

INSTALLATION & OWNER'S MANUAL

The EVERWOOD - SMALL SAUNA

Read these instructions to guide your assembly.



It is highly recommended to view the assembly video prior to starting assembly!

This product manufactured by


ALMOST HEAVEN
SAUNAS






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 INJURY 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 °F. 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.

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- 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.

LINDEN - SMALL SAUNA INSTALLATION & OWNER'S MANUAL

Thank you for your purchase of your Linden - Small Sauna. Should you have any questions during assembly, please feel free to give us a call at **773-435-7596**, or email support@rateoutdoors.com. For further guidance on assembly, please visit our YouTube channel.

Your Linden - Small Sauna is specifically designed to utilize your existing floor. As such, assembly is made very simple since the entire sauna sits on pre-fabricated rails and risers rather than on a floor platform. 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

Costs of an electrician can vary greatly depending on several factors, including your sauna's distance from your electrical service box, where you live and cost of materials. We always recommend you get quotes from two to three different licensed electricians before you begin installation in order to get the best possible service and price.

Use copper wire with 90C insulation. Do not use aluminum wire to make the connection. Consult with an electrician so you can determine the requirements for your particular situation. All wiring must conform to all national, state and local codes and regulations.

For further information and instruction on your heater installation and operation, please consult the provided heater manual.



**Rate
Outdoors**

BASIC TOOLS

These tools are helpful in the assembly of your barrel sauna:

-
- Cordless Drill
- Drill Bit Set
- Bit Set
- Rubber Mallet
- Hammer
- Framing square
- Socket Wrench
- Utility knife
- Level
- Tape Measure
- Ladder
- Jig Saw

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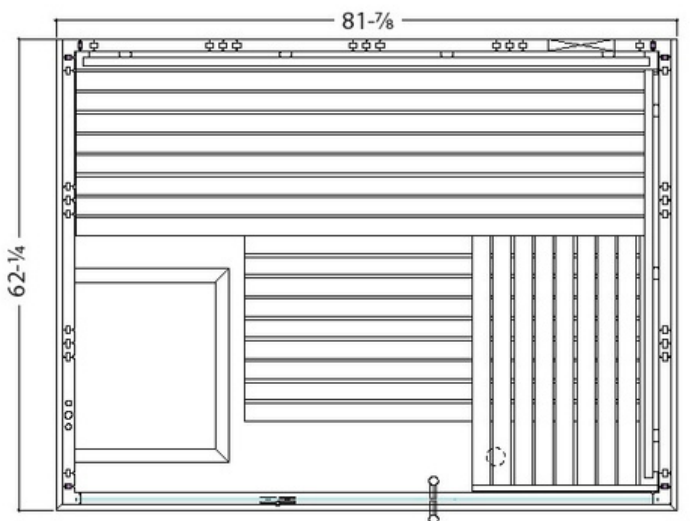


PARTS LIST

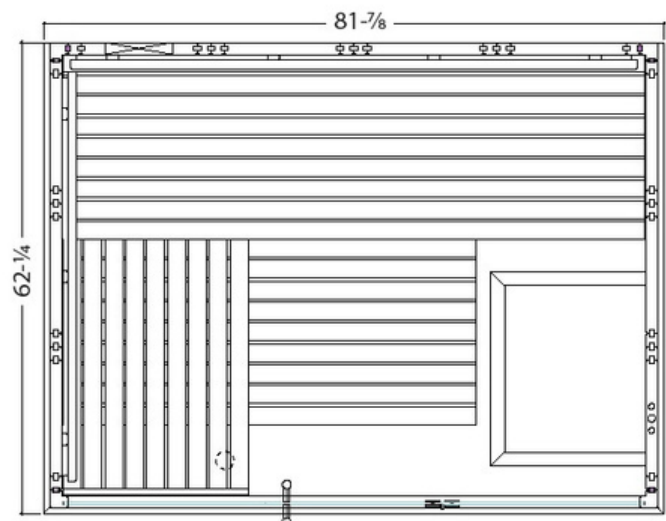
No. of Items	Name	Dimensions inches
Base frame		
2	Base frame	59 x 3-1/2 x 1-5/8
1	Base frame	80-3/8 x 3-1/2 x 1-5/8
Wall elements		
3	A/A wall element with Multiclip	76 x 18-7/8 x 1-5/8
2	A/A wall element	76 x 18-7/8 x 1-5/8
1	A/A electrical element with Multiclip	76 x 18-7/8 x 1-5/8
2	A/B wall element	76 x 18-7/8 x 1-5/8
1	A/B wall elements with Multiclip	76 x 18-7/8 x 1-5/8
1	A/B ventilation element with Multiclip	76 x 22-7/8 x 1-5/8
1	Element above the door	75-5/8 x 4 x 1-5/8
Roof elements		
1	Roof element with LED	75-1/2 x 18-7/8 x 1-5/8
1	Roof element, front	75-1/2 x 18-7/8 x 1-5/8
1	Roof element, middle	75-1/2 x 18-7/8 x 1-5/8
Corner posts		
2	90° corner post with groove for glass, with Multiclip	79-1/2 x 2-3/8 x 2-3/8
2	90° corner post with groove	76 x 2-3/8 x 2-3/8
Support slats		
2	Roof support slat 2 x 45°	77-1/8 x 1-5/8 x 1-5/8
2	Roof support slat 2 x 45°	58-1/4 x 1-5/8 x 1-5/8
2	Roof cover slats	56-3/4 x 1/2 x 1-5/8
2	Roof cover slats	41 x 1/2 x 1-5/8
3	Bench support slats	22-1/2 x 1-5/8 x 1-5/8
2	Mounting slats for bench screen	10-1/4 x 1-5/8 x 1-5/8
Roof trim slats		
1	Roof trim slat	81-7/8 x 2-3/8 x 1-5/8
2	Roof trim slats 45°	64-1/8 x 2-3/8 x 1-5/8

No. of Items	Name	Dimensions inches
Interior fittings		
1	Bench	76-3/4 x 24-3/8 x 3-1/2
1	Bench	32-7/8 x 24-3/8 x 3-1/2
1	Bench blinds	24-3/8 x 3-1/2 x 3/4
1	Foot step panel	53-1/8 x 24-3/8 x 3-1/2
2	Foot step feet	23-5/8 x 16-3/4 x 1-5/8
2	Foot step struts, 2 x 45° diagonal	19-1/4 x 3-1/8 x 3/4
1	Stainless foot	32-7/8 x 2-3/8
1	Backrests	74-3/4 x 10-1/4 x 2
1	Bench screen	76-3/4 x 13-3/4 x 2
1	Heater protection grille	25-5/8 x 22 x 1-3/4
2	Heater protection grille	19-5/8 x 22 x 1-3/4
1	Mount. slats for heater protection grille	25-5/8 x 1-3/4 x 3/4
2	Mount. slats for heater protection grille	20-1/2 x 1-3/4 x 3/4
2	Headrest	16-7/8 x 9-7/8 x 2-3/4
1	Floor grid	27-1/2 x 21-5/8 x 1-5/8
1	Ventilation slit	20-1/2 x 5-1/2 x 5/8
Glass elements		
1	Glass door	75-3/8 x 23-1/4 x 8mm
1	Glass element with holes for door hinges	76-5/8 x 26-1/2 x 8mm
1	Glass element	76-5/8 x 26-1/2 x 8mm
Accessories		
1	U aluminium profile	26 x 1/2 x 5/8
1	Door handle set wood/S.S.	
1	2 door hinges 8653-02	
1	Door magnet, sleeve plate	
1	Sauna lighting LED RGBW (pre-assembled)	74-3/4
1	3 Silicon cables: 5 x 2.5 mm ²	
1	Installation material set	
1	Assembly instructions	

LEFT FLOOR PLAN



RIGHT FLOOR PLAN



BASE ASSEMBLY



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

NOTICE

- The room in which the sauna will be installed must be at least 90-5/8" high for installation to work.
- There must be a gap of 2" from the surrounding walls and the sauna walls.

Connect the three base frames using the dovetail key, and hammering it into place (1-4).



Image 1

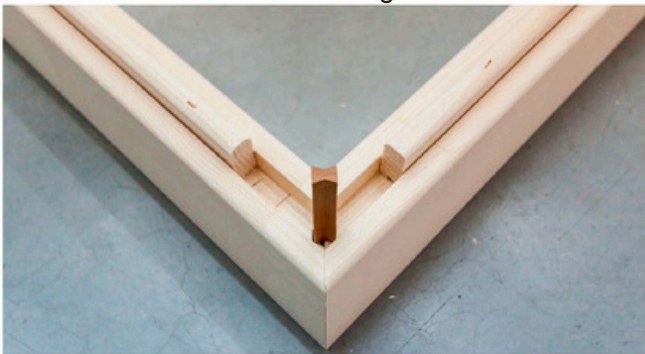


Image 3



Image 4



Image 2

WALL ASSEMBLY

NOTICE

- Walls are connected to corner posts using multiclips, the walls are connected together via screws.
- "A" is the visible side of the element, and is labeled on the top side of the element.
- These instructions follow the left floor plan; for a right floor plan, install noted elements on the opposite side.

Starting on the back wall, place the wall with the ventilation cutout on the right side. Place a corner post down over the multiclips and ensure the multiclips are oriented so they connect together, but don't fully engage the multiclips (5). Then place an A/A panel with multiclips on the right side base frame and hammer the corner post into place so the multiclips engage (6). The corner post top will be flush with the top of the walls.

Next place two A/B panels on the back wall next to the ventilation cutout panel (7).

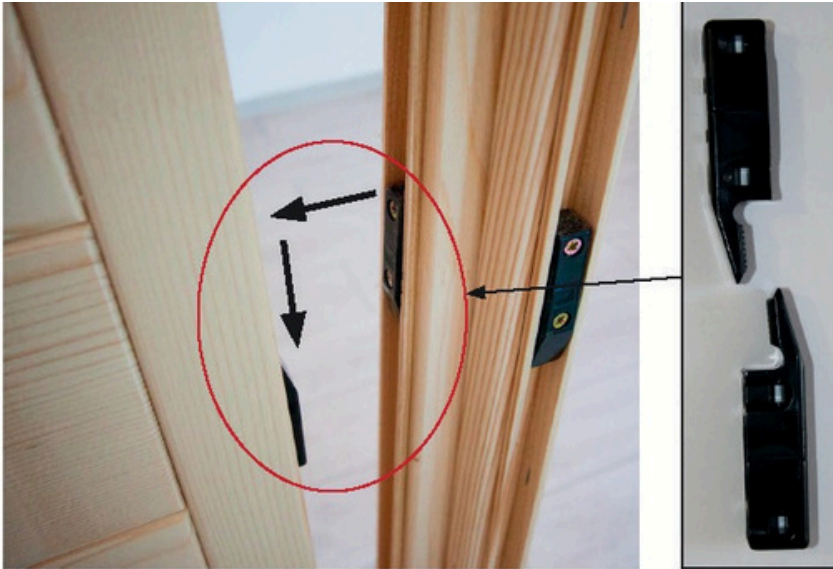


Image 5



Image 6



Image 7

Now place the remaining A/B panel with multiclip on the back wall, and repeat the same corner post installation as done on the right corner (5-6). Place an additional A/A panel on both right and left base frames (8).



Image 8

Place the electrical element A/A panel with multiclips on the left base frame, and the last remaining panel on the right (9). If assembling using the right floor plan, you need to place the electrical element panel on right base frame. You also may need to remove the tongue piece and place it in the opposite side panel so your tongue and groove line up (10).

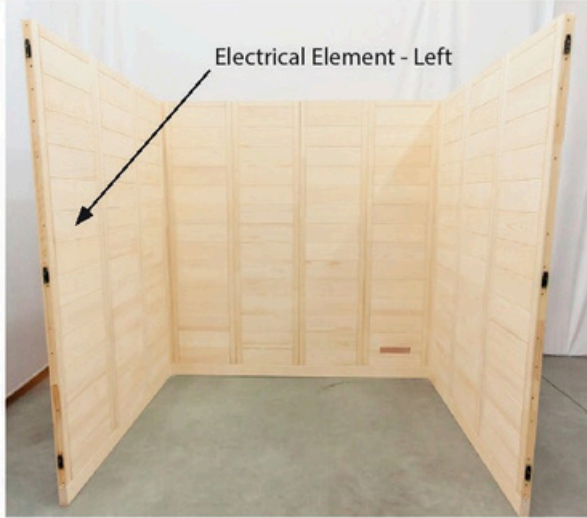


Image 9

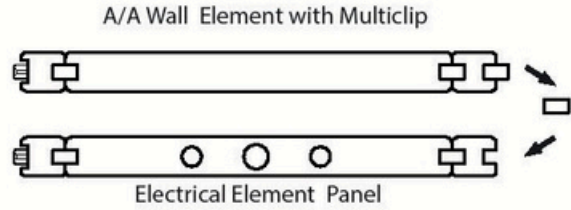


Image 10

Install the two glass posts on the front similar to the corner posts in the back (11-13).



Image 11



Image 12



Image 13

Ensure your wall panels are square. Then at the top of the panels connected using tongue and groove, pre-drill using 1/8" drill bit through one panel into the next. Then install nine 4 X 70 screws through your pre-drilled holes to connect the panels together (14).

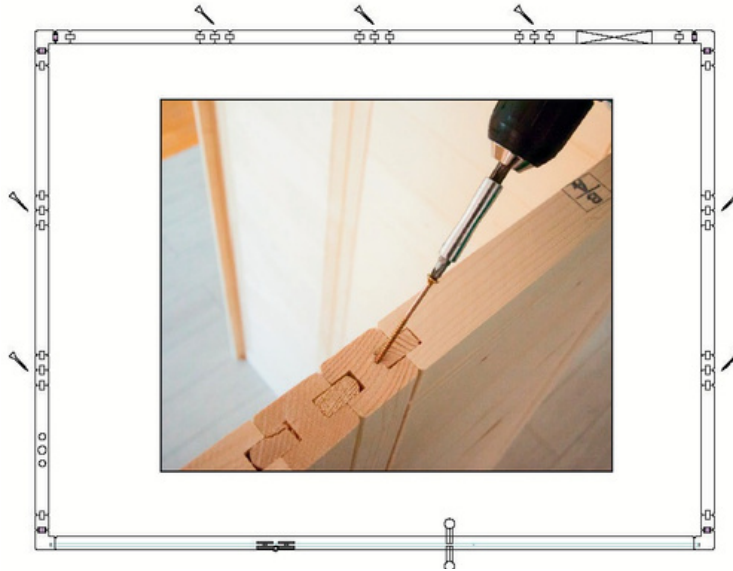


Image 14

GLASS INSTALLATION

NOTICE

•The glass is very fragile. To prevent breakage, when carrying the glass, do not hold both ends and let it sag in the

Place the aluminum U channels coming from the glass post on either side (15-16). The left channel gets the side glass with holes, which is where your door will hinge from; ensure it is oriented so the center of the bottom hole to the glass edge is 10-3/8"; the top will be 10-1/2" (17). Place the solid piece of glass in the right side U channel (18). Ensure they are slid securely into the corner post until you place the above door element in the next step. If following the right floor plan, these pieces of glass will be switched.



Image 15



Image 16



Image 17



Image 18

Place the above door element over top of the glass and slide the dowel pins into the top of the glass posts (19-21). Then at the top of the glass post where the above door element meets, predrill using 1/8" drill bit. Drill through the above door element into the glass post. Then install two 4 X 70 screws through your pre-drilled holes to connect the pieces together (22).

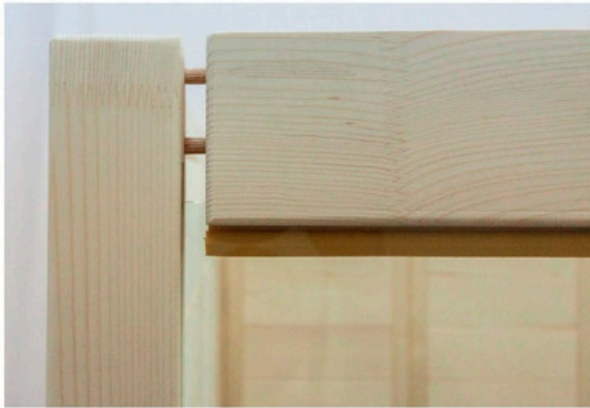


Image 19



Image 20

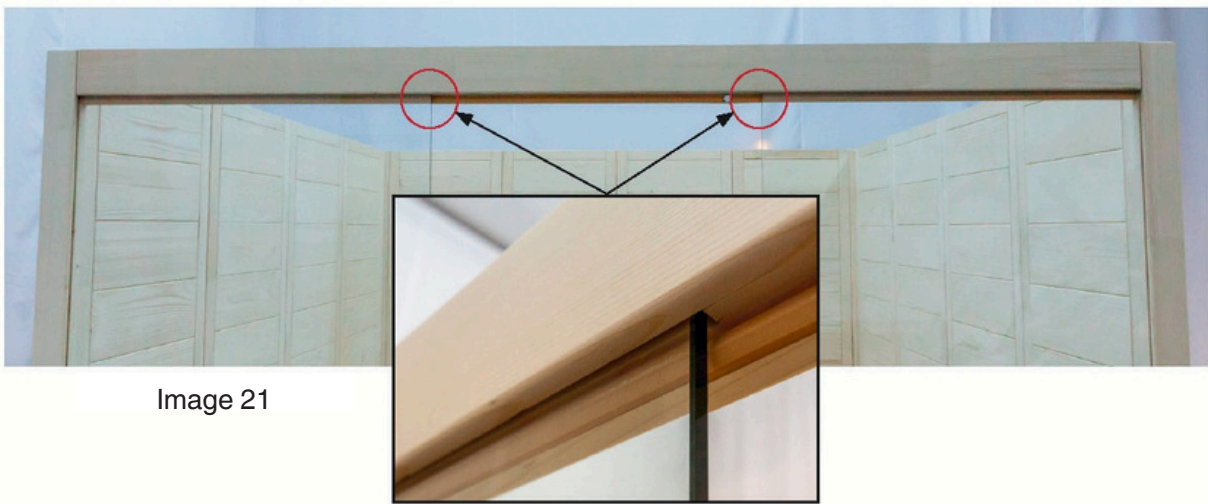


Image 21

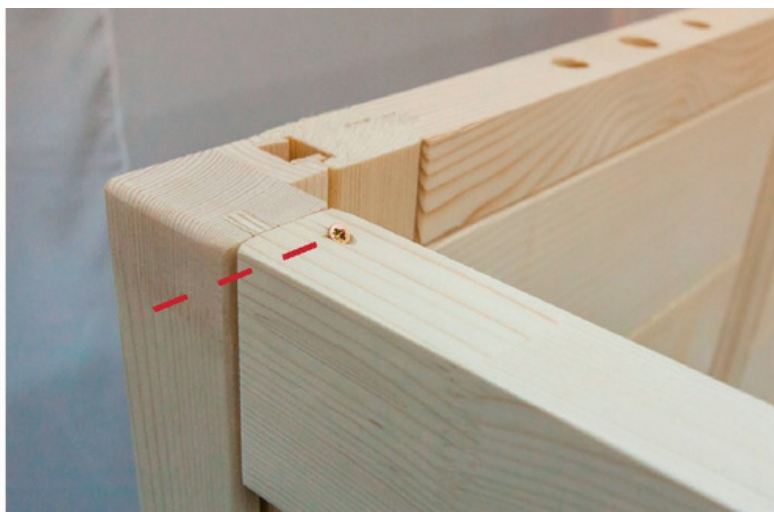


Image 22

ROOF INSTALLATION

Install the roof support slats using four 4 X 70 screws in each piece to fasten them to the walls (23-24). Ensure the support slats are flush with the top edge of the walls.



Image 23



Image 24

Place the roof element with the LED in the back of the sauna with the light inside the sauna and the cord coming out the top. Then place the front roof piece with one fl at edge, followed by the middle (25). Lift the middle piece to get the tongue and groove to line up and set it back down so they are flush. Pre-drill through the roof elements into the roof support slats using 1/8" drill bit, and fasten using twenty 4 X 70 screws (26).



Image 25

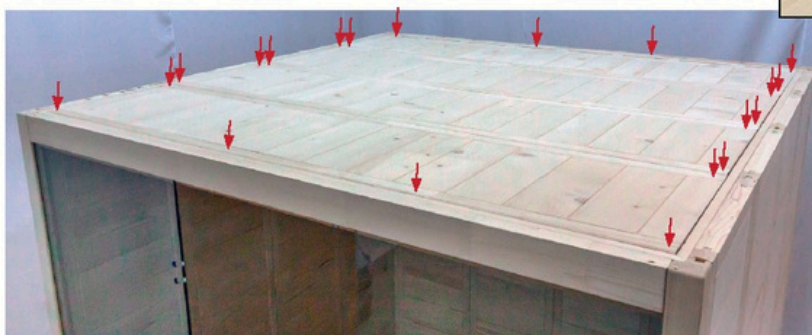


Image 26

VENTILATION SLIT, BENCH & BACKREST INSTALLATION

Place the ventilation slit over the cutout, pre-drill using 1/8" drill bit, and fasten using four 3 X 40 screws (27).



Image 27

Place a 22-1/2 x 1-5/8 x 1-5/8 bench support slat on the left wall 32-1/4" from the floor (28). Pre-drill using 1/8" drill bit, and fasten using three 5 X 70 screws. Then install the mounting slat for the bench screen, by pre-drill using 1/8" drill bit, and fasten using two 4 X 60 screws (29).

Image 28



Image 29



Now repeat for the right wall, but include the third bench support slat, installing it just like the other two bench support slats (30). If doing the right floor plan, it will go on the opposite wall.

Image 30



Partially install two 3.5 X 50 screws in the back of each bench screen mounting slat (31). Place the bench screen in place, and fasten it so it is 3/8" below the top of the bench support brace (32).



Image 31



Image 32

Now place the bench on the bench support slats across the back wall (33).



Image 33

Set the remaining bench upside down on a clean surface to avoid scratching/marring. Place the bench end cover at the end of the bench and fasten using three 3.5 X 35 screws (34-35). Do not drill too deep or the screws could penetrate the visible side. This will go on the opposite end if using the right floor plan. Install the bench foot base and leg using the included hardware on the end the bench end cover was installed (36-37). This will again be opposite if building the right floor plan.



Image 34



Image 35



Image 36



Image 37

Place the bench inside the sauna on top of the support brace (38). Fasten the front of the upper bench using three 3.5 X 50 screws (39). This will be on the opposite wall if building the right floor plan.



Image 38



Image 39

Place the foot step strut dowel pins into the holes in the foot step feet (40-41). Then place the foot step feet on each end of the foot step panel (42).



Image 40



Image 42



Image 41

Fasten the foot to the panel end using three 4 X 70 screws in each end (43), fasten the strut to the front and back using two 3.5 X 50 screws (44), and fasten the strut to the foot using one 4 X 70 screw in each strut (45). Then slide the foot rest below the upper bench (46).



Image 43



Image 44



Image 45



Image 46

Place the backrests into the sauna roughly 8-10" above the bench, or whatever is most comfortable for you. Predrill using 1/8" drill bit and fasten using four 3 X 40 screws in the back wall back rest, and three in the side wall back rest (47-48).

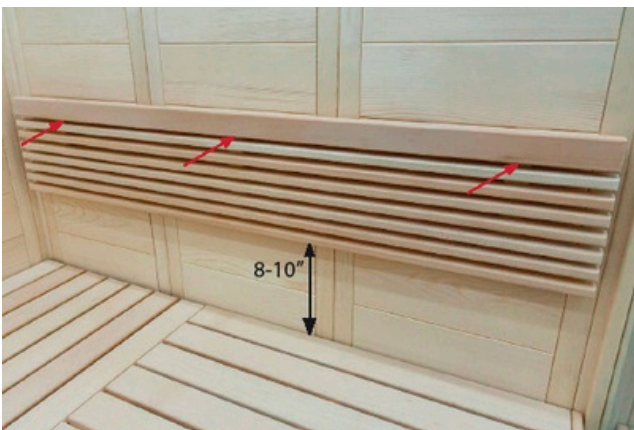


Image 47



Image 48

HEATER PROTECTION GRILLE

Note: If using the wire channels in the electrical element panel, drill the hole to gain access to those holes. You also can just drill entirely through the panel to run the wires out the side of the sauna. It may be easier to install the heater before installing the protection grill.

Connect the sides to the front using three 3.5 X 40 screws for each side (49-51). Fasten to the wall using three 3.5 X 40 screws in each side (52).



Image 49



Image 50



Image 51

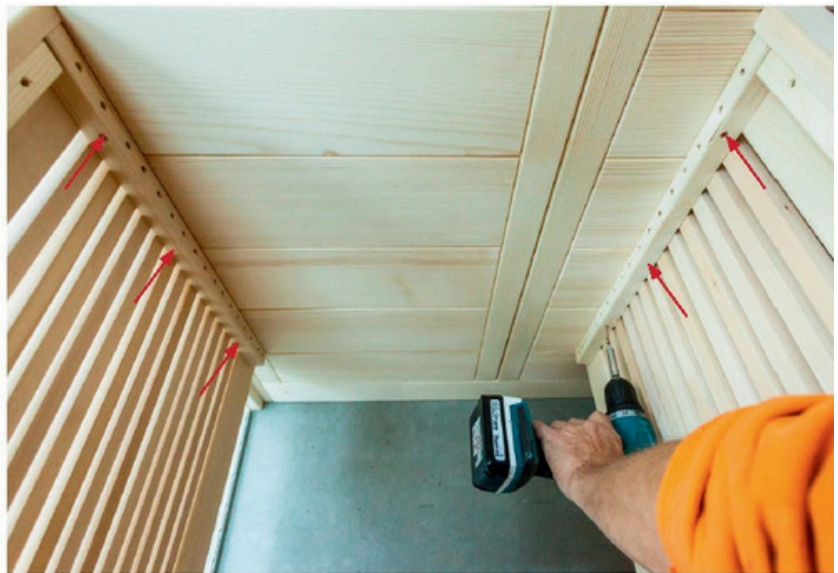


Image 52

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DOOR INSTALLATION

Orient the glass door so the bottom door handle hole is 36-3/8" off the ground, and match up the hinge holes in the door and the side glass. Remove the backing plate cover and backing plate from the hinges and align it with the hinge holes in the door. Adjust the inserts in the hinge holes by rotating them (53), to align the hinge so its parallel with the edge of the glass. Replace the backing plate and reinstall the backing plate cover (54-55). Place the door in the opening and repeat the previous process for attaching the hinge to side glass (56).

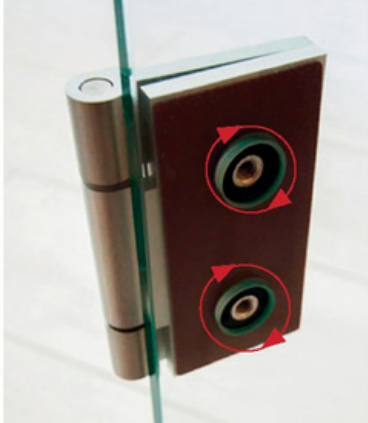


Image 53

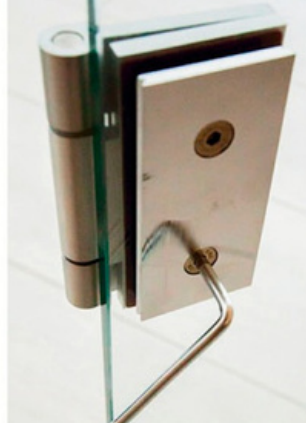


Image 54



Image 55



Image 56

Insert the silicone rings into the door handle holes in the door (57). Place the metal handle on the outside of the sauna and the wooden on the inside. Place the screws through the wooden handle, through the door, and fasten them to the metal handle (58).



Image 57



Image 58

Cut a slice roughly 2-3/8" over from the side glass (59). Peel back the gasket, and install the magnet (60). Cut any gasket that overlaps the magnet (61). Then place the door catch over the top of the door so it aligns with the magnet when the door is shut (62). These images will be mirrored if doing the right floor plan installation.



Image 59

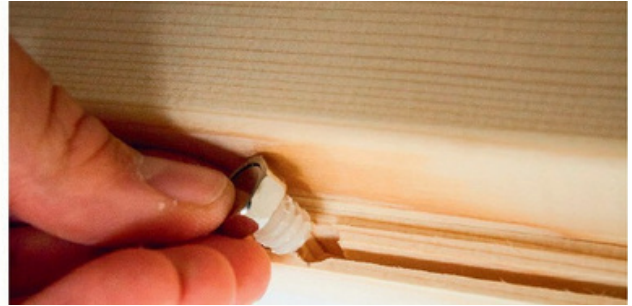


Image 60



Image 61



Image 62

ROOF TRIM INSTALLATION

Install the roof trim by pre-drilling using 1/8" drill bit, and fastening using three 3 X 40 screws into the front and back and two in the sides (63). It is recommended you install the heater first if you are using the channels in the electric wall element, because the trim could interfere with the wires, and the trim may need modified (64).



Image 63



Image 64

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Install the ceiling cover slats that overlap the roof support slats and the roof elements. Pre-drill using 1/8" drill bit and fastening using four 3 X 40 screws in each piece (62-63).



Image 65



Image 66

HEATER - Please see [heater manual](#).

 **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 or 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.

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FINAL THINGS

Once assembly is complete, sweep and vacuum the inside of the sauna. Wipe down the entire interior with a damp cloth to remove any remaining dirt, dust and debris.

TRADITIONAL SAUNA USE

Congratulations! You are ready to enjoy your sauna! You may use your sauna in a wet or dry fashion. Dry, meaning you do not sprinkle any water onto the stones; wet, meaning you increase the humidity of the room by sprinkling water on the stones. Please note, not much water is needed to achieve a wet sauna experience.

- Set your heaters so your sauna achieves the desired temperature. This is typically 160 -185+ degrees F. Novice sauna users should begin at the lower end of that range and increase their high temperature over time.
- Take a quick shower or a quick dip in a hot tub or pool.
- Step into the sauna and enjoy for 5-15 minutes, bringing a towel to sit or lay on. Leave the sauna once you are perspiring freely.
- Take a plunge in a pool, shower, snowbank, lake-anything that will cool you down! After that, relax and cool down for 10-20 minutes.
- Step into the sauna again. During this visit, you may wish to sprinkle small amounts of water onto the stones to create bursts of steam. If water spills through the heater to the floor, you are using too much water, though this will not hurt the heater or the sauna.
- Continue repeating this process. After your final visit to your sauna, relax for at least 20 minutes. Shower with warm water initially, finishing with cool water to close your skin pores.
- Prepare to feel refreshed for the day or to have an amazing night's sleep!

Whatever your sauna routine, it is imperative that you **STAY HYDRATED!**

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