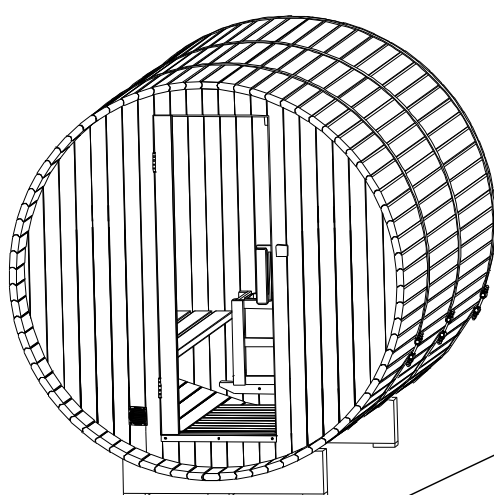
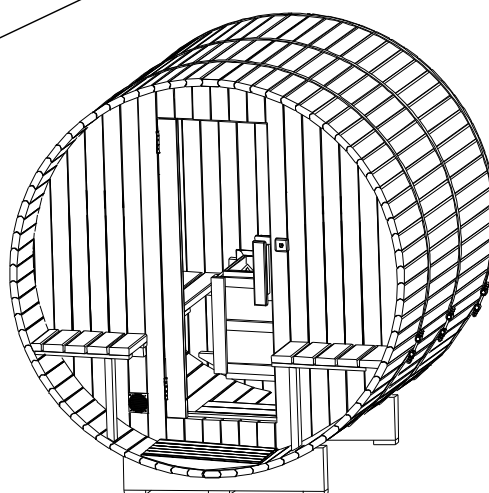


ALEKO® Outdoor Barrel Sauna
www.AlekoProducts.com



B4/B5/B6/B8
Series without canopy



B4C/B5C/B6C/B8C
Series with canopy

User's Manual

Introduction:





Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use. If you want to assemble accessories provided by other companies to the sauna, try to avoid metal accessories, or insulate them.
4. Please find qualified electricians to install the electrical elements in sauna.

1. Tools we provided

Plastic Hammer × 1	Glass Glue Gun × 1	Pencil × 1
		

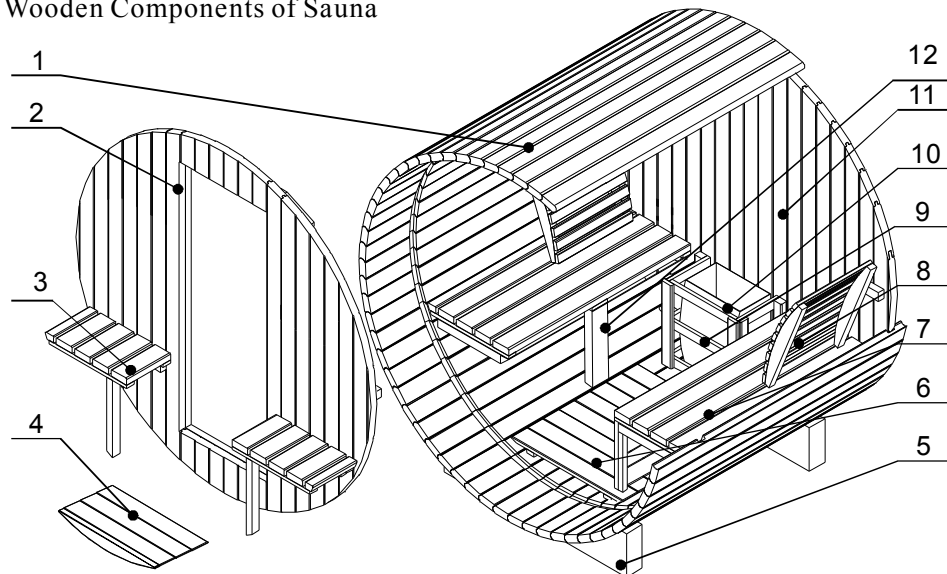
2. Tools you need to prepare

Power Drill × 1	Adjustable Wrench × 2	Tape × 1	Bar Level × 1
			

3. All parts list

Accessories package List										
NO.	Component	Unit	Model/ numbers							
			B4	B4C	B5	B5C	B6	B6C	B8	B8C
1	Suggested Heater	Pcs	4.5kw/6.0kw							
2	Bucket 4L	Pcs	1	1	1	1	1	1	1	1
3	Sauna Stones	kg	20	20	20	20	20	20	20	20
4	Thermometer /Hygrometer	Pcs	1	1	1	1	1	1	1	1
5	Explosion-proof Lamp Holder	Pcs	1	1	1	1	1	1	1	1
6	Sand timer	Pcs	1	1	1	1	1	1	1	1
7	Glass glue	Pcs	3	3	3	3	3	3	3	3

Wooden Components of Sauna



No.	Name	Quantity	No.	Name	Quantity
1	Stave	66	8	Backrest (Optional)	2-6
2	Front Wall	1	9	Heater fence	1
3	Outside bench	2	10	Sauna Heater (Optional)	4.5-6KW
4	Outside Floor	1	11	Back Wall	1
5	Base	2-5	12	Bench Feet	2
6	Floor	1-3			
7	Inside bench	2			

Sequences and Contents of Sauna Assembly

1、Base Assembly	4
2、Front and Back Wall Assembly	5
3、Top Assembly	6
4、Stainless steel bands Assembly	7
5、Bench Assembly	8
6、Heater and Lamp Holder Assembly.....	9
7、Accessories Assembly	9
8、Instructions before Use	10
9、Instructions	11
10、Bitumen-roof Assembly	12
11、Recommendations and Suggestions.....	16

Tools:



I . Base Assembly

(1) Placement of base

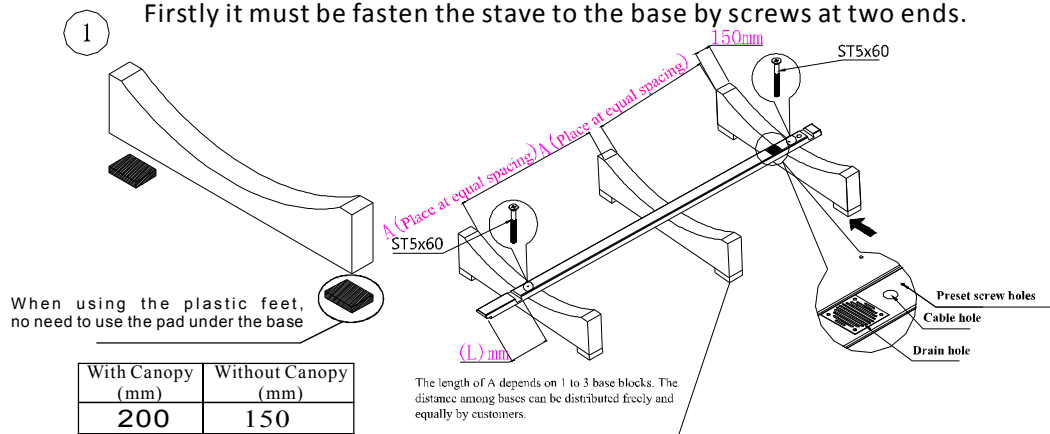
Place the base shown in the figure, and adjust it in horizon by pads (beneath the base).

(2) Bottom stave assembly

① Take out the stave with drain hole and cable hole in the middle of the base, place other stave in the same level with this one, and fix the end to the base with screws.

Note: Use stave with preset screw holes.

① Firstly it must be fasten the stave to the base by screws at two ends.



With Canopy (mm)	Without Canopy (mm)
200	150
200	150
200	150
200	150
200	150

① Insert other stave to the edge of the base, gently tap them with a rubber hammer to make them tightly packed and check to ensure the distance of front and back bases from the edge of stave is 150mm. (shown in Figure 2 ②)

② Ensure all cross slots are aligned and apply glass glue. (shown in Figure 2 ③)

③ Use screws to fasten the inserted staves onto the base. All the screws should be with countersink processing. (Figure 2 ④)

warning:③this step must be used after step4. Steel Strip Assembly.

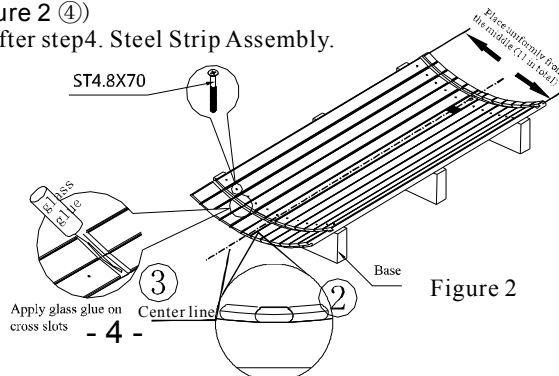
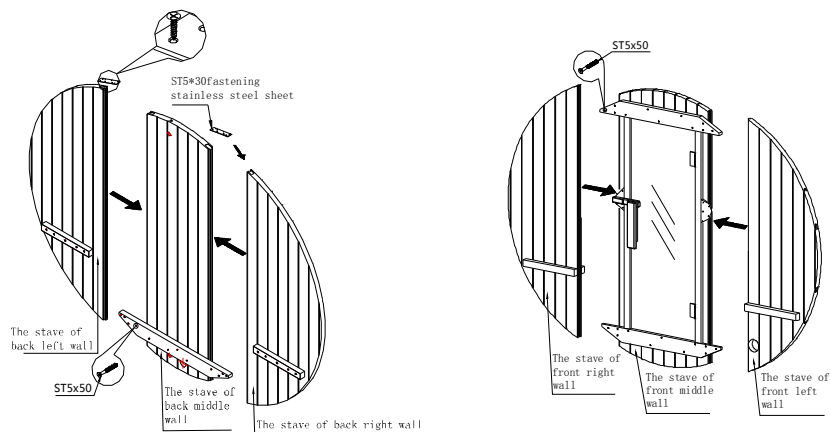


Figure 2

2. Front and Back Wall Assembly

(1) Assembly front and back wall as shown in Figure 4.



Back Wall

Front Wall

((1) Insert back wall to the cross slots of the back wall on the base, and front wall to the cross slots of front wall. (Figure 5)

- ① Place the level bar to the cross bracket of front and back walls to measure if walls are horizontal.
- ② Pay attention to placement of front and back walls inside and outside to check if they are consistent with Figure 5 and vertical.
- ③ Wire in/out refers to the wiring figure.

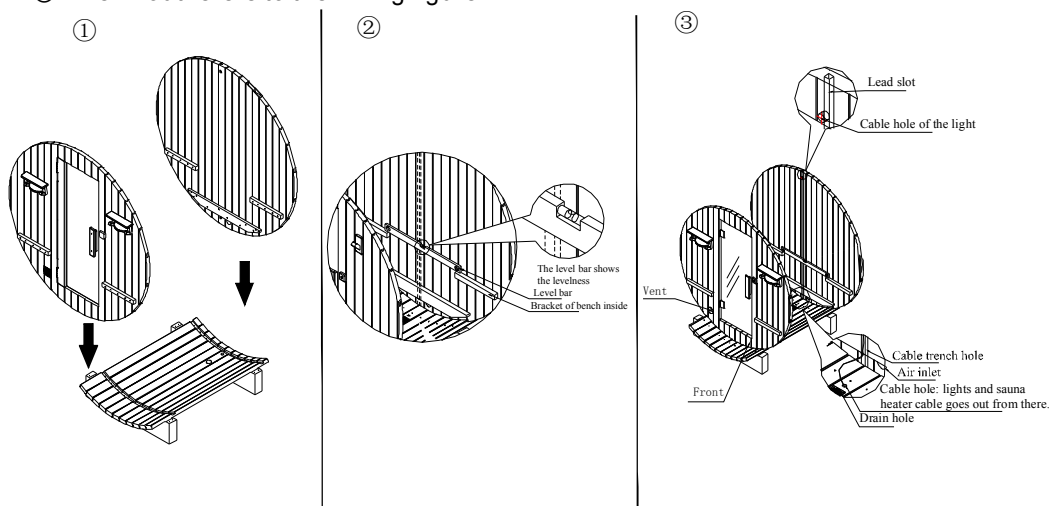


Figure 5

3. Top assembly

- (1) Apply glass glue along the edge of front and back walls. Figure 6 A1 shows stave must be assembled before the glass glue dries.
- (2) Assemble the rest **staves with screw holes** to both sides of sauna bottom up until to the half of front and back walls. Tap each stave with a rubber hammer and fasten it to front and back walls with screws. (shown in Figure 6)

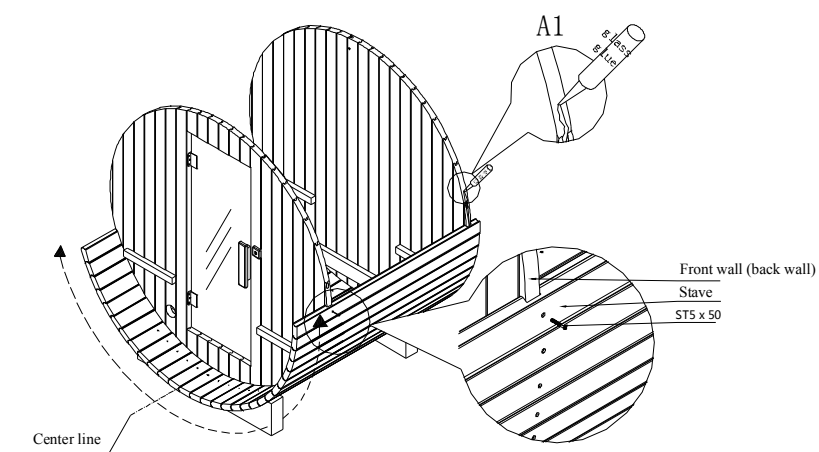


Figure6

- (1) Go on assembling staves without screw holes up to the top of sauna. To assemble the final stave on the top, please see (show in Figure 7)

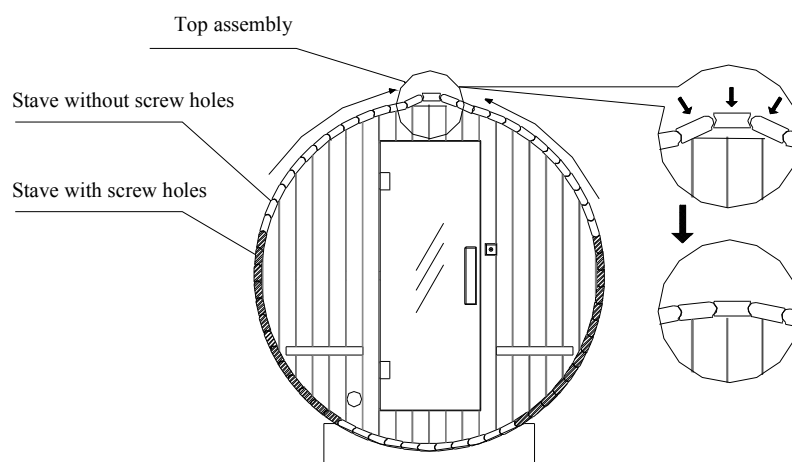


Figure7

4. Steel Strip Assembly

- (1) Each steel strip consists of one long and one short steel strip.
- (2) Use the fat bolts and nuts to connect one of the end of the long belt and the short belt together. . (Shown in Figure 8)

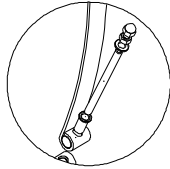


Figure of steel strip Assembling

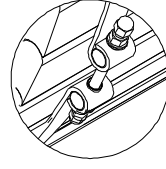
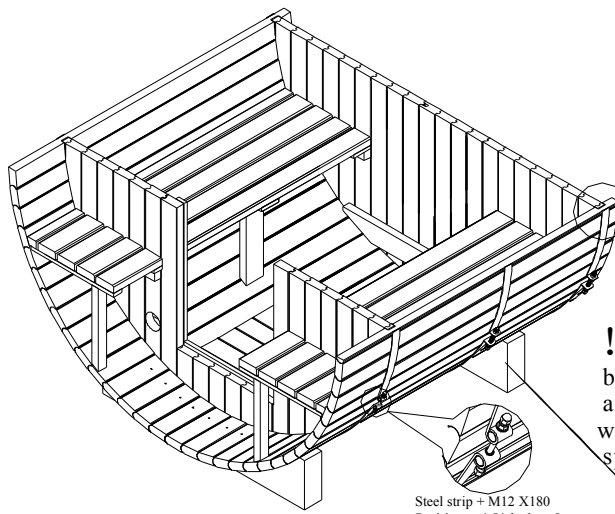


Figure 8 **Steel strip + M12x180**

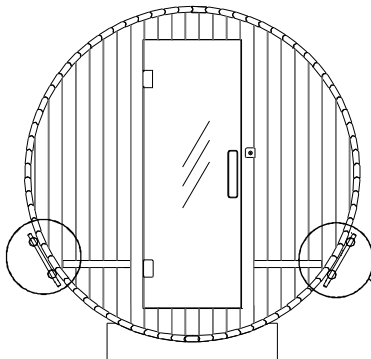
- (3) Then assemble the connected bands on sauna room, Use pencil and measuring tape to make marks of the distance on the sauna room. You can refer to assembly position of bands lock, and we suggest in the position similar as clock at 4 O'clock or 8 O'clock direction.
- (4) After assembling all steel bands, tighten them up, but not too tight, with space left for adjustment later



! The two stainless steel bands in front and back must completely cover screw holes for front and back wall assembly.

! The bands in the middle should be equally divided by 1-5 strips and are freely assembled by customers: we suggest customers bundle up at the spacing of 500-1000mm.

Steel strip + M12 X180
Position at 4 O'clock or 8 O'clock



The steel strip lock should be in symmetry (namely at 4 O'clock or 8 O'clock)

5. Bench Assembly

(1) Place bench straight on the bracket of front and back walls to make screw holes of the bench on the bracket of front and back wall, and fasten the benches by screws. (shown in Figure 9)

(2) Assembly supports as shown in Figure 9.

(Note: no need to assemble outside bench for the sauna series without canopy)

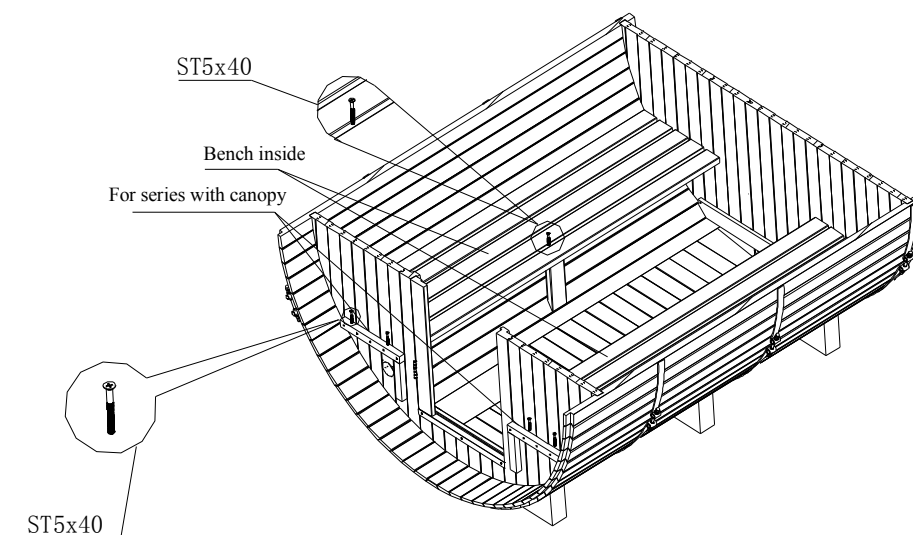
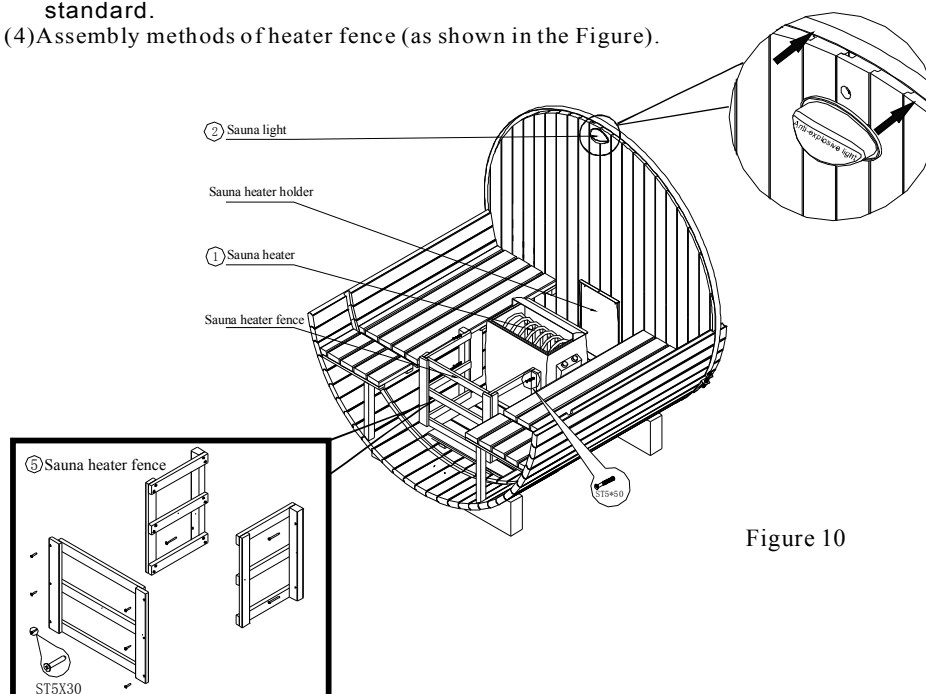


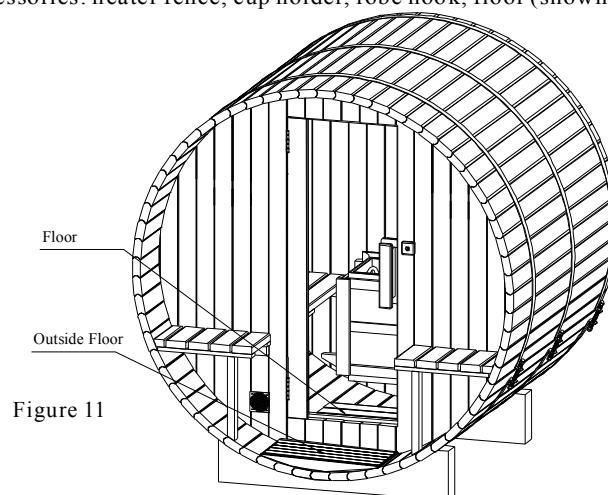
Figure 9

6. Heater and Lamp Base Assembly

- (1) Install the heater against the back end between the benches at both sides, and it should be on the support bar at the bottom of the back end. (shown in Figure 10)
- (2) The lamp base should be assembled on the top bracket of back wall. (shown in Figure 10)
- (3) Only qualified electricians are permitted for installing the electric wire of the heater and the lamp holder. Choose the wire and bulb in compliance with local electricity standard.
- (4) Assembly methods of heater fence (as shown in the Figure).



7. Other accessories: heater fence, cup holder, robe hook, floor (shown in Figure 11)



9. Instructions before Use

Instructions before use

1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation, blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 °C to 80 °C make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature.
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

10. Instructions

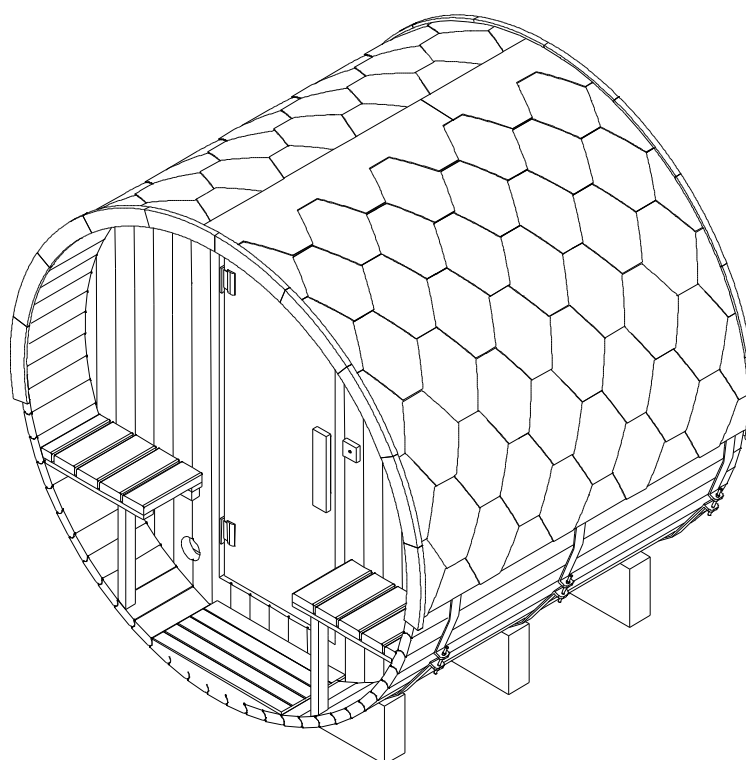
Maintenance instructions

- (1) Turn on sauna heater, setting desired temperature, normally 60 °C -80 °C (in the area between bench surface and your head). Start with low temperature and increase it according to endurance of your body when you are in a sauna for the first time.
- (2) Before the sauna, take off clothes, glasses, jewelries, cell phones and other belongings, and then take a simple shower or spa.
- (3) The average sauna period for each time is around 5-15 minutes.
- (4) After a sauna, you can take a bath in a swimming pool or take a shower to cool your body for 10-20 minutes.
- (5) After re-entering the sauna, you may find there are drops formed by vapor on sauna stones. If water drops to the ground, it means you are overusing the sauna.
- (6) At least rest for 20 minutes after the last time in sauna. First take a shower with soap and warm water, then with cool water to close skin pores. Put on clothes after your body temperature completely lowers. (children must be companied by parents)

Suggestions:

- (1) Paint the surface of sauna annually. You can choose the wood wax coating service provided by our company when purchasing the product.
- (2) Put a carpet before the door to keep the floor clean.
- (3) Brush obstinate stains on the sauna with sandpaper for daily maintenance.
- (4) Replace sauna stones after over 500 hours in normal use.





Bitumen roof (Optional) Assembly instruction



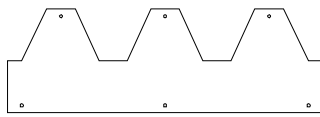
11 • Tools for assembly bitumen roof

Prepare the following tools before assembly

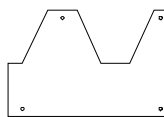
1 . Tools you need to prepare

Power Drill × 1	Pencil × 1	Tape × 1	Glass Glue Gun× 1
			

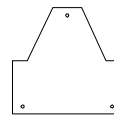
Screw positions and quantity of bitumen roofs



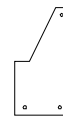
Standard component 1000X330
6 screws required



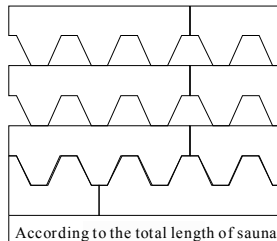
Standard component 1/2
4 screws required



Standard component 1/3
3 screws required



Standard component 1/4
3 screws required



According to the total length of sauna

II. Instructions for assembly bitumen roof

(1) Take off the rear thin film of bitumen roof before Assembly.

(2) Assembly from the center line upwards, and the teeth of the first-layer tiles should be face up. As shown in Figure 1, fasten it to the upper semicircle of the sauna by screws with washer. Tiles should be tightly linked to each other.

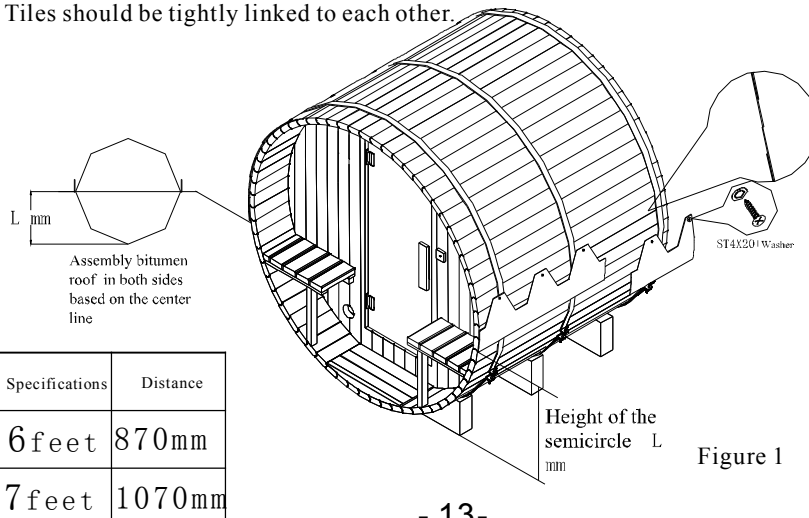
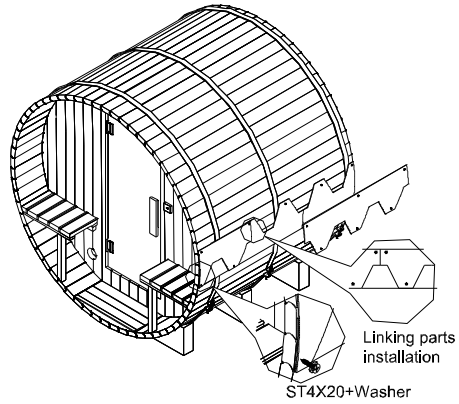


Figure 1

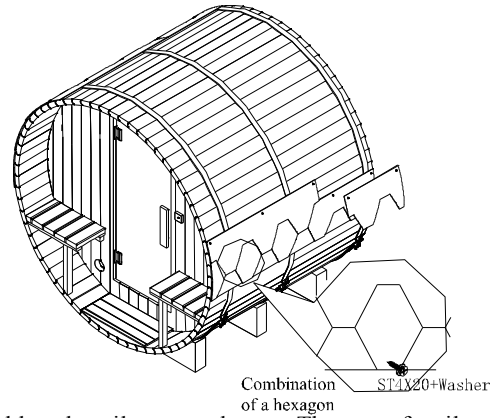
- (3) The teeth of the second-layer tiles should be Assembled downwards, covering the first layer tiles and fasten them with screws. (shown in Figure 2)

Figure 2



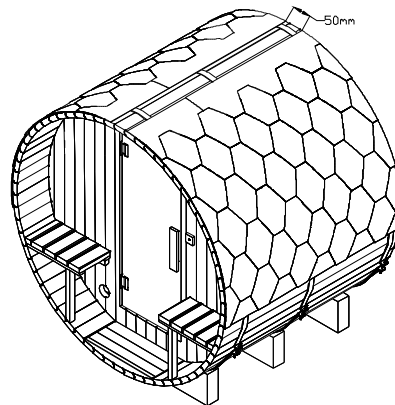
- (4) The teeth of the third-layer tiles should be downwards, and the teeth connect to form a hexagon. (as shown Figure 3)

Figure 3



- (5) Repeat the second, third step to Assembly other tiles up to the top. The steps for tiles on the other side are the same. Assembly tiles on both sides to cover the top, leaving space less then 50mm or overlapping.

Figure 4



- (6) Cover tiles on both sides with tiles in the top middle. Tiles on the top cover each other and are fastened with screws. (as shown in Figure 5)

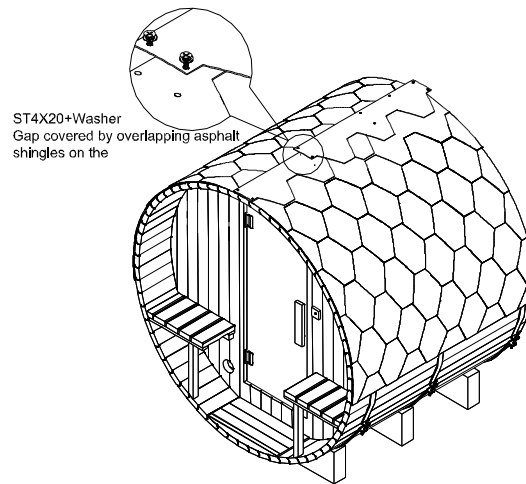


Figure 5

- (7) Start to tightly Assembly decoration board symmetrically from vertical center line, apply glass glue first, then fasten with screws (as shown in Figure 6). Assembly the decoration board in the front and back of sauna.

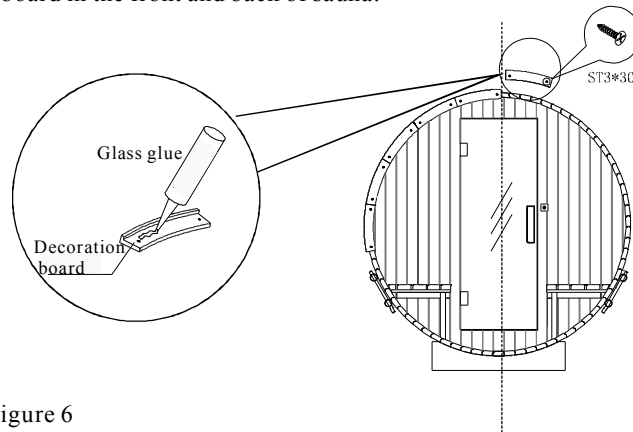


Figure 6

12. RECOMMENDATIONS AND SUGGESTION FOR SAUNA

- (1) It is recommended to paint (wood wax, tung oil) on external wooden parts of sauna to prevent corrosion, crack and tarnish.
- (2) Suggestions: after assembling sauna, wash interior twice a day for 2-3 days.
- (3) It is suggested to lay a carpet before the door to prevent abrasion and dirt.
- (4) Pay attention to maintenance, electricity and fire of sauna.

