

# ASSEMBLY MANUAL

## Ascend 2 & 4 Far Infrared Sauna



# Pre-Assembly Checklist

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## Selecting a suitable location

For best results, please place your sauna on a flat level surface. Suitable locations could include the garage, bedroom, sunroom. The sauna can be placed on carpet, tiles, timber flooring or concrete.

For outdoor placement please note that the sauna must go in a covered area to provide protection from direct rainfall, additionally the sauna must be protected by one of our Australian made covers to protect the warranty. Saunas placed outside unprotected will not be covered by our warranty.

## Assembly Instructions

Assembly of the sauna will require 2 adults to complete. Please read through the instructions carefully before beginning the assembly process. Should you encounter any issues along the way, please contact us on free phone 1800 316 962 (Australia) or 0800 218 020 (New Zealand)

1. Keep all liquids away from the sauna during the assembly process.
2. Install the sauna on a flat level surface.
3. Install the sauna in an area that is dry and protected from the weather.
4. Your sauna is a self-contained free standing unit and should not be built into any structure without consultation with Sun Stream Saunas.
5. Please maintain about 3cm clearance from the walls on all sides of the unit.
6. Allow at least 10cm clearance above the roof so that it can be removed if required.

**NB: Please exercise great care when handling the front wall assembly and glass door making sure they do not swing open and break whilst securing in place.**

# Preparing the Floor Heater

To avoid damage during transport the sauna floor heater is held in place with 2 wooden blocks at either end of the floor heater, these need to be carefully removed without damaging the heater as it will allow access for cleaning the stainless steel tray periodically.



Lay down a thin layer of cardboard or a soft cloth on the heater surface whilst removing the screws and blocks of wood as pictured below. We suggest you keep the 4 blocks of wood for future use should you relocate the sauna.





## Prepare & Position the Sauna Heater



If you are assembling your sauna on a hard surface floor it is recommended that you apply the included adhesive felt to the bottom of the sauna floor.



Place the sauna floor in the desired location. It is necessary to position the floor out from your walls for assembly and move the sauna following assembly.



**PLEASE NOTE:** It is important that the sauna floor is level. Checking with a large level is recommended. If the floor is not level, use packers to make it as level as possible.



## Back Wall

The back wall is the last wall to connect in the assembly procedure. If you are working in a restrictive space, it is recommended to place the back wall behind the sauna floor before constructing the sauna.



### Position the Front Wall

Lift the front wall into position carefully lowering the bottom of the wall into the channel on the floor base. Centre the front wall on the floor base.



**NB: Images do not match the Ascend Sauna, however the assembly process is the same.**



### **Position a Side Wall**

Lift one of the side walls (left or right) into position wedging the bottom of the wall into the channel in the floor base.





### **Connect Side Wall and Front Wall**

Cinch the side wall and the front wall together by applying pressure on the outside of the side wall with your knee, while assistant gently pushes the edge of front wall with their foot. It is helpful if the second person applies pressure against the opposite edge of the front wall. This will help ensure that the two walls remain in contact and the fasteners will connect.

Slide the side wall upward approx. 3/4" with left hand while holding the front wall down with your right hand. The 2 sets of fasteners for the walls will connect when the Side Wall is raised sufficiently. When you feel the fasteners connect, slide the Side Wall back down.

**NOTE: It is NOT necessary to lift the entire Side Wall. Simply slide the Side Wall upward at the front corner of the sauna to connect to the Front Wall**



There are two sets of fasteners to join the saunas' corners together. After lowering the Side Wall, check to ensure that both sets of fasteners have connected by looking at the corner inside of the sauna. It is possible to connect one set of fasteners and miss the other. If there is an obvious gap in the corner between the two walls at least one fastener has not connected and the raising and lowering procedure will need to be repeated.



#### **Position the Second Side Wall**

Lift the second side wall into position wedging the bottom of the wall into the channel in the floor base.



**Connect the  
Front Wall and the  
Second Side Wall**  
Use the same procedure  
as for the first Side Wall.



**NOTE: It is NOT necessary to lift the entire Side Wall. Simply slide the Side Wall upward at the front corner of the sauna to connect to the Front Wall**



**Connect the Back Wall to the two Side Walls**

Position the back wall by wedging it into the channel in the floor base.

Then fasten the latches.





## Install the Sauna Roof



First, pull the single plastic connector down and out of the roof before lifting the roof into place.

If you are unable to grab hold of the connector through the small opening in the ceiling, it may be necessary to remove the first T&G board on the top left side of the roof and feed the connector down through the opening.

Lift the roof up and over top of the sauna walls. If you are installing the sauna in a restrictive space and are unable to walk down the sides of the saunas, it may be necessary for one person to go inside the sauna. The roof is a cap that fits over the outside of the walls. Hook the two back corners of the roof over the walls then lower the roof toward the front of the sauna.



Connect the 12 Volt power supply wire at the back left corner of the sauna.

This wire brings power to the roof for the stereo and lighting components.

Lower the roof on to the walls



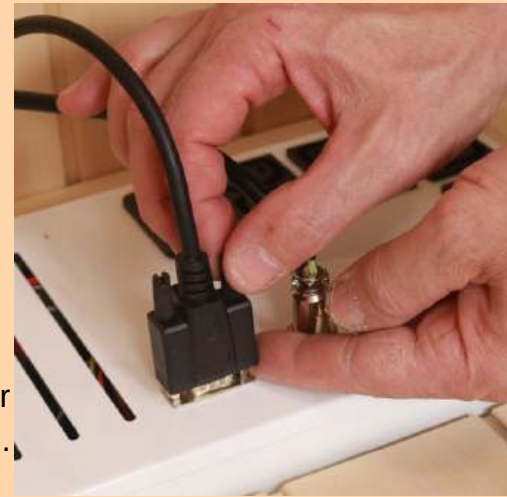
## Under-Bench Electrical

**NOTE: Do not connect main power cord to your wall outlet yet at this time.**



Connect the circular connector to power supply box. Align the groove in connector to properly insert. Thread the cuff of connector on fully.

Attach the 'D-Sub' computer style connector as shown.



Plug in all heater leads to the receptacles on top of the power supply box.

### Power Supply Cord

Feed the main power supply cord in through the hole in back wall and insert in to the power supply box.

**DO NOT plug power cord into your wall outlet until all electrical connections are complete inside of the sauna.**





### **Remove Side Wall Heater Guards**

The wooden lattice work in front of the heaters is referred to as the heater guard. These are held on with strong magnets. It is necessary to remove the heater guards from the two side walls in order to install the sauna bench.

### **Leg Heater**

Install the leg heater by lowering it into the brackets mounted on the side walls.

Plug leg heater into the power supply box in floor.







### Install Bench

Angle the Bench into place to clear the Side Wall window frames. The Bench installs foil side down.



Connect the **grounding wire** from bottom side of Bench as shown



Lower the Bench into Position



## Option-L Movable Bench Assembly



Connect bench legs to the inside corners of the frames using supplied wood screws.



Ensure that the legs' ends are flush with the bottom edge of the frames



Attach the leg assembly to the bottom of the bench surface. Choose which surface of the bench you prefer to be the top and bottom.



# Accessories



## Backrests

Your new Sun Stream Sauna comes equipped with backrests constructed from Western Red Cedar. Position the backrest as pictured to provide lower back support and to position yourself a comfortable distance from the Infrared heater panels.



## Cupholder

Many of our customers simply set the cup holder on the bench of the sauna. In the Evolve 10, 20 and 30 saunas, the cup holder can be mounted on the side wall under the heater panels. Be sure to drill pilot holes first for the wood screws to mount cup holder to the T&G wall boards.

## Aromatherapy

Enjoy the aroma of your favorite essential oils, such as eucalyptus or lavender, while in the sauna. Add water and a few drops of your essential oil to the aromatherapy glass which can be hung on the wall heater guard.

