



alpinesaunas™

VISTA MINI BARREL SAUNA

Assembly Manual

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1. BEFORE YOU START



IMPORTANT! READ THIS SECTION ENTIRELY BEFORE PROCEEDING WITH INSTALLATION.

LOCATION

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.

OILING YOUR SAUNA TIMBER

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

Harvia Sauna Heater 6kW - Model BC60KN.

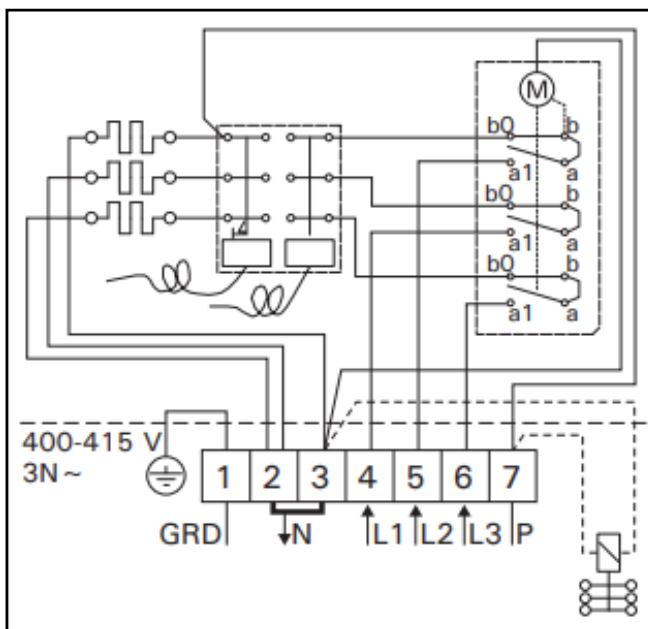
Setup

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.

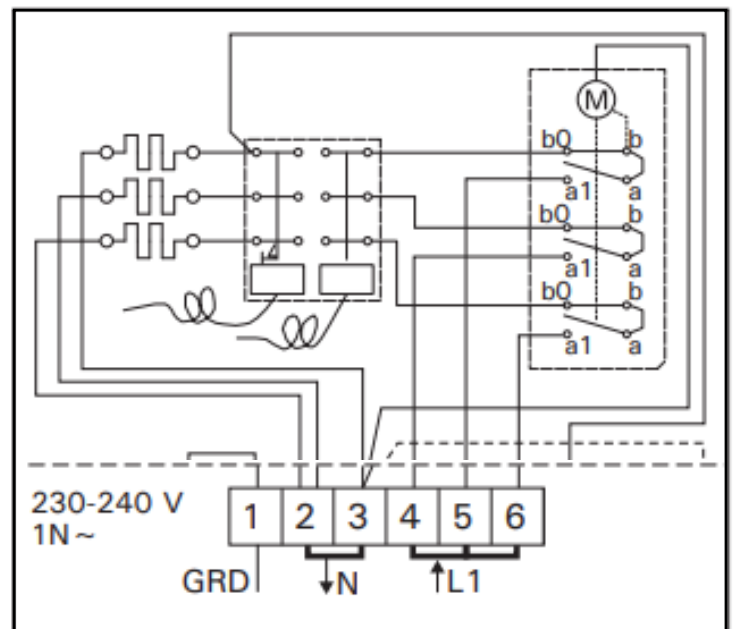
Cable for the heater can be fed through the back or the base staves. A hole for the conduit will need to be drilled on installation.

For single phase installations, lines 4, 5 and 6 should be looped together with phase into 5 per the diagram. For a three phase supply, connect each phase to L4, L5 and L6

3 PHASE



SINGLE PHASE



2. IMPORTANT SAFETY & GENERAL INFORMATION



PLEASE READ ENTIRE MANUAL THROUGH BEFORE PROCEEDING WITH INSTALLATION.

SAFETY & OPERATION

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
ALPINESPAS.COM.AU/SUPPORT

WOOD & EXPECTATIONS

This Vista Mini 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.

WARRANTY

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	64
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 (Door)	6	1
Front Panel Part 2	7	1
Front Panel Part 3	8	1
Rear Lower Panel	9	1
Rear Glass Panel	10	1
Internal Glass Surrounds	11	6
External Glass Surrounds	12	7 + 1 Long Edge
Cradle Base	13	2
Cradle Base Supports	14	2
Base Support Screw Set	-	1

Part Name	Label*	Qty
Inside Floor Panel	15	2
Glass Door	16	1
Glass Door Hinges (with Allen Key)	17	2 Set
Door Handle, Magnet & Lock	18	1 Set
Inside Bench	19	2
Inside Bench Support	20	2
Inside Bench Backrest	21	2
Triangular Roof Beam	22	2
Heater Fence	23	1 Set
Steel Band (3 x Long & 3 x Short)	24	3 Sets
Screws/Hardware Kit	-	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
Harvia 6kW Heater	1
Sauna Stone	1 Box
Towel Rack	1 Set
Magazine Holder	1 Set
Cup Holder	1 Set
Water Bucket	1
Ladle	1
Sand Timer	1
Sauna Vents	8 (6x65mm & 2x60mm)
Hygrometer	1
Bitumen Set	1
Rubber Mallet	1
Window Suction Holder	2

Screws (Including Spares)

Size	Qty	Description
4*40mm	283	Panel Set securing Piece, Cup Holder, Magazine Rack, Inside Bench, Floor Panels, Front and Back Capping, Towel Rack, Heater Fence
3*30mm	6	Outside Hook
3*14mm / 16mm	20	Door Lock and Metal Connector
5*70mm	10	Front and Back Panels
6*35mm	6	Heater Fence
6*75mm	2	Door Handle
4*30mm	6	Door Hinges
3*16mm	258	Bitumen Roofing, Magnetic Lock
5*50mm	40	Fixing Bottom Staves to Support
Metal Connector	5	Binding Glass Surrounds
M8 Moon Nut	4	Cradle Base Supports
M8 Shim	4	Cradle Base Supports
M8 Hex Nut	4	Cradle Base Supports
100mm Double Side Bolt	4	Cradle Base Supports
Plastic Cap	4	Cradle Base
Steel Bands Bolt Set	6	Each set consist of 1x Bolt, 2x M12 Nut with Cap, 2x M12 Nut, 2x Shims, 2x Spacers
8*40mm Dowel	38	Securing Edge Capping



PARTS LABELED



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

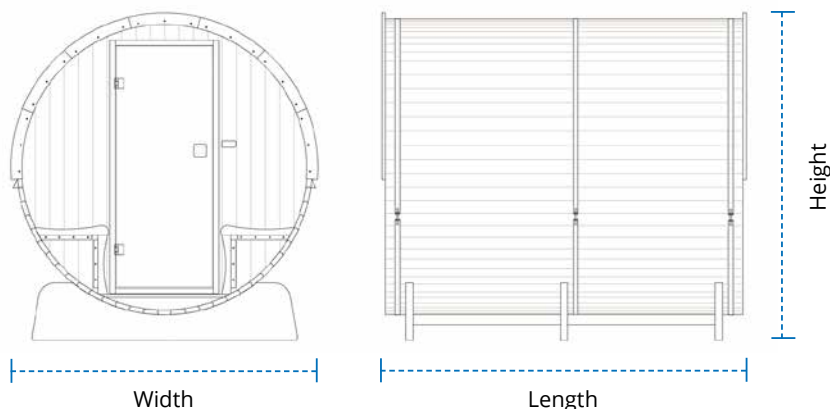
FOUNDATION

An outdoor sauna can weigh up to 600kg once assembled, therefore requires a sturdy foundation. This needs to be a flat, level surface that supports the entire weight of the sauna and users. 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.

Once your outdoor sauna has been assembled, it becomes near impossible to move great distances. Therefore assembling the sauna in its desired location, or very close to, is strongly advised. Moving your assembled sauna can potentially cause damage or alter its performance, which may void the warranty. Refer to the below table for the assembled measurements of your outdoor sauna. Use these as a reference when planning your foundation.

Item	Width (cm)	Length (cm)	Height (cm)	Weight (kg)
Barrel	190	228	204	440
Vista Mini	190	169	204	420
Vista	190	228	204	440
Cabin	196	196	216	450
Hut	248	290	250	530



Foundation Requirements

Below is a table which covers the minimum dimensions required for an outdoor sauna foundation.

Item	Width (cm)	Length (cm)	Thickness (cm)
Barrel	210	248	10 (Reinforced)
Vista Mini	210	189	10 (Reinforced)
Vista	210	248	10 (Reinforced)
Cabin	216	216	10 (Reinforced)
Hut	268	310	10 (Reinforced)





TOOLS

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



Mallet
INCLUDED



RESOURCES



TIMBER
PROTECTION OIL



WATERPROOF
SILICONE
FOR BITUMEN
ROOF

OPTIONAL



STAPLER ASSISTS
WITH ATTACHING
BITUMEN ROOFING

4. INSTALLATION INSTRUCTIONS

- 1** Stand the two cradle bases, equal distance apart matching the length of the two cradle support lengths. Take some time to note the dowels at the ends of the support lengths, and the grooves in the cradles.



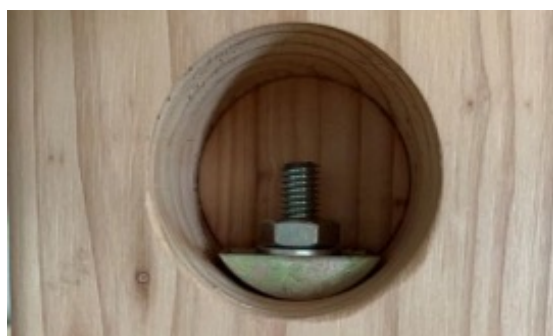
- 2** Screw the 100mm double sided bolt into the pre-drilled hole



- 3** Slot the two cradle support lengths onto the two bolt ends of the cradle base



- 4** Secure the cradle support lengths by placing the half moon steel washer, standard washer and nut on to each thread appearing on the end of the cradle base. Tighten the nut using a socket set



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



- 6** Start by locating the 'bottom stave'. This stave will have one vent hole 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)



- 7** Begin to lay 2 x staves on either side of the mounted centre stave. Gently tap the 2nd stave inwards and hold the pressure while securing with a '5*50mm' screw. Repeat the same at the rear. Only securing every 2nd stave is required. Continue to do this on either side until you have successfully installed 7 x staves on each side of the centre stave.

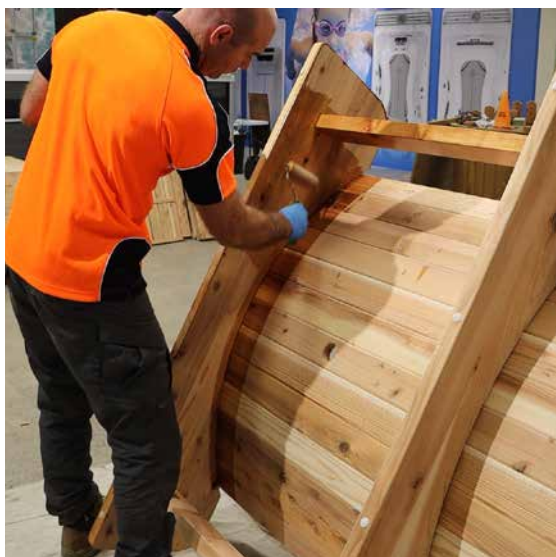


- 8** OILING – Lay down a tarpaulin or drop cloth in a well-ventilated area. With 2 people, lift the base and lay it gently onto the drop cloth upside down or leaning against a secure support. Prepare your oil, tools and PPE required for oiling.



4. INSTALLATION INSTRUCTIONS

- 9** Evenly roll 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 careful as we don't want the oil dripping through the staves. Only oil the external timber (exposed to the outside).



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



- 11** 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 4x black hole covers over the base support mounting bolts. Use the rubber hammer to tap them in.



- 12** 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.



- 13** 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 centre segment, making sure all the edges are flush and the bench supports are located at the bottom. Use the 4 x 5*70mm screws and screw them into each order of the front panel.



- 14** 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 levelled front wall in place using a 4*40mm screw on both sides. Continue to support this wall as wind can blow it over.



- 15** Locate the back half wall and position it into place. Make sure the 2x pre-drilled vent holes are central with the centre bottom stave and level it before securing with the 4*40mm screws.



- 16** Install 10x more staves onto either side of the barrel. Use a rubber mallet to gently tighten up the staves as you go. Use '4*40mm 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 in the centre of the stave. The correct positioning for the screw should be on the top edge as per the below image. This allows for some movement when adding additional staves, particularly the 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.

4. INSTALLATION INSTRUCTIONS

- 17** Once you have finished securing these staves, locate the 6 pieces of the glass surrounds. Connect the surrounds together using wood plugs and metal connector and screw them together using 3*14mm or 3*16mm). Once all the pieces are connected, make sure you have another person holding the glass surrounds and position the end dowels. Secure the glass surrounds using a 4*40mm screw, repeat on the other side.



- 19** 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 4*40mm screws. Then continue to install 3 more evenly on either side.



- 18** Grab the 2 window suction holders 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. Make sure you have someone holding the rear glass window keeping it into position, and then secure the straight long wood to the bottom with 4*40mm screws.



- 20** Continue to install 7x more staves one by one on each side using 4*40mm screws (Stave 18 – 24). Add the next 7x staves (Stave 25 – 31) to each side but DO NOT SCREW THESE IN. Keeping these loose allow for movement when we tighten the steel bands.



- 21** 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 centre staves you require. Repeat this on the back and take note of the measurements.



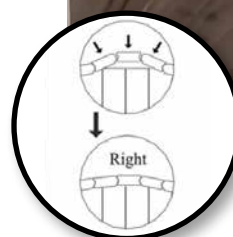
- 22** If the front and rear dimensions are different, you will need to take the measurement between the two staves, for example our front dimension was 85mm and our rear was 95mm, so we used the D-Stave and a top centre stave to create a 90mm wide stave to fill the gap.



- 23** Secure the two staves together using the 3*30mm screws



- 24** 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 are OK as we will install metal bands later which will put it all tight.



4. INSTALLATION INSTRUCTIONS

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



- 26** 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.



- 27** 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.



- 28** 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.



- 29** Count to the 16th stave up from the bottom stave (bottom centre 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 '4*40mm' screws across the length of the sauna on each side. The drip edge should sit level with the top edge of the 16th stave.



- 30** OILING – Tape off the door frame, rear window and protect the inside doorway from drips. Continue to oil the exterior thoroughly. Oil the exterior door handle, external door lock handle and the decorative surrounds.



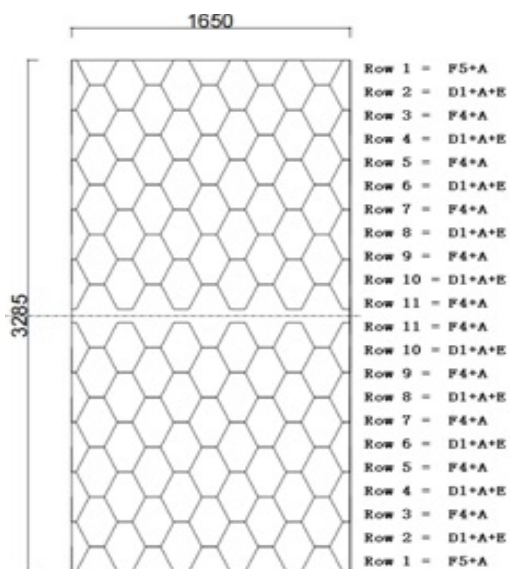
4. INSTALLATION INSTRUCTIONS

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

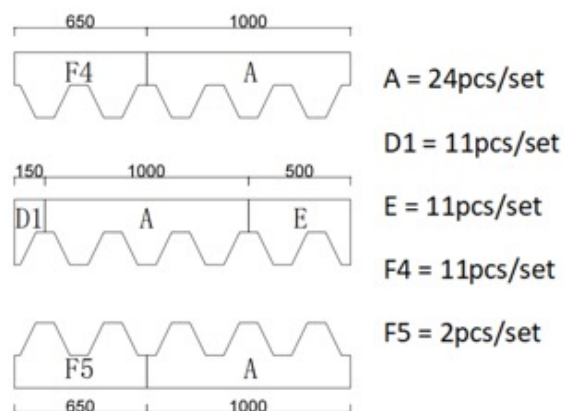


TIP: You may need to bend out the small nodes of each vent using a flat head screwdriver or chisel.

- 33** Position segment F5 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.



- 32** Locate the packs of bitumen roof tiles and arrange them into their shapes. Be careful to not mix up the F4 & F5 tile as they are different shapes.



- 34** Once the first layer is secure, position a D1 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 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.



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



- 37** Locate the oiled decorative boards and begin to install these, start from the top centre 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 at the back.

- 36** 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.

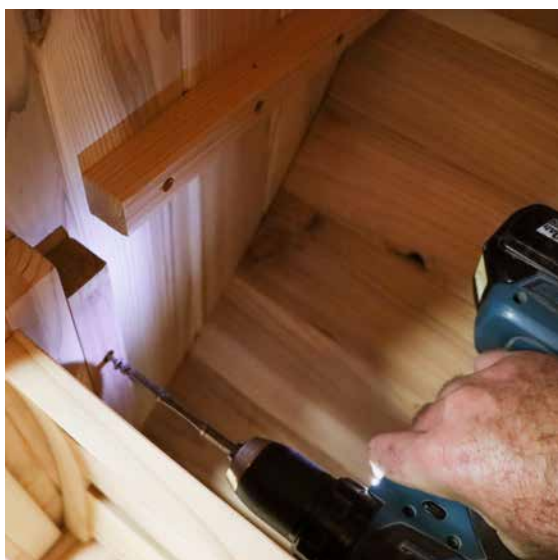


4. INSTALLATION INSTRUCTIONS

- 38** Locate the 2 piece 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. Secure these in place using the 4*40mm screws.



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



- 39** 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.



- 41** Lay the bench seat on top and position it into place. Secure the ends into the pre-mounted side supports on both sides using 4*40mm screws.



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



- 43** Now locate the 3 heater fence and bolt these together using the 6*25mm. Make sure the larger gap in the guard is mounted at the bottom, this is to allow access to the heat control dials.

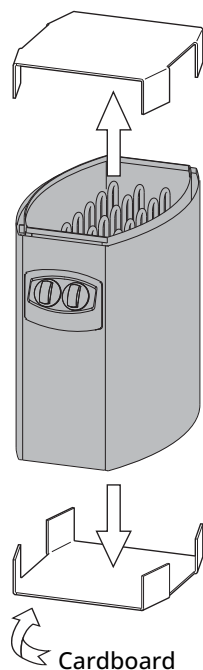


- 44** Position the assembled guard in the centre of the 2 bench seats on the rear wall. Measure 90mm off the floor and make a mark. This will be used for the height of the guard. (We used a piece of 90mm thick timber to give us our height.) Make sure the guard is flush and central between the bench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

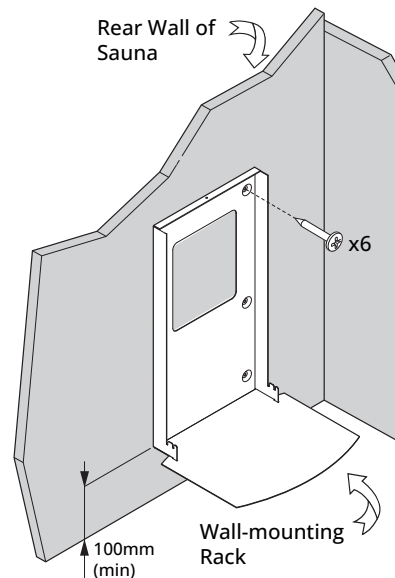


4. INSTALLATION INSTRUCTIONS

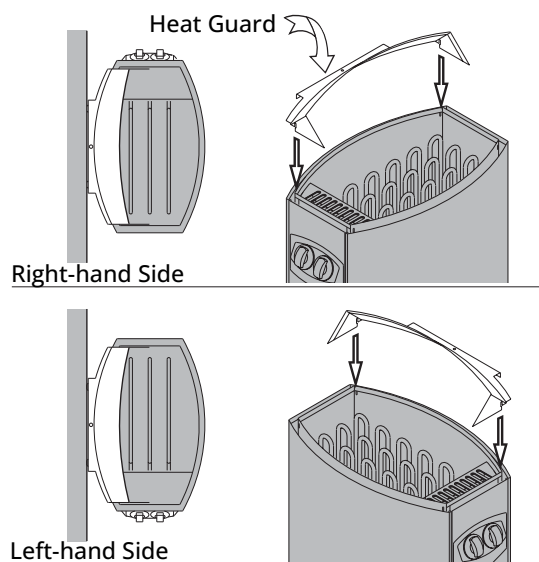
- 45** Remove both cardboard covers before installation.



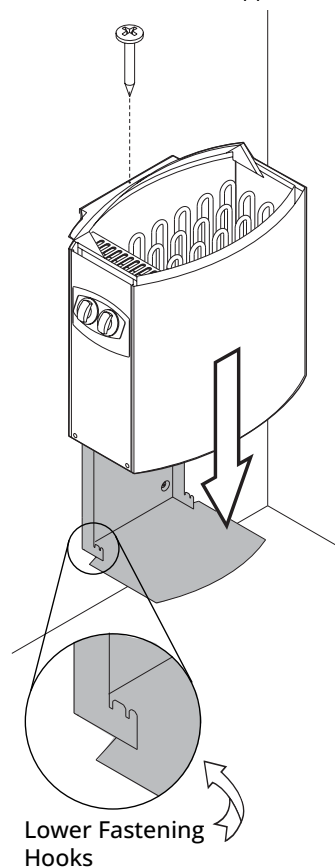
- 46** Fasten the wall-mounting rack to the rear wall of the sauna using the provided screws. Make sure the heater is installed level and 100mm off ground level, while allowing enough space to access the control dials. Refer to the Sauna assembly instruction for the heater location.



- 47** The heater can be installed so the control dials are positioned on the left, or the right-hand side. Install the heat guard accordingly to the rear of the heater, making sure the clips fasten in the hole properly.



- 48** Lift the heater to the rack on the wall so that the fastening hooks of the lower part of the rack go behind the edge of the heater body. Lock the edge of the heater onto the rack with the supplied screw.



- 49** 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.



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



- 51** 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.



CONTACT

If you're in **New Zealand** and need assistance,
contact us on the details below



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