

Cedar Pod Sauna Assembly Instructions



Requirements:

2 People (recommended)

Carpenter's Hammer

Step Ladder

Cordless Drill (we supply the bit)

Tape Measure

Carpenter's Level

7/16" Wrench

Rubber Mallet

Crowbar

1 ½" staples , screws or nails to fasten siding

[View the assembly process](#) 

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Cedar Pod Sauna Assembly Instructions

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Cedar Pod Sauna Assembly Instructions

Sauna Base Preparation

Make sure the base for your sauna is level with a slight slope to the back for drainage.

A solid base for your sauna is recommended and can be made from any of the following.



Concrete Pad



Wooden Deck



Crushed Gravel



Patio Stones/Paver Blocks

It is recommended to build a base larger than required to provide a sitting area for cooling off during your sauna session.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Lay the outer four sides of the floor on your level base with the front and rear pieces (the ones with the X's on them) opposite each other (notched edges upward).



Secure the four mitered corners together with two 3" (76mm) screws per corner, ensuring that pieces are flush with each other, as shown.



Lay the floor joists inside the frame.



Align the floor joists with the X's on the floor frame so that the sides of the joists are flush with the lines beside the X's.

Floor joists should be flush at the top with the inside of the floor frame.

Fasten with two 3" (76 mm) screws on each end.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Start laying the floorboards down starting at the front of sauna with the "tongue" facing the back.
** The floorboards should sit inside the floor frame.*



Continue laying down the floorboards tapping with a mallet to ensure they are tight together.
Once tightly together, fasten each floorboard with one 1 ½" (38mm) screw or nail into each floor joist.



Wedge the last floorboard in to make sure it is tight.
A small gap at the end is normal and will be covered by the sauna wall.



Locate the back bottom wall assembly.
Position the wall flush with the back edge of the floor.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



The wall should overhang $\frac{1}{2}$ " (13mm) on each side of the floor assembly.
After ensuring the back wall is flush to edge, attach wall to floor with 3" (76mm) screws using the predrilled holes.



Place the remaining wall bottoms roughly where they will go with the flat side facing the front of the sauna and the 2"x2" (51mm x 51mm) brace towards the rear of the sauna.



Install a stave on either side to establish the correct placement of the bottom walls.
Line up the wall bottoms with the grooves in the stave, screw stave to wall bottom with 3" (76mm) screws.
Repeat on opposite side.



The number of grooves depends on the options purchased with your sauna.
Once wall bottoms are in the correct location, attach to floor using 3" (76mm) screws.
Repeat for any remaining wall bottoms (if applicable)

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Install one front side panel onto the wall bottom. Secure panel on both ends with 3" (76mm) screws. Repeat Process for changeroom wall. (if applicable)



Install a stave across the walls for support. Square up walls and secure with 3" (76mm) screws. This is temporary and will be removed later.



Insert door onto bottom wall groove making it tight against left wall and secure with 3" (76mm) screws. Repeat for Changeroom door. (if applicable)



Attach the opposite side wall panel by tapping it with a rubber mallet to ensure walls fit tightly together and then securing with a 3" (76mm) screw. Repeat for Changeroom door. (if applicable)

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Install a stave across this wall for support as well. Square up walls and secure with 3" (76mm) screws. This is temporary and will be removed later.



Install the middle back wall. Secure with 3" (76mm) screws.



For added support, brace the middle section on both sides in the same manner as the lower support staves. This is temporary and will be removed later.



To make it easier to get in and out of sauna during assembly, center out the door handle (small) on the outside of the door and secure with 2" (51mm) screws using the pre-drilled holes.

Repeat for Changeroom door. (if applicable)

Magnets are very strong and may require some force to pull the door open the first time.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Attach top walls using 3" (76mm) screws on the front and back wall assemblies.

Install on changeroom wall. (if applicable)



Ensuring the ends are flush, fasten the two halves of the roof top board together using 2½" (64mm) screws into the pre-drill screw pockets as shown.



Using the markings on the front and back top walls, center the assembled top stave.

Use a rubber mallet to "finesse" into place if needed. Secure with 3" (76mm) screws.



Starting on one side of the top stave, use the rubber mallet and the included "tapping block" (shown below) to get staves tight.

Secure the staves into the wall with 3" (76mm) screws.



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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Continue adding staves working your way down the sauna.

When you come to a support stave, remove the screws from the support stave, tap it tightly into place and then secure with 3" (76mm) screws.



Use a crowbar and rubber mallet to finesse the last wall stave (flat edge on bottom) into place and secure with 3" (76mm) screws.



Repeat the process to add staves to other side of sauna.



To apply the ice & water shield membrane, place the black front side adhesive strip oriented towards the top.

Peel back the top 3 or 4" (76mm-101mm) of the backing from the top and apply so that the bottom edge is flush with the bottom of the sauna wall.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Peel off the rest of the adhesive backing and smooth the entire piece onto the wall.



Wrap the ice and water shield around the front of the sauna and secure with staples.



Continue to add the ice & water shield in the same manner, overlapping the reflective part on the lower piece.



When you have applied 3 strips on each side, place the final strip across the peak as shown.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Install the beveled siding smooth side out, thin end up and flush with the bottom of the sauna.



Fasten the first strip of the beveled siding flush with the bottom edge of the wall staves.
Space nails out approximately every two feet.
* Make sure not to drive them on an angle or drive the head of the nail below the surface of the siding.



Each strip should be overlapped about 1" (25mm), so use a 4½" (114mm) spacer as shown.
* Drive the nails ABOVE the overlap 1" - 1 ¼" (25mm-32mm) from the bottom edge.



Continue to add the bevel siding up to the top of the sauna on both sides maintaining the proper spacing.

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Use the last piece of beveled siding as a ridge cap at the top of the sauna.



Center the top piece of trim out slightly above the bevel siding and secure into staves with 2 ½" (64mm) screws.

* Do not fasten screws into seams.



Continue to add the trim pieces in this manner. Repeat for the back wall of sauna.



Install the inside handle at the desired height centered horizontally on the inside of the door and secure with 2" (51mm) screws in the pre-drilled holes. Repeat for Changeroom door. (if applicable)

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Cedar Pod Sauna Assembly Instructions

Sauna Assembly



Secure the doors with 2 ½" (64mm) screws through the middle hole in the hinges.



Install towel hanger at desired height on outer wall using 1 ½" (38mm) screws.
Repeat for Changeroom wall. (if applicable)

The main structure of your Cedar Pod Sauna is complete.

Please refer to each of the remaining sections to install the upgrades and options chosen.

Benches
Standard
Signature

Heater
Electric
Harvia M3 Woodburning

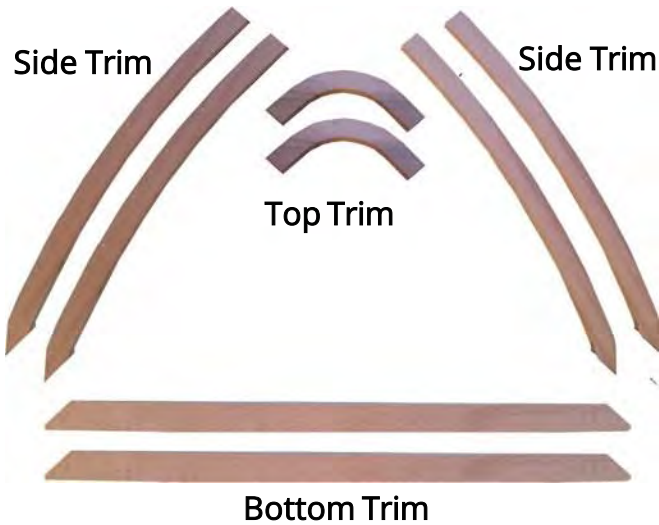
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Cedar Pod Sauna Assembly Instructions

Pod Shaped Window (Option)



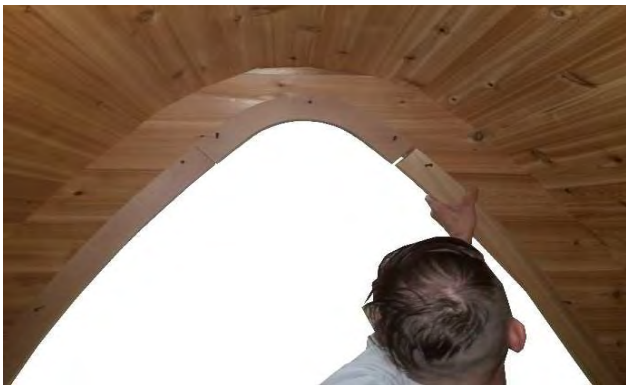
Each trim piece has a groove cut into it.

This will go to the inside of the cut out for the window.

The glass window in the pod sauna is heavy, it is recommended to get assistance carrying and installing it.



Starting on the inside of the pod sauna, center the top trim piece into the window opening. Once you ensure it is centered, secure it with 1 ½" (38mm) screws.



Line up the side trim pieces and secure into place.

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Cedar Pod Sauna Assembly Instructions

Pod Shaped Window (Option)



Line up the bottom trim piece between the 2 side trim pieces and secure with 1 ½" (38mm) screws. Make any adjustments to the trim pieces to ensure they are all flush to each other.



Once the trim pieces are installed on the inside of the sauna, with assistance, carefully place the pod shaped window into the opening tight against the inside trim.



When window is in place, secure the outside trim pieces following the same procedure as the inside trim pieces.

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Cedar Pod Sauna Assembly Instructions

Standard Bench Installation



Space two bench supports next to the side wall where the bench will go. Place the bench on top and adjust the position of the supports so that they are directly under the underside cross members, flush with the front trim, and in contact with the wall.



Once the bench supports are in the proper position, secure the bench to the supports with 2½" (64mm) screws between the bench boards, front and back, at each support.



Screw the bench supports to the floor and the back wall using 2 ½" (64mm) screws.



Position the backrest in the groove at the back of the bench. Secure to the wall using 2 ½" (64mm) screws between the slats to make the screws less visible.

Repeat the process for the opposite side bench and changeroom bench. (if applicable)

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Cedar Pod Sauna Assembly Instructions

Standard Bench Installation



To install the standard porch seats, screw the leg into the end of the seat with 2 ½" (64mm) screws. Attach the angled brace from the seat to the leg with 2 ½" (64mm) screws.



Use a level or carpenters square to ensure the porch bench is level.



Secure the porch seat to the front wall from underneath using (3) - 2 ½" (64mm) screws in the predrilled holes.



Secure Bench leg to floor with 3" (76mm) screws. Repeat for porch bench on the opposite side.

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Cedar Pod Sauna Assembly Instructions

Signature Bench Installation



Start the assembly of the signature benches by laying out the bench brackets.



Place Signature bench on bench supports. Place the 4 seat brackets under the benches lined up with the curved seat support bracket on bottom of bench.



Screwing from the bottom up into the seat support bracket, use 3 - 2 ½" (64mm) screws to secure the seat bracket to the bench.



Using 2 ½" (64mm) screws, fasten the bottom of each seat bracket to the floor of the pod sauna.

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Cedar Pod Sauna Assembly Instructions

Signature Bench Installation



Place the back rest in groove on the bench bracket.



Screw the back rest into the front and back walls with a 2 ½" (64mm) screw.
Screw in between seat slats to make screw less visible.



Slide the front enclosure into bench.



Secure the front enclosure to the walls using 2 ½" (64mm) screws.
Screw in between seat slats to make screw less visible.

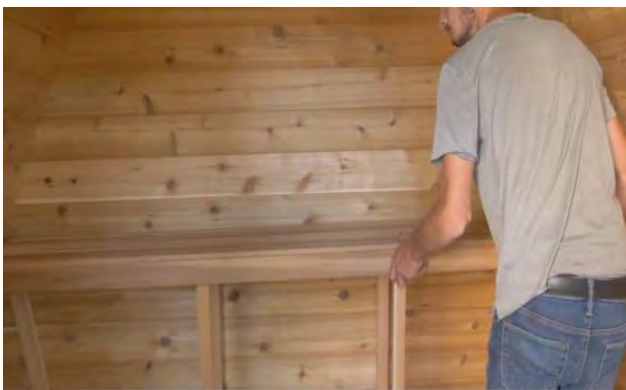
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Cedar Pod Sauna Assembly Instructions

Two-Tier Bench Installation



Start the assembly of the two-tier benches by placing the brackets evenly along the back wall.



Bring in the top bench and place it on the bench brackets.



Ensure the brackets are flush with the supports under the bench and secure from the bottom up into the bench seat using 2 ½" (64mm) screws.



Ensure the bench brackets are level to the back wall.

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Cedar Pod Sauna Assembly Instructions

Two-Tier Bench Installation



Once the brackets are level, secure the brackets to the floor and back wall using 2 ½" (64mm) screws. Repeat for the remaining 3 brackets.



Place the bottom bench on the lower bench bracket supports and secure in the same method as the top bench.



Secure the square benches and secure to the underside of the side bench so the brackets are tight to the front.



Place the side bench into place and secure the brackets to the floor using 2 ½" (64mm) screws.

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Cedar Pod Sauna Assembly Instructions

Two-Tier Bench Installation



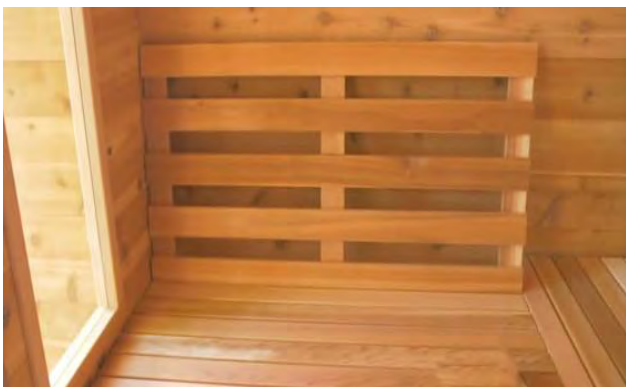
Secure the side bench brackets to the floor using 2 ½" (64mm) screws.



Place 2 ½" (64mm) screws into the predrilled holes on the bench wall support.



Attach the bench wall support to the front wall and the side bench from underneath using 2 ½" (64mm) screws.



Bring in the backrest to complete the bench.

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Cedar Pod Sauna

Assembly Instructions

Electric Heater Installation (Optional)



Measure the width of the stove mounting holes.



Measure the height of the mounting holes and add 6" (152mm).



Transfer the measurements to the wall of sauna.



Install the two $\frac{1}{4}$ " x $1\frac{1}{2}$ " (6mm x 38mm) hex head lag screws (supplied with the heater) into the holes.

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Cedar Pod Sauna

Assembly Instructions

Electric Heater Installation (Optional)



Hang the heater on the 2 screws and tighten to secure stove in position.



Locate the pieces for your heater guard. Stand the 2 Assembled side pieces of the heater guard on edge with pre-drilled holes on the bottom.



Screw heater guard support to either side using (2) – 1 ½" (38mm) screws per side. Repeat for the bottom heater guard support.



Place 2- 2 ½" (64mm) screws into the pre-drilled holes on either side of heater guard to prepare for mounting.

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Cedar Pod Sauna

Assembly Instructions

Electric Heater Installation (Optional)



Center the guard around the heater and secure to wall with the preplaced screws.



Ensure the guard is level and secure the other side.



Wash the layer of rock dust off of the sauna rocks before using them.

When your sauna is set up and working you should “break-in” the sauna before using it for the first time by turning on the heater to its highest setting and operate it for about 1 hour.

This is recommended to burn off any oils impurities from manufacturing, and it also “cures” the woodwork.

- *All wiring should be installed according to the heater manufacturers instructions and by a licensed electrician.*

- **Do NOT use a G.F.I breaker**

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Cedar Pod Sauna

Assembly Instructions

Harvia M3 Wood Stove Installation



Remove all protective film from stainless steel parts and the plastic wrap from stove pipe pieces before installation.



Fasten the stove handle onto the stove door With the screws provided.



Install floor heat shield against back wall centered between the benches.



Remove the screw on the back of stove and remove the back flap.

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Cedar Pod Sauna

Assembly Instructions

Harvia M3 Wood Stove Installation



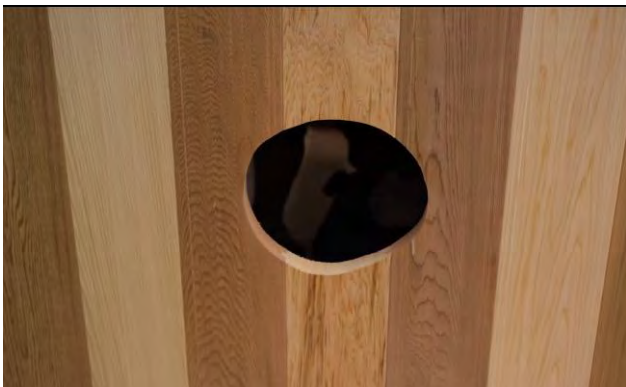
Measure the height to the middle of the opening on the back of stove. (22") (56mm)



Insert the Chimney adapter into rear hole tapping with a rubber mallet until it is snug.



On the center of the back wall, measure 22" (56mm) from the floor up.
This will be the center of your hole for the chimney to go out.



From the mark, make an 8" (203mm) circle.
Cut out the circle with a jigsaw.

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Cedar Pod Sauna

Assembly Instructions

Harvia M3 Wood Stove Installation



Bring in stove and place it on the floor heat shield centered about 6" (15cm) away from the wall.



Place the short connector through the hole in the sauna wall from the outside.



Slide short connector onto the chimney adapter.



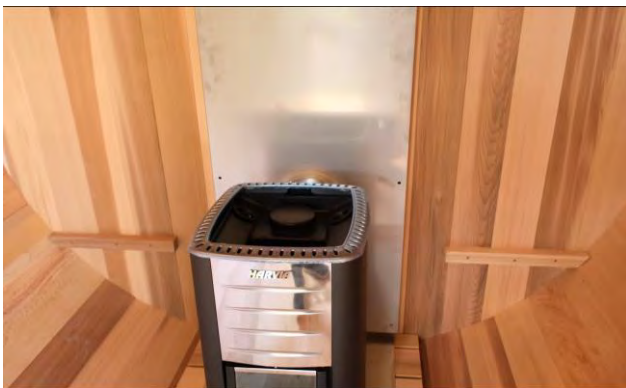
Bring in the rear wall heat shield and place it behind the stove.

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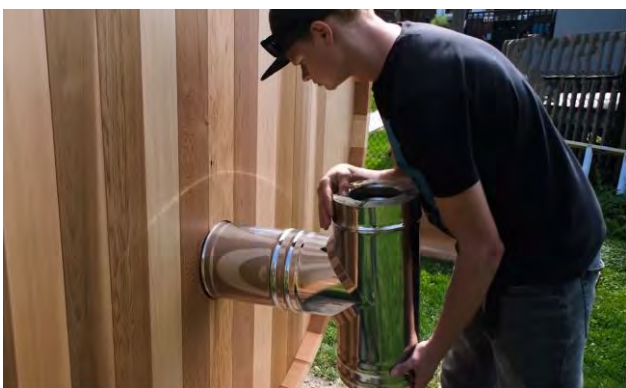
Cedar Pod Sauna

Assembly Instructions

Harvia M3 Wood Stove Installation



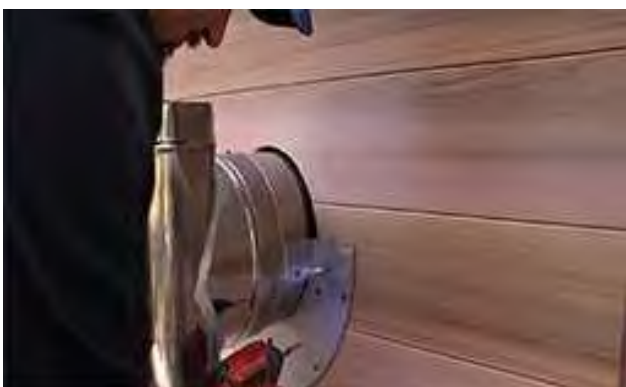
Ensure the rear wall heat shield is level and secure with 6 - 1 ½" (38mm) screws through the drilled holes.



Insert the "T" chimney piece through hole in back of sauna and through the rear wall heat shield on the inside of sauna and into the back of stove.



Secure the T connector to the short connector using the provided screws.



Attach the chimney cover plates using 1 ½" (38mm) screws ensuring halves are level. Top Plate should overlap the bottom plate.

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Cedar Pod Sauna Assembly Instructions

Harvia M3 Wood Stove Installation



Assemble the remaining chimney pieces.



Attach the support strap around the 2 chimney pipes and tighten up.



Attached assemble chimney pieces to the "T" coming out the back of the sauna and secure with provided screws.



Install the cap on the top of the assembled chimney.

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Assembly Instructions

Harvia M3 Wood Stove Installation



Wrap the chimney support strap around chimney and use the provided nut and bolt to secure. Snug up only hand tight



Attach chimney support braces to the sauna using 1 ½" (38mm) screws. Ensure not to screw into any seams.



Tighten up the chimney support brackets with a 7/16" (11mm) socket or wrench until snug.



Attach chimney top onto chimney and secure with provided screws.

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Cedar Pod Sauna Assembly Instructions

Vent Kit Installation

In most cases, venting is not required for proper sauna function, however it increases air flow circulation as well as ventilation when the sauna is not in use.

Many people prefer not to install vents in prefabricated saunas.

Generally, you have access to add a vent to your sauna once assembled if it is deemed necessary.

Vent Kit Contents

Stainless Steel 3" x 7" Grill (X2)

1 ½" Stainless Steel Screws (X12)

Tools Required

Hole Saw or Drill Bit to drill holes.

Cordless Drill w/ Robertson bit.



The Location of the vent depends on the type of sauna purchased and the location of the heater. Use the following instructions as a guide to help you determine where the vent should be located.

Inlet – Low below heater

Outlet – High up at far corner away from heater

Ex. Saunas with the heater on the back wall in the middle, the inlet would go under heater on the back wall and the outlet would go high on the front wall.

Saunas with the heater on the front wall would have the inlet under the heater on the front wall and the outlet high on the back wall for maximum airflow.

For Saunas with wood heaters, get the inlet as close as possible to the wood heater and the outlet high in the opposite corner.



Inlet under electric heater on Back wall



Inlet beside wood heater on Back wall

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Cedar Pod Sauna Assembly Instructions

Vent Kit Installation



If an electric heater is being used, Drill inlet holes centered underneath the heater close to the floor. (A 2" diameter hole saw was used in pictures but more holes with a smaller drill size will also work)



If the sauna is being installed with a wood heater, drill inlet holes close to floor and the side of the heater as in the above picture.



Install 1 of the stainless-steel vent grills over the inlet holes on the outside of the sauna centered over the holes using 1 1/2" (38mm) screws. (6pcs)

Note that the inlet holes on the inside do not get a stainless-steel cover.



On the wall away from the heater, close to the top, drill the outlet holes in the same manner as the previous step

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Cedar Pod Sauna Assembly Instructions

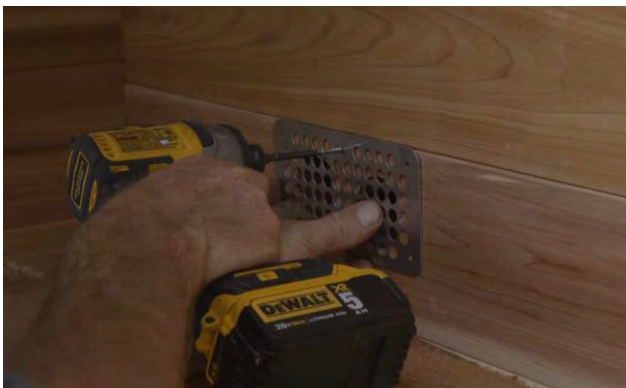
Vent Kit Installation



Install the other Stainless Vent cover over the outlet holes on the outside using 1-1/2" stainless steel screws. (6pcs)

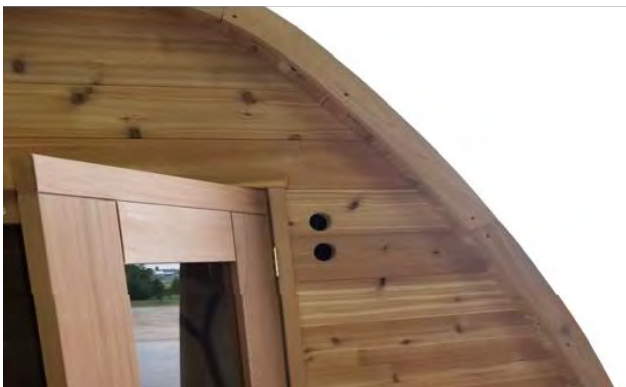


Install the cedar vent cover over the outlet holes on the inside of the sauna with a 1 1/2" (38mm) screw. Tighten the screw just enough that the vent cover still rotates smoothly.



Install 1 of the stainless-steel vent grills over the inlet holes on the outside of the sauna centered over the holes using 1 1/2" (38mm) screws. (6pcs)

Note that the inlet holes on the inside do not get a stainless-steel cover.



On the wall away from the heater, close to the top, drill the outlet holes in the same manner as the previous step

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MAINTAINING YOUR SAUNA AFTER INSTALLATION

Interior

It is recommended to vacuum or sweep out the inside of your sauna frequently to remove dirt and other debris.

Under normal conditions, a slight wash of the floor and benches with warm soapy water several times a year will maintain its cleanliness. You can use a sheet of fine grit sandpaper or a low pressure wash to remove more stubborn stains or for a deeper cleaning of the interior of your sauna.

Never use ammonia or harsh cleaners as they can turn the wood gray.

Exterior

Depending on the humidity and weather conditions in your area, the cedar will either shrink or expand based on the amount of moisture absorption. The desired effect is to have the cedar expand into the bands therefore making the sauna staves much tighter.

Over time the lumber will weather naturally as a result of sun and rain, it will change into a weathered grey colour. This natural weathering will not harm the wood or impair the sauna's performance.

If you wish to retain the natural color of your Dundalk Leisurecraft Sauna, there are many cedar stains on the market and almost as many opinions as to which is best.

We encourage you to rely on your own research and referrals.

Recommended Stains Include:

Behr Premium Semi-Transparent Waterproofing Stain & Sealer

Sikkens Proluxe Cetol SRD Translucent Stain

<https://www.realcedar.com/outdoor/finishing-choices/>

Note: never treat the interior of the Sauna, and never apply paint or varnish to the exterior.



Water Seepage

Some minor water seeping into the sauna is expected and normal for an outdoor sauna.

If your sauna is properly installed, you should not have water dripping in but you should expect some water seepage, especially on the top and sides of the sauna.

This is due to the porous characteristics of the wood and to the ball-and-socket profile design of the staves.

Water Seepage will not harm the sauna. The moisture will evaporate once you turn on the heater and the sauna heats up.

If the water marks are bothersome, they can be easily removed with a light sanding (80 or 100 grit)



HOW TO TAKE A SAUNA

1. Pre-heat your sauna to the desired temperature (usually between 80-100°C)
2. While it's warming up, take a nice hot shower.
3. Enter the pre-heated sauna, relax and allow your body to perspire in the soft dry heat. Do not throw water on the rocks during the first part of the session.
4. Cool off with a cold shower or a quick swim in a lake or pool.
5. Re-enter the sauna and sprinkle water on the rocks. This will increase humidity to assist in perspiration. Half a cup every 5 minutes should be enough. Too much water will just cool off the rocks and you'll get less steam.
6. After a 20–30-minute sauna, cool off in the shower or lake or pool.
7. Repeat this sauna/cold shower process as often as desired.
8. After each use, leave the door fully open for a few hours if possible so the wood can dry out.

**These are guidelines only. Enjoy your sauna in whichever way you desire.
Children must be supervised by an adult.**

WARRANTY

LeisureCraft warrants our saunas against defects in materials and workmanship under normal/residential use for a period of five (5) years, as applicable, from the date of receipt of the product by the original end-user consumer. This warranty does not apply to normal wear and tear and/or natural weather conditions. This warranty does not cover regular required maintenance of the sauna, (eg. Tightening bands on the barrels, cleaning or staining the sauna) refer to your sauna assembly manual for maintenance guidelines. This warranty does not cover misuse or negligence and the manufacturer and associated retailers are not liable for any injury or damage caused by the product. This warranty is a parts only warranty and any service or labor costs would not be considered as part of the 5-year warranty.

Purchaser Name: _____ Date: _____

Purchased From: _____