



The skill level required to assemble the Serenity Sauna is above average. It is highly recommended to hire a professional contractor or carpenter.

Scan the QR code to view the assembly video.





All electrical connections must be performed by a qualified licenced electrician!

For further information on your heater installation instructions, please refer to the provided heater manual.

Always ensure that you have the correct screw length so that there will be enough thread to hold, and especially, so that the screw does not go all the way through the material and come out the other side.

Please note that metal siding may have sharp edges!

It is recommended to wear personal protective including gloves and safety glasses while handling the metal siding!



Requirements:

2 People (recommended) **Rubber Mallet** Carpenters Level Carpenters Square Tape Measure Cordless Drill Phillips & Robertson Drill Bits 2" hole Saw Grinder or metal snips 14" Nut Driver Step Ladder **Utility Knife** Drill Bit set 4mm Hex Bit Saw Hammer

Base Preparation

Base Assembly

Wall Assembly

Front Window Installation

Roof Installation

Siding & Trim Installation

Bench Assembly

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Care & Maintenance

Warranty

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



Wood Deck



Crushed Stone



Patio Stone/Paver Blocks

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

Base Assembly



Start the assembly of your Galaxy Sauna by locating the front and back floor joists.

The front and back joists are the shorter ones with the notch facing upwards.



Locate the middle floor joists.

These will be the longer joists.

The 2 for the outside and the 2 for the middle will have the insulation support on 1side and the remaining 2 will have the insulation supports on both sides.



Place the 2 outside joists with the insulation supports facing inwards.

Roughly center the 4 middle joists between the outside joists.



Secure the outside joists to the front and back joists using $2 - 2 \frac{1}{2}$ " (64mm) screws per corner.

Repeat on all 4 corners.

Base Assembly



Secure the 2 center joists together with 2 ½" (64mm) screws.

Ensure the insulation supports are at the bottom and facing towards each side joist.



Center the assembled joists and secure with $4 - 2 \frac{1}{2}$ " (64mm) screws in each end.



Ensure the remaining joists are 19" (48cm) apart to ensure the insulation blocks fit and then secure joists from the front and back joists using $2 - 2 \frac{1}{2}$ " (64mm) screws in the pre-drilled holes.



Using a utility knife or saw, cut the insulation to length to fit between the joists.

Base Assembly



Secure a floorboard across the joists and secure with a 1 ½" (38mm) screw into each joist.

This is temporary to ensure the joists do not bow while placing the remaining floorboards and will be removed later.



Begin placing the floorboards.

Ensure they are flush with the groove on the side and front joist.

Ensure the tongues are tight into the grooves and secure with $1 - 1 \frac{1}{2}$ " (38mm) screw on the outside joists only.



For a cleaner look, use 1 ¼" finishing nails or staples through the tongue on the inside joists.



When you get to the middle of the floor, remove the temporary floorboard that was placed earlier.

Continue until you reach the back of the sauna floor.

A small gap is possible and will be covered by the walls in the next steps.

Wall Assembly



To start the assembly of the walls, bring a wide panel and place it on the back corner on the side of the sauna floor.



Ensure the panel is flush to the edge of the floor on the side and back and secure with $2 - 3 \frac{1}{2}$ " (89mm) screws.



Place a narrow wall panel onto the back of the sauna and ensure it is flush to the back of the sauna and the side wall panel.



Ensure it is flush to the back edge of the floor and secure with $2 - 3 \frac{1}{2}$ " (89mm) screws into the back floor joist and $4 - 3 \frac{1}{2}$ " (89mm) screws into the side wall panel.

Wall Assembly



Repeat the process for 2 more narrow panels on the back wall ensuring they are flush to the back of the floor and to the previous panel.



Place a wide panel onto the opposite side of the sauna.

Ensure it is flush to the edge of the floor and secure with $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist and $4 - 3 \frac{1}{2}$ " (89mm) screws into the back wall panel.



Repeat with another wide panel securing it to the floor and the previous wall panel as in previous steps.



Finish this side off by placing a narrow wall panel enusring it is flush to the edge of the floor and secure with $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist and $4 - 3 \frac{1}{2}$ " (89mm) screws into the previous panel.

Wall Assembly



Place a 4 x 4 post onto the end of the narrow panel.



Ensure it is flush to the panel and secure with $4 - 3 \frac{1}{2}$ " (89mm) screws.



Place a wide panel onto the opposite side of the sauna.

Ensure it is flush to the edge of the floor and secure with $3 - 3 \frac{1}{2}$ " (89mm) screws into the outside floor joist and $4 - 3 \frac{1}{2}$ " (89mm) screws into the previous panel.



Place the door panel.

Ensure it is flush on the inside and the hinges are on the outside.

Secure with $4 - 3 \frac{1}{2}$ " (89mm) screws through the previous wall panel into the door panel.

Note: if door is chosen for opposite side, the previous steps will be reversed.

Wall Assembly



Place a 4 x 4 post onto the end of the door panel.

Ensure it is flush to the panel and secure with $3 - 3 \frac{1}{2}$ " (89mm) screws.

Front Window Installation



WARNING: The Front Glass Panel is Heavy.

Use the Provided Panel Handling lifting devices and ensure you have at least to people to carry the panel!



Locate the wall panel handling rigger set.

This will include 2 aluminum lifting riggers and 2 pieces of 2" (51mm) dowel.



Install the panel rigger bracket onto the bottom sides of the window panel with the provided screws.

The lip of the panel rigger should be tight to the bottom side of the panel.



Slide the dowel through the hole in the rigger so it is even on both sides.

Front Window Installation



Carefully carry the glass panel to the front of the sauna.



When you get the glass panel close to the front wall you can remove the riggers.



Insert the front window panel and ensure it is flush to the front of the floor and the side wall panels.



Locate the connector lag screws.

Front Window Installation



Use a 5/32" drill bit to pre-drill holes into the wall panels.



Secure the glass panel to the side wall panel with the provided lag screws ensuring the glass panel is flush.



Repeat on the opposite side.

Roof Installation



Place the first roof truss ensuring it is flush to the side and front panels.



Secure the roof truss to the panels using $6 - 3 \frac{1}{2}$ " (89mm) screws.



Place 3 small spacer blocks on the truss. 2 at the front (top & bottom) and one at the back (at the bottom, flush with the back wall) and secure each block with 2 $-2\frac{1}{2}$ " (64mm) screws.



Place another roof truss.

Ensure it is flush to the spacer blocks and secure with $2 - 2 \frac{1}{2}$ " (64mm) screws in each block.

Roof Installation



Place a large spacer block next to the truss on the front and back and secure with $2 - 2 \frac{1}{2}$ " (64mm) screws into each.



Place another roof truss next to the large spacer blocks.

Ensure it is flush to the spacer blocks and secure with $2 - 2 \frac{1}{2}$ " (64mm) screws in each block.



Place a large spacer block on the front top between the 2 trusses and secure with $4 - 2 \frac{1}{2}$ " (64mm) screws.



Repeat the above steps for the opposite side of the sauna.

Roof Installation



With both sides of the roof in place, now repeat the process by placing a large spacer block next to the truss on the front and back and secure with $2 - 2 \frac{1}{2}$ " (64mm) screws into each.



Place 2 large spacer blocks into the remaining opening on the front and back and secure with 2-2 ½" (64mm) screws in each block.



Place the last 2 large spacer blocks on the front top between the trusses and secure with $8 - 2 \frac{1}{2}$ " (64mm) screws.



Place the first soffit overhang.

Ensure the full width slat is towards the front of the sauna.

Once flush to the roof truss, secure the soffit to the truss with $6 - 2 \frac{1}{2}$ " (64mm) screws.

Roof Installation



Repeat on the opposite side with the 2nd soffit overhang.



Place a side nosing piece ensuring it is flush with the front of the truss and the **top** of the nosing and secure with $6 - 2 \frac{1}{2}$ " (64mm) screws.

Repeat on the opposite side.



Secure the front nosing.

Ensure it is flush to the top and sides and secure with $9 - 2\frac{1}{2}$ " (64mm) screws. (2 on each end and 1 into each of the roof trusses)



Place the back nosing.

Ensure it is flush with the top of the roof and sides and secure with $7 - 2 \frac{1}{2}$ " (64mm) screws into the ends and roof trusses.

Roof Installation



Lay the first full sheet of plywood onto the front of the roof and fasten with 1 $\frac{1}{4}$ " (32mm) screws/nails or staples.



Repeat the process for the second full sheet of plywood.



Repeat the process for the thin piece of plywood down the side



Lastly, add the thin strip and the small square at the bottom of the roof and secure.

Roof Installation



Begin placing the inner roof boards ensuring they are centered, and the tongues pushed tight into the grooves.

Secure each roof board with 1 ¼" (32mm) finishing nails or staples through the tongue into each truss.



Continue adding the roof boards until you reach the back of the sauna.

Use a rubber mallet if needed to finesse the last roof board into place.



Starting at the front of the upper truss, continue placing roof boards.

Push the tongues tight into the grooves and secure with 1 ¼" (32mm) finishing nails or staples through the tongue into each truss

For extra support, place 2 more staples through the face of the first board.



Place the roof insulation blocks between the trusses.

Siding & Trim Installation



Start with the corner side trim.

Ensure it is flush to the front post and secure with $5 - 2 \frac{1}{2}$ " (64mm) screws.



Repeat the process for the corner front trim.

Ensure it is flush to the edge of the side trim and secure with $5 - 2 \frac{1}{2}$ " (64mm) screws.



Repeat the process for the opposite front corner.



Repeat the above for the back corner trim.

Smaller trim pieces on the sides and the wider trim pieces on the back of the sauna.

Siding & Trim Installation



Place the front metal trim over the front nosing.

Secure with 4 of the provided black screws spaced out on the bottom side of metal trim.



Repeat the process for the metal side trim.

Secure with 5 of the provided black screws spaced out on the bottom side of metal trim.

Repeat on opposite side.



Place the back metal trim over the back nosing.

Do not secure yet.



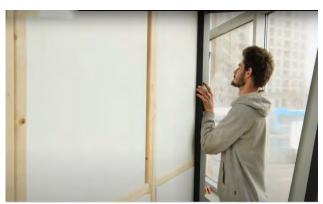
Place the insulation blocks into the panels on the side wall without the door.

Siding & Trim Installation



Place a front corner metal trim piece.

Secure with 2 of the provided black screws at the bottom and middle of metal trim.



Repeat the process for back corner on the same side.

Secure with 1 of the provided black screws in the middle of the metal trim.

This will require cutting the metal to fit!



Place the top "J" trim and secure with 3 of the provided black screws.

This will require cutting the metal to fit!



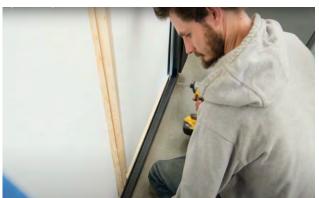
Place the side front "J" trim and Secure with 5 of the provided black screws.

This will require cutting the metal to fit!

Siding & Trim Installation



Repeat for the back side "J" trim and secure with 4 of the provided black screws.



Next, place the bottom trim piece and secure with 3 of the provided black screws.

This will require cutting the metal trim to fit!



Starting from the back corner of the side of the sauna, begin placing the siding panels from shortest to tallest.

Secure with 3 of the provided black screws. (top, middle and bottom)



Continue to add panels ensuring they are locked in tight to the previous panel and secure with 3 of the provided black screws. (top, middle and bottom)

Siding & Trim Installation



The final panel will be a thin finisher panel.

Lock it into place and secure with 3 of the provided black screws.



Place the other back corner metal trim piece.

Secure with 3 of the provided black screws.

This will require cutting the metal to fit!



Place the back top "J" trim and secure with 3 of the provided black screws.

This will require cutting the metal to fit!



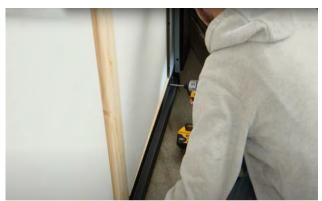
Place the insulation blocks into the panels on the back wall.

Siding & Trim Installation



Place a back side "J" trim and secure with 4 of the provided black screws.

Repeat on the other side.

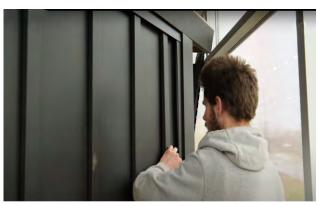


Place the back bottom trim piece and secure with 3 of the provided black screws.

This will require cutting the metal to fit!



Place the siding panels ensuring they are locked in tight to the previous panel and secure each panel with 3 of the provided black screws. (top, middle and bottom)



The final panel will be a thin finisher panel.

Lock it into place and secure with 3 of the provided black screws.

Siding & Trim Installation



Place the final front corner metal trim piece.

Secure with 3 of the provided black screws.



Place the front top "J" trim and secure with 3 of the provided black screws.

This will require cutting the metal to fit!



Place a short side "J" trim and secure with 2 of the provided black screws.

Repeat on the other side.



Place a bottom trim piece and secure with 3 of the provided black screws.

This will require cutting the metal trim to fit!

Siding & Trim Installation



Place the short front siding pieces.

Ensure they are locked in tight to the previous panel and secure each panel with 2 of the provided black screws.

The final panel will be a thin finisher panel.



Install the trim support board below the front window.

Ensure it is flush and secure with $3 - 2 \frac{1}{2}$ " (64mm) screws.

This will require cutting the metal to fit!



Place the metal trim over the support board and secure with 3 of the provided black screws.

This will require cutting the metal to fit!



Place the insulation blocks into the slots on the final side wall.

Siding & Trim Installation



Place the top "J" trim and secure with 3 of the provided black screws.

This will require cutting the metal "J" trim to fit!



Place a side "J" trim and secure with 4 of the provided black screws.



Place the bottom trim piece and secure with 3 of the provided black screws.



Place a door side "J" trim and secure with 2 of the provided black screws.

Siding & Trim Installation



Place a small side "J" trim and secure with 2 of the provided black screws.



Place a small "J" piece on the bottom of the truss and secure with 1 of the provided black screws.



Place the siding following the same process as the other side installing from shortest to tallest ensuring they are locked in tight to the previous panel and secure each panel with 3 of the provided black screws. (top, middle and bottom).



The final full-length panel will be cut to fit over the door.

This may require some cutting the metal to fit!

Siding & Trim Installation



Place the short siding panels in the truss from shortest to tallest. Secure each panel with 2 black screws.



Place the back roof trim piece over the roof at the back of the sauna.

Ensure it is flush on both ends and tight against the back and secure with 3 of the provided black screws.

This may require some cutting the metal to fit!



Repeat for both side roof trim pieces securing with 5 of the provided black screws.

This may require some cutting the metal to fit!



Repeat for the front roof trim piece securing with 5 of the provided black screws.

This may require some cutting the metal to fit!

Siding & Trim Installation



Place the first roof panel ensuring it is flush to the side and under the front roof trim.

Secure with 6 of the provided screws.

Continue placing the roof panels ensuring they are locked into the previous panel.



Snap the side cap piece over the roof panel and side trim and secure with 6 of the provided black screws.

Repeat on the opposite side.

This may require some cutting the metal to fit!



Secure the front trim with 4 of the provided black screws on the face of the trim.

Secure the side cap trim pieces with 5 of the provided black screws on the face of the trim.

Bench Assembly



To start the assembly of the benches, bring in the large top bench and place it against the back wall ensuring the curved front of the bench is facing upwards.



Place one of the bench supports flush to the back of the bench with the bottom seat facing up and secure the support to the bench with $2 - 2 \frac{1}{2}$ " (64mm) screws per support.



Repeat with the remaining supports.



Repeat with the lower bench ensuring the curved front of the bench is facing upwards.

Secure the support to the bench with $2 - 2 \frac{1}{2}$ " (64mm) screws per support ensuring the support is square to the bench.

Bench Assembly



Flip the bench upright and place it tight against the back wall of the sauna.



Ensure the bench is tight to the back wall then secure with $2 - 2 \frac{1}{2}$ " (64mm) screws in the back support and $2 - 2 \frac{1}{2}$ " (64mm) screws in the floor support on each bracket.

If installing a floor model electric heater, skip this step until the heater controls are completed.



Place the upper bench enclosure in place and secure with 2 - 1 ½" (38mm) screws into each support.

Repeat for bottom enclosure.

Screw between the slats of the support to make the screws less visible.

Inside Trim Installation



Measure the distance between the side walls at the seam above the glass wall and the roof.

Transfer this measurement to a piece of the inside corner trim and cut.



Secure the corner trim with 1 ¼" (32mm) staples or finishing nails.

Repeat for the back wall.



Use a full piece of the corner trim for the side wall.

Measure the distance remaining and cut accordingly.

Repeat on opposite side wall.



Repeat the above steps for the corners on the front wall.

Inside Trim Installation



Measure and cut a piece of the thicker trim to fit above the door.

Secure with 1 ¼" (32mm) staples or finishing nails.



Measure and cut 2 pieces of trim at 8" (20cm) for the back corners.

Secure on top of the top bench in each back corner with 1 ¼" (32mm) staples or finishing nails.



Place the backrest onto the trim pieces and secure with $2 \frac{1}{2}$ " (64mm) screws.

Screw between the slats of the support to make the screws less visible.



Measure and cut trim pieces to fit above the backrest in the back corners.

Secure with 1 ¼" (32mm) staples or finishing nails.

Inside Trim Installation



Center the bottom vent support under the hole, ensure it is level and secure it with 3 – 2" (51mm) screws



Place the cedar slider cover onto the bottom support then put the top vent support on top, ensure that the cover can slide back and forth.

Secure with 3 – 2" (51mm) screws.



Repeat the process to install the cedar slide cover.

Handles and Accessories Installation



Install the door handle by placing the provided 2" (50mm) lag bolts through the inner handle (short)into the outer handle (longer)

Use the hex key to snug up, do not tighten all the way.



Ensure the outer handle lines up with the magnetic catch on the door frame and then tighten the lag bolts completely.



Use a 1 ½" (38mm) screw to hang the optional thermometer in the desired location.



Use 2 - 1 ½" (38mm) screws to hang the optional cedar sauna shelf in the desired location.

Vent Installation

For proper functionality of your sauna heater and for efficiency and longevity of your sauna, well- tuned ventilation is required.

Typically for natural draft ventilation, an inlet vent is placed below the heater and an outlet vent placed in the opposite corner, closer to the ceiling.

Outlet vent close to ceiling in opposite corner



Vent Installation

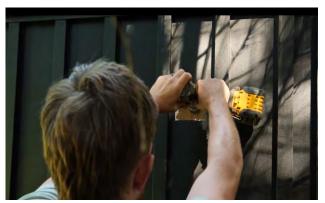


On the second panel from the front, (Galaxy sauna with heater on the right) use the inner part of the black vent to trace and then cut out a square 10 ½" (25cm) from the bottom of the panel.





Using a utility knife, remove the insulation from the vent hole.



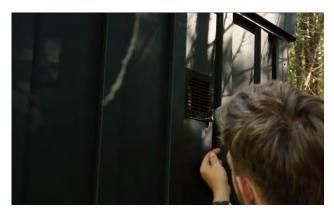
Drill a 2" (51mm) hole in the center of the cut out.

Only drill have way to prevent splintering on the inside of the sauna.



Finish drilling the hole from the inside for a cleaner look.

Vent Installation



Install the vent and secure with the provided screws.



Finish drilling the hole from the inside for a cleaner look.



Center the bottom vent support under the hole, ensure it is level and secure it with $3 - 1 \frac{1}{2}$ " (38mm) screws



Place the cedar slider cover onto the bottom support then put the top vent support on top, ensure that the cover can slide back and forth.

Secure with 3 – 1 ½" (38mm) screws.

Repeat the process on the opposite side of the sauna on the second last panel to the rear of the sauna for the outlet vent.

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 colour of your 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

Wellness Shop 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: _	