

ROOM PREPARATION GUIDE



AM~FINN



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ROOM PREPARATION

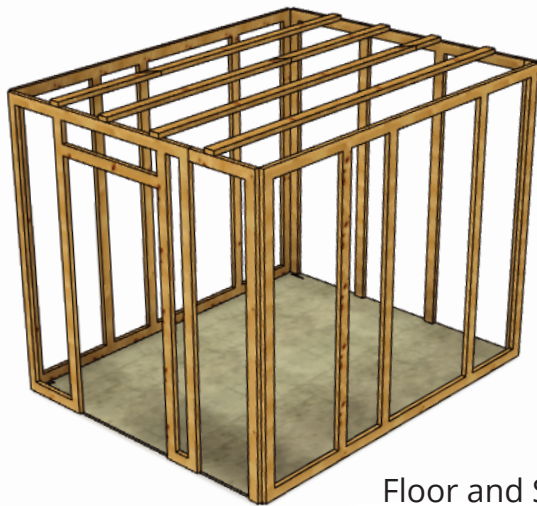
1) Floor:

"The sauna floor must be a waterproof surface. Ensure that the floor is completely level. Am-Finn also advises against putting a drain inside the sauna."

2) Studding

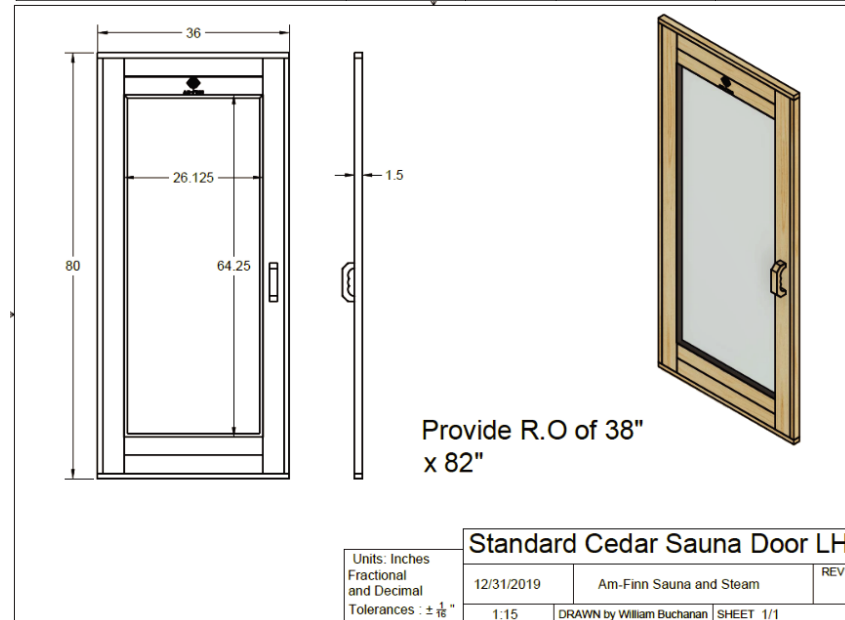
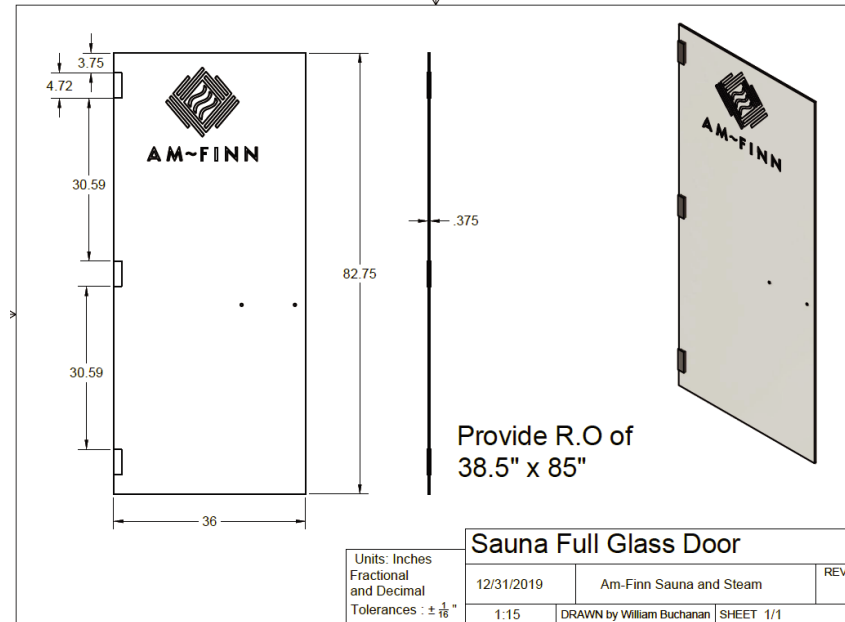
Stud the walls out to create an interior dimension 1.5" bigger than what is shown the layout. This is to account for the plywood. The ceiling should be 96 3/4" inches from concrete to stud.

a) Stud the door with a rough opening of 38" x 82" for our standard cedar door. For a full glass door, the rough opening should be 38.5" x 85"



Floor and Studding

Door Rough Opening details



3) Insulation

Insulation is necessary to retain the heat inside a sauna. Provide R13 insulation in the walls and R19 in the ceiling.

4) Electrical Connections Heater and Control Box

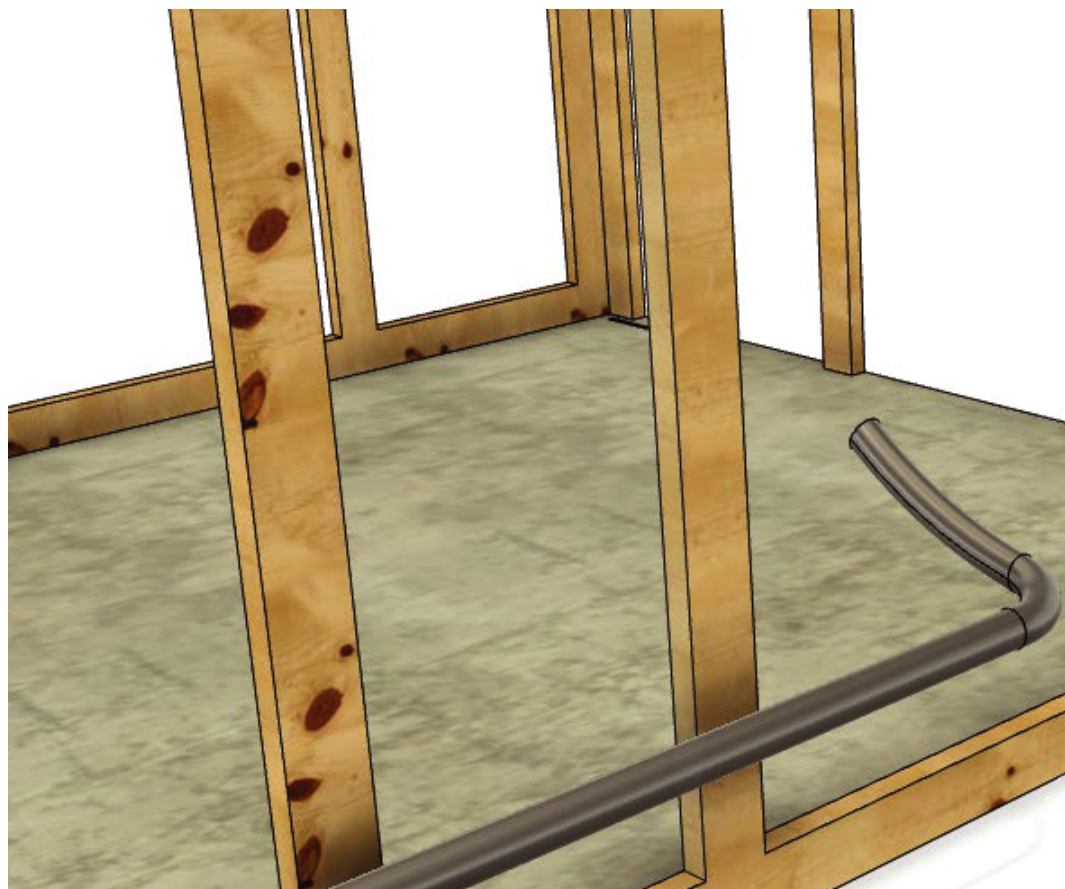
a) The heater is the heart of the sauna. If the heater is not connected correctly, the sauna will struggle to maintain a consistently high temperature.

Electrical Heater

a) Please ensure you have the Ultra Sauna Electric Heater installation guide. This will go over the details of any electrical connections, conduit locations, and other important details.

b) The Scandia Ultra Sauna Electric heater needs high voltage power. All electrical connections and conduits need to be handled by a certified electrician. The heater is built to run off the power you have supplied to the room so that you can choose 240V or 208V, 1 or 3 phase.

c) The control box will determine when the heater is on or off. We offer a 60 minute time or 24-hour programmable timer. Power needs to be run through the control box to the heater.



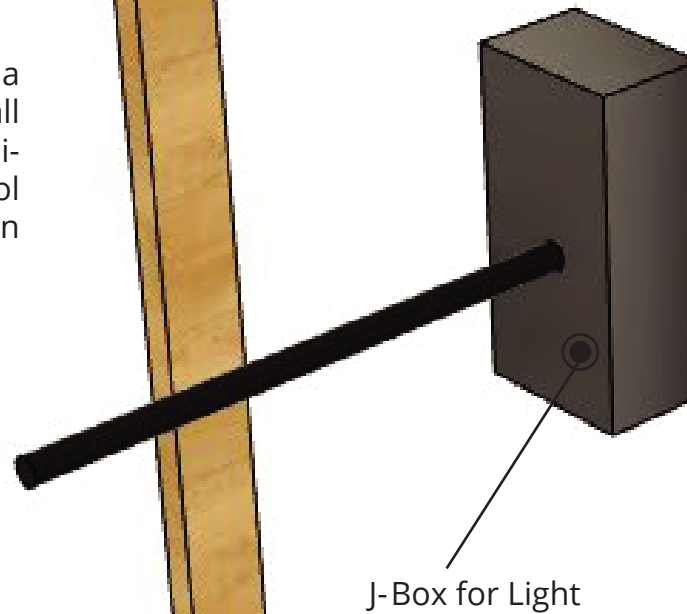
High voltage Whip and Conduit

Gas Heaters

- a) Ensure you have the ultra Sauna Gas Heater installation guide. This will go over the details of any electrical connections, HVAC requirements, natural gas or propane requirements, and other important details.
- b) Am-Finn recommends consulting an HVAC specialist when using a gas heater.

Sauna Light

- a) Whether standard or upgraded, the sauna light will need a 120V J box either on a wall near the ceiling or on the ceiling itself. Consider putting a switch in this circuit to control the sauna light easily. A certified electrician should terminate electrical connections.



Other Accessories

a) Place a 120V J box in the top left corner of the intended panel location for any salt panels. You will use this to connect the power for the salt panels.

b) Don't hesitate to contact Am-Finn to coordinate electrical locations for any other custom accessories like sauna speakers, E-Stop Button, High temp alarms, etc.

5) Ventilation

a) A 4"x10" Fresh air Intake Vent will be placed centered and underneath the heater. You will need to cut holes in any existing wall material for this vent.

b) The door will be undercut by 1" to provide exhaust ventilation.

6) Fire Sprinkler

a) A fire safety sprinkler rated at 286° f is and required in some states. Choose a location for this and consult a professional from your area before installing.

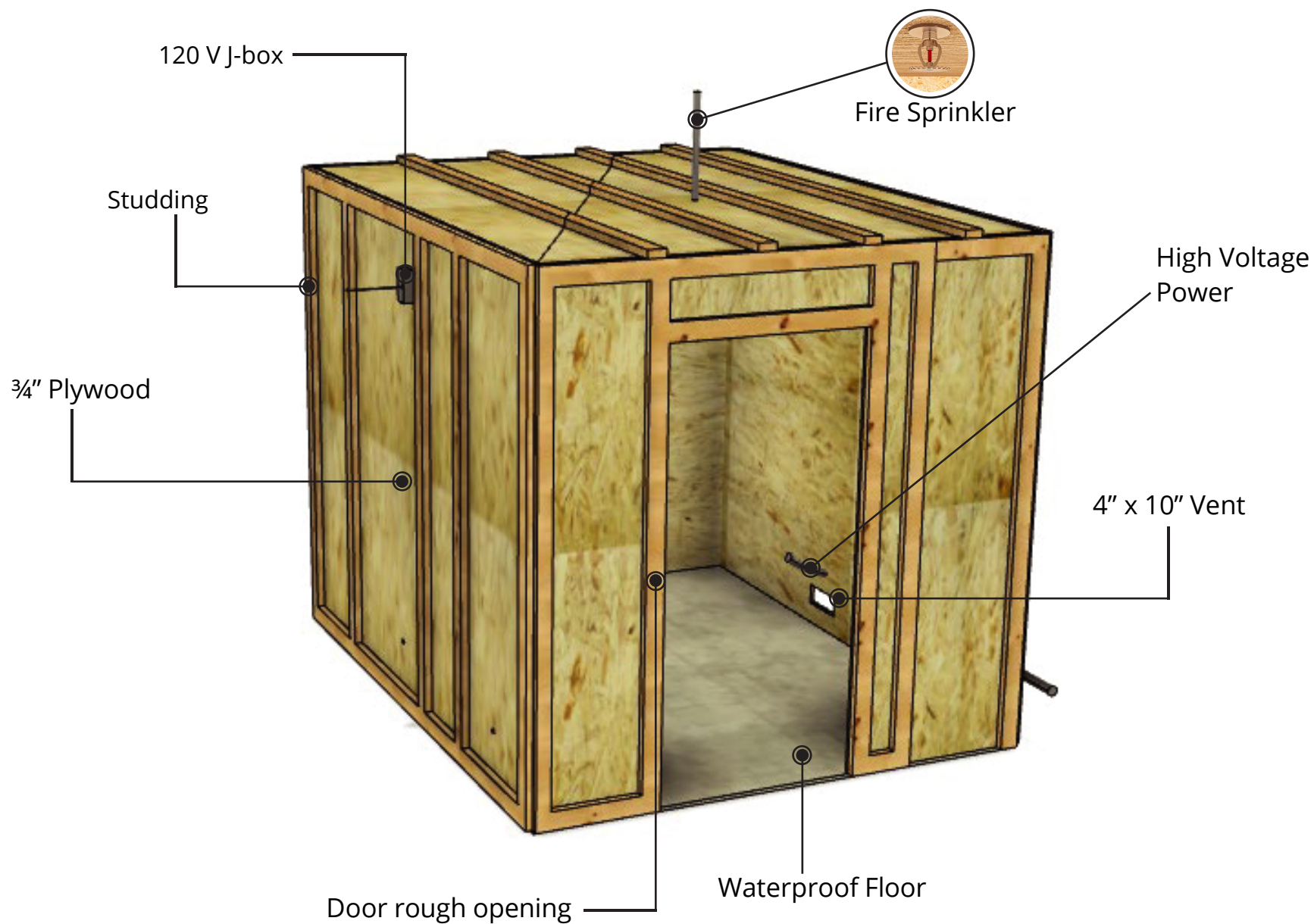
7) Plywood

a) Fasten 3/4" plywood to all walls and ceiling. Be sure to cut recommended holes in the plywood for the electrical, fire sprinkler, and ventilation requirements.



Fire Sprinkler Example

EXAMPLE OF A ROOM PREPARATION





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