



# alpinespas™

## Vista Barrel Sauna Assembly Manual

Assembly **VIDEO** available from our support page:  
<http://alpinespas.co.nz/support> OR  
<http://alpinespas.com.au/support>



0800 99 33 88 | [service@alpinespas.co.nz](mailto:service@alpinespas.co.nz) | [www.alpinespas.co.nz](http://www.alpinespas.co.nz)  
1800 99 33 88 | [service@alpinespas.com.au](mailto:service@alpinespas.com.au) | [www.alpinespas.com.au](http://www.alpinespas.com.au)

## 1. BEFORE YOU START



**IMPORTANT! READ THIS SECTION ENTIRELY BEFORE PROCEEDING WITH INSTALLATION.**

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### LOCATION

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Think carefully about where you want to locate the sauna. After you have completed the installation the sauna won't be able to be moved due to its size and weight. The sauna will need to be in a location that can have power access installed. Confirm the electrical supply with your electrician before building the sauna.

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### OILING YOUR SAUNA TIMBER

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Wood being a natural product, requires regular maintenance to protect it and keep it looking good. Any wood product that is exposed to the sun in New Zealand needs regular surface treatment with a U.V protectant timber oil.

The cedar is supplied unoiled. As part of the ownership of a natural wood product, you must also be prepared to re-oil the external surfaces of cedar up to every 6 months (frequency will be determined by location and exposure to sunlight).

Leaving the sauna unoiled will see discolouration of the wood and will cause it to dry out, increasing the chances of cracking or splitting.

Only the external facing wooden surfaces need to be oiled. Never oil internal surfaces.

We recommend a 'clear coat timber protectant oil' such as 'CD-50'. Available from hardware stores such as Mitre 10 or Bunnings.

Simply oil using a paintbrush and brush on an even coat. Follow the product application and preparation directions.

To oil all external surfaces you will need a fair amount of product. It is worth just getting up to 10 litres of product as you will need it again to repeat in 6 months' time.





## ELECTRICS - HEATER

The provided sauna heater must be installed by a registered electrician. No wiring, switches, RCD or electrical accessories are included.

### Heater Model

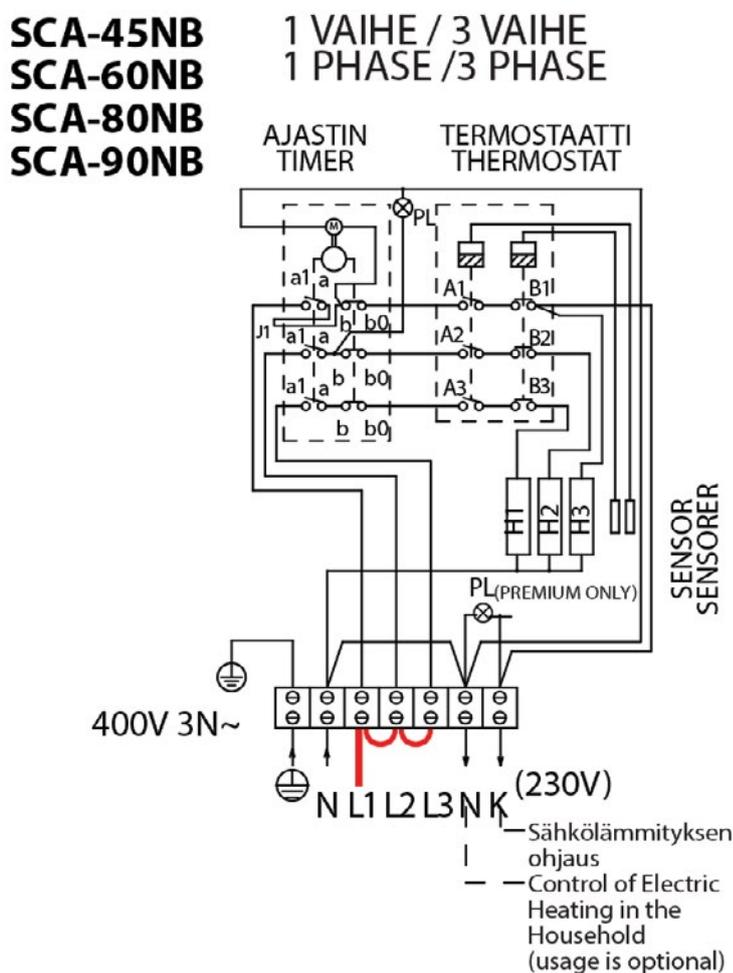
Sawo Sauna Heater 6kW - Model SCA-60NB.

### Setup

Install the heater as per the manufacturer instructions included, along with any electrical protective devices. The heater is to be mounted near ground level on the 'back wall' and surrounded by the provided wooden heater fence.

Cable for the heater can be fed through the back or the base staves. A hole for the conduit will need to be drilled on installation.

For single phase installations, lines 1, 2 and 3 should be looped together with phase into L1 per the diagram below.



## 2. IMPORTANT SAFETY & GENERAL INFORMATION



**PLEASE READ ENTIRE MANUAL THROUGH BEFORE PROCEEDING WITH INSTALLATION.**

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### SAFETY & OPERATION

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**Read all health and safety instructions. If unsure about your health concerns, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.**

1. Read and follow all instructions carefully.
2. When installing and using the electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C. While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 39.4°C. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
9. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
10. Never sleep inside the sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the sauna.
12. DO NOT stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged it must immediately be replaced by a service technician. Please contact your local dealer for assistance.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.



## DOWNLOAD THE OUTDOOR SAUNA USER & MAINTENANCE GUIDE

[ALPINESPAS.CO.NZ/SUPPORT](https://alpinespas.co.nz/support)

[ALPINESPAS.COM.AU/SUPPORT](https://alpinespas.com.au/support)

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## WOOD & EXPECTATIONS

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This Vista Barrel Sauna is designed for outdoor use.

The lumber is naturally resistant to the elements. Rain and sun will not damage the wood, although natural weathering and coloring of the wood will occur over time.

The cedar is rustic cedar, so expect there to be slight imperfections and knots, this gives the barrel sauna its beautiful rustic look and feel. Because of the knots and being softwood, the staves will tend to bend out of line on their own. This is completely normal and will be self corrected as the Sauna is built.

Properly assembled, you should not experience water dripping into the sauna. However, you will experience water seepage, especially on the top and sides of the sauna. This is because of the porous characteristics of the wood and due to the ball-and-socket profile design of the staves.

Water seepage WILL NOT hurt the sauna and in most cases will dry quickly in the hot, dry environment when the sauna is in use. If you wish to keep your sauna completely dry at all times, then you should place it under a covering or structure with a roof.

Light sanding will help to alleviate water stains.

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## WARRANTY

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INDOOR SAUNAS\*: Alpine Spas warrant the workmanship against defects in materials and workmanship for a two-year period from date of delivery. Electronics and parts also carry a 2-year warranty.

OUTDOOR SAUNAS\*: Alpine Spas warrant the workmanship against defects in materials and workmanship for a 5-year period from date of delivery. Electronics and parts also carry a 2-year warranty.

*\*After 12 months this warranty is limited to supply of replacement parts and excludes labour.*

### 3. PRE-ASSEMBLY CHECKS

## PARTS LIST

### Installation Parts

Part Name	Label*	Qty
Regular Staves	1	62
Starting Bottom Stave	2	1
Final Top Stave	3	5 (several sizes)
Front Edge Capping	4	6
Rear Edge Capping	5	6
Front Panel Part 1	6	1
Front Panel Part 2 (Door)	7	1
Front Panel Part 3	8	1
Rear Lower Panel	9	1
Rear Glass Pane	10	1
Internal Glass Surround	11	6
External Glass Surrounds	12	7 + 1 Long Edge
Cradle Base	13	3
Cradle Base Supports	14	4
Base Support Screw Set	-	1 Bag

Part Name	Label*	Qty
Inside Floor Panel	15	2
Outside Floor Panel	16	1
Glass Door	17	1
Glass Door Hinges (with Allen key)	18	2 Set
Door Handle, Magnet & Lock	19	1 Set
Inside Bench	20	2
Inside Bench Support	21	2
Inside Bench Backrest	22	2
Outside Bench Seats	23	2
Outside Bench Support	24	2
Triangular Roof Beam	25	2
Heater Fence	26	1 Set
Steel Bands (3x long & 3x short)	27	3 Sets
Screws/Hardware	-	1 Set

\*NOTE: The 'Label' column in the above table corresponds to the following page diagram which identifies the pieces for your reference. The physical items are not numbered. Some pieces however (such as the 'starting bottom stave') are physically stickered with their descriptive part name.

### Accessory Parts

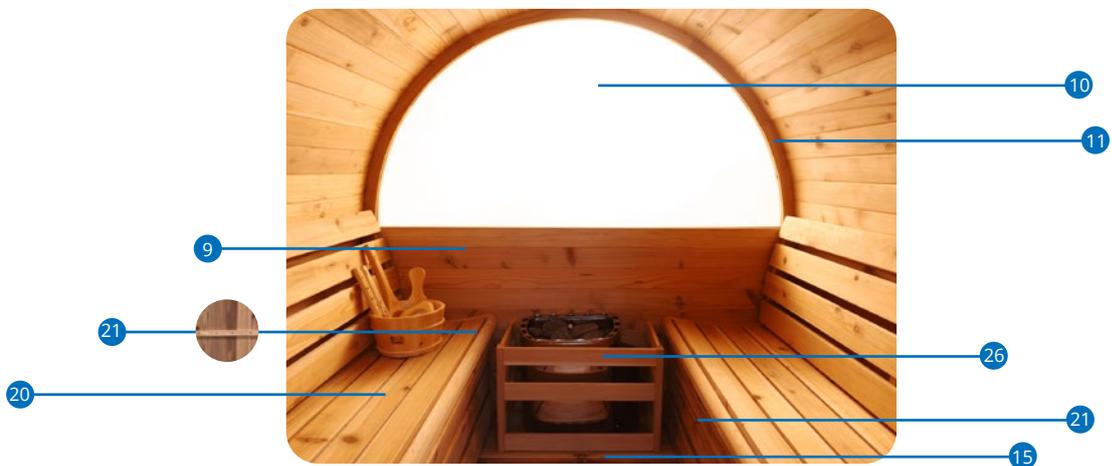
Part Name	Qty
Sawo 6kW Heater	1
Sauna Heater Stones	1 Set
Towel Rack	1 Set
Magazine Holder	1 Set
Cup holder	1 Set
Water Bucket	1
Ladle	1
Sand Timer	1
Sauna Vents	7 ( 6x65mm & 1x60mm)
Hygrometer	1
Bitumen Set	1
Rubber mallet	1

### Screws (Including Spares)

Size	Qty	Description
'4*40mm	205	Panel Set Securing Pieces, Cup Holder, Magazine Rack, Inside Outside Bench, Floor Panels, Front & Back Capping, Towel Rack, Heater Fence.
'3*30mm	161	Top 51 Staves
'5*70mm	10	Front & Back Panels
'6*25mm	20	Glass Surrounds
'6*35mm Dome Head	6	Heater Fence
'6*75mm Dome Head	2	Door Handle
'4*30mm	6	Door Hinges
'5*50mm	39	Fixing Bottom staves to Supports
'3* 16mm	247	Bitumen Roofing, Magnetic Lock
M8 Moon Nut	8	Cradle Base Supports
M12 Hex Nut	8	Cradle Base Supports
100mm Double Side Bolt	4	Cradle base Supports
180mm Threaded Bolt	2	Cradle Base Supports
Metal Connector	5	Binding Glass Surrounds
Plastic Caps	8	Cradle Base
Steel Bands Bolt set	6	Each set consists of 1x Bolt, 2x M12 Nut with Cap, 2x M12 Nut, 2x Shims, 2x Spacers
8*40mm Dowel	26	Securing Edge Capping



## PARTS LABELED



NOTE: Appearance of sauna and particular parts may vary from the diagram shown above.

### 3. PRE-ASSEMBLY CHECKS

#### FOUNDATION

Ensure the foundation can withstand the weight of the Vista Sauna without subsiding (380 kg).

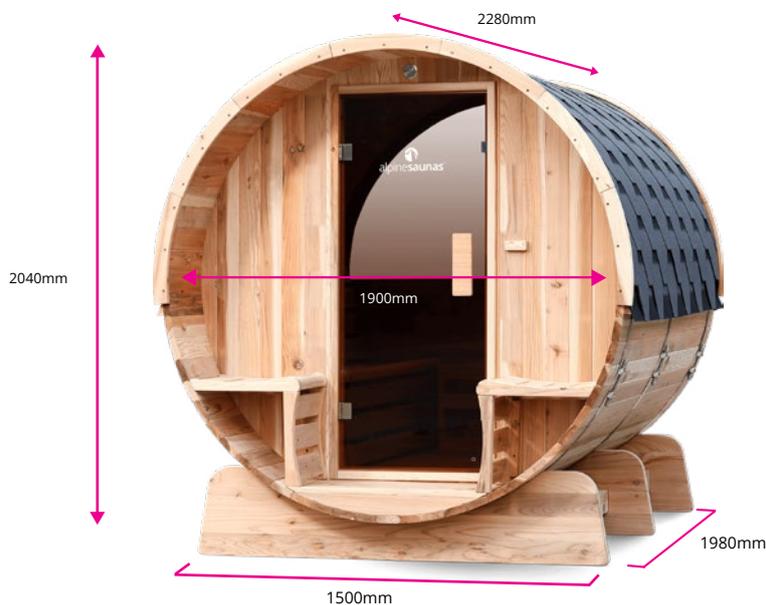
We recommend using either a concrete slab or a pile foundation. The base of the sauna must not rest upon anything that will degrade the quality of the timber (soil, grass etc.)



Your foundation should have some form of drainage or contour, allowing storm water to drain away from the base of the sauna.

If you find after creating the foundation that your sauna base does not sit level, use packing shims or similar to correct to level positioning.

The maximum width of the cradle bases is 1500mm, and the length is 1980mm. The total dimensions of the Sauna is 2040mm high, 2280mm long, and 1900mm wide.





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## TOOLS

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Tools required include screw drivers set, power drill set, measuring tape, level, mallet, socket set, oiling brush and roller.



MALLET INCLUDED



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## RESOURCES

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TIMBER PROTECTION OIL



WATERPROOF SILICONE FOR BITUMEN ROOF

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## OPTIONAL

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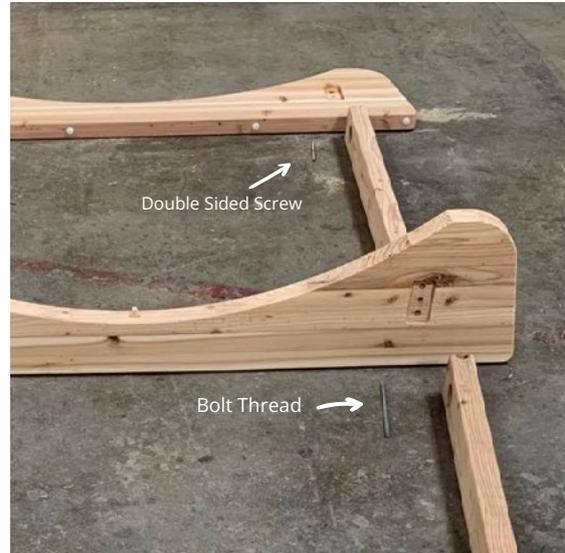
STAPLER ASSISTS WITH ATTACHING BITUMEN ROOFING

## 4. INSTALLATION INSTRUCTIONS

1. Stand all three cradles bases, equal distance apart matching the length of the four cradle support lengths. Take some time to note the dowels at the ends of the supports lengths, and the grooves in the cradles.



2. The double sided base support screw is used to connect the end cradle base supports to the support lengths. The longer single threaded bolt is used between the centre cradle support.



3. Slide the two long bolt threads through each side on the center cradle, so that an equal amount of thread is remaining on each side. If you use a tool to assist pushing the bolt through, be careful not to damage the thread.



4. Slot all four cradle support lengths onto the four bolt ends on either side of the center cradle. You should see thread emerging through each of the pre-created holes.

**TIP :** Insert the nut thread end of the Hanger bolt into your drill and gently tighten the chuck, set your drill to a low setting and use this to quickly mount the bolt.



5. There are four double ended screws for the end cradle supports. Screw part A, with the broad screw thread, into the end cradle so the bolt end (part B) is left sticking out.



6. Secure the cradle support lengths by placing the half moon steel washer, standard washer and nut on to each thread appearing in the pre-created hole on the side. Tighten the nut using a socket set.



7. Make sure each support is tightly fixed to the cradle. Use a tool with a 90 degree edge to make sure each support sits square to the cradle.



8. Start by locating the 'bottom stave'. This stave will have one vent holes pre-drilled. Fit the bottom stave into the centre of the cradle bases using the provided dowels (the rear vent should sit close to the back cradle base)



**NOTE:** The bottom stave has changed and does not include a vent hole near the front of the sauna. Ignore this hole in imagery relevant steps moving forward.

## 4. INSTALLATION INSTRUCTIONS

- 9.** Next, screw the bottom stave into the cradle base supports using 3x '5\*50mm' screws. Note that there are no pre-drilled holes.



- 10.** Begin to lay 2x staves on either side of the mounted center stave. Gently tap the 2nd stave inwards and hold the pressure while securing with a '5\*50mm' screw. Repeat the same at the rear and then secure the additional stave to the center cradle. Only securing every 2nd stave is required.

**TIP:** Use your feet between the stave and the cradle base supports to maintain pressure towards the center stave.



- 11.** Continue to do this on either side until you have successfully installed 6x staves on each side of the center stave.



- 12. OILING** - Lay down a tarpaulin or drop cloth in a well ventilated area. With 2 people, lift the base and lay it gently onto the drop cloth upside down or leaning against a secure support. Prepare your oil, tools and PPE required for oiling.



- 13.** Evenly role the oil onto the bottom of the staves, cradle bases & cradle base supports. Take your time and make sure to get an even spread as this is our only opportunity to oil the base. Be generous but respectful as we don't want the oil dripping through the staves. Only oil the external timber (exposed to the outside).





- 14.** Continue to thoroughly oil the bottom of the base, use a paint brush to reach deep into the corners and into tight spots.



- 15.** The base should now be completely oiled. Double check you have not missed any sides of the base supports or side struts. While the base is upside down, install the 8x black hole covers over the base support mounting bolts. Use the rubber hammer to tap them in.



- 16.** Rotate the base structure back over and keep an eye out for any spots which may have been missed with oil. Particularly the top of the side struts, the base supports and anywhere which may have been touched when rotating it over. Clean any excess oil with a clean cloth.



- 17.** Now that the base structure is oiled, locate the 3 segments of the front wall and lay these onto a clean workbench. Using the tongue and grooves, slot each side piece into the center segment, making sure all the edges are flush and the bench supports are located at the bottom.



- 18.** Gently lift the front wall into place. While one person holds it in place, level the front wall with the base structure (use the door frame to help and NOT the bench supports). Secure the leveled front wall in place using a 3\*30mm screw on both sides. Continue to support this wall as wind can blow it over.



- 19.** Locate the back half wall and position it into place. Make sure the 2x pre-drilled vent holes are central with the center bottom stave and level it before securing with the 3\*30mm screws.



## 4. INSTALLATION INSTRUCTIONS

- 20.** Install 10x more staves onto either side of the barrel. Use a rubber mallet to gently tighten up the staves as you go. Use '3\*30mm Screws' to fix the 20x new staves one-by-one to the front & back panels. Please note: Now the staves are screwed into the front and back wall, the screw position for adding these staves should no longer be centered. The correct positioning for the screw should be across the top edge as per the below image. This allows for some movement when adding additional staves, particularly the final top stave.

**TIP:** Continue to check that each side is even as you build the walls up. The last stave should be secured at the bottom.



- 21.** Once you have finished securing these staves, position one of the internal glass surrounds onto the pre-mounted dowels and secure using a 3\*30mm screw. Repeat this on the other side.



- 22.** Grab the 2 glass suction-cup handles and secure these to the glass window, test to make sure they're attached correctly. With two people, carefully position the glass into the bottom groove in the rear wall.



- 23.** While one person holds the glass in place, continue to install the internal glass surrounds around the glass using the dowel joints. Secure between the joints using the metal brackets and 6\*25mm screws from the outside. Continue to have someone support the glass in place.

**TIP:** You can use a loose stave between the front wall and rear glass to support each other.



- 24.** Locate the 7 external glass surrounds. Position the first one at the top in the center of the glass. Secure this in place using the 6\*25mm screws. Then continue to install 3 more evenly on either side.





- 25.** Continue to install 7x more staves one by one on each side using the 3\*30mm screws.



- 26.** Add the next 7 staves to each side but **DO NOT SCREW THESE IN**. Keeping these loose allow for movement when we tighten the steel bands.



- 27.** At this point our final gap between the staves can vary, this is why we provide several sized final staves to account for this. You will need to tap the loose top staves outwards and measure the gap to gain a better idea on what top center staves you require. Repeat this on the back and take note of the measurements.



- 28.** If the front and rear dimensions are different, you will need to take the measurement between the two staves, for example our front dimension was 85mm and our rear was 95mm, so we used the D-stave and a top center stave to create a 90mm wide stave to fill the gap.



- 29.** Secure these 2 staves together using the 3\*30mm screws.



- 30.** These staves should only need a light tap to lock into position. Making it too tight might result in the front and rear wall segments to separate. Minor gaps between staves is OK as we will install metal bands later which will pull it all tight.



## 4. INSTALLATION INSTRUCTIONS

- 31. OILING** - For maximum coverage, we want to oil under the steel bands. Oil from the pre-oiled staves up to half way where the bands will be located. Don't oil beyond half way as this will be covered by bitumen roof.



- 32.** Locate your steel bands and remove the blue protective tape. Once you have removed the blue tape, separate the 3 long bands and the 3 short bands. Feed a short band under the base.



- 33.** Then lay a long band over the top in line with the short band. Using the bolts provided, join the two ends of each band together but do not tighten yet. Repeat this on the rear and in the middle. The bands should remain on the outside of the rear base support.





- 34.** Once all 3 bands are in place and bolted together, adjust the heights of the six bolts so they are level on both sides. Tighten them evenly using a 19mm tube socket and 19mm ring spanner. While the bands are being tightened, gently tap the top loose staves with the rubber hammer to help them lock into place.



- 35.** Count to the 16th stave up from the bottom stave (bottom center stave not counted) on each side of the sauna and pencil a mark for the drip edge to be secured. Fasten each beam with 5x '3\*30mm' screws across the length of the sauna on each side. The drip edge should sit level with the top edge of the 16th stave.



## 4. INSTALLATION INSTRUCTIONS

- 36. OILING** - Tape off the door frame, rear window and protect the inside doorway from drips. Continue to oil the exterior thoroughly. Oil the 2 exterior bench seats, exterior door handle, Outdoor floor panel, external lock handle & the 14 decorative surrounds.



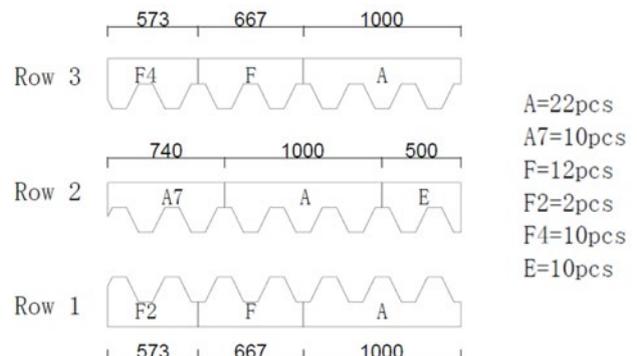
- 37.** Install the vent guards in the back wall, internal floor and front wall. Gently tap these in using a flat surface to prevent denting.

**TIP :** You may need to bend out the small nodes of each vent using a flat head screw driver or chisel.



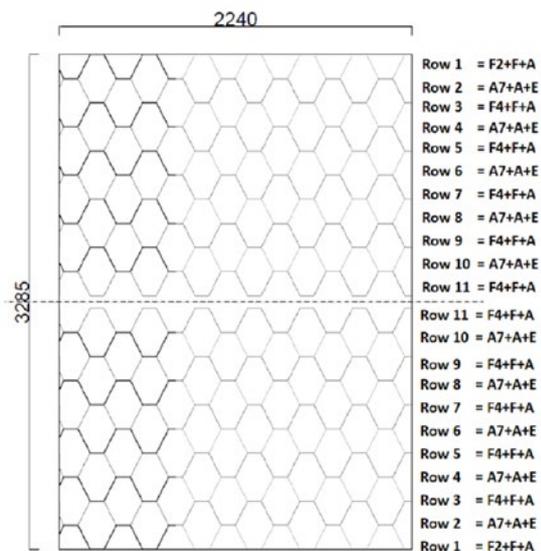
- 38.** Locate the packs of bitumen roof tiles and arrange them into their shapes. Be careful to not mix up tile F4 and F2 as these are very similar.

**TIP:** Avoid leaving these in the sun before installing





- 39.** Position segment F2 and F along the drip edge, making sure the flat part of the segment is flush with the bottom of the drip edge. Secure these using a staple gun. BE SURE TO STAPLE & SCREW AT THE TOP OF THE RIDGE SO IT WILL BE COVERED BY THE NEXT LAYER. Use 3-4 of the provided 3g 14mm screws to secure each segment in place.



- 40.** Once the first layer is secure, position an A7 segment next and secure in place. Make sure to always start at the front edge and to make sure the segments are flush. Then continue to install the A and E segments using the staples to hold the segment in place and then the 3g 14mm screws to securely mount it. Remember to staple and screw at the top



- 41.** Continue to follow these steps and lay each layer on top of the previous. Follow the layer guide for each side of the sauna.



- 42.** Before installing the last centre top layer of bitumen, apply a generous layer of sealant to the underside of the tile and carefully position it into place. DO NOT STAPLE OR SCREW THIS TILE. Firmly press down on the areas where sealant was applied, creating a waterproof seal.



## 4. INSTALLATION INSTRUCTIONS

- 43.** Locate the 14 oiled decorative boards and begin to install these, start from the top center and work your way down. The last 2 boards on either side may extrude over the drip edge. If this is the case, hold the decorative board in place, mark it and trim the drip edge & bitumen tile as required. Repeat this on the back.



- 44.** Place the pre-oiled exterior floor panel in position and ensure it is level before securing using 2x 4\*40mm screws.



- 45.** Locate the 2 part exterior bench seat and slot these together using the pre-installed wooden dowels. Position the bench seat into place on top of the pre-mounted side support.



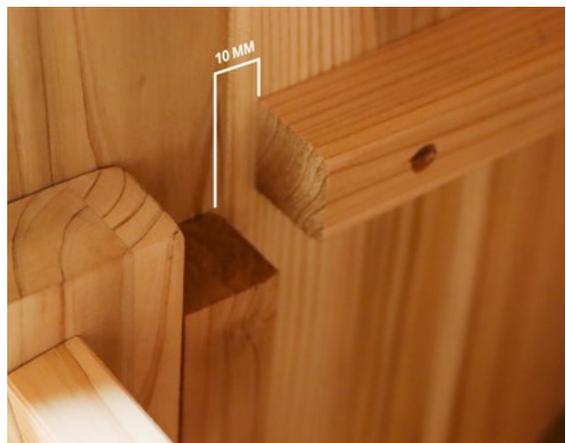
- 46.** Secure it in place using 4\*40mm screws into the pre-drilled holes. Repeat this on the other side.



- 47.** Locate the 2 internal floor panels and position these in place. Ensure these are level and pushed as far forward towards the front wall as possible, this is to leave breathing room under the heater. There will be a shorter segment on either side of the panel, be sure to have these towards the front & rear wall. Secure these in place using the 4\*40mm screws.



- 48.** Position the bench support in place, the vertical supports which extrude higher should be at the bottom. Make sure there is a 10mm gap between the pre-installed side bench support and the front bench support.





- 49.** Secure it in place using 2x 4\*40mm screws into the pre-drilled holes on the side supports. Repeat this on the other side.



- 50.** Lay the bench seat on top and position it into place. Secure the ends into the pre-mounted side supports on both sides.



- 51.** Locate the backrest and position it into place. Centralize it and secure it on each end using the 4\*40mm screws.



- 52.** Now locate the 3 heater guards and bolt these together using the M6 40mm bolts. Make sure the larger gap in the guard is mounted at the bottom, this is to allow access to the heat control dials.

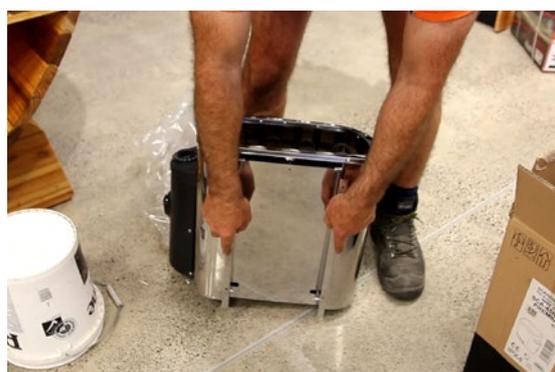


- 53.** Position the assembled guard in the center of the 2 bench seats on the rear wall. Measure 90mm off the floor and make a mark. This will be used for the height of the guard. (We used a piece of 90mm thick timber to give us our height.) Make sure the guard is flush and central between the bench seats, and secure using the 4\*40mm screws in the pre-drilled holes.



- 54.** After unboxing the heater, attach the 'heater back panel' to the 'main heater unit'. Slide the back panel up into the rear side of the heater. This will allow you to get an idea of what height the back panel needs to be secured on the wall of the sauna

Make sure you have confirmed with your electrician on where your cable will be located. We advise having the cable coming through the rear wall, to the right of the heater.



- 55.** Place and hold the heater unit inside the heater guard, centered evenly. To find the vertical height, align the top edge of the back of the heater unit with the top of the fence. Mark with a pencil where the 'heater back panel' naturally rests against the wall of the sauna.



- 56.** Remove the 'heater back panel' from the main heater unit. Hold it up against your reference mark you made with your pencil. Attach it to the wall using 6x 4g 40mm screws (three on each side) to secure the panel in place. These screws are provided with the sauna heater.



- 57.** Slide the main heater unit into place over the heater back panel, ensuring both grooves of the back panel are locked into the heater tight. Then secure the heater into the back heater panel with 1x 3g 25mm screw (supplied with sauna heater). A qualified electrician can now wire up the heater.



- 58.** Secure the hinges to the glass door using the provided hinges and allen key. Position the door in place and secure the hinges to the recessed frame using the 4\*40mm screws.



- 59.** Install the door handle using the 6\*75mm screw. Be sure to put the oiled handle on the outside.



- 60.** Install the door lock using a 3\*16mm screw. Mount the magnetic catches at the top and bottom of the door frame using the provided 8x 3g 16mm screws.

Mount the other accessories using the 3g 30mm screws in your desired location. Except for over the heater.





## Notes

A series of horizontal dotted lines for writing notes.

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## CONTACT INFORMATION

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If you need assistance, please get in touch via phone or email.

**service@alpinespas.co.nz**  
**service@alpinespas.com.au**

**0800 99 33 88**  
**1800 99 33 88**

For a digital copy of this guide and also the outdoor sauna user guide visit:

<http://alpinespas.co.nz/support/>

OR

<http://alpinespas.com.au/support/>