

# Aris LITE STANDARD SAUNA

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INSTALLATION MANUAL

## Instructions:

It is recommended to install the sauna above ground level to prevent the base frame from coming into direct contact with the ground. Use a water-resistant material, such as bitumen strips, between the base frame and the base surface for added protection.

Ensure that the surface on which you install the sauna is level and stable both before and after installation. Otherwise, the sauna doors may not open and close properly later on.

During the first heating of the sauna, it must be closely supervised, and the doors should remain open, as the stove may emit a specific odor when heated for the first time. For more information, please refer to the user manual for the sauna stove.

The maximum permitted temperature in the steam room is +90 °C. Heating the sauna to a higher temperature may result in overheating.

To prevent damage from the weight of snow in winter, any snow should be removed from the roof of the sauna. Be careful not to damage the roof covering during the snow removal process.

If your sauna has lighting, install a 3G 2.5 mm outdoor power cable and connect it according to the schematics provided with the plug socket coupler. The sauna's power cable must be connected to a residual-current circuit breaker. If you have any questions, consult an electrician.

## List of tools:



Tape measure



Cutting knife



Respirator



Pencil



Battery drill



Pliers



Level



Nail gun



Rubber mallet



Hole saw Ø 100 mm



Jigsaw



Gloves



Hand saw



Safety goggles

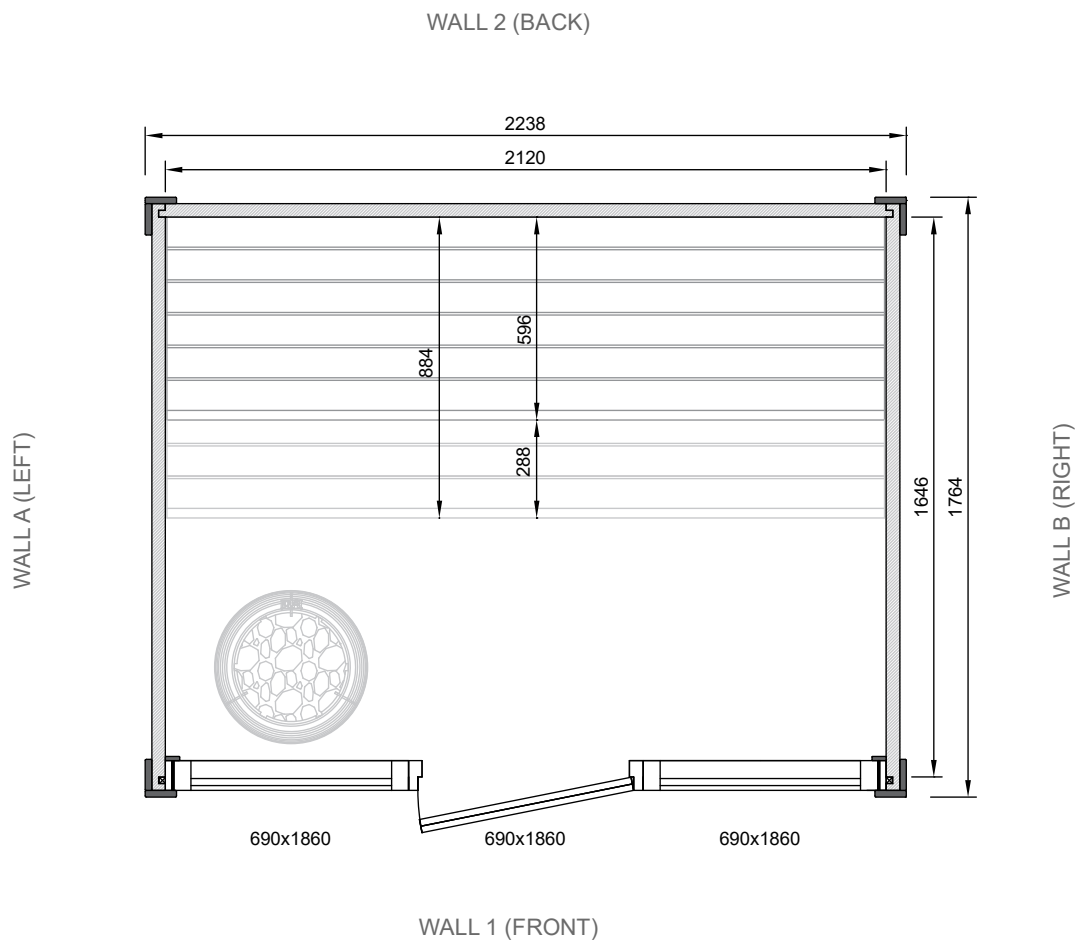


Silicone gun

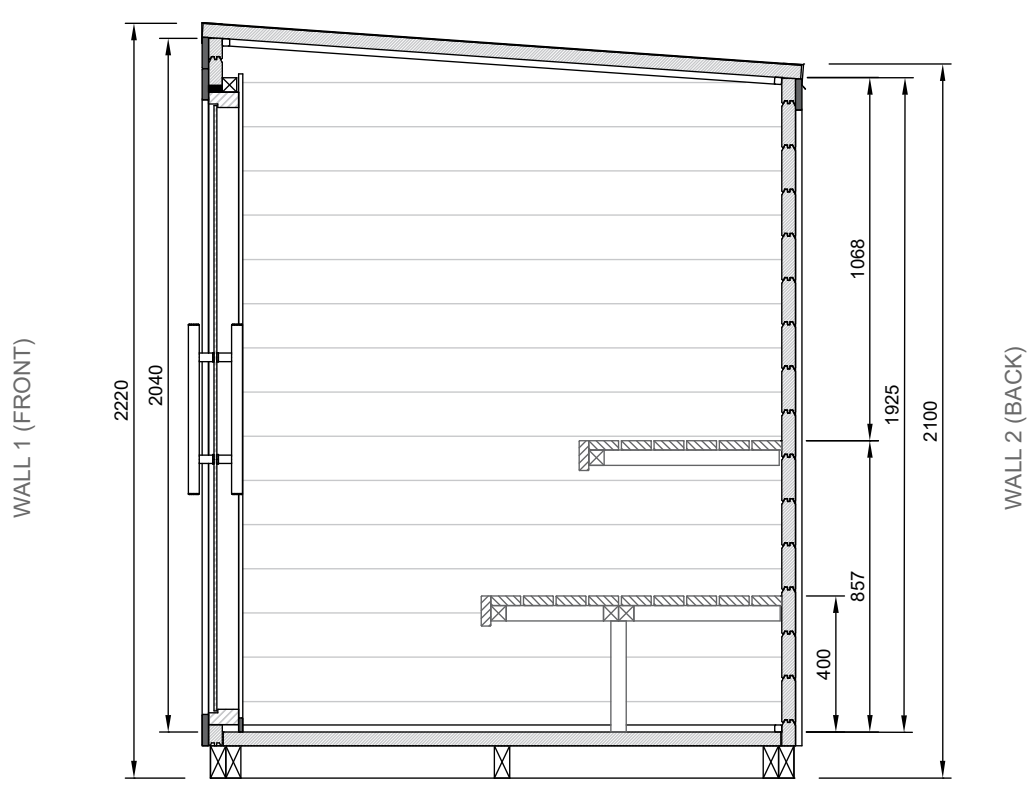


Foam gun

Layout:



Cross section:



DETAILS LIST - Wall Logs:

| Marking | Detail                 | Note                                                                              | Length | Pcs.  |
|---------|------------------------|-----------------------------------------------------------------------------------|--------|-------|
| 01      | 40x138 Wall Log Thermo |                                                                                   | 2160   | 14+3* |
| 01B     | 40x69 Wall Log Thermo  | Height: 69 mm                                                                     | 2160   | 1     |
| 01C     | 40x76 Wall Log Thermo  | Height: 76 mm                                                                     | 2160   | 1     |
| 01D     | 40x62 Wall Log Thermo  | Height: 62 mm                                                                     | 2160   | 1     |
| 01E     | 40x62 Wall Log Thermo  | Height: 62 mm                                                                     | 2160   | 1     |
| 02      | 40x138 Wall Log Thermo |                                                                                   | 1726   | 30+3* |
| 02B     | 40x130 Wall Log Thermo | Wedge shaped, Height: 130/8 mm                                                    | 1726   | 2     |
|         | Hitting Block          |  |        | 2     |

Roof boards:

|      |                        |              |      |       |
|------|------------------------|--------------|------|-------|
| KL-1 | 40x138 Roof Log Thermo |              | 1764 | 16+1* |
| KL-2 | 40x60 Roof Log Thermo  | Width: 60 mm | 1764 | 1     |
| KL-3 | 40x60 Roof Log Thermo  | Width: 60 mm | 1764 | 1     |

Floor boards:

|      |                         |              |      |       |
|------|-------------------------|--------------|------|-------|
| PL-1 | 40x138 Floor Log Thermo |              | 1640 | 15+1* |
| PL-2 | 40x82 Floor Log Thermo  | Width: 82 mm | 1640 | 1     |
| PL-3 | 40x82 Floor Log Thermo  | Width: 82 mm | 1640 | 1     |

Base frame:

|      |                  |  |      |   |
|------|------------------|--|------|---|
| AR-1 | 45x95 Base Frame |  | 2154 | 5 |
| AL-1 | 18x95 Base Frame |  | 1716 | 2 |

Beams:

|     |                  |  |      |   |
|-----|------------------|--|------|---|
| P-1 | 42x42 Base Frame |  | 2084 | 1 |
|-----|------------------|--|------|---|

Trims and moldings:

|       |                                 |                             |       |       |
|-------|---------------------------------|-----------------------------|-------|-------|
| LED-1 | 15x55 LED Installation Trim     | For LED under sauna benches | 2300  | 2     |
| L-1   | 19x92 Exterior Molding          |                             | ~2100 | 12+1* |
| L-2   | 19x50 Roof Distance Trim        |                             | 1750  | 2     |
| AP-1  | 19x88 Window Trim               |                             | 1850  | 2     |
| DI-00 | 21x21 Ceiling and Floor Molding | Cut to length!              | ~2400 | 3     |
| DI-0  | 21x21 Ceiling and Floor Molding | Cut to length!              | ~2100 | 4     |
| DI-1  | 18x18 Slat For Window Trim      |                             | 1850  | 2     |
| UL-1  | 12x42 Interior Window Molding   | Cut to length!              | 2200  | 4     |

\* Spare parts included for replacement in case of damage or missing components.

**DETAILS LIST - Doors and Windows:**

| Marking | Detail                      | Note                  | Length | Pcs. |
|---------|-----------------------------|-----------------------|--------|------|
| U-1     | Glass Door 88x690x1860      | + Premium door handle |        | 1    |
| A-1     | Window 88x690x1860          |                       |        | 2    |
|         | Wooden Cover Caps           |                       |        | 24   |
|         | Threshold Metal Cover Plate |                       |        | 1    |

**Insulation, Finishing, Tapes:**

|  |                      |                                     |      |   |
|--|----------------------|-------------------------------------|------|---|
|  | Moisture safety tape | for all outside corners             | 10 m | 3 |
|  | Transparent silicone | for all wall logs & outside corners |      | 5 |
|  | Gunfoam              | for door and window insulation      |      | 1 |
|  | Expandable tape      | for sealing roof and walls          | 10 M | 2 |

**Roof Covering:**

|  |                                      |                                          |         |    |
|--|--------------------------------------|------------------------------------------|---------|----|
|  | EPDM Rubber Roof Cover<br>1.8x3.05 m |                                          |         | 1  |
|  | EPDM Glue                            | 2.5 l                                    |         | 1  |
|  | EPDM Quickprime                      | 125 ml                                   |         | 1  |
|  | Splice Tape                          | for drip edge                            | 2.24 m  | 1  |
|  | Paint roller + Handle + Sanding pad  |                                          |         | 1  |
|  | Metal Drip Edge                      | for back wall<br><i>Cut to length!</i>   | 2600 mm | 1  |
|  | Metal roofing sheet                  | for side walls.<br><i>Cut to length!</i> | 2000 mm | 2  |
|  | Metal roofing sheet                  | for front wall.<br><i>Cut to length!</i> | 2600 mm | 1  |
|  | Black Roofing Screw 4.8x25           | for side walls metal roofing sheets      |         | 50 |
|  | Black Wronic Screw 4.2x25            | for back wall metal drip edge            |         | 15 |

**Mounting Accessories:**

|  |                              |                                  |  |     |
|--|------------------------------|----------------------------------|--|-----|
|  | Plastic Spacer - 4 mm & 5 mm | for door and window installation |  | 6+6 |
|  | Screw 6x180                  |                                  |  | 50  |
|  | Screw 5x90                   |                                  |  | 100 |
|  | Screw 4.5x70                 |                                  |  | 200 |
|  | Screw 3.5x50                 |                                  |  | 100 |
|  | Screw 3x40                   |                                  |  | 150 |
|  | Lost-head nail 40 mm         |                                  |  | 100 |
|  | Ventilation Valve Ø100       | <i>wood</i>                      |  | 1   |
|  | Ventilation Grid Ø100        | <i>metal</i>                     |  | 5   |

**Sauna Benches**

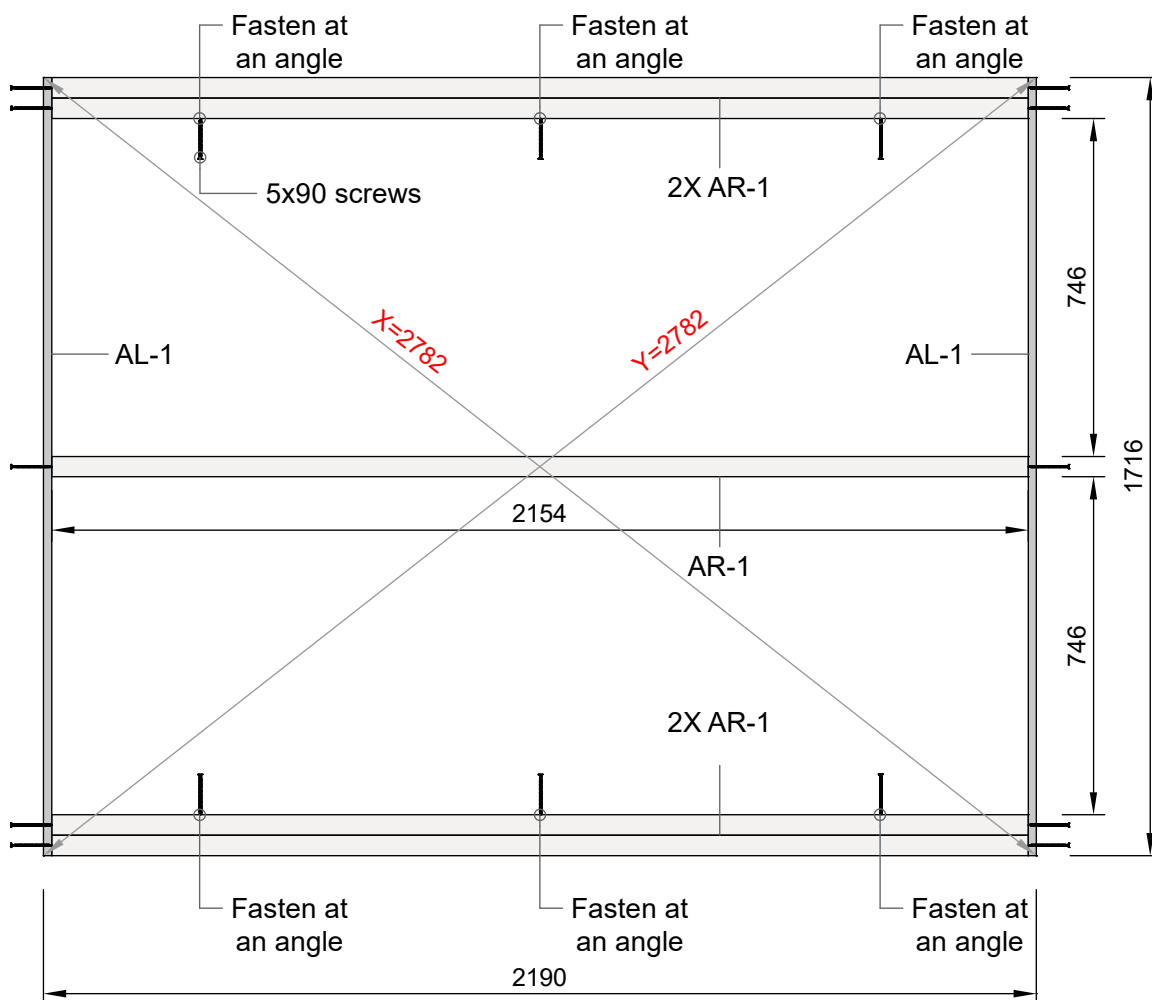
|  |                                    |                           |      |   |
|--|------------------------------------|---------------------------|------|---|
|  | Bench Module 600 mm                | <i>Top bench</i>          | 2110 | 1 |
|  | Bench Module 480 mm                | <i>Bottom rear bench</i>  | 2110 | 1 |
|  | Bench Module 400 mm                | <i>Bottom front bench</i> | 2110 | 1 |
|  | Bench Horizontal Support Set 45x45 |                           |      | 1 |
|  | Bench Vertical Support Set 42x42   |                           |      | 1 |

### Step 1: Assemble the base frame

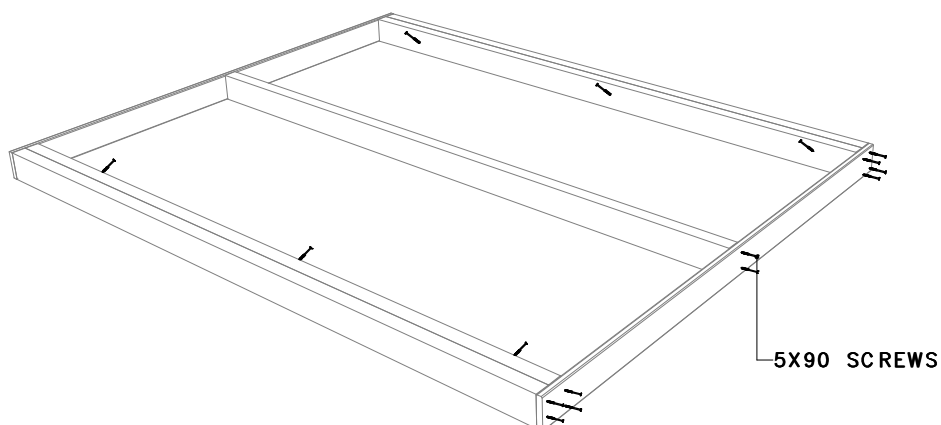
Begin by assembling the base frame using 5x90 screws.

Make sure it is level and the diagonals are equal ( $X = Y$ ).

#### Assembly Diagram:



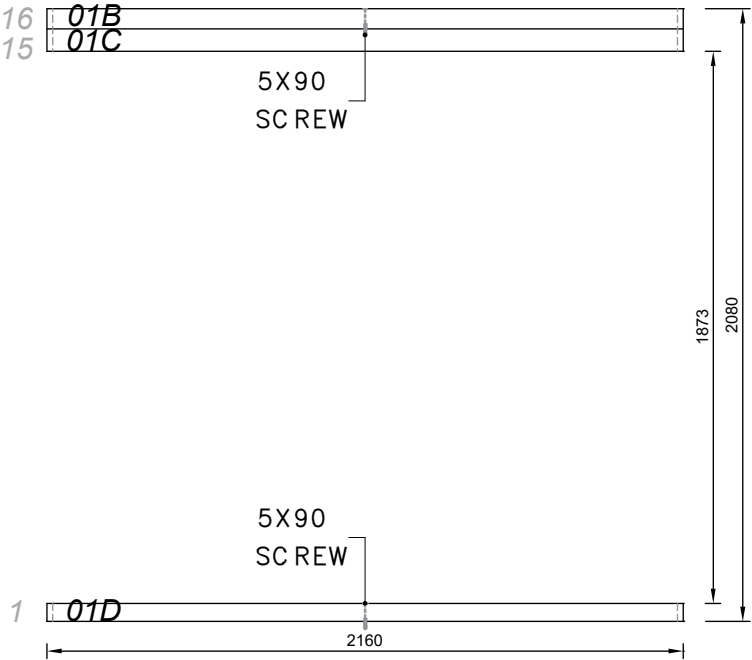
#### 3D View:



Log wall layout

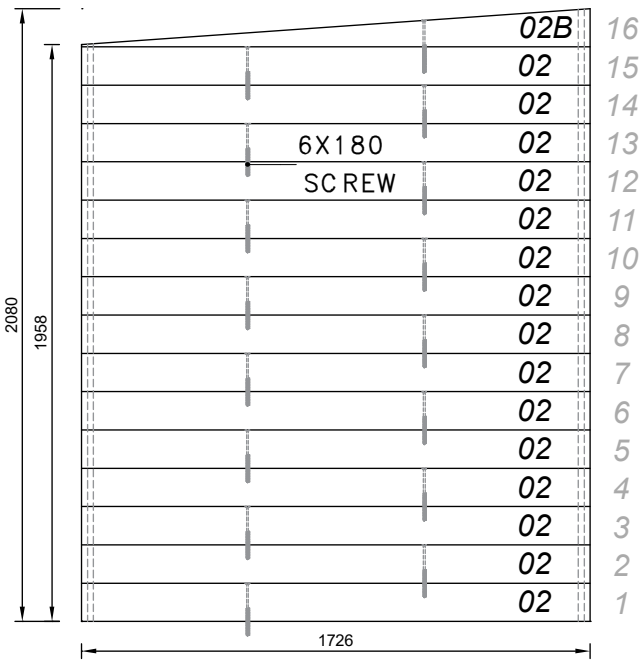
Wall 2 (front)

View from the outside



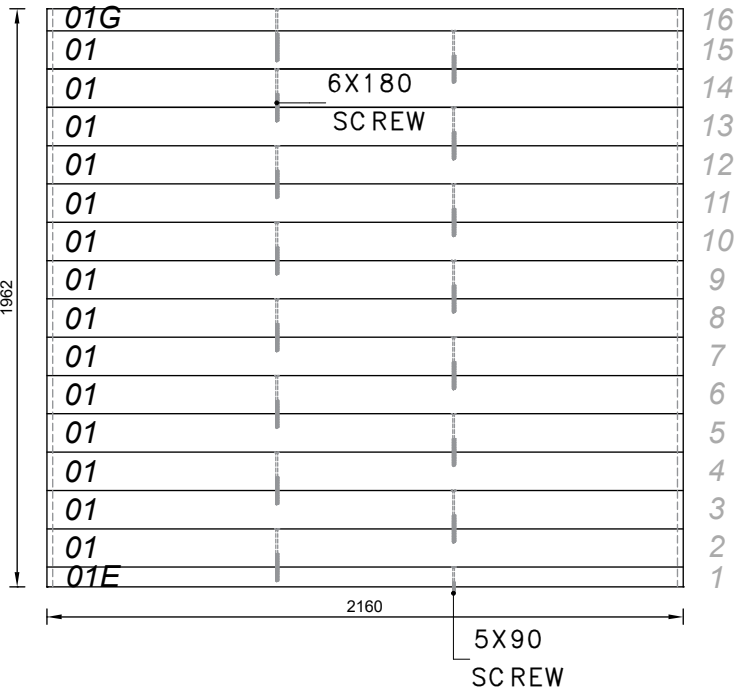
Wall A (left)

View from the outside



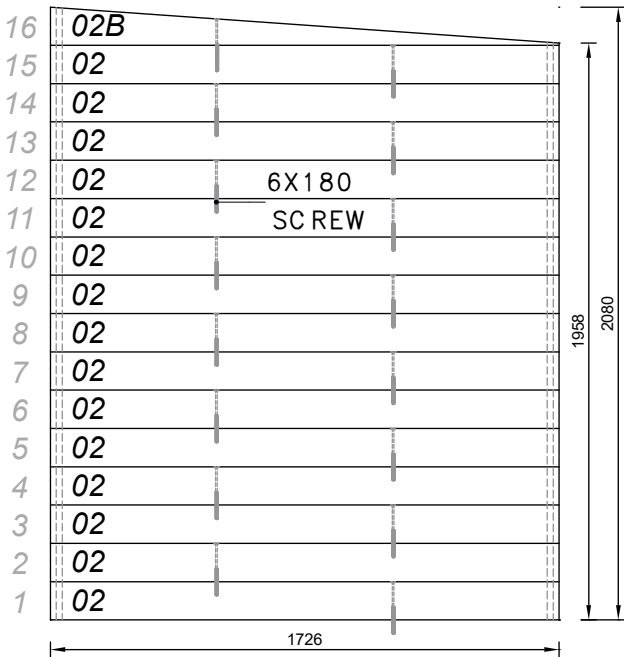
Wall 1 (back)

View from the outside



Wall B (right)

View from the outside

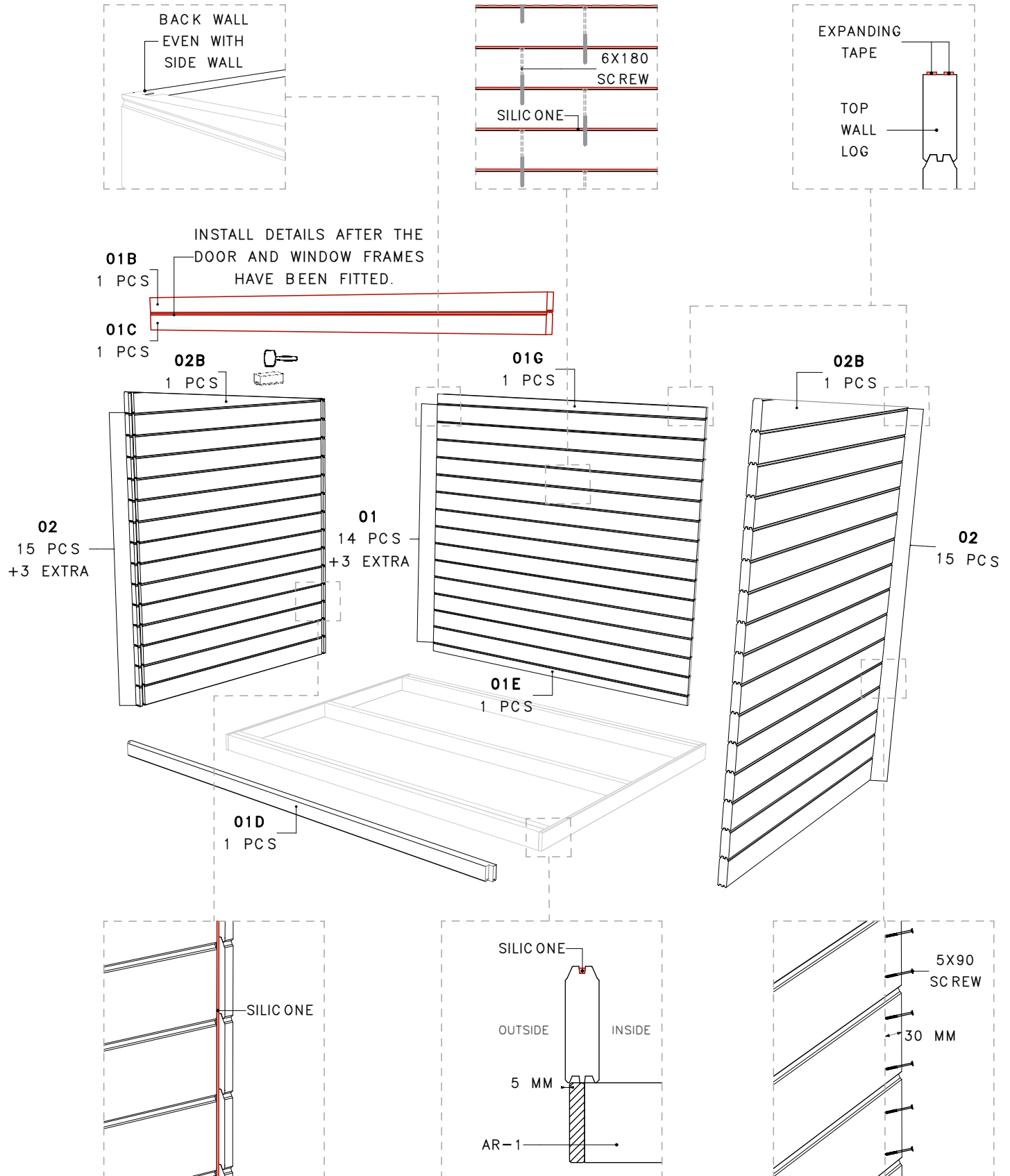


## Step 2: Building the walls

Follow the layout to stack logs. Use a hitting block and rubber mallet to tap them into place. Join logs with 6x180 and 5x90 screws.

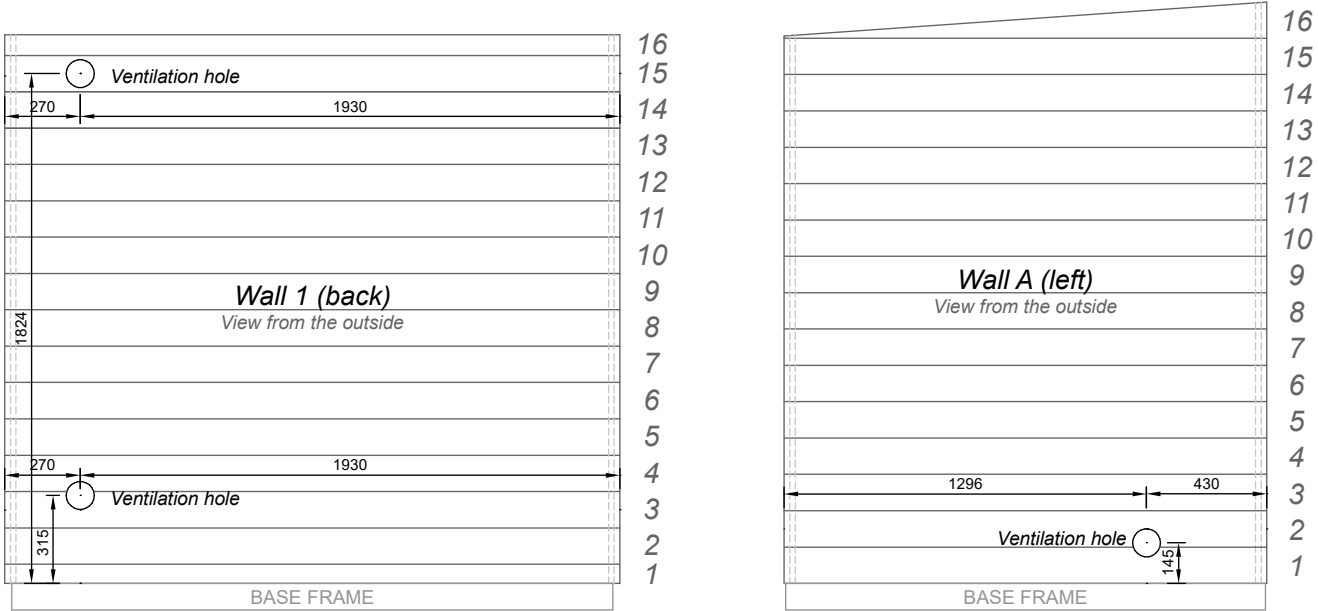
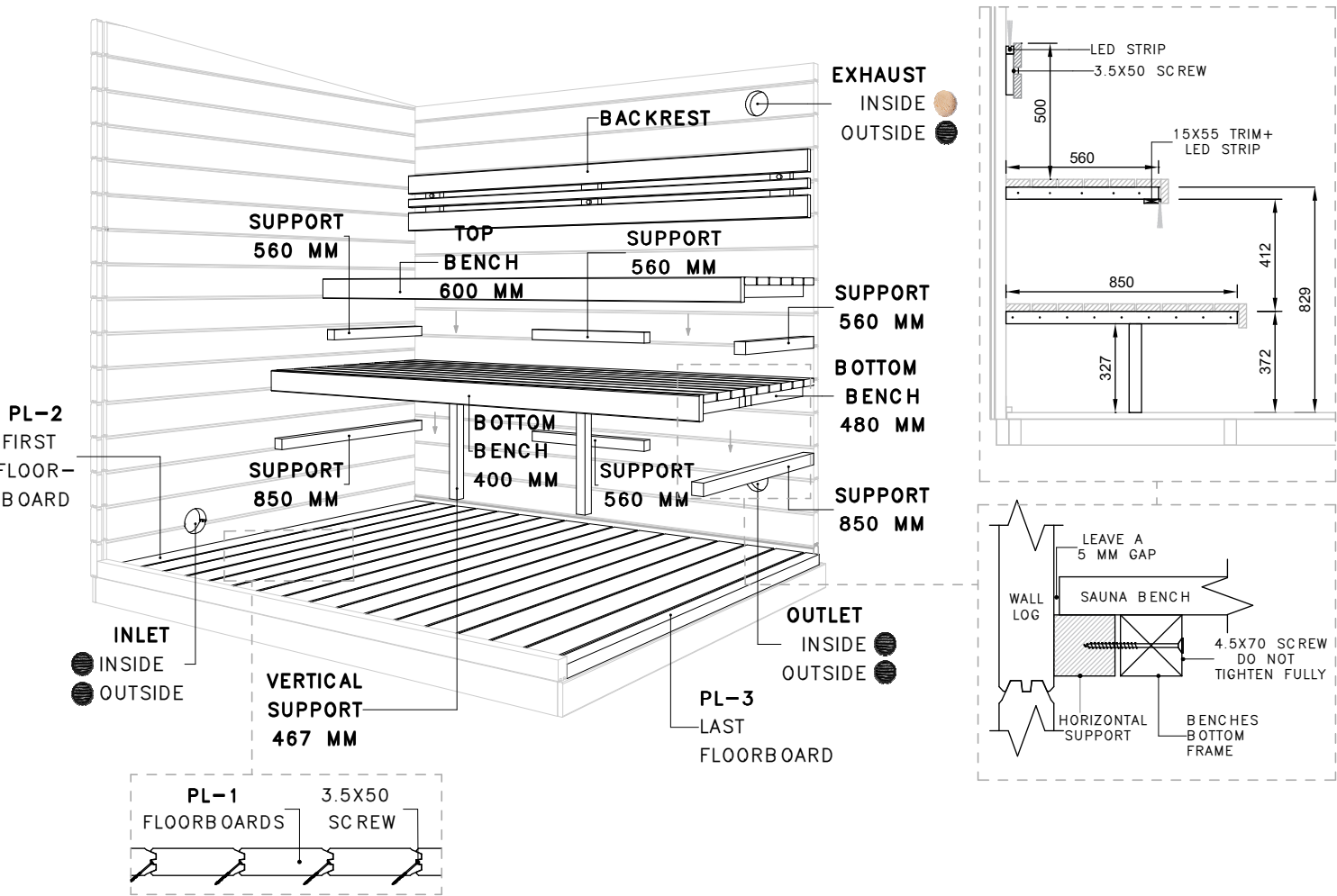
Apply silicone between each row and fill all corner joints to ensure a tight, waterproof seal.

Make sure the top of the back wall is even with the side walls. Trim if needed.



Step 3: Floor, Sauna Benches and Ventilation

Lay floorboards between the walls with a 3 mm gap around the edges, starting with PL-2 board. Fasten all boards to the base frame using 3.5x50 screws. Face the best-looking side upward. Measure and attach upper and lower bench supports to the walls with 4.5x70 screws. For added stability, apply glue (not included). Place the bottom benches onto the supports and connect them through the bottom frame. Then place and secure the top bench. Note: If using optional LED lighting, install LED strips under benches before setting them in place. Mount the backrest 500 mm above the top bench using 3.5x50 screws. Cover screw heads with cover caps. Cut 100 mm ventilation holes as shown in the diagram. Cover holes with grids or valves and secure with 3x40 screws.

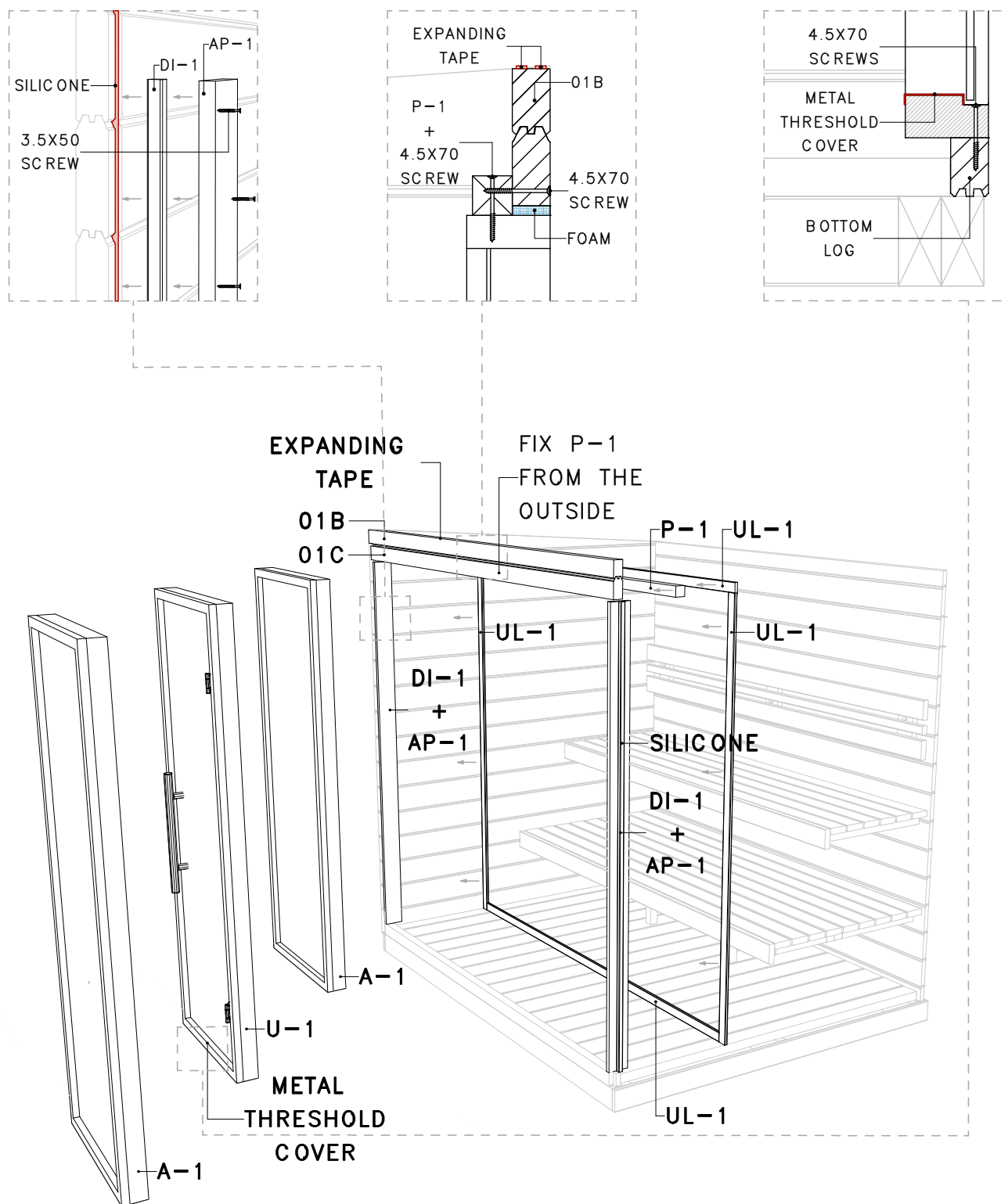


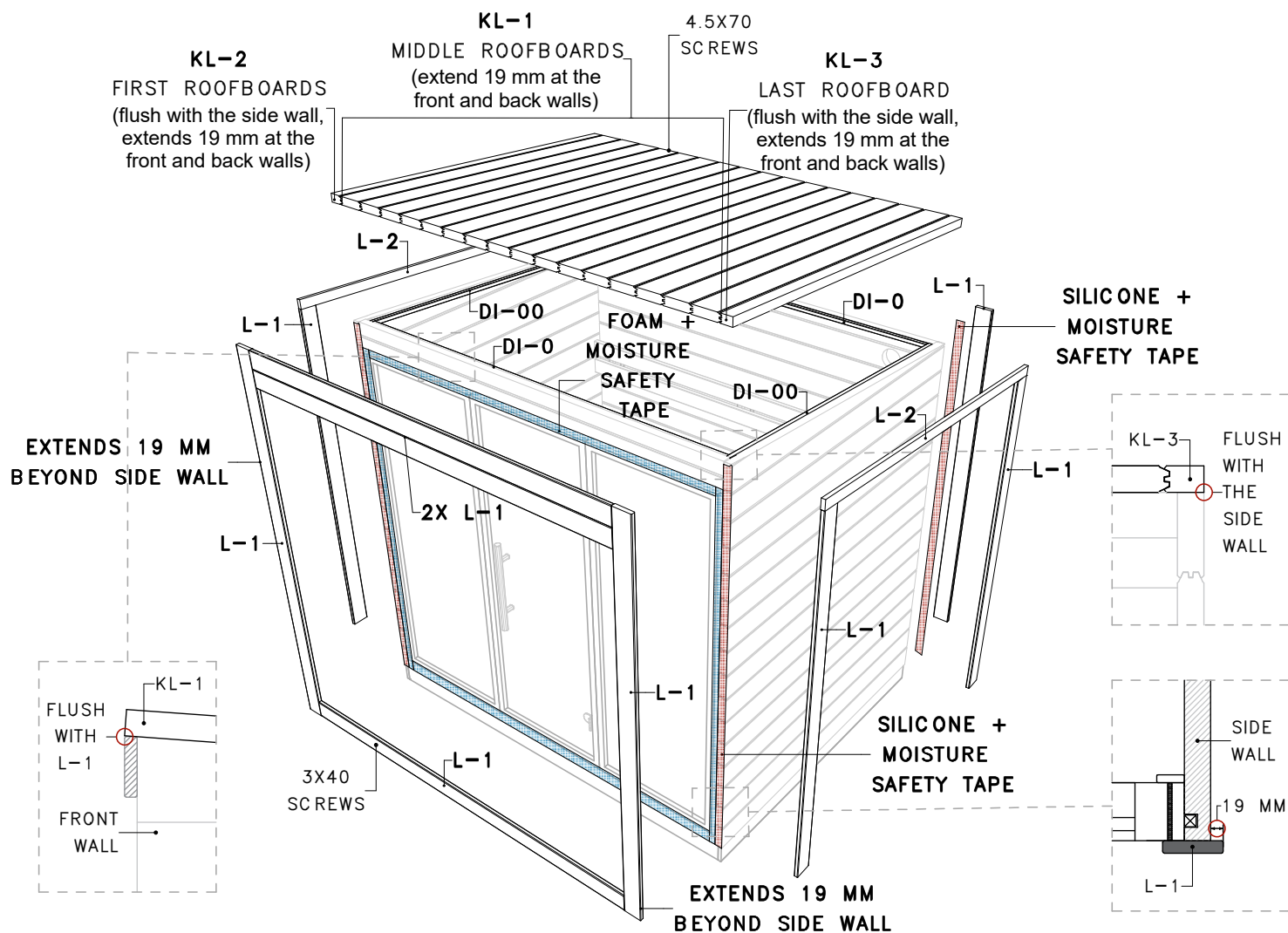
**Step 4: Installing Doors and Windows**

Apply silicone to the grooves at the front of the side walls. Insert DI-1 trims, then place AP-1 trims on top and secure with 3.5x50 screws. Position the windows and door into the opening. Use plastic wedges for equal spacing. Level the walls, then fix the windows to the AP-1 strips and the door to the bottom log through the threshold with 4.5x70 screws. Install the top logs of the front wall, ensuring the upper log is flush with the side wall. Apply two rows of expanding tape on top.

Mount the P-1 trim above the window and door frames; secure it from the top to the frames and from the outside to the 01C log of the front wall. Cover the door threshold with a metal plate to conceal the screws, and seal the frame openings with cover caps and install the door handles.

Inside the sauna, cover the window frames with UL-1 trims, securing them in place with 40 mm headless nails.





### **Step 5: Roof boards and exterior moldings**

Begin by filling the gaps around the windows with foam using a foam gun to enhance thermal insulation and minimize heat loss.

Next, apply a wood preservative (not included with the sauna) of your choice to the exterior of the walls and window frames to protect the wood from weathering.

Seal all exterior corners with transparent silicone to prevent moisture and rainwater from entering. Apply silicone to the exposed end grains of the side walls, smoothing it with a spatula to a thickness of about 1 mm.

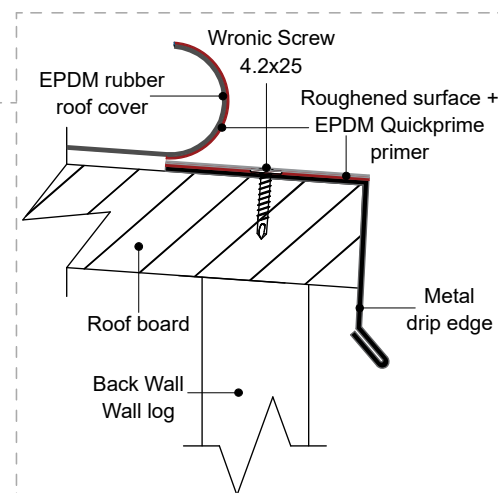
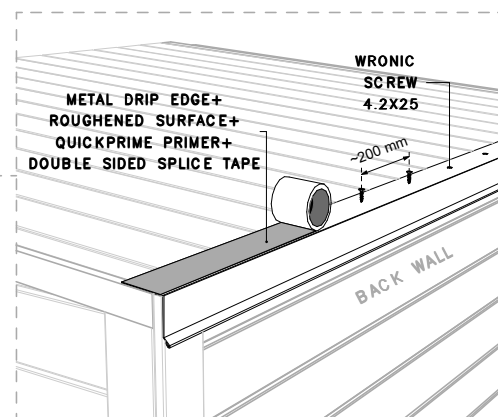
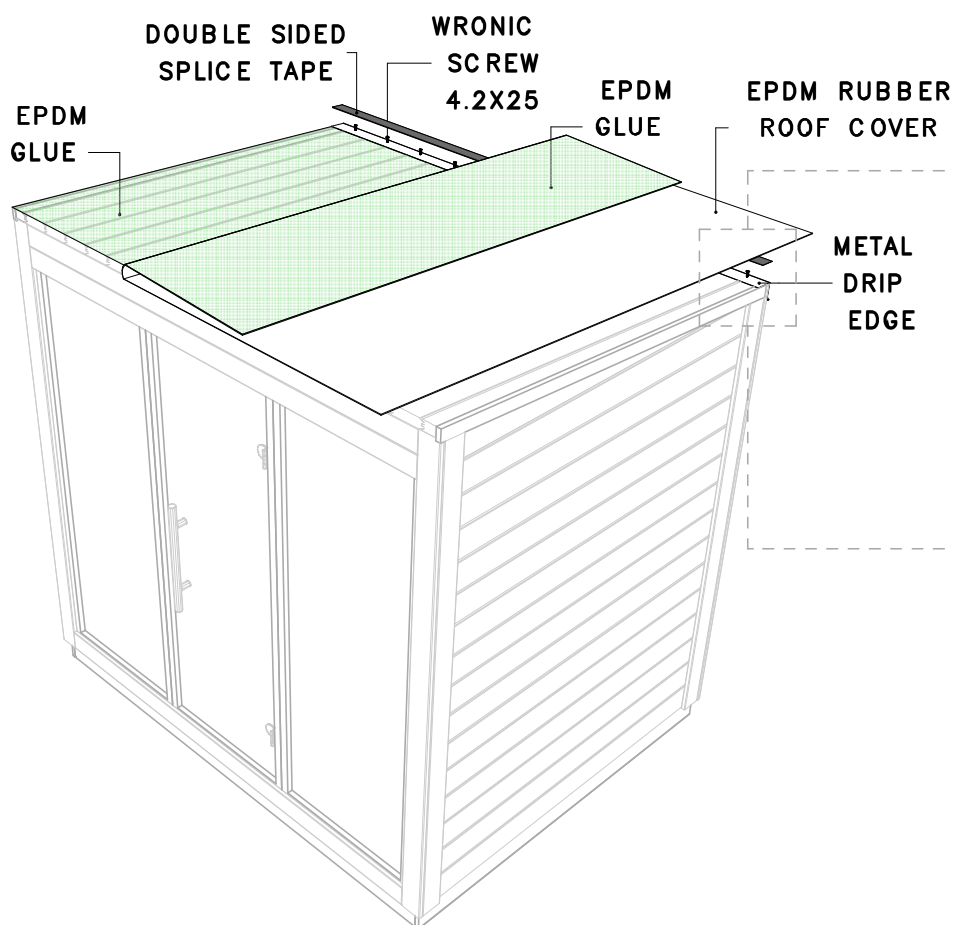
For additional protection, apply moisture-resistant safety tape around the windows, corners, and log ends before installing the exterior moldings.

Start by attaching the L-1 vertical corner moldings to the front wall, ensuring they extend 19 mm beyond the side walls on each side. This will create space for the side wall vertical moldings to be placed behind them later. Cut the moldings to the correct length and secure them with 3x40 screws. Next, measure, cut, and install the L-1 horizontal moldings between them, making sure the top molding is flush with the top edge of the front wall.

Then, position the roof boards on top of the walls, ensuring they are flush with the side walls and the horizontal L-1 molding fitted at the front (see scheme). Secure the roof boards to the walls using 4.5x70 screws. When installing the roof boards, inspect both sides of the material carefully, placing the side with the best appearance facing the interior. Next, cut the L-2 horizontal moldings for the side walls and fit them flush with the roof boards at the top.

Finally, install the L-1 vertical moldings to the side and back walls, securing them with 3x40 screws. Apply your chosen wood preservative (not included with the sauna) to the installed moldings to achieve a uniform finish.

Measure and cut the ceiling and floor moldings to the correct length and fasten them using 40 mm headless nails.



### **Step 6: Installing the Roof Cover**

Clear the roof of all debris and fasteners, then thoroughly clean the surface to remove dirt, dust, ice, snow, water, and any other contaminants.

Measure the overall width of the sauna and cut the metal drip edge to this length using sheet metal scissors. Be sure to wear gloves for safety while cutting.

Position the drip edge on top of the roof boards and secure it in place using 4.2x25 black Wronic screws. Space the screws approximately 200 mm apart.

Roughen the upper surface of the drip edge with a sanding pad, then apply EPDM Quickprime primer on top. Cut the double-sided splice tape to the required length, remove the cover from one side, and apply it to the primer-coated drip edge. Important: Do not remove the cover from the top side of the tape at this stage!

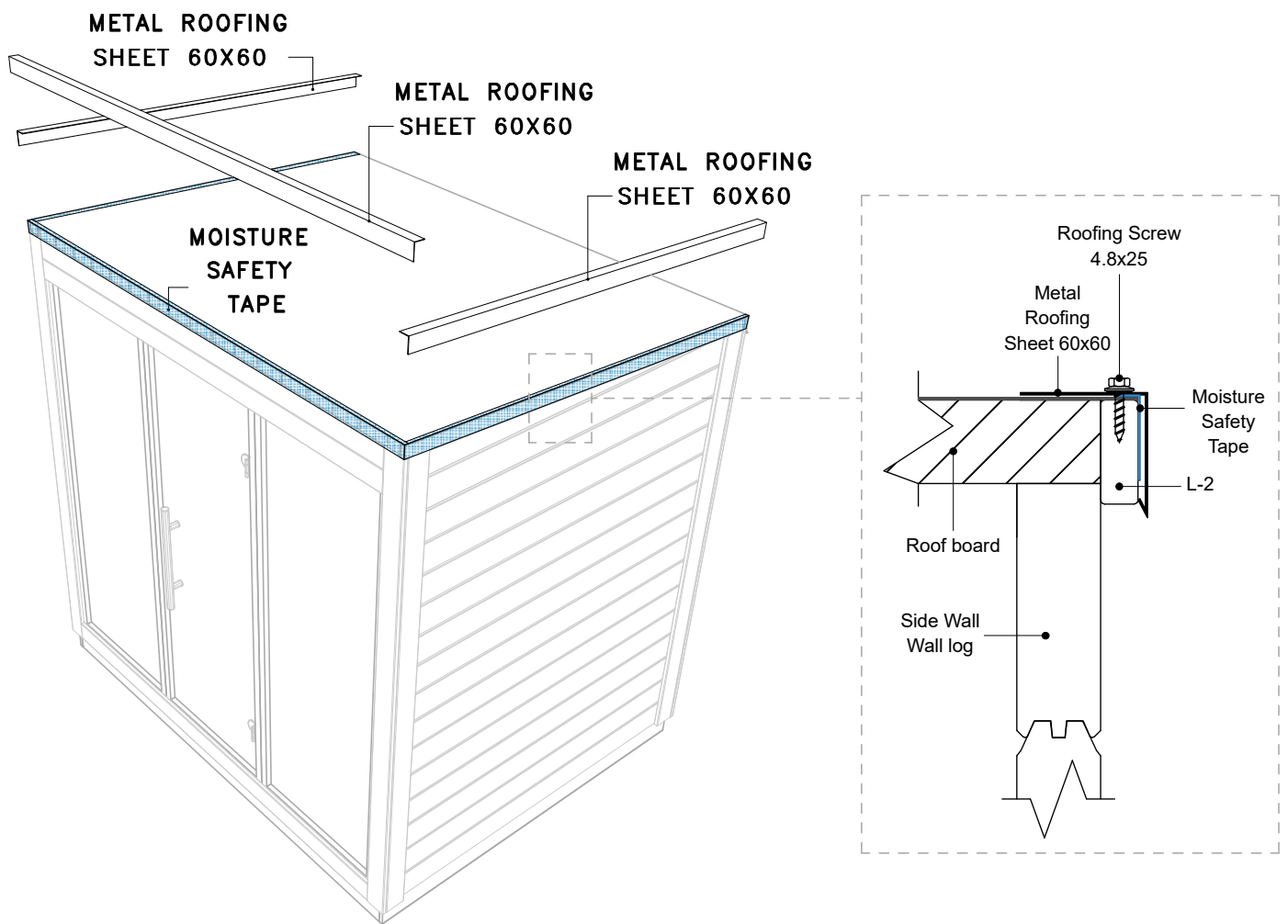
Before and during installation, inspect both the packaging and the EPDM roll for any signs of damage. Carefully position the rubber roof cover, ensuring it is parallel to the walls and extends on all sides of the sauna.

Fold back half of the roof cover and begin applying glue to both the roof boards and the rubber. Leave a 10 cm section along the back wall free from glue to allow for splice tape application later. Always work in a well-ventilated area and wear gloves, safety goggles, and a respirator for protection.

**Important:** Wait until the glue becomes dry to the touch on both surfaces (approximately 15 minutes or longer) before folding the rubber back into place. This waiting period is essential to prevent air bubbles from forming when the rubber is set.

Carefully lay the glue-coated rubber onto the prepared roof boards and smooth it out using a broom or brush to ensure there are no wrinkles or bubbles. Repeat this process for the other half of the roof cover.

Use a sanding pad to roughen the bottom side of the roof rubber along the back wall, then apply EPDM Quickprime primer. Remove the top cover from the double-sided splice tape and press the primed rubber onto it.



### **Step 7: Roof Insulation**

For maximum water resistance, apply moisture safety tape along the front and side walls of the sauna. This will seal the joints in the roof boards and waterproof the gaps between the roof covering and the roof boards.

Next, install the side wall roofing sheets and secure them with 4.8x25 roofing screws from the top.

Measure the sauna's overall width, then cut the front wall metal roofing sheet to the correct length. Finally, secure the sheet in place with 4.8x25 roofing screws.

### **Step 8: Testing the Sauna**

Before regular use, run the sauna through a test heating session. This helps ensure that the stove works efficiently, the ventilation system is operating, and there are no issues with heat distribution. It also gives you a chance to check for any leaks or areas that need further sealing.

### **Conclusion:**

By following these steps, your outdoor sauna should be properly installed and ready to enjoy. Regular maintenance will help keep it in top condition for years to come. Happy sauna using!

## Maintenance

**Maintaining a standard outdoor sauna made of wall logs is essential to ensure its longevity, safety, and performance. Regular upkeep helps preserve the sauna's structure, prevents damage from the elements, and maintains a pleasant experience for users. Here's a guide on how to care for your log sauna:**

### **1. Cleaning the Sauna Interior**

**Regular Cleaning:** Use a soft broom or vacuum to remove dust, dirt, and debris from the floor, benches, and walls.

Avoid using harsh chemicals; instead, use mild, non-toxic cleaners if necessary.

**Wood Care:** The wooden surfaces can be cleaned with a damp cloth to remove any buildup. Ensure not to soak the logs, as excess moisture can damage the wood. After cleaning, allow the sauna to dry completely.

### **2. Inspecting and Treating the Walls**

**Wood Preservation:** The logs in an outdoor sauna are exposed to the elements, which can lead to weathering. Apply a high-quality wood preservative to protect the logs from moisture, mold, and UV rays. Be sure to use a product specifically designed for outdoor wooden structures.

**Check for Cracks or Splits:** Regularly inspect the logs for signs of cracking, splitting, or shifting. If you find any damage, it's important to repair it promptly to prevent further deterioration. Wood filler can be used for small cracks, but larger issues may require professional assistance.

### **3. Maintaining the Roof**

**Roof Inspections:** The roof of your sauna is exposed to the elements and should be checked for any damage, leaks, or sagging.

### **4. Preserving the Sauna's Foundation**

**Check for Settling:** Over time, the foundation may shift or settle, especially if the sauna is built on soil. This can affect the overall stability of the structure. Regularly inspect the base for any signs of shifting and, if necessary, consult with a professional to address foundation issues.

### **5. Maintaining the Heater**

**Cleaning the Heater:** The sauna stove or heater should be cleaned periodically to ensure it operates efficiently. Follow the manufacturer's instructions for cleaning and maintaining the heater. Always ensure that the chimney is clear of debris to allow for proper ventilation.

**Check for Rust and Damage:** Rust can build up on metal parts of the heater, which can affect its functionality. Inspect the heater regularly for signs of rust or corrosion and treat any affected areas promptly.

### **6. Winterizing the Sauna**

**Protect from Snow and Ice:** If your sauna is exposed to cold winter weather, take steps to protect it during the off-season. Ensure that the roof is free from heavy snow accumulation, as it can put excessive weight on the structure. Additionally, if the sauna is not in use, consider covering it with a weatherproof tarp to protect it from moisture and ice buildup.

### **7. Ventilation and Airflow**

**Ensure Proper Ventilation:** Proper airflow is key to maintaining a dry, comfortable environment inside the sauna. Make sure the ventilation openings are clean and unobstructed.

By following these maintenance steps, your log sauna will stay in great condition for years to come, providing a relaxing and rejuvenating experience for you and your guests. Regular care and attention to detail will preserve the beauty and functionality of the sauna, allowing you to continue enjoying its warmth and health benefits.

### **Warranty**

We are pleased to offer a 24-month warranty on your outdoor wood log sauna, effective from the date of delivery. This warranty covers material and production defects, ensuring the quality of your sauna.

#### **Warranty Terms:**

The warranty is valid only if the user has reviewed and followed the instructions provided in the user manuals.

The warranty does not cover natural characteristics of wood, such as discoloration or cracks caused by fluctuating or excessive humidity.

The warranty does not cover normal wear and tear or any damage resulting from incorrect installation, misuse, or failure to follow proper maintenance procedures.

Damage caused by extreme weather phenomena, including thunder, is also excluded from coverage.

#### **Warranty Conditions:**

The warranty will be void if attempts are made to alter, repair, or modify the product independently.

The product must be used only for its intended purpose; improper use will void the warranty.

The warranty is also voided if the sauna is stored under improper conditions that could lead to damage.

To ensure your warranty remains valid, please notify the seller of any defects or issues within 7 days of discovery. This allows us to address concerns promptly and offer support.

We are committed to providing a high-quality sauna experience and will work with you to ensure your sauna remains a durable and functional addition to your home.

Thank you for choosing our sauna!

We hope it brings you years of relaxation, wellness, and comfort. Should you have any questions or need assistance, we are always here to help!