

# Vita Sauna Kit

installation instructions



Please immediately check for any hidden damage that may have occurred in shipping. If any damage is found you must notify the delivering carrier within seven days.

A few minutes with the following instructions will ensure quick and proper assembly, and many years of enjoyment and relaxation. By reviewing all the instruction steps ahead of time, you will have a better feel for the whole process.

Your sauna package will arrive on a stretch-wrapped pallet including a stack of pre-built panels, benches, and boxes with the heater and accessories.



## Tools Required

- Hammer or pin nailer
- Handsaw and mitre box (for molding installation)
- Drill or cordless screwdriver
- Tape measure
- Square
- Level
- 3/8" wood bit (if sauna room has an L-bench)
- Note: Torx bit is provided

### Warning

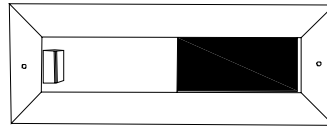
Drilling, sawing, sanding or machining cedar wood products can expose you to wood dust, a substance known to the State of California to cause cancer. Avoid inhaling wood dust or use a dust mask or other safeguards for personal protection. For more information go to [www.P65Warnings.ca.gov/wood](http://www.P65Warnings.ca.gov/wood).  
Doc # 71-0147

## Accessories

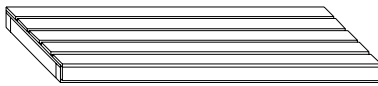
Styles may vary based on Interior and Designer Room Series



Duckboard

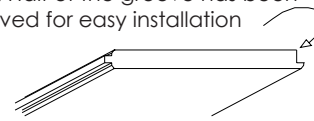


Vent Valve

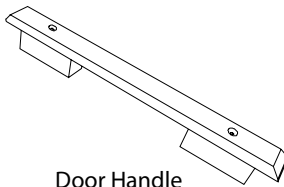


Bench

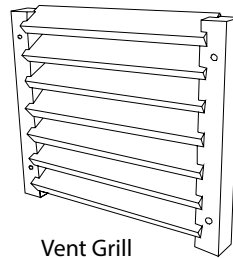
Note: Half of the groove has been removed for easy installation



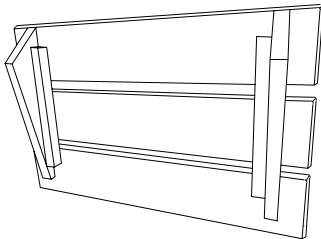
Electrical Access Board



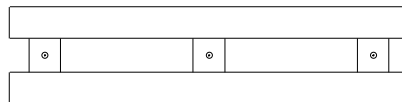
Door Handle



Vent Grill



Headrest

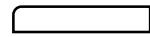


Backrest

## Trim Profiles



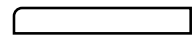
Cove Molding



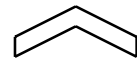
Window/Door Casing  
(normally pre-installed)



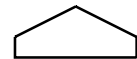
Inside Corner Molding



Exterior Facia Trim



Outer 45 Deg. Corner  
Molding (on rooms w/  
more than 4 walls)

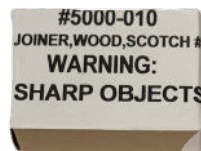


Inside 45 Deg. Corner  
Molding (on rooms w/  
more than 4 walls)

## Hardware Package

Carriage Bolts  
Washers & Nuts  
(for saunas with L-benches)

1-1/2" Screws



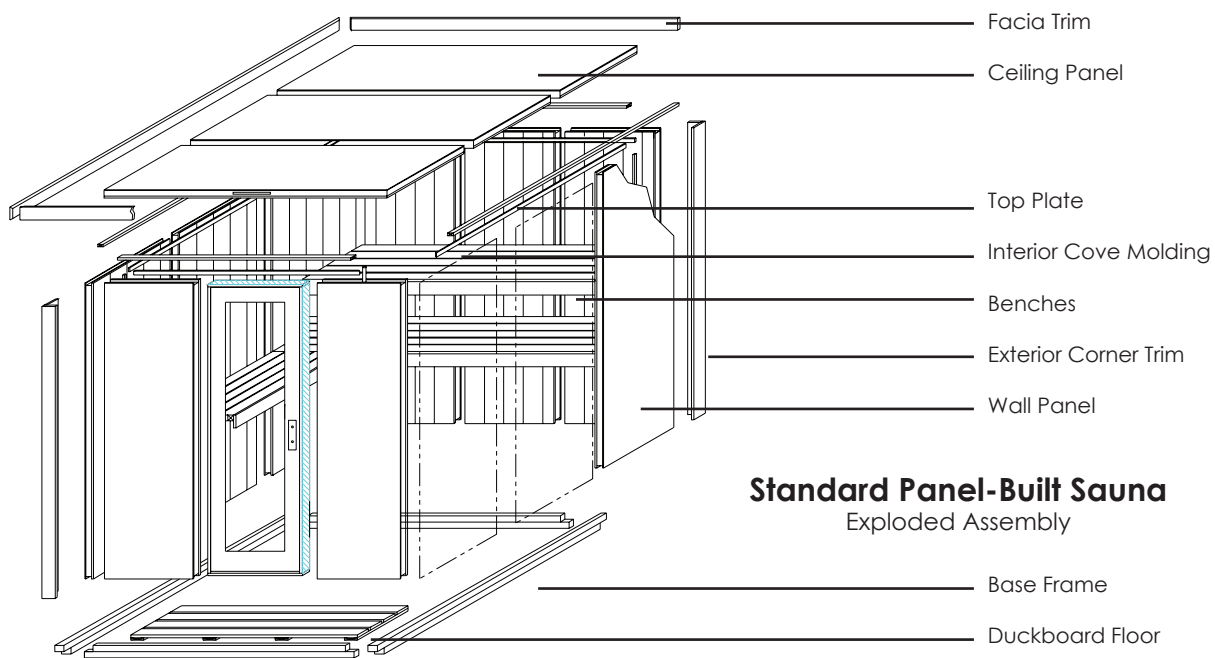
Wood Joiners



Torx Bit



3" Screws



**Standard Panel-Built Sauna**  
Exploded Assembly

**Note:** Base rail, top rail and trim are all labeled.

\*Parts depicted in the diagram will differ between models

### Pre-made Base

1. If the sauna is to be positioned close to a wall or corner, start assembly away from the wall and once the rear panels are installed, push the sauna into place. The sauna must be built on a flat level surface. Position the sides with the slots/notches towards the front. (Photo A)



### Wall Panel Installation

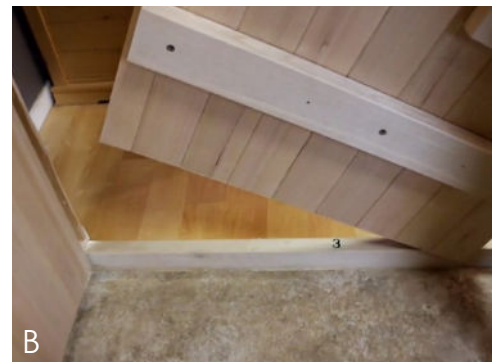
NOTE: The perimeter of the floor is labeled with reference numbers that will correspond with each wall panel.

2. Starting with a back wall corner panel, position a panel over its corresponding numbered location on the floor base and hold in place (remove protective foam strip from bottom of wall panel before placing on floor system).

3. Next, carefully lower the perpendicular side wall corner panel into the base, starting at an angle and sliding it into place.

NOTE: For ease in installing the panels, tilt the top of each panel back to get the tongue and groove alignment started. Then tilt forward for an easy fit. (Photo B)

4. Make sure that the wall panels are flush at the top and seated into place at the bottom.





5. Ensure that the two corner wall panels are flush for the entire length (base to top) and locate the pre-drilled holes and use the supplied 3" screws to secure the two panels together. (Photo C)

6. Continue placing additional panels, being careful not to damage the tongue & groove pieces of the panels. Remember to angle the wall panels and then slide them into place so that the length of the tongue is seated firmly and evenly into the groove.

7. Place the next side wall panel into position.

NOTE: A rubber mallet or wood block and standard hammer can be used to make sure that the bottoms of each panel are even with the corners of the base frame/floor perimeter. Be careful not to damage the panels when using this technique.



8. Secure the remaining back corner panels together using the pre-drilled holes and supplied 3" screws.

9. Position the half wall or "knee wall" over its matching numbered base section and slide securely into place. Make sure that window/glass grooves are aligned with the adjacent side wall and the groove on the base. (Photo D)

NOTE: If the knee wall does not fit properly, check that the base is level and use shims to correct as necessary.

NOTE: To secure the knee wall, fold back the foil vapor barrier to expose pre-drilled wall panel holes. Screw the knee wall to the side wall with the supplied 3" screws.

10. Place the final side wall, making sure that it is flush and square.

### Wiring Setup

11. Route the wire from the back wall panel into one of the openings in the bottom of the electrical cable housing/box and insert the connector into any one of the ports of the multi-port hub. (Photo E)

12. Route the cable for the gimbal spot light that is coming from the side wall panel into one of the openings in the bottom of the electrical cable house/box and insert the connector into any one of the ports of the multi-port hub.

13. Locate separate 4 foot CAT5 cable (supplied) and route the end with the RJ45 connector into one of the openings in the bottom of the electrical cable housing/box and insert into any other available port on the multi-port hub. The other end of this cable will eventually get connected to the low-voltage under-bench LED lighting system (wait to do this at a later step).

14. Locate separate BLACK cable (supplied) and route the end with the white and blue wires into one of the openings in the bottom of the electrical cable housing/box and connect to the Brown and Black wires. This cable will be used to take power from the heater to the transformer inside the electrical cable housing/box that supplies power to the lighting (wait to do this at a later step). (Photo F)

15. Secure the cable housing/box cover with the screws provided.



16. Route the plug and power cable through the opening towards the bottom of the back wall panel and the cable guide loops mounted towards the bottom of the side wall panels. Leave access to approximately 2 feet of cable end after the last cable guide loop.

17. Locate the wooden power cable opening cover and slide it over the power cable running through the back wall and secure to the back wall with the screws provided. (Photo G)

### Securing Ceiling & Walls

18. Locate the access board for the half wall/knee wall and fit into place and secure using a brad or finish nail gun using 1-1/2" nails. Alternatively you may opt to use a hammer and nail punch to secure 1-1/2" trim nails instead. (Photo H)

19. Secure the tops of all wall panels together using the wall joiners (metal cleats) provided using a hammer. Careful not to damage the T&G wall boards in this step. (Photo I)

20. Starting with the longest side wall span, insert the top plate over their respective numbered wall panels. Use a hammer to seat the top plates securely into place. Make sure the side wall top plates are flush with the ends of the side wall panels.

NOTE: Secure all top plates into place using the screws provided.

21. Install the shortest side wall top plate, routing cables through the pre-drilled hole. Use a hammer to seat the top plate securely into place and secure with the screws provided.

22. Install the back wall top plate, using a hammer to seat the top plate securely into place and then securing with the provided screws.

23. Locate the black gasket material (supplied) and adhere to the top plates of each of the wall panels.

24. Locate the back ceiling panel and carefully position into place inside of the raised outer wall panel boards. Secure the back ceiling panel into place permanently using the screws provided.

### Bench Installation

25. Locate the lower platform bench and H-leg. Attach the H-leg to the raised deck platform at the locations noted by the decals. Each leg of the H-leg has height-adjustable feet. (Photo J)

26. Next, start two 3" screws into the underside of the heater end of the lower platform bench. Then carefully place the lower platform bench into position inside the sauna room. Using a carpenter's square, locate the center of the heater opening and center it between the heater mounting screw holes. (Photo K)

27. Locate two 12" height wooden spacer blocks provided to ensure that the raised deck platform/lower platform bench is perfectly level and verify this to be true with a bubble level. Once level is accomplished, secure the platform bench to the side walls with the screws provided.





28. Carefully remove the spacer blocks and adjust the height-adjustable feet to the proper height on each leg of the H-leg.

29. The raised deck platform/lower platform bench should be spaced evenly on both ends for an even reveal when the bench skirt is installed.

30. Locate the loose end of the under-bench LED lighting cable that is running from the electrical cable housing/box and make sure it is easily accessible for the next step. (Photo L)



31. Locate the upper bench component and place into position across the upper bench supports. Raise the front of the upper bench to make it easier to connect the low-voltage LED lighting cable to the LED lights on the bench. Route the low-voltage power cable through the pre-drilled hole on the front framework of the upper bench and connect to the under-bench LED light strip end. Lower and slide the top bench back into place. (Photo M)



32. Locate the backrest and remove the backrest mounting hardware from the backside of the backrest. Then temporarily invert the backrest with the LED strip on the bottom and facing outward and connect the low-voltage power cable from the back wall to the LED lighting strip end. (Photo N)

33. Locate two 6-1/4" wooden spacer blocks and position them on the upper bench to make installation of the backrest easier. Attach the backrest to the back wall using the pre-drilled holes and screws provided. Carefully remove the spacer blocks.

34. Locate the bench skirt and remove the mounting hardware from the backside of the bench skirt. Position the bench skirt under the top bench and attach the bench skirt to the top bench using the pre-drilled holes and screws provided.

### Heater Installation

35. Using a 10mm socket bit (3/8" socket could also be used if metric is not available), screw the heater mounting screws into the pre-drilled holes on the half wall/knee wall panel. Install the two longer screws above and the two shorter screws below. (Photo O)

NOTE: Leave a reveal of approximately 1/8" between the wall and the screw heads.

36. Carefully lower the heater into place through the raised deck platform/lower platform bench opening and hang on the 4 exposed screw heads. Use a manual socket wrench with 10mm socket to tighten all 4 screws to secure heater into place. (Photo P)



### Rock Placement (Very Important)

37. Rinse the rocks before placing them in the sauna heater. Evenly distribute the rocks in the outer gap (Highlighted in Photo Q). Do not try to force all the rocks in, It is important to have space between the rocks to give optimum heater performance, faster heat-up time and higher temperatures. Save your extra rocks for replacements.



### Sauna Heater Wiring

38. The heater should be wired by a licensed electrician according to the specifications provided with the heater. One of the wall panels has a removable board to allow for wiring access to the heater. This tongue and groove board is located in the trim package. After the wiring is completed, attach the board with the pin nailer.

### Final Corner Panel

39. Place the remaining front corner panel into position using the base groove as a guide and make flush the entire length of the corner panels before securing them together using the pre-drilled holes and 3" screws provided.

40. Route the control panel cable through the hole in the remaining top plate. (Photo R)



NOTE: At this point, prior to the completion of the room assembly, apply power to the heater and control panel to verify that the proper wiring connections have been made throughout the sauna assembly process.

41. Attach the control panel to the lighting and control harnesses cable. Then turn on the heater and lighting to test the connection.

42. Insert the smaller glass panel into the vertical and horizontal half wall grooves completely. (Photo S)



43. Carefully position the front ceiling panel into place. Route the lighting and control wiring harnesses through the pre-drilled hole in the front ceiling/roof panel.

44. Connect the control panel cable to the cable in the small front wall corner panel and remove the slack in the cable by pulling up on it from above (through the access door at the front of the ceiling panel).



45. Route the control cable through the access door/opening in the front of the ceiling panel and use the small, in-line connector provided to connect the control panel cable to the control cable in the ceiling. (Photo T)

46. Use the larger in-line connector to connect the lighting cables. Use the smaller in-line connector to connect the control cables. (Located above the half wall on the roof.)

47. Lower the front ceiling panel into place, being careful not to damage either the tongue or the groove section of the panels. Make sure the front ceiling corner seats securely into place.

48. Use a spacer block when installing the front glass panel. Insert the larger glass panel into the half wall and floor grooves completely. The glass panels should meet at the corner. (Photo U)



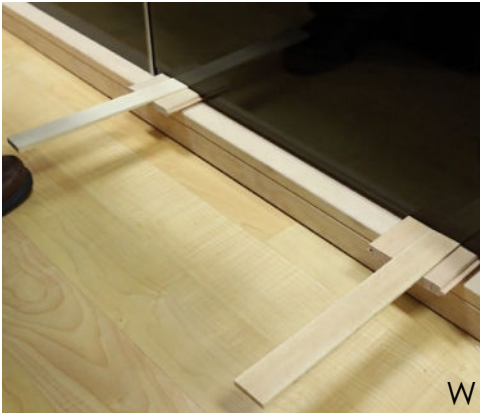


49. Remove the spacer block and carefully lower the ceiling panel onto the glass panes and bring both panels to the corner on the top and bottom.

50. Unscrew the front and back header bracket pieces and with a helper, position the glass header into place and re-attach the bracket pieces.

51. Install center attachment bracket joining the larger front glass and the glass header.

52. With the screw heads facing toward the sauna interior, mount the top door hinge. Position rubber gaskets so they are not pinched or visible.



53. Once both are in place, carefully open the door hinges.

54. Remove the interior metal pieces of the hinges and position the gaskets as shown. (Photo V)

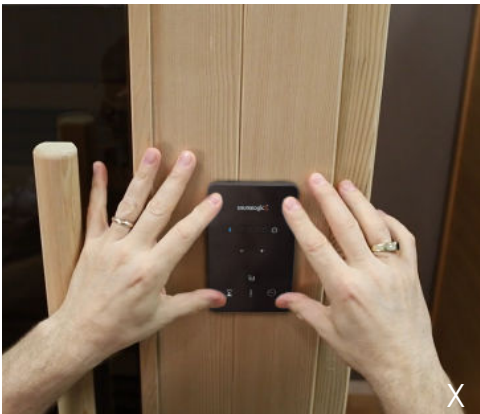
55. Carefully bring the door to the hinges and gaskets.

56. Place the interior gaskets on the glass and re-attach the interior hinge piece on each hinge.

57. Check that the spacing between the glass door and the surrounding glass panels for any contact or binding.

58. For final door hinge adjustment, use regular wood shims to bring the door up to the rubberized header strip. (Photo W)

59. Use the door hardware to attach the interior and exterior wooden door handles as shown.



Note: Be sure to use black screw collars to prevent damage to the glass door!

60. Feed the control cable through the opening in the double-sided adhesive mounting pad and remove the control side adhesive covering and center it over the back of the control panel pressing it into place.

61. Connect the control panel to the cable in the front corner wall panel and then remove the backside adhesive covering from the back of the control and then mount to the sauna wall by pressing it into place. (Photo X)

NOTE: Wood must be clean and free of dust in order to adhere the control panel to it.



### Ceiling Mount Gimbal Spotlight Installation

62. Simply route the gimbal spotlight cable through the opening in the front of the ceiling and attach with screws provided. Adjust spotlight to end-user preference.

63. Using an in-line connector, connect the two lighting cables that are now in the opening of the front ceiling panel. (Photo Y)



### Finishing Trim

64. Locate corner trim pieces and match the numbered corner trim piece to the corresponding numbered sauna frame corners. Position each corner trim piece into place and attach with 1-1/2" brad nails or finish nails.

65. Locate top trim (fascia trim) pieces and cut the two side pieces to length first and attach with brad or finish nails.

66. Locate top trim (fascia trim) pieces and cut the two side pieces to length first and attach with brad or finish nails. (Photo Z)

67. Cut the front top trim (fascia trim) piece so that it covers the front ends of both side trim pieces and attach with brad or finish nails.

68. Cut to length the interior ceiling trim (cover molding) pieces, starting with the back wall and then the two side walls (and secure them into place with brand or finish nails).

69. Last, but not least, push the door handle screw head buttons into place. A light hammer tap may be needed and glue can help secure the buttons. (Photo 2A)

70. Do the same for the screw head holes in the bench skirt and backrest.



If you have any questions during the installation of your sauna, please contact your local dealer or our tech support team.

Toll Free: 1-888-780-4427

E-mail: [techsupport@tyloheloinc.com](mailto:techsupport@tyloheloinc.com)

Enjoy Your Sauna!

**TYLÖHELO**