

- The air inlet in domestic saunas should always be placed directly under the heater.
- If there is a sealed cavity above the sauna and the vent out enters this void, we would advise that this vent be ducted to the same wall as the door.
- Use marine varnish to treat the floor decking, door threshold and door handles. This helps maintain the finish of the wood and makes cleaning the sauna easier. Please note: Other wooden surfaces in the sauna should be left untreated.
- You can also varnish the bucket and scoop with marine varnish. It helps keep the bucket watertight and preserves the beautiful finish of the wood. **Never leave the bucket in the sauna after use.**
- Before using your sauna for the first time you should heat it up to about 90°C and leave it on for about 2 hours. This way you will get rid of the 'brand new' smell of the sauna.
- Clean the sauna regularly. Scrub the benches and floor with a soft soap - a mild and gentle way to keep your sauna spick and span, and one that leaves the sauna smelling 'good old-fashioned clean' too.
- Choose a bimetallic thermometer for best results. Liquid thermometers are difficult to read and unreliable in the sauna. Place the thermometer about 1500mm above floor level.
- A sprig of juniper hanging in the sauna will give it a pleasant fragrance and a distinctive decorative look.
- A few drops of Tylo sauna fragrances in the water poured over the sauna stones will give an invigoratingly pleasant sensation in your nose and throat,
- Never rush to get dressed immediately after your sauna bath, as this will only make you perspire. Leave your clothes off for a while when you come out of the sauna. Let your skin cool down and the pores close naturally. Sip a long, cool drink, relax and enjoy life a while.
- Don't just use your sauna as a sauna. A couple of mattresses and some bedding is all you need to transform the sauna into an attractive guest bedroom.
- **The inclusion of a combi stove turns your sauna into a dry or humid sauna. You get two facilities for the price of one!**

This is the basis of a relaxing, trouble-free sauna. Incorrectly designed ventilation of your sauna cabin can result in hot benches and walls with the possibility of burnt walls and ceilings. The safety cut out may also operate causing the sauna heater to shut down. That is why it is so important to pay careful attention to our instructions for ventilating your sauna.

DOOR & HEATER

The door and heater should always be on the same wall. The air circulation from the door must work together with the heat circulation from the heater in the sauna. A sauna door can never be totally airtight - and what's more to the point, it is in frequent use when the sauna is in operation. For that reason the sauna heater should always be placed on the same wall as the door.

AIR INLET & OUTLET

The air inlet should always be directly below the heater. There is only one place for the air inlet - straight through the wall directly below the sauna heater. The size of the air inlet should be about 1.25m² (or 3m² for larger saunas). The air inlet should always be left open, but you may, if you wish, fix a baffle or grille to the outside of the air inlet.

The air outlet should be as far away from the air inlet as possible. The outlet should open into the same room from which the inlet air is drawn. Allow as great a distance as possible between the air inlet and the air outlet vent. The outlet vent should be placed diagonally opposite the air inlet.

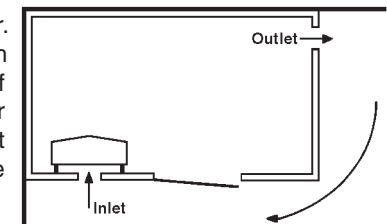
The outlet vent should be located high up on the wall or in the ceiling, and have the same cross-sectional area as the air inlet. The outlet vent should always discharge air into the same room from which air is drawn into the sauna. (The outlet vent should never discharge air directly out into the open air.)

Mechanical sauna ventilation should always be avoided.

Mechanical ventilation of saunas is not recommended, and should not be undertaken unless our advice is sought first.

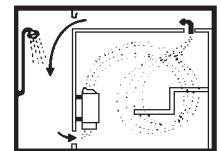
The air being discharged from the sauna is continuously renewed in the adjacent room. This thermal ventilation method saves energy and always works perfectly, even if there are variations in pressure (partial vacuum etc.) in nearby rooms.

The outlet vent in a family sauna should always be fully opened. In a public installation it should be fitted with an air vent adjusted to permit a flow of about 6-8 cubic metres of air per person per hour when the sauna is in operation.



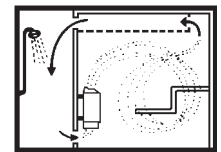
Option A

Outlet vent through wall (seen from above). Outlet placed high up, close to ceiling. Free air flow between inlet, outlet and sauna door



Option B

Outlet vent discharges air via cavity above sauna ceiling (side view)



Option C

Outlet vent via ducting below sauna ceiling (side view), Outlet duct is placed in the angle between ceiling and wall, and made of wood or metal boxed in with wood, Cross-sectional area of the ducting same as inlet and outlet vent.

All Tylo sauna heaters have a built-in overheating cut-off, which is automatically activated if there is a risk of overheating. The reset button for the cut-off device is located inside the sauna heater. If the cut-off has been activated, this is most often because the ventilation in the sauna is faulty or because the sauna heater has been located in the wrong place. Always call in a qualified specialist to rectify the problem.

THE BEST SAUNA

If you want to be sure of a perfect sauna, choose a prefabricated sauna from Tylo. You'll often find that it costs no more than it would to build your own sauna from scratch. You save yourself time, you save yourself work, but most important of all, you save yourself the trouble of having to get hold of the right materials. Tylo uses only selected, low resin content, slow-growing northern Swedish spruce specially dimensioned and dried in accordance with Tylo's specifications. With a prefabricated Tylo sauna you get a sauna which is well built down to the very last detail, and where everything will work like a dream. And you don't even have to be especially handy to assemble it yourself.

If you prefer to build your sauna from your own timber, follow the instructions on the following pages. The Tylo Sauna Planner will assist you in designing a perfect installation. Please take the time to read through the instructions carefully before starting to build.

Material specifications in mm

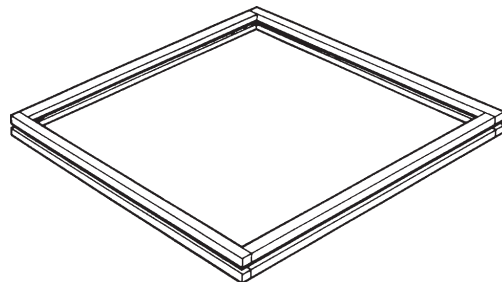
Floor frame, roof frame, corner posts, door posts and studs	50 x 50
Rafters and joists, beams and vents	25 x 50
Insulating material (rock wool etc.)	45 x 560
Panelling inside and out (tongue and groove)	12 x 85
Framework and battens for sauna benches	25 x 80
Sitting surfaces for sauna benches	22 x 70

Suitable timbers are pine or spruce, your Tylo dealer is able to supply this to the correct moisture and resin content, the bench timbers should be free from knots. Use obeche, or ramin.

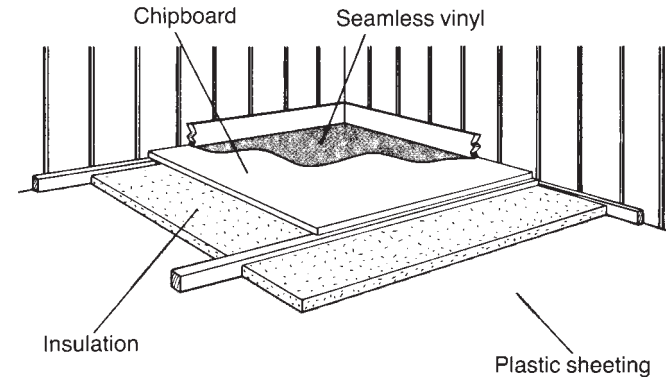
The material descriptions are for a family sauna. Thicker insulation should be used for public installations, and the dimensions of the beams, posts and studs should be adjusted accordingly.

FLOOR FRAME & CEILING FRAME

Nail the wood together for the floor frame and for the ceiling frame. Make sure that both frames are exactly the same size. Treat the floor frame only with wood preservative before placing it in position.

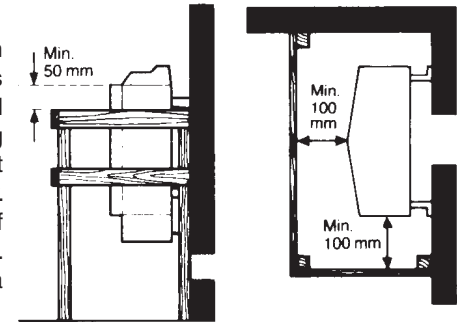


Nail a simple frame together and insulate between the joists with mineral wool or cellular plastic. Use 22mm chipboard or similar for the floor itself, ensuring that any joints are placed centrally over the joists. Lay seamless vinyl over the chipboard and finish by nailing a baseboard skirting around the entire floor. If the sauna is to stand on stone or concrete, you must first cover this floor completely with plastic foil sheeting.



SAFETY GUARD

Tylo sauna heaters are completely covered with Thermosafe on the front and sides, which maintains an outside temperature of about 40°C during normal sauna bathing. This approved protective coating helps prevent burns on accidental contact, so it makes conventional safety guards unnecessary. However, if you would still like the added security of a safety guard, install it as shown in the illustrations. The Tylo range includes safety guards for sauna heaters from 2.2 kW to 8 kW output.



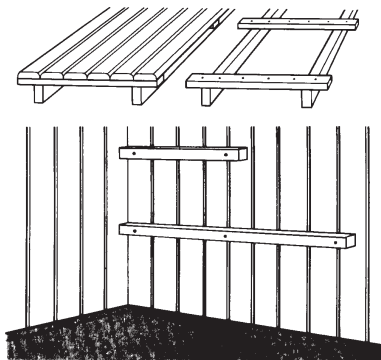
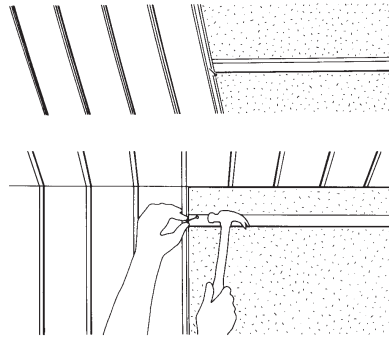
PROFESSIONAL SAUNA EQUIPMENT FROM TYLO

The Tylo range incorporates many exclusive items to enhance your sauna inside and out. You can choose from prefabricated sauna doors, sauna benches, comfy backrests, handy skirtings, floor decking, lamps and shades. In addition we offer sauna stones, a traditional water bucket and scoop, sauna fragrances, thermometers, hygrometers and hourglasses, vent covers and grilles, headrests, an automatic sauna humidifier and much, much more.

It's a good idea to have a comfortable bench to relax on and a couple of elegant loungers outside your sauna.

Careful insulation is essential if a sauna is to heat up quickly and run economically. Nail the panels to the horizontal beams with galvanized brad-head nails. Never leave an air space or put gypsum board, plasterboard, chipboard, particle board or similar materials between the insulation and the wooden panelling, as this only extends the time needed for heating up the sauna.

You can use the same panels on the outside walls of the sauna as on the inside, or you can use chipboard and paint or paper it afterwards.



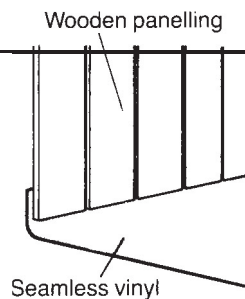
REMOVABLE BENCHES ARE BEST

Use obeche or ramin for the bench seats. The illustration shows the simplest way to make them. Make sure that there are no screws or nail-heads sticking up or projecting from any part of the bench. Battens fastened securely to the studs in the wall should support the benches. Make sure the lower batten is long enough to allow for the upper bench to be moved down, too. This way you can use the sauna cabin as an extra bedroom for guests.

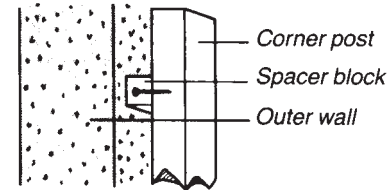
The distance from the floor to the top edge of the lower bench should be at least 420mm. Allow the same distance between the upper and lower benches. Make the benches about 550mm wide.

SAUNA FLOOR

The simplest and most practical flooring consists of seamless vinyl laid directly on the floor. The vinyl should continue about 50mm up the wall, behind the wooden panelling as shown in the diagram. Stop the panelling about 30mm short of floor level.



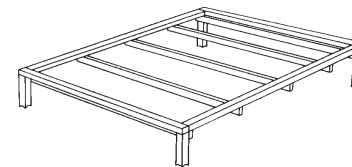
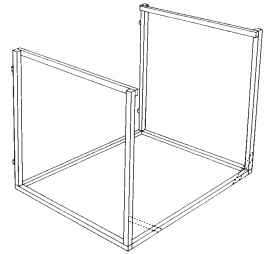
SAUNA WALL AGAINST OUTSIDE WALL



Leave an air space of approximately 15mm between the sauna wall and any outer walls. You can do this most easily by nailing a couple of spacer blocks to each of the corner posts which will be standing against the outer walls of the building. This air space will prevent the transfer of humidity from the wall of the building to the wall of the sauna by allowing for the necessary ventilation between the walls.

CORNER POSTS

Stand the posts in position on top of the floor frame with the rafters facing inwards. Nail the corner posts to the floor frame. To give added stability, nail a couple of temporary braces from the posts to the floor frame as shown by the dotted line in the picture. Remove the braces when the framework has been completed.



CEILING FRAME

Nail the remaining rafters in place. Put the ceiling frame in place and nail it securely.

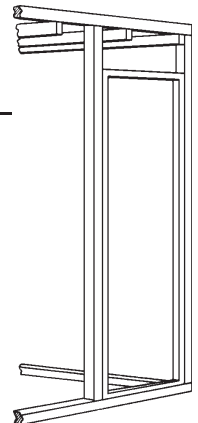
DOOR POSTS & DOOR FRAME

Place the door frame between the posts as shown in the drawing.

Important: Don't try to build your own sauna door!

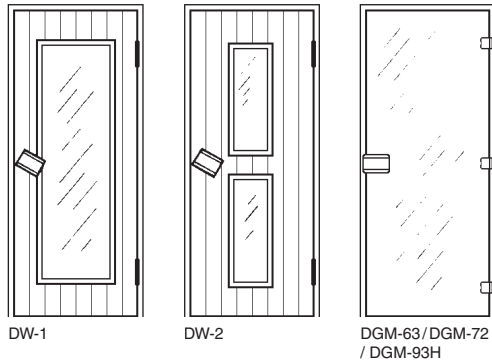
A sauna door is exceedingly difficult to build, as it has to withstand extreme variations in temperature without warping.

Buy a safe, prefabricated sauna door from Tylo!



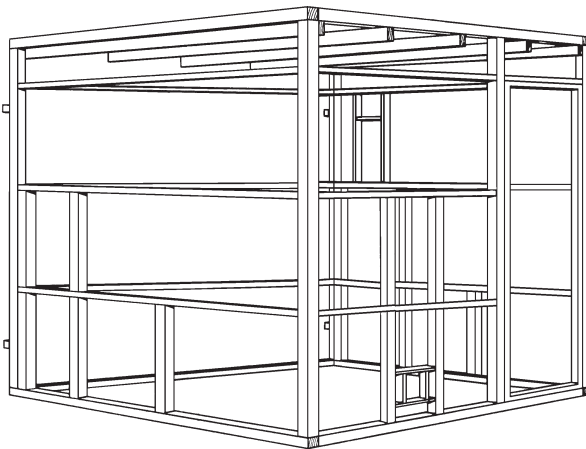
Tylo doors are specially made for saunas and are the only doors which can withstand extreme variations in temperature without warping. Thanks to their special construction Tylo doors can be hung for left or right-hand opening. Tylo doors are supplied complete with frame, sturdy hinges, handles and door-closers, and are available in the following finishes.

- DW-1 In wood with a single large window. Magnetic catch. Width of opening 590mm. Outer dimensions of door frame 1850 x 715 x 70mm.
- DW-2 In wood with two windows. Magnetic catch. Width of opening 590mm. Outer dimensions of door frame 1850 x 715 x 70mm.
- DGM-63 In smoked tempered safety glass. Magnetic catch. Access width 510mm. Outer dimensions of door frame 1580 x 630 x 70mm.
- DGM-72 In smoked tempered safety glass. Magnetic catch. Access width 590mm. Outer dimensions of door frame 1580 x 710 x 70mm.
- DGM-93H In smoked tempered safety glass. Door panel with protective lipping. Magnetic catch, no threshold. Width of opening for wheelchair access 80mm. Outer dimensions of door frame 2100 x 930 x 70mm.



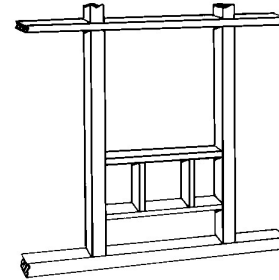
COMPLETE THE FRAMEWORK

Start with the cross beams and work from the bottom upwards. Nail the first ones in place 55cm above the floor frame, and then add further beams at 55cm intervals. The distance from the uppermost crossbeam to the ceiling will vary depending on the sauna height you have chosen. Then nail the vertical studs for the benches and the sauna heater in place. Finally nail the remaining studs and beams in place.



CEILING FRAME

Nail the remaining rafters in place. Put the ceiling frame in place and nail it securely around sauna ventilation.

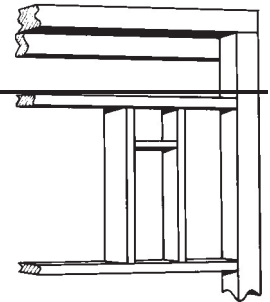


The air inlet should have a cross-section measuring about 1.25m² (approx. 3m² for larger saunas). The air inlet should always be located centrally beneath the sauna heater. The inlet should always be left open, allow the air from the room outside the sauna to enter and ventilate.

It is essential that your sauna is properly ventilated from the very start. Please turn back to page 1 and study the instructions there.

FRAME FOR AIR OUTLET VENT

The air outlet should be installed high up on the wall or in the ceiling, and as far away from the air inlet as possible. The best position is diagonally opposite the air inlet. The outlet vent should be the same size as the air inlet. The outlet vent may be fitted with a sliding cover.

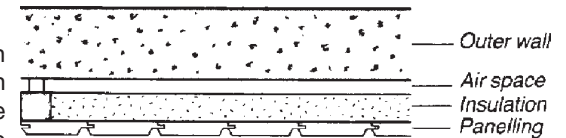


CALL AN ELECTRICIAN

When you have completed the framework, get in touch with a professional electrician and ask him to install the conduits for the electric wiring system. The conduits should be run between the insulation and the outer panelling.

LEAVE AN AIR GAP AGAINST OUTSIDE WALLS

To create a gap for air to circulate between the outer wall and the insulation fasten lengths of steel wire in an X-shape at the back of each pair of studs. Then press the slabs of insulation between the studs up against the steel wire. No air space is needed when the sauna walls are adjacent to inside walls in the house.



MOISTURE BARRIER

A sauna is a very dry area, despite the water you pour over the sauna stones during bathing. This means you need have no worries about moisture spreading from the sauna. Also there is no need for a moisture barrier in a well-insulated sauna. If you follow our instructions regarding the thickness of insulation and the need for an air space between walls, a moisture barrier will be quite unnecessary.

Golden Coast
Selling On Quality

***Tylo
DIY Sauna***



Golden Coast Ltd

Fishleigh Road Roundswell Business Park
Barnstaple Devon EX31 3UA

Tel: +44 (0) 1271 371676

Fax: +44 (0) 1271 371699

www.goldenc.com e-mail: swimmer@goldenc.com



As a quality assured company we reserve the right to alter and improve the specification of products as deemed necessary.

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Installation Manual