

ALEKO®

Sauna Pod Installation Manual



Instructions before use

1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation , blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 to 80 make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature .
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use.
4. Please find qualified electricians to install the electrical elements in sauna.

Screw driver (power drill), Tape, Bar level should be prepared by the installers.

Parts list

1. Floor Supporting beam: 8pcs
2. Floor plank: 31pcs
3. Special stave: 5pcs (with mark)
4. Regular Staves: 60pcs
5. Top stave: 2pcs (only 1pc needed)
6. Front and rear sealing parts----13pcs/set*2
7. Front panel part:3pcs
8. Back panel part: 3pcs
9. Door frame + glass door +door handle + door hinge —1set
10. Outside bench & bench leg —2sets
11. Inside bench & bench leg ----2 sets
12. Outside Bench support beam: 2pcs
13. Inside bench support beam: 6pcs
14. Heater Fence --1set
15. backrest --- 8pcs
16. Door locker ---1set
17. Water bucket -1pc
18. Sand Timer -1pc
19. Ladle -1pc
20. Hygrometer – 1PC
21. Sauna stone – 1 box
22. Shingle roof ---1set
23. Screws - 1 bag
24. Plywood board: 15*15 inch--- 1pc

OUTDOOR INSTALLATION RECOMMENDATIONS

- Take caution to prevent the wind from catching and breaking the glass door.
- Do not install boards with knots on the top of the sauna where water could accumulate and freeze, causing the board to split.

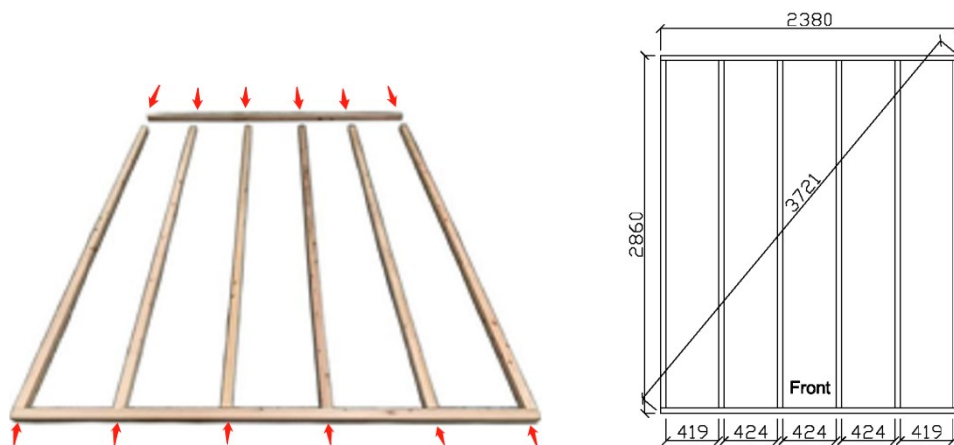
NOTE: While your Pod Sauna is designed for outdoor use, it is important to build the sauna in accordance with these instructions to minimize water seepage into the sauna. Properly installed, water will not drip into the sauna. However, over time water may seep between the staves due to the porous nature of softwood. This will not hurt the sauna and will quickly evaporate once the sauna heater is turned on.

1 : Install the supporting timber with screws.

Timber Length 109 inch 6pcs

Timber Length 93 inch 2pcs

Screw size: Ø 4*40 12pcs



2: Cover the supporting timbers with the floor plank one by one.

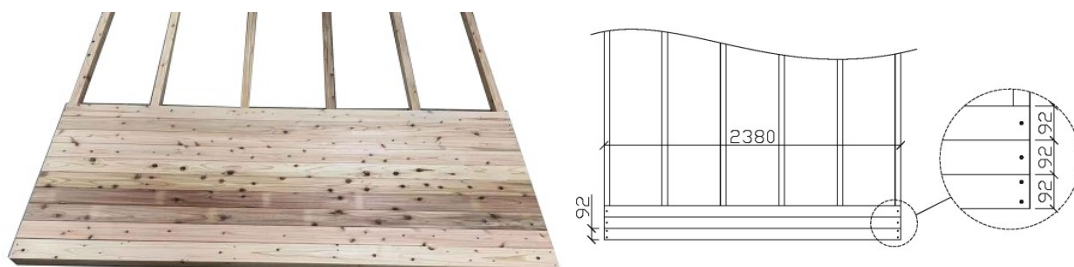
Fix the floor plank with screws. (29pcs regular + 1pc first piece + 1pc last piece)

Screws needed: Ø 3*30

12pcs screws needed for the first piece

2pcs screws needed for each regular floor plank (total 2*29=58pcs needed)

6pcs screws needed for the last piece.



3 : Install special stave 1, special stave 2 for the bottom (1pc each side)

Screws: Ø 5*70 10pcs



4. Install special stave 3, 4, 5. Screws: Ø 5*70, 14pcs

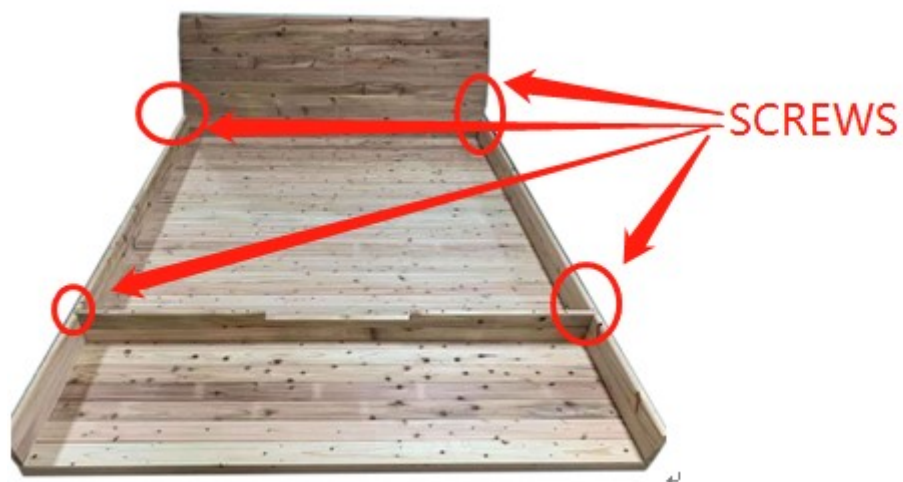




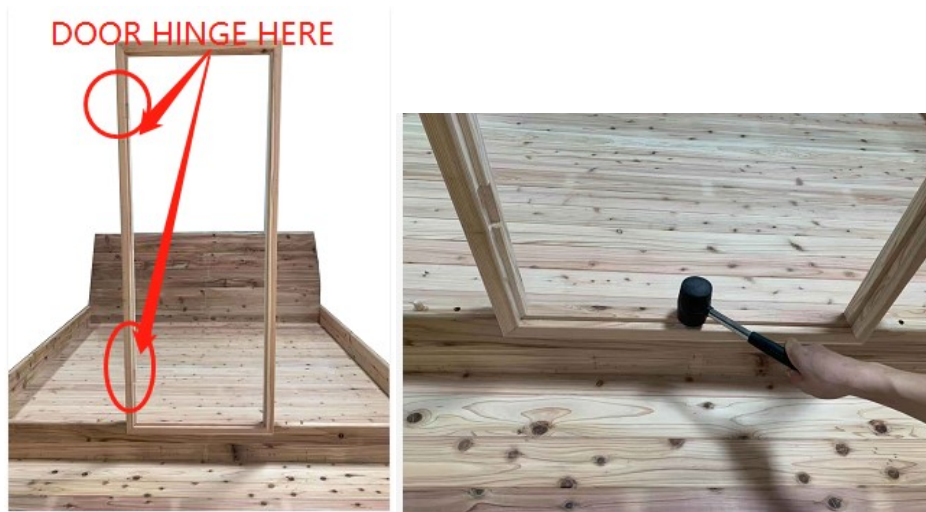
5: Install the back panel.

Install 1pc stave with screws on each side to hold the back panel in place.

Screw size: Ø 3*30 4pcs



6. Install the front door frame. If it is very tight (it is supposed to be very tight), use the rubber hammer to make sure the door frame is properly installed.



7. Install the right side front part(without holes). Install the left side front part (with holes)



8. Install the side staves with screws until it is the same height as the back panel.
Screw size: Ø 3*30 2pcs screws needed for each stave



9. Install the back panel



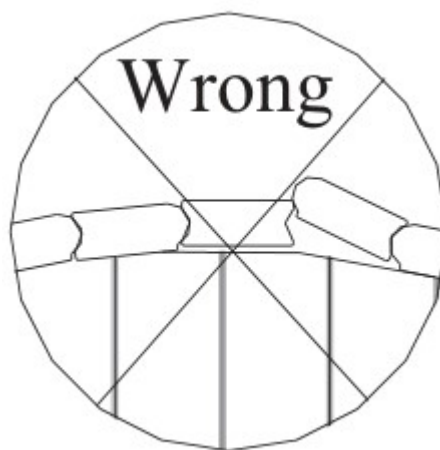
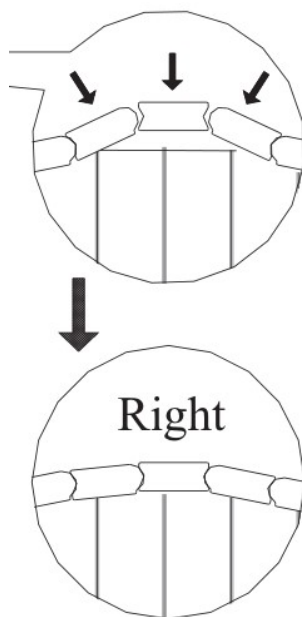
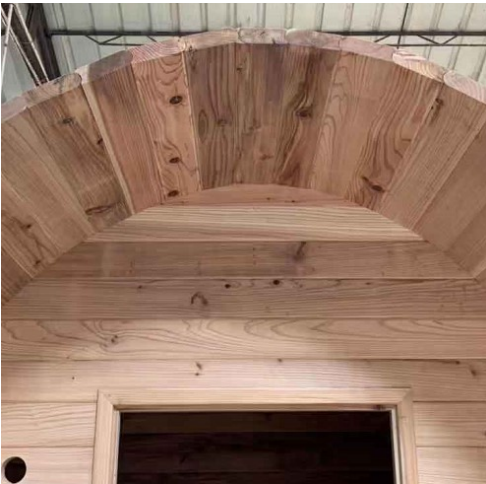
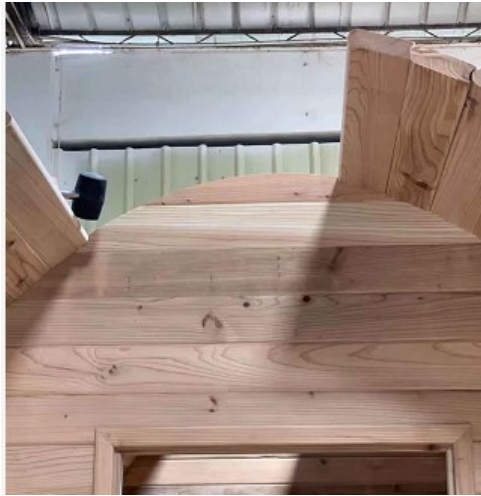
10. Install the side staves with screws until it is the same height as the back panel.



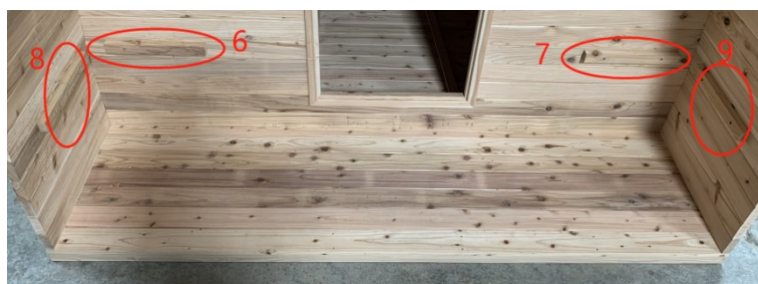
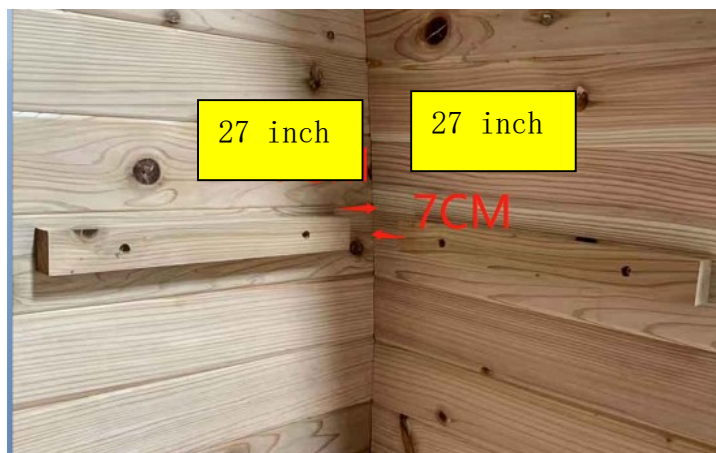
11. Install the top piece of the back panel, the top piece of the front panel, with a gap to fit the door frame).



12. Install the side staves forwards the top BUT DO NOT WITH SCREWS!!!!. Use rubber hammer to make sure all the staves are installed tightly. Top piece provided with 2 sizes. Choose the one that fits. After the top piece is well installed, fix all the staves with screws.

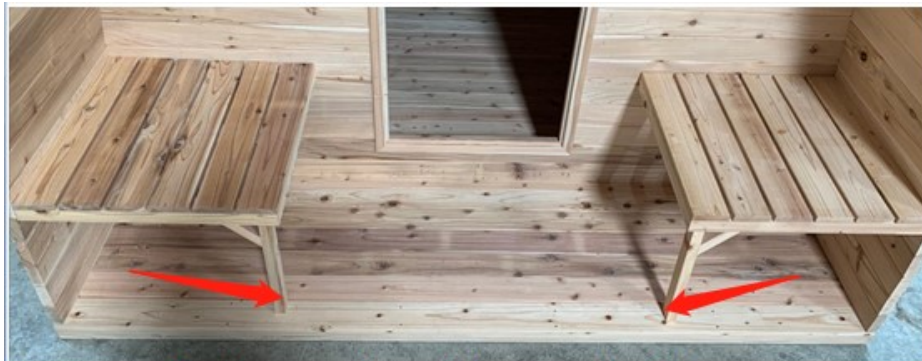


13. Install the outside bench support, pls place 27 inch away from the edge.
Screw size: Ø 4*40, 8pcs



14. Install the outside bench.
Screw size: Ø6*35, 4pcs needed
Screw size: Ø4*40, 10pcs needed





Fix the two bench legs to the floor
with screw 4*40mm

15. Install the inside bench support. Screw size: Ø4*40, 28pcs



16. Install the inside bench.

Screw size: Ø6*35, 8pcs Ø4*40 34pcs

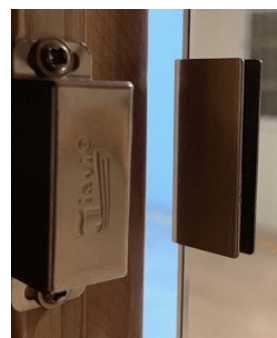




17. Heater Fence Assembly: 4pcs Ø6*35 flathead screws needed.



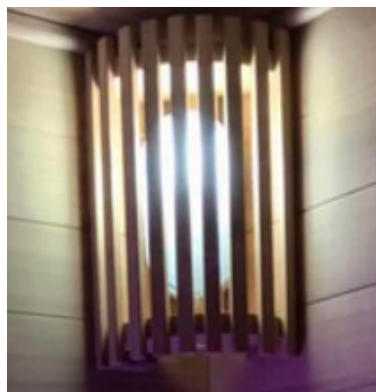
18. Install the glass door, door handle and the door locker unit.
Install the door handle. Screw: Ø6*75 flat head.



19. Install the front & back cover. Screw: $\varnothing 3 \times 30$ 52pcs



20. When you confirm the installing position of this lamp. You still need to drill a hole for the wire going out. Then connect the wires of the lamp.
Install the lamp, lamp holder, and wooden cover. ($\varnothing 3 \times 30$ screws.)
IMPORTANT: please DO NOT install the lamp above the stove heater.

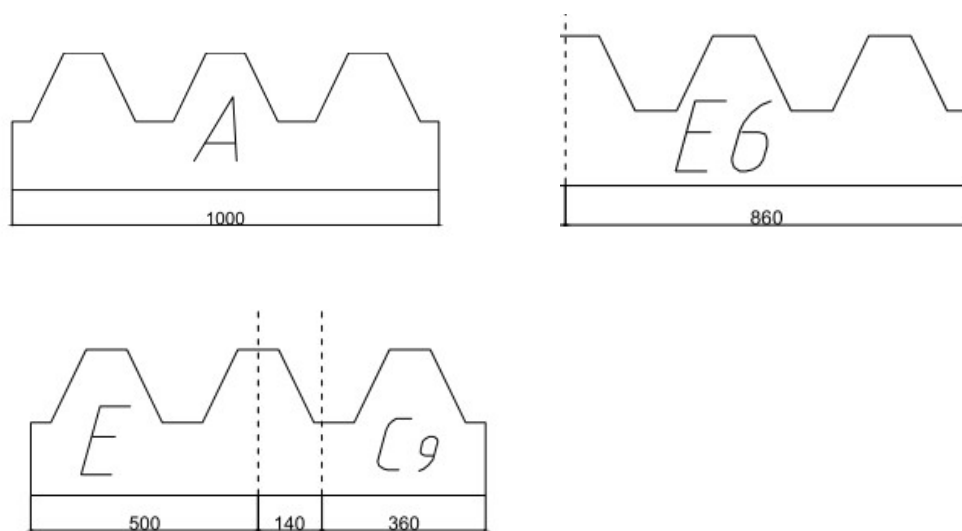


Install the light to the back panel. Pls make sure the light must be installed 0.5m away from the heater area.



Circled area
suggested for light
installation.

Bitumen Roof layout for Sauna pod

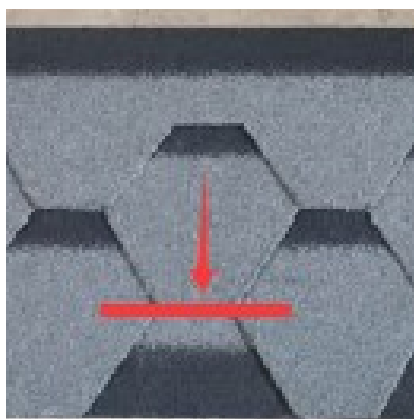


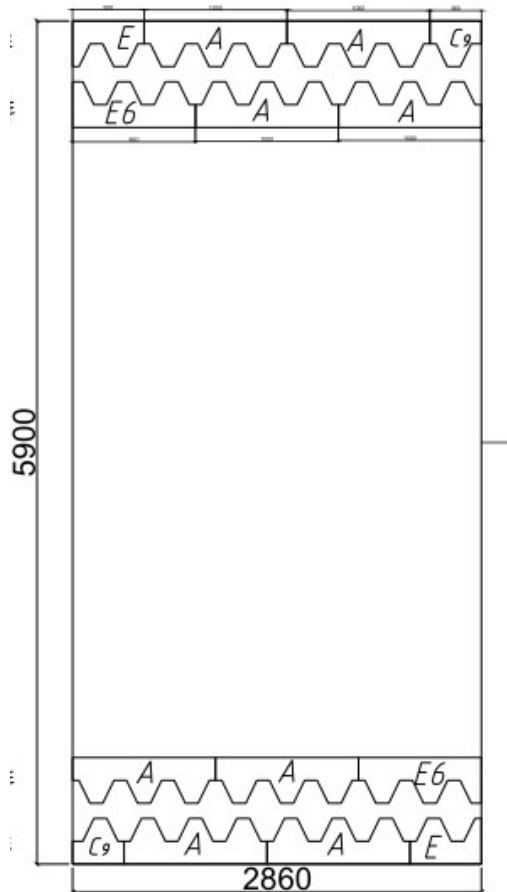
A -- 76 Pcs

E6-- 18 Pcs

E--- 20 Pcs

C9---20 Pcs



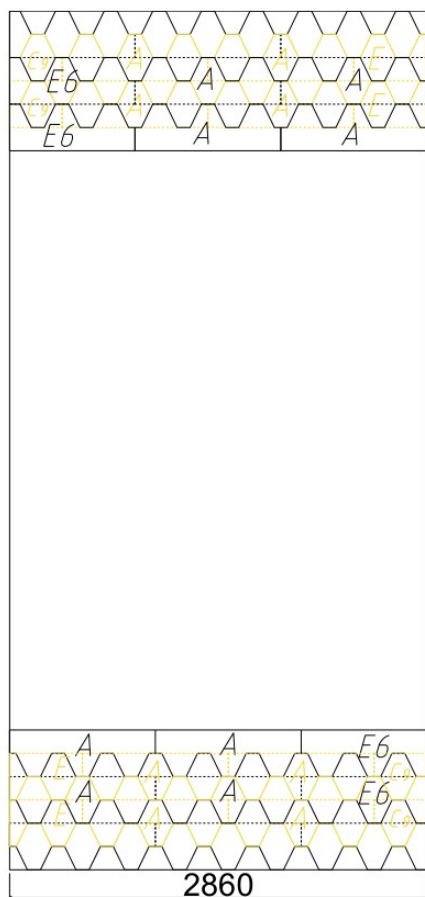


Left Row 1=E+A+A+C9

Left Row 2=E6+A+A

Right Row 2=A+A+E6

Right Row 1=C9+A+A+E



Left Row 3=C9+A+A+E

Left Row 4=E6+A+A

Left Row 5=C9+A+A+E

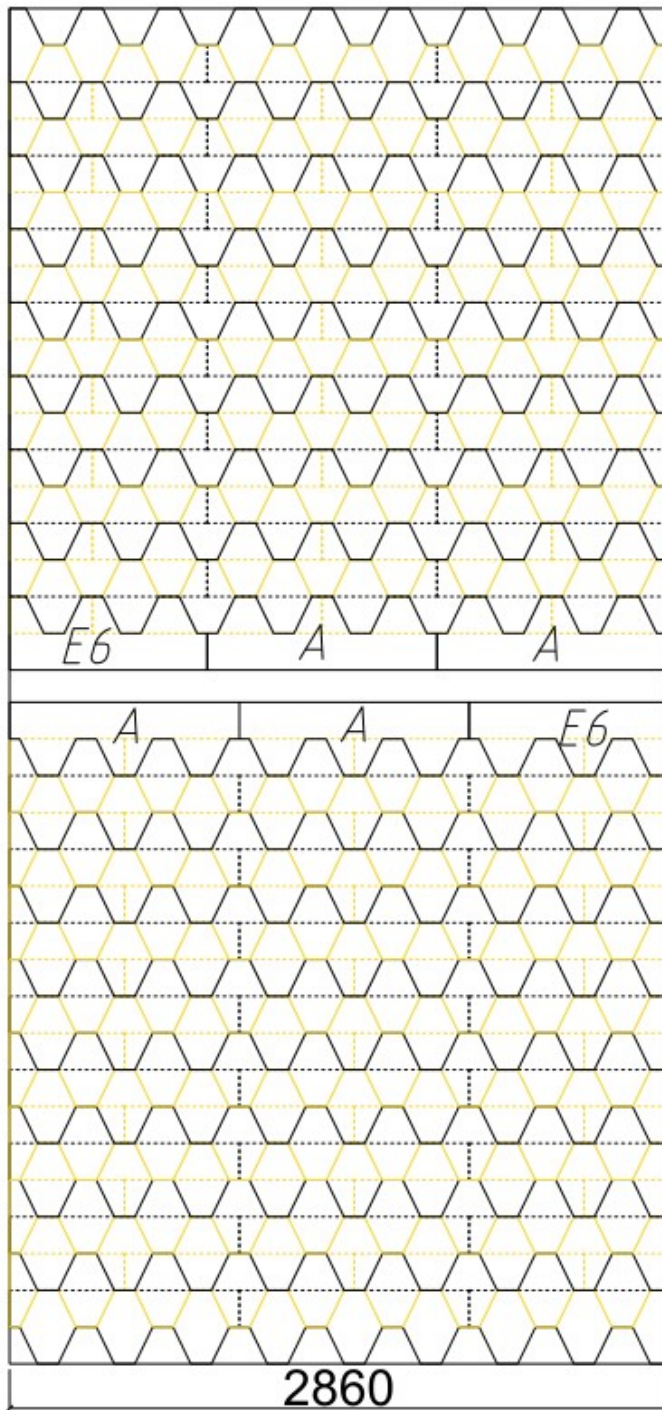
Left Row 6=E6+A+A

Right Row 6=A+A+E6

Right Row 5=E+A+A+C9

Right Row 4=A+A+E6

Right Row 3=E+A+A+C9



Left Row 7= $C9+A+A+E$

Left Row 8= $E6+A+A$

Left Row 9= $C9+A+A+E$

Left Row 10= $E6+A+A$

Left Row 11= $C9+A+A+E$

Left Row 12= $E6+A+A$

Left Row 13= $C9+A+A+E$

Left Row 14= $E6+A+A$

Left Row 15= $C9+A+A+E$

Left Row 16= $E6+A+A$

Left Row 17= $C9+A+A+E$

Left Row 18= $E6+A+A$

Right Row 18= $A+A+E6$

Right Row 17= $E+A+A+C9$

Right Row 16= $A+A+E6$

Right Row 15= $E+A+A+C9$

Right Row 14= $A+A+E6$

Right Row 13= $E+A+A+C9$

Right Row 12= $A+A+E6$

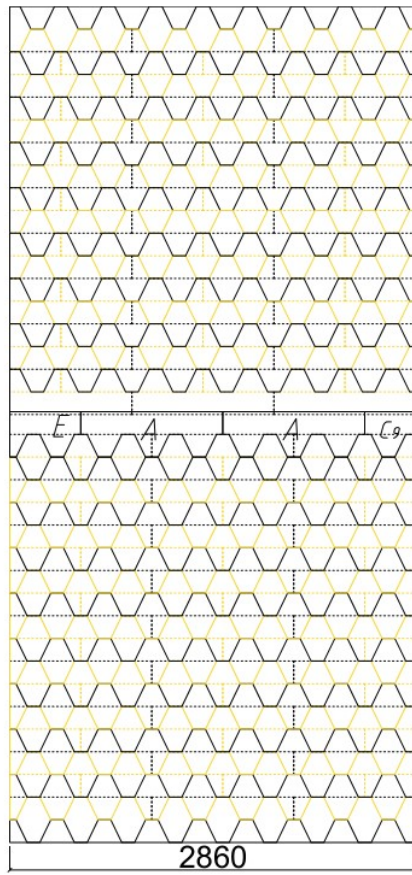
Right Row 11= $E+A+A+C9$

Right Row 10= $A+A+E6$

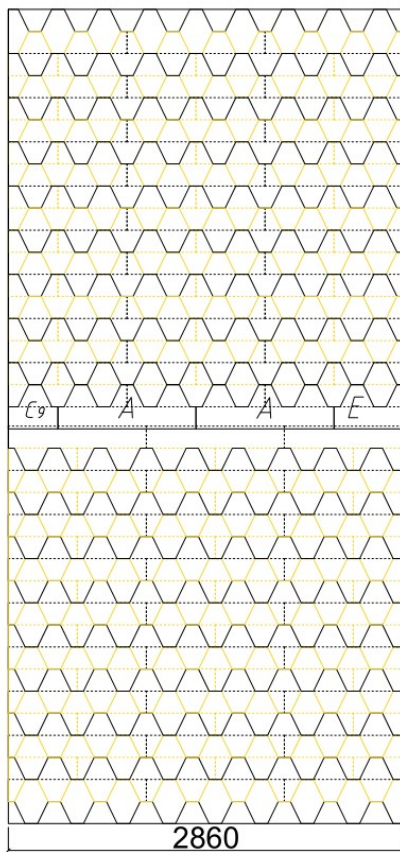
Right Row 9= $E+A+A+C9$

Right Row 8= $A+A+E6$

Right Row 7= $E+A+A+C9$



Left Row 19= $E+A+A+C_9$



Right Row 19= $C_9+A+A+E$

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