provided screw hole covers over the exposed screw holes on the exterior of the sauna (41).



Image 41

Step 15

Install the vent cover over the vent hole using 3.5x50mm screws (42). Insert the sliding door.



Image 42

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 150º F and 170º 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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