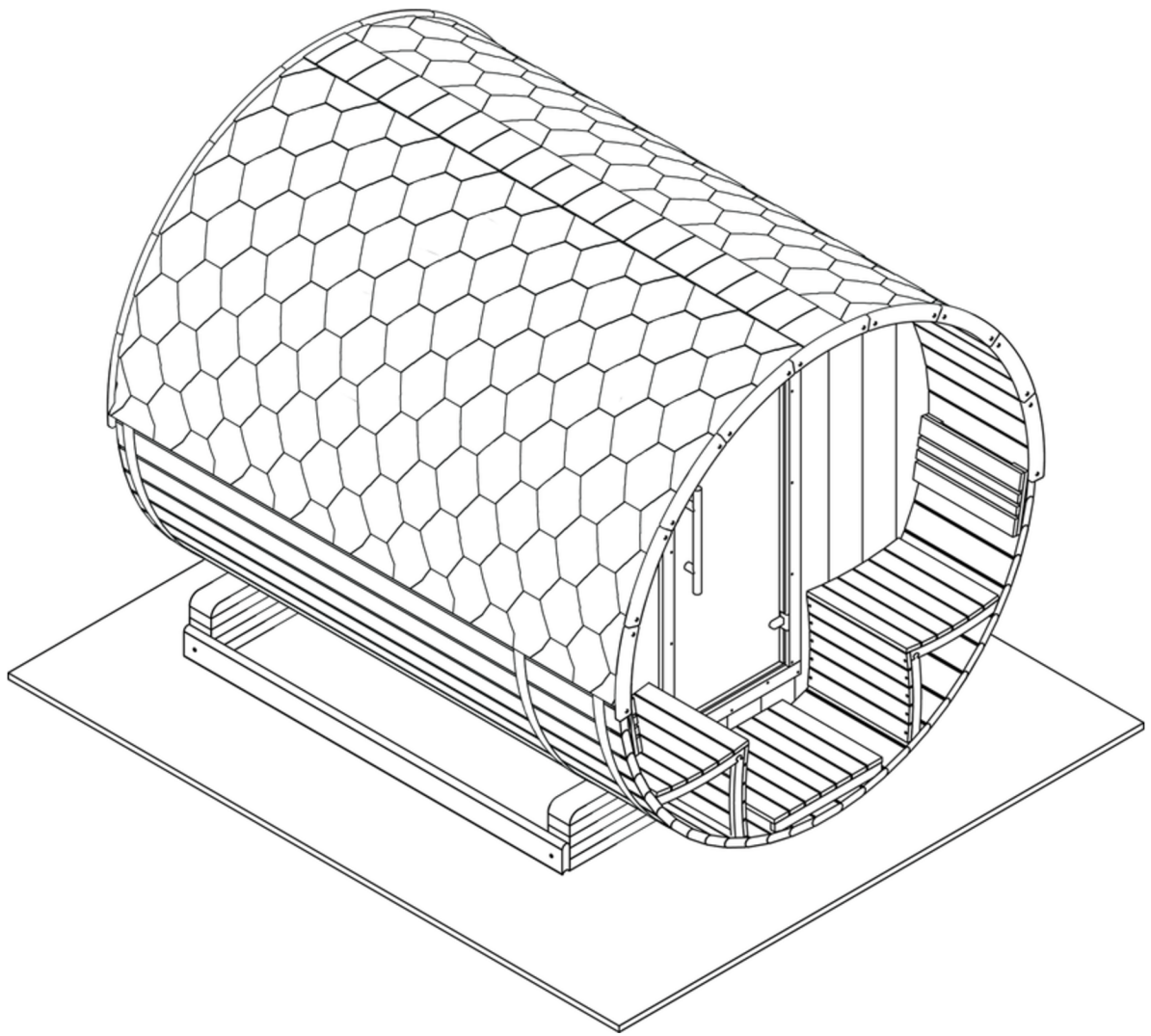


# Tønsauna buildmanual

280x Ø 230



# Getting Started with Your DIY Tønsauna

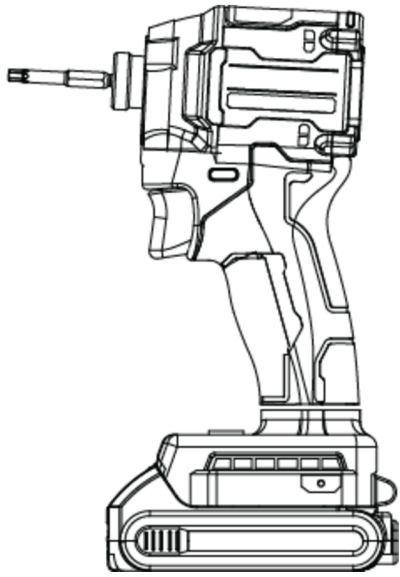
It's great that you've decided to build your own Tønsauna. In this guide, you'll find step-by-step instructions on how to turn your DIY kit into a barrel sauna.

All the necessary parts are included in the DIY kit. You can also find this guide in video form on YouTube.

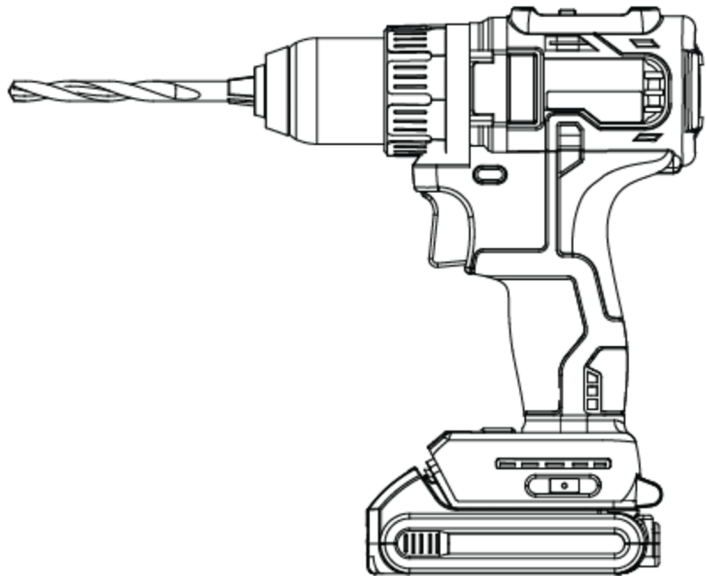
If you have any questions, feel free to contact us!



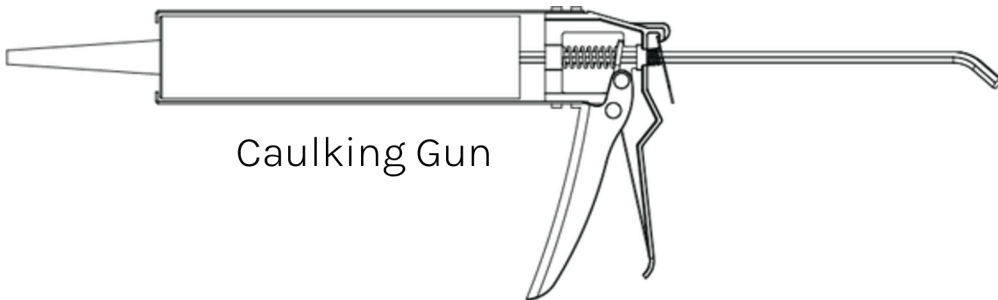
# Required Tools



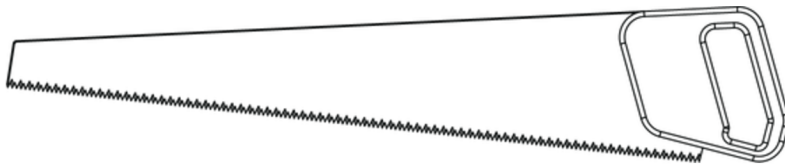
Impact Driver



Drill



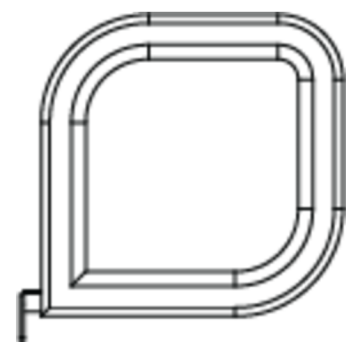
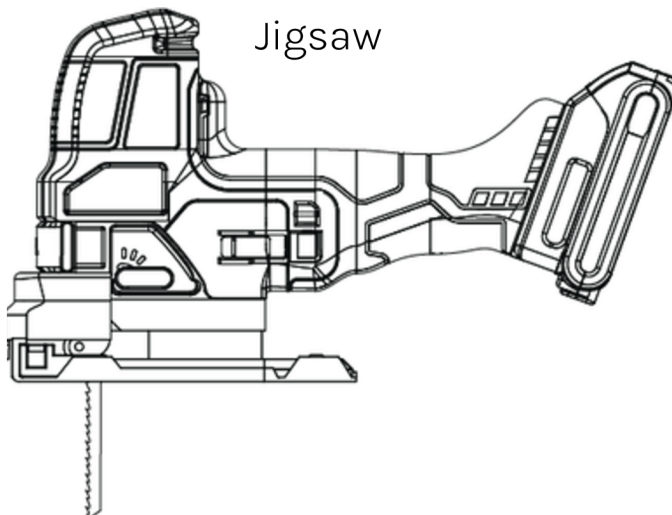
Caulking Gun



Hand Saw and/or  
Jigsaw



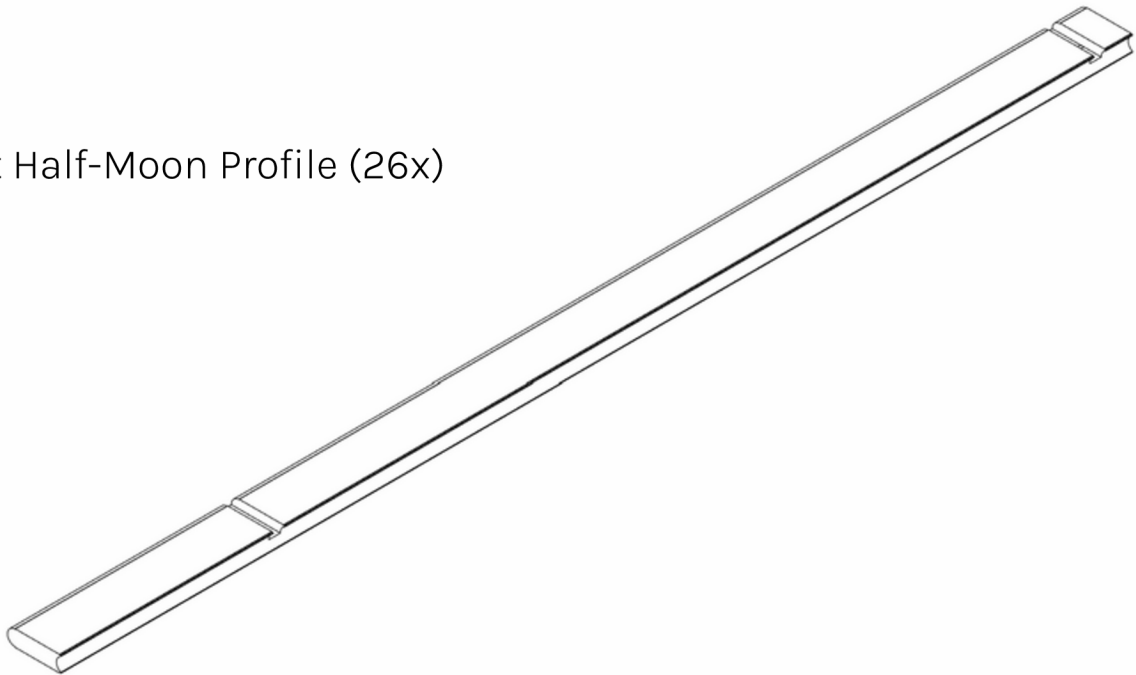
Rubber Mallet



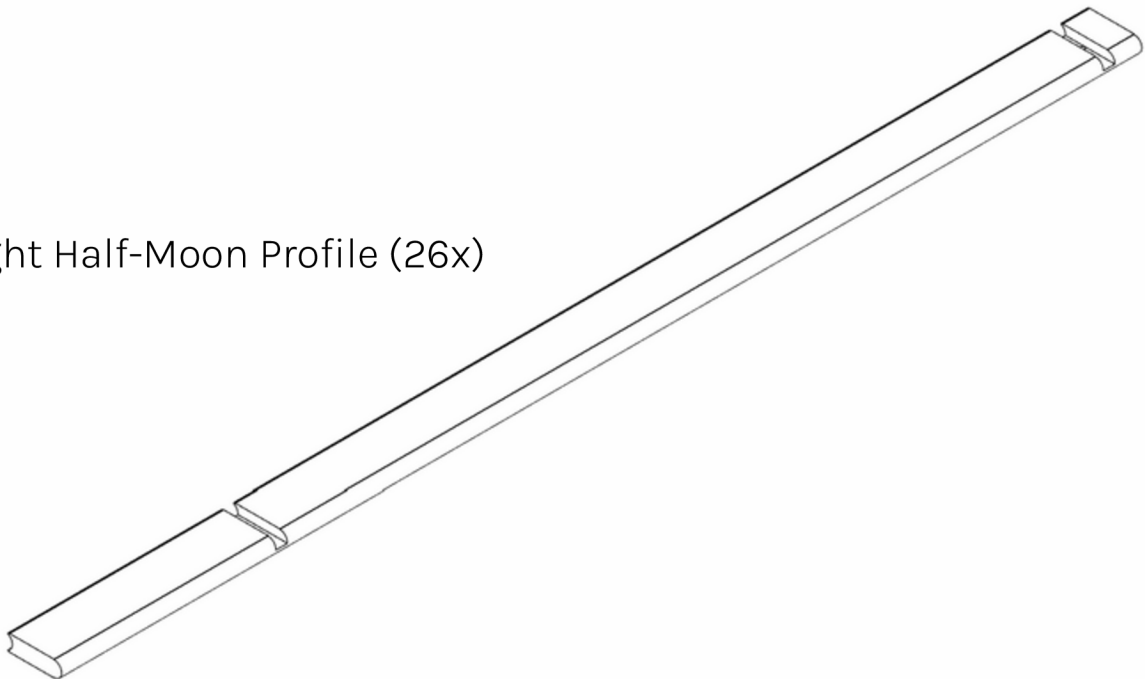
Measuring Tool

# Parts Included in the DIY Kit

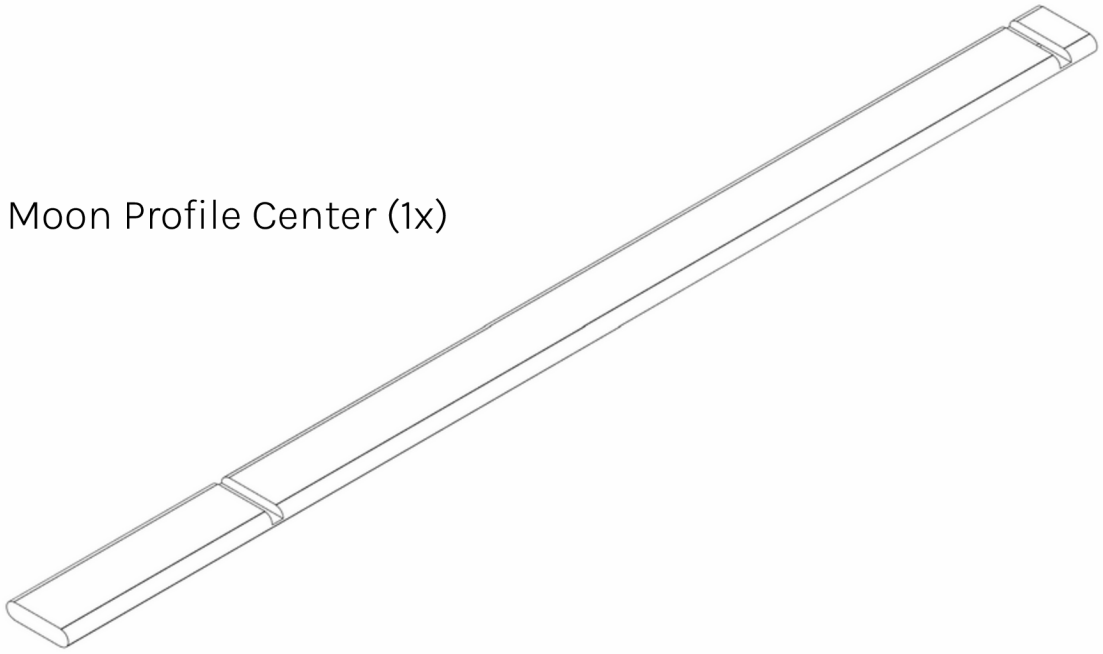
Left Half-Moon Profile (26x)



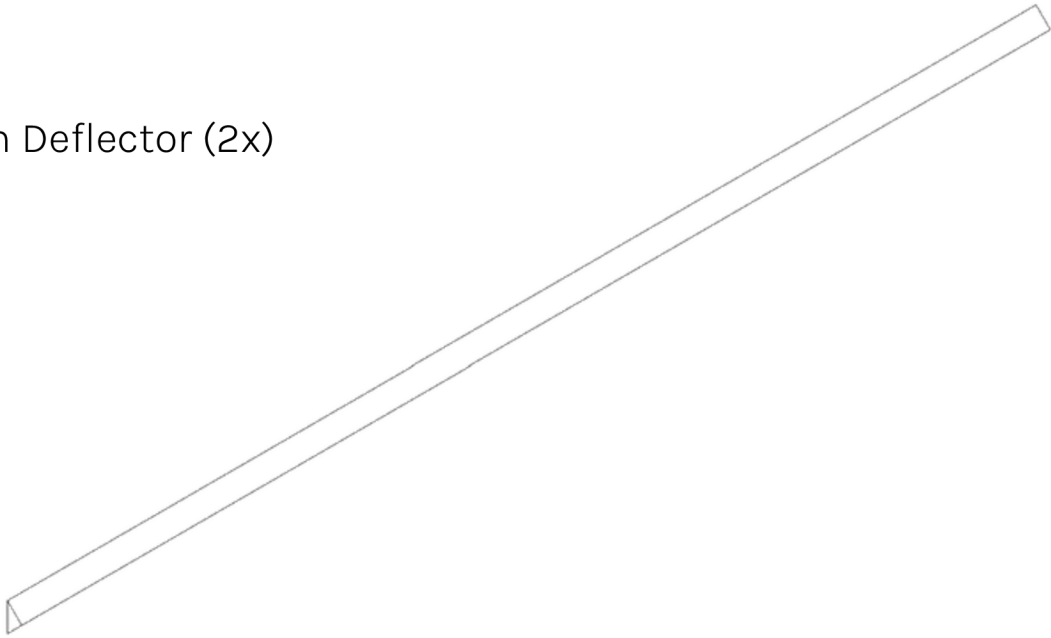
Right Half-Moon Profile (26x)



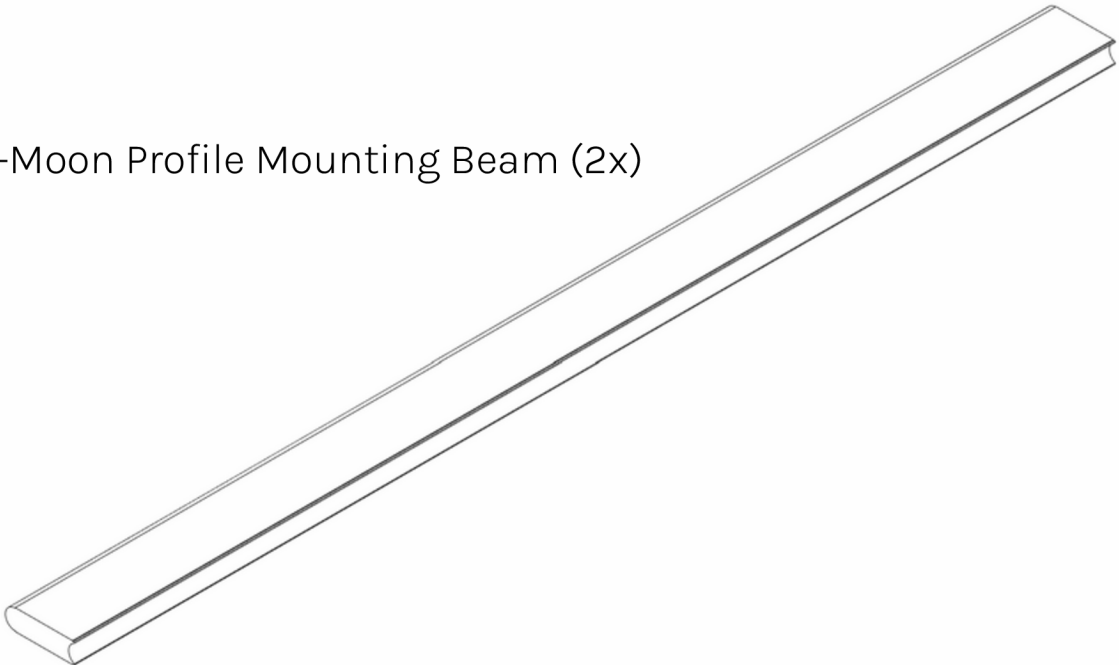
Full Moon Profile Center (1x)



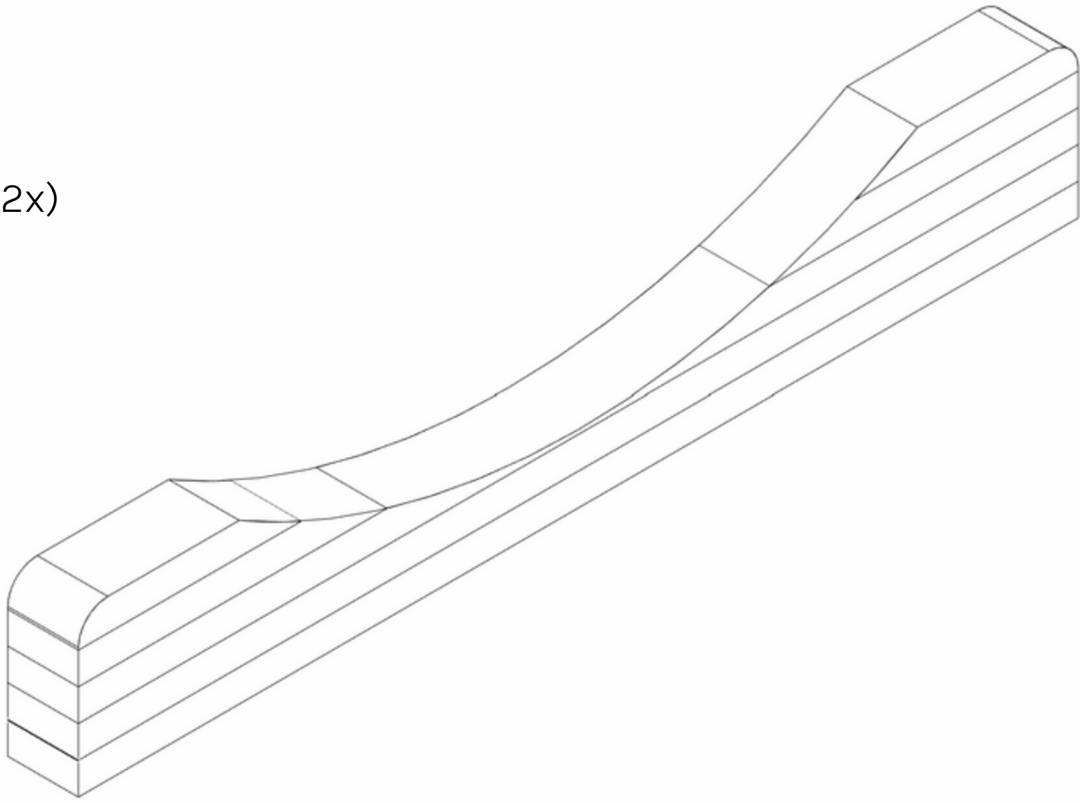
Rain Deflector (2x)



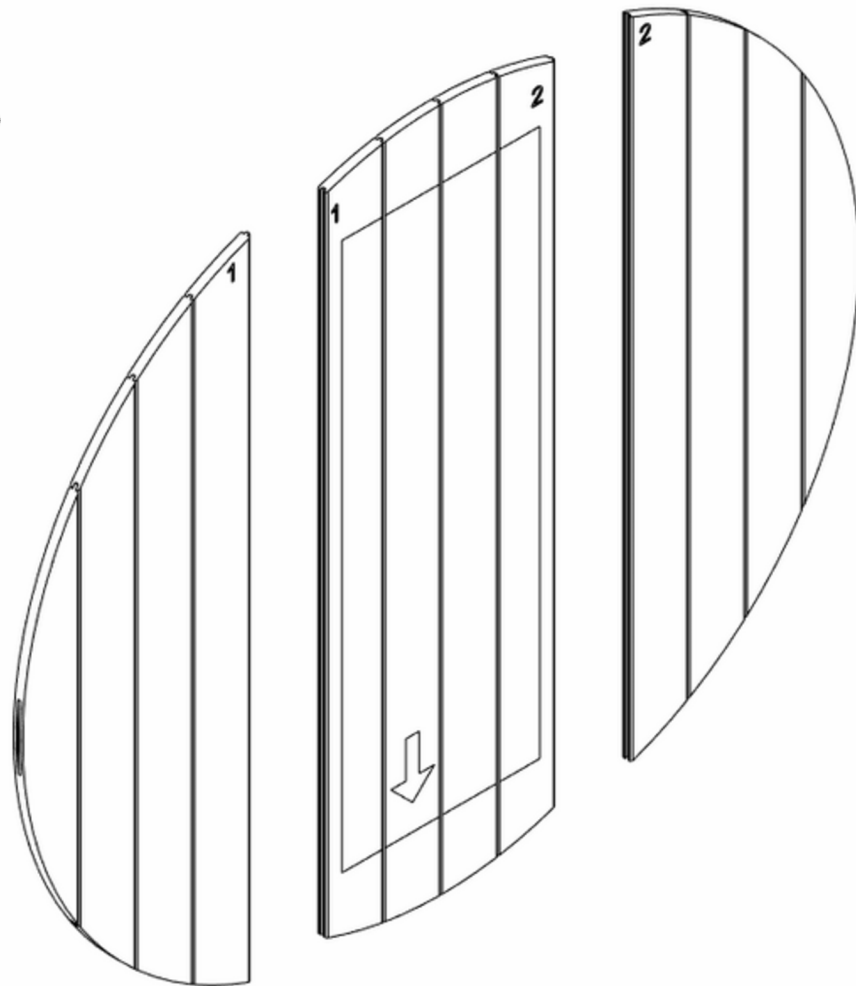
Half-Moon Profile Mounting Beam (2x)



Sill (2x)

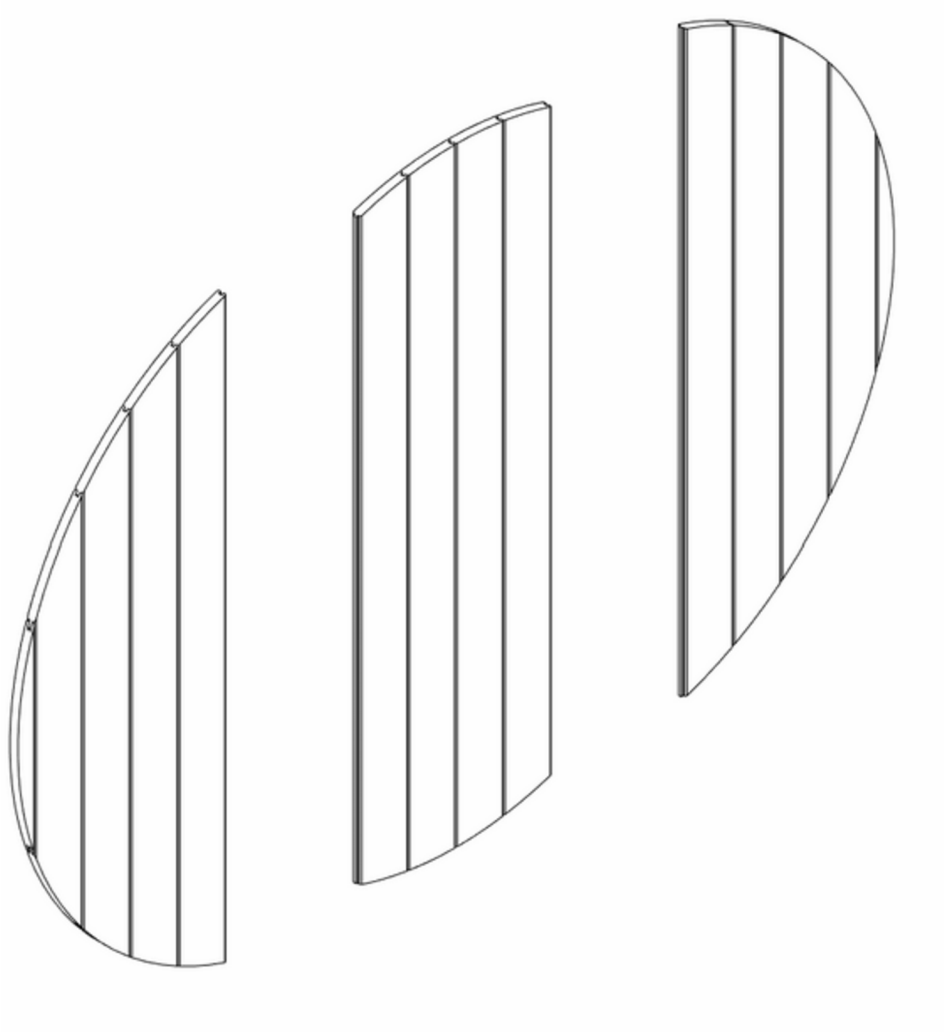


Front Wall (1x)



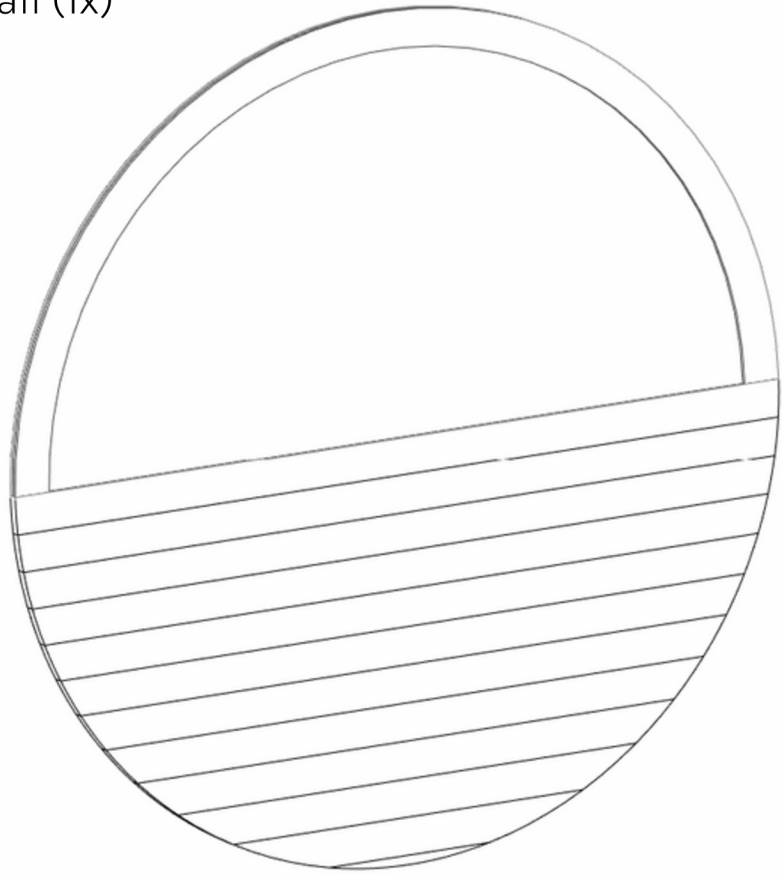
# Provided Solid Back Wall

Back Wall (1x)



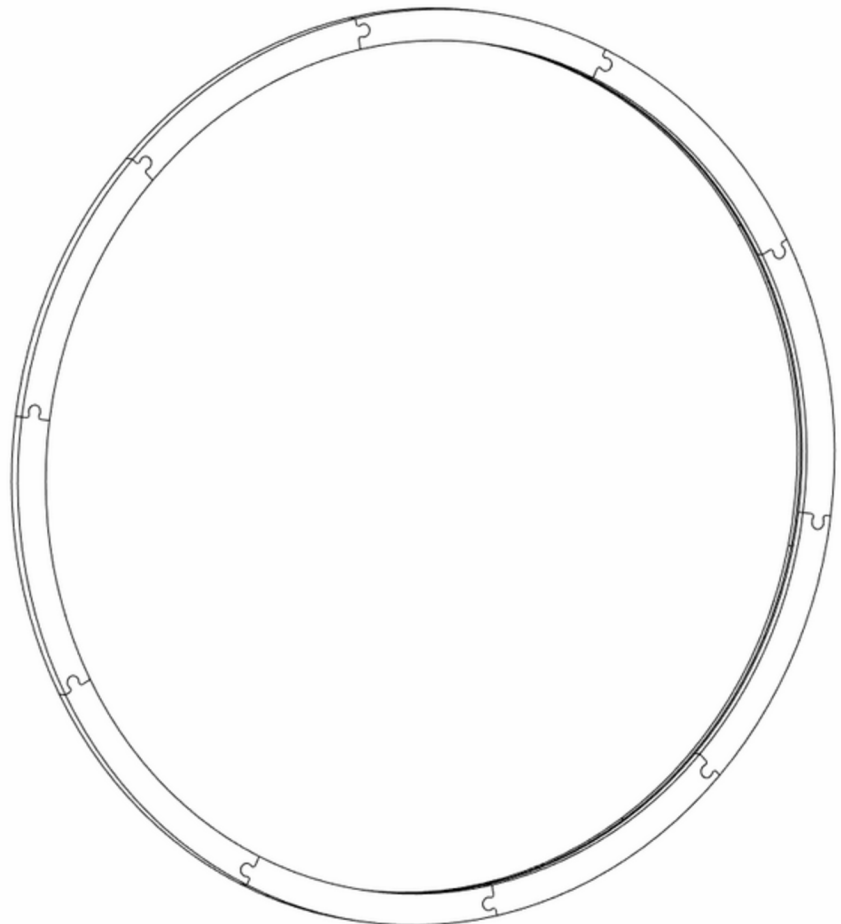
## Provided Half Panorama Wall

Rear Half Panorama Wall (1x)

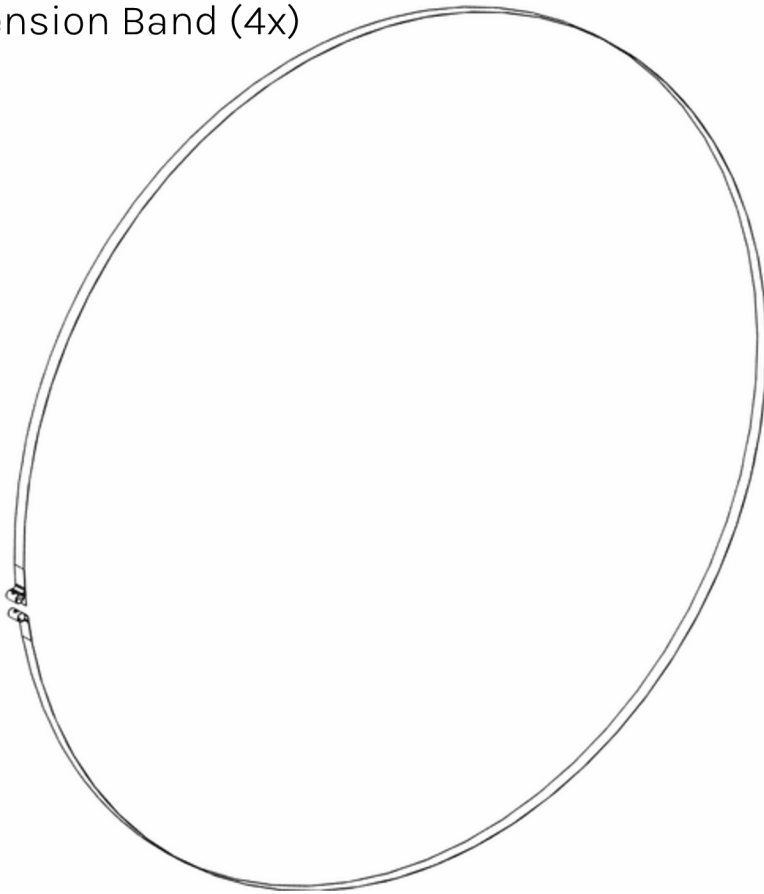


## Provided Full Panorama Wall

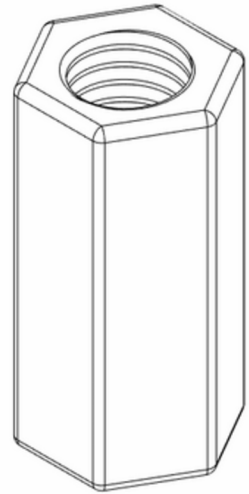
Rear Full Panorama Wall (1x)



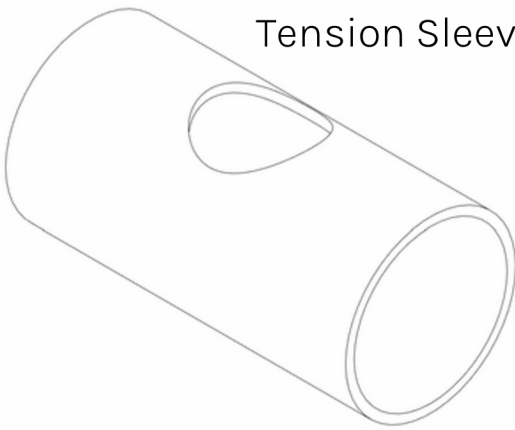
Tension Band (4x)



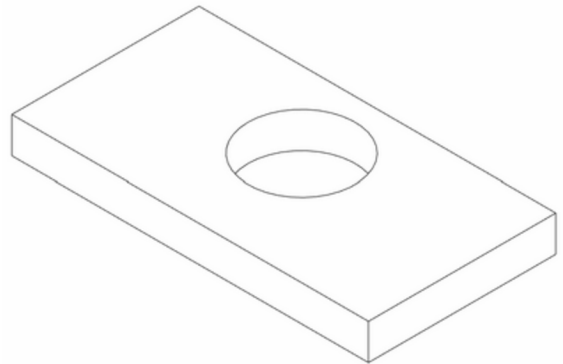
M12 Extension Nut (8x)



Tension Sleeve (8x)



Tension Sleeve (8x)

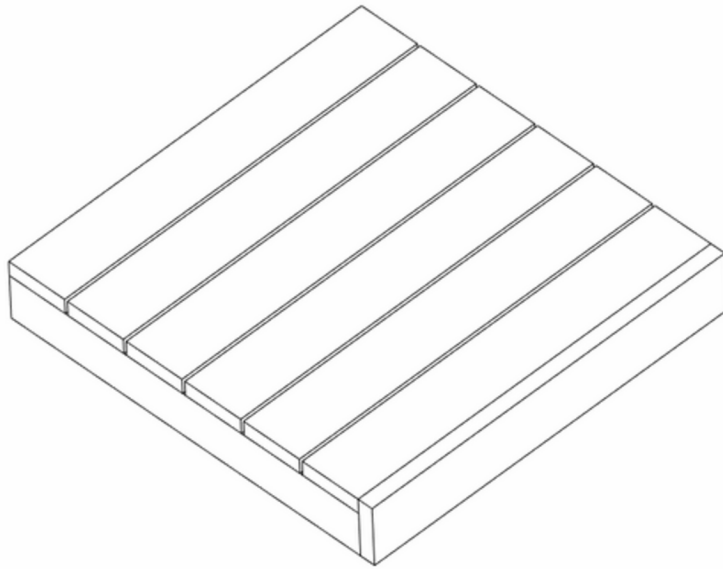


M12 Threaded Rod (8x)



**Provided Basic Bench Package**

Basic Small Benches (2x)



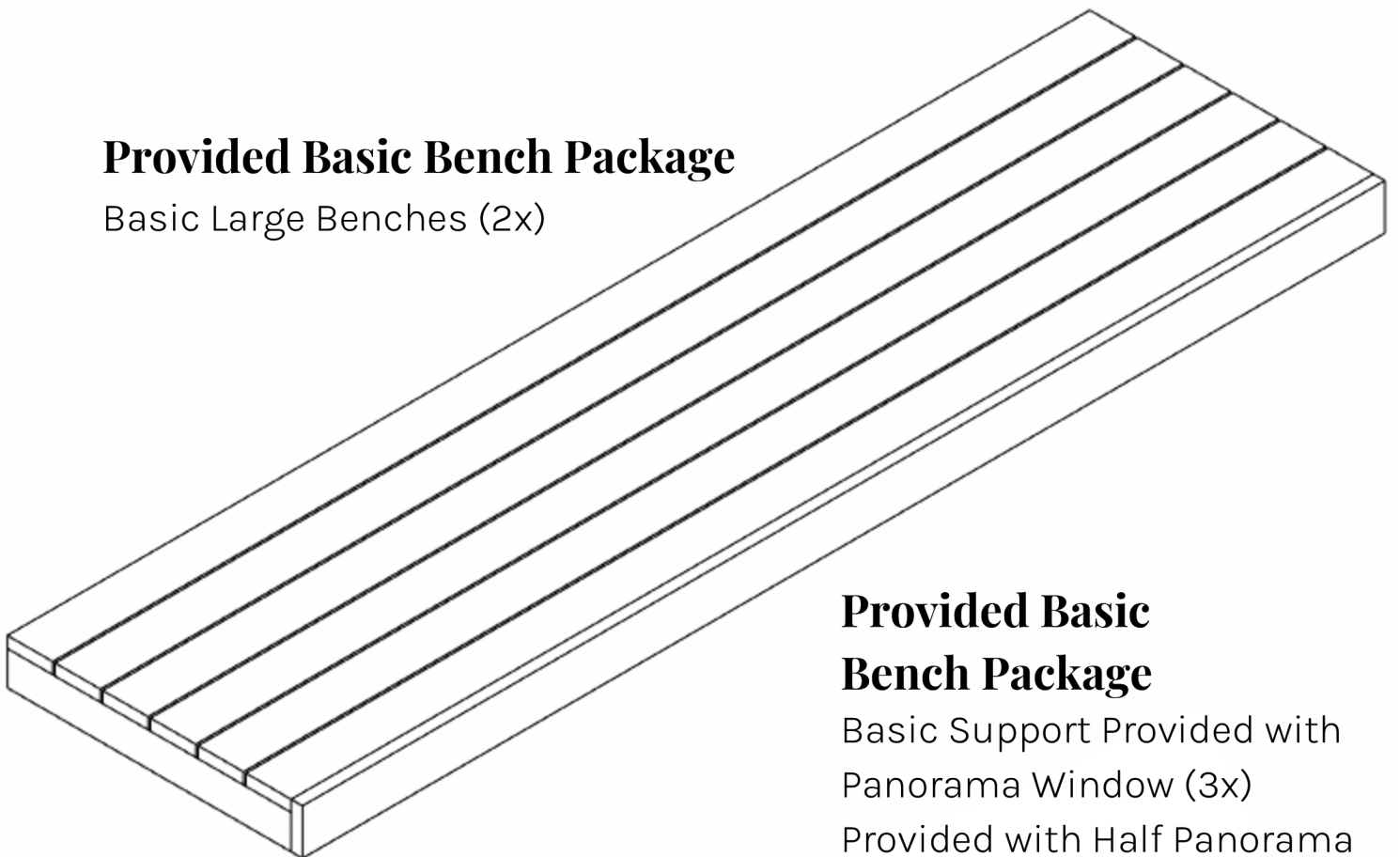
**Provided Basic Bench Package**

Basic Large Benches (2x)



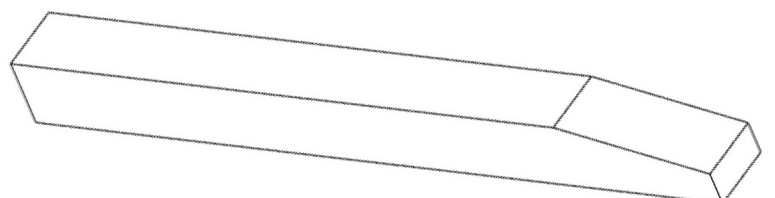
**Provided Basic Bench Package**

Basic Large Benches (2x)



**Provided Basic Bench Package**

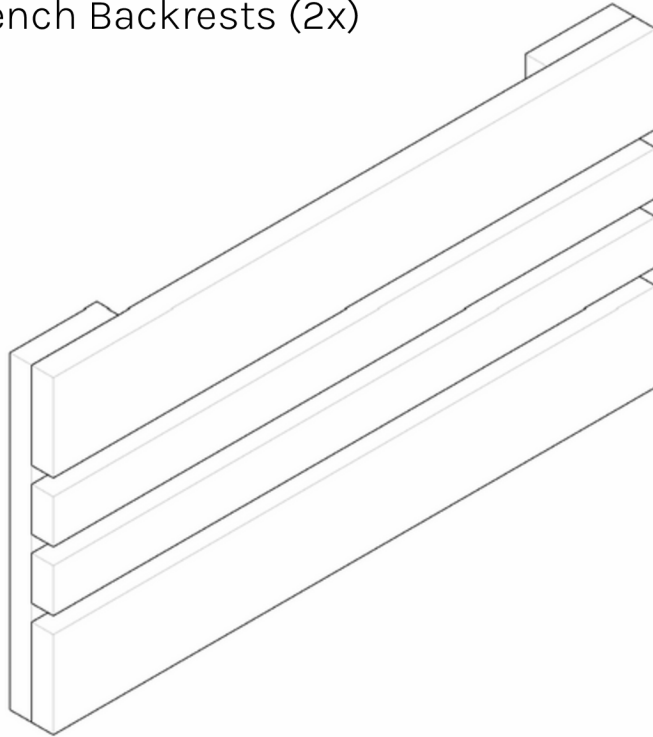
Basic Support Provided with  
Panorama Window (3x)  
Provided with Half Panorama  
or Solid Back Wall (2x)





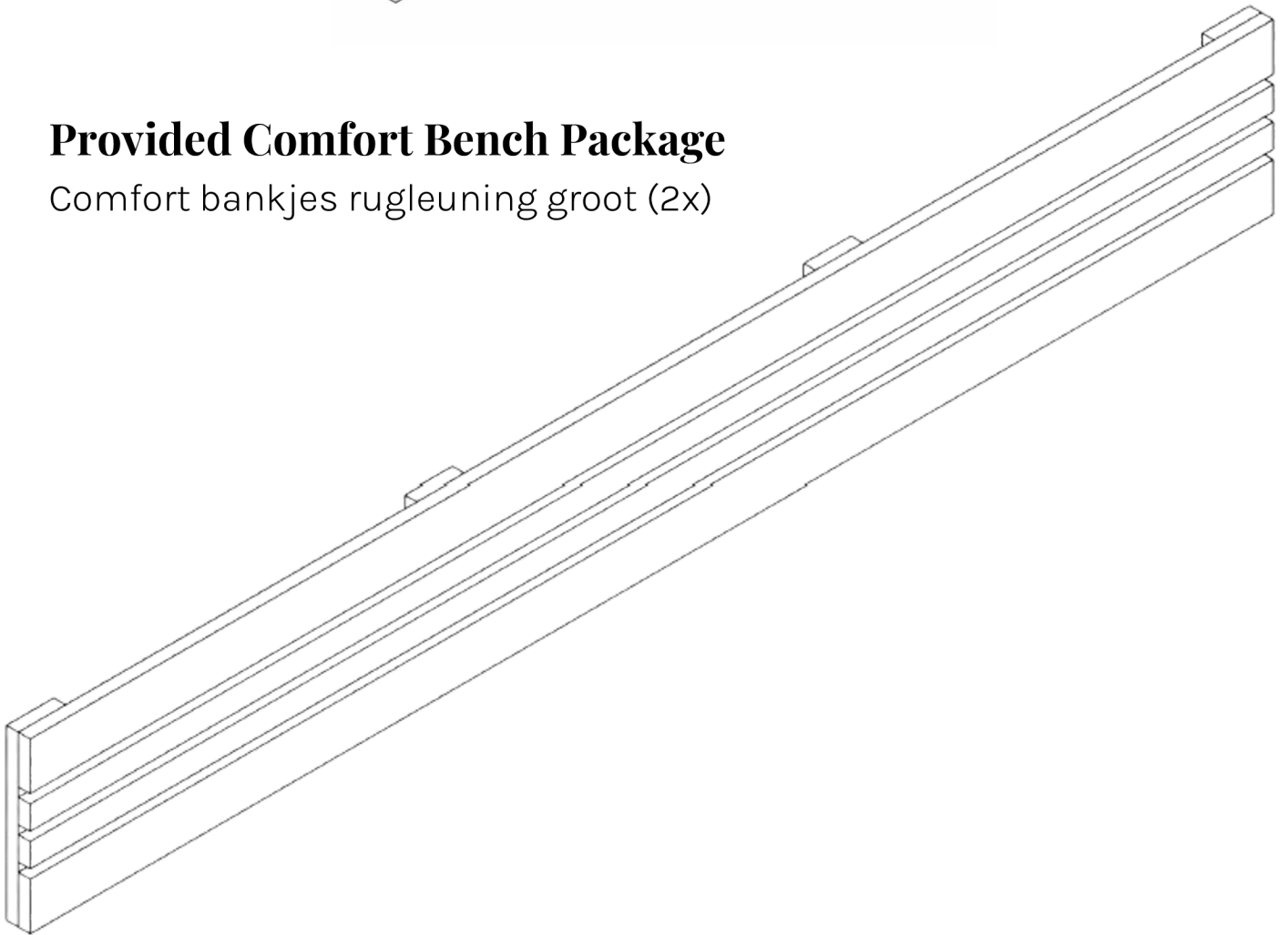
## Provided Comfort Bench Package

Comfort Small Bench Backrests (2x)



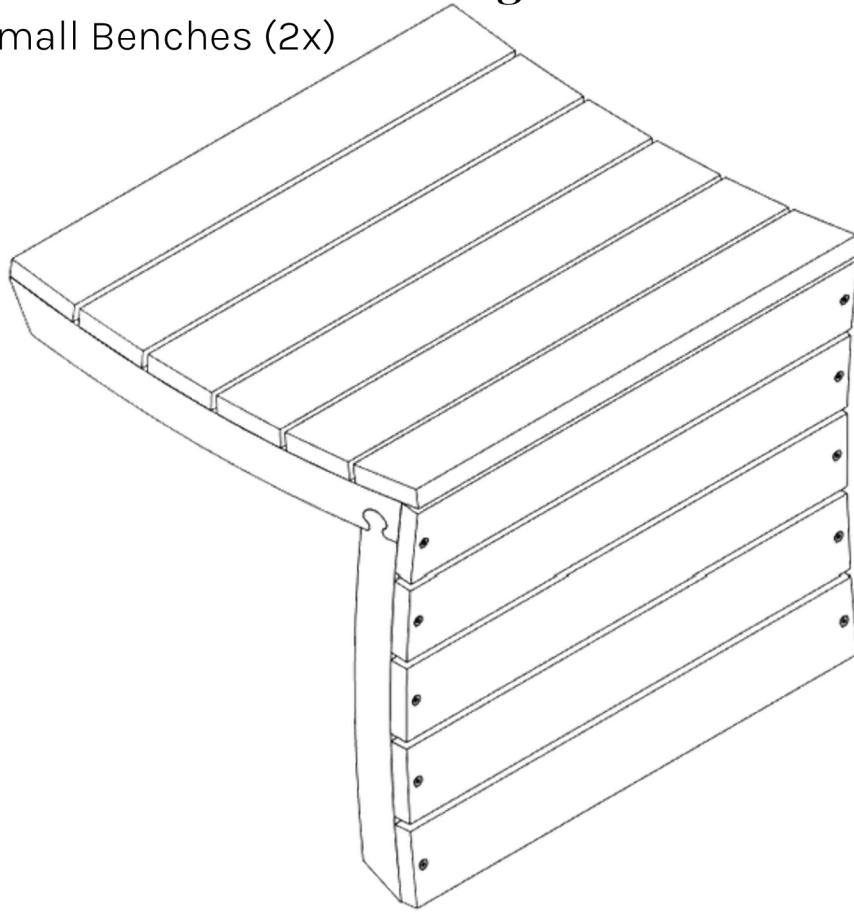
## Provided Comfort Bench Package

Comfort bankjes rugleuning groot (2x)



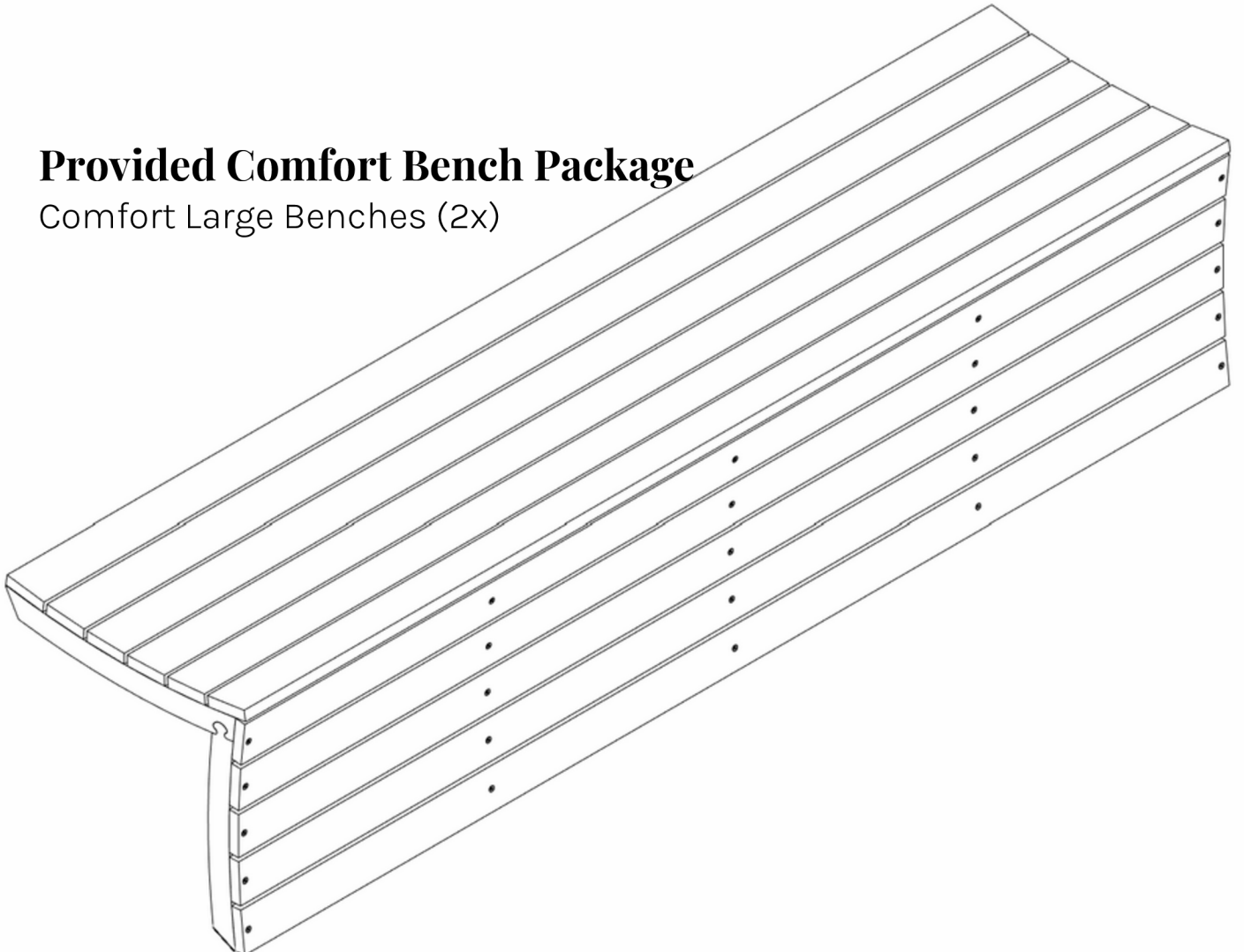
# Provided Comfort Bench Package

Comfort Small Benches (2x)

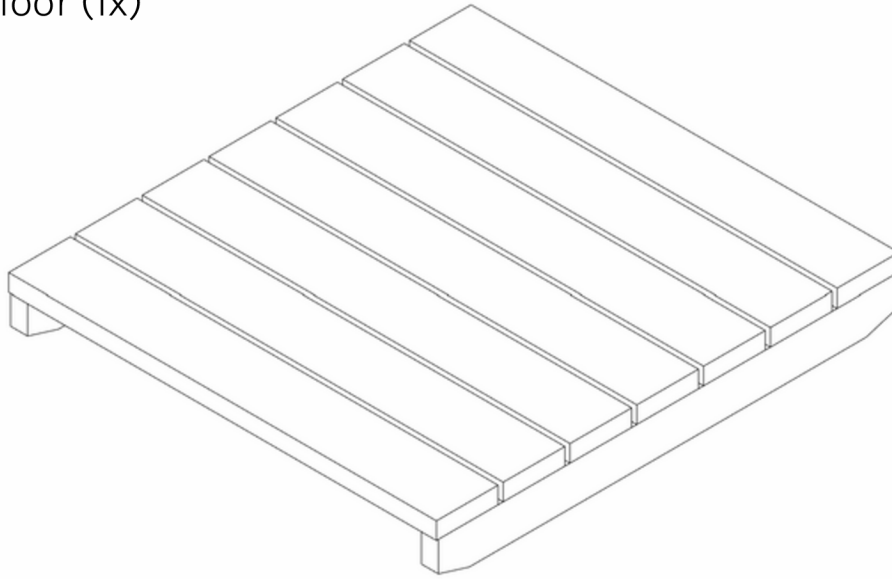


# Provided Comfort Bench Package

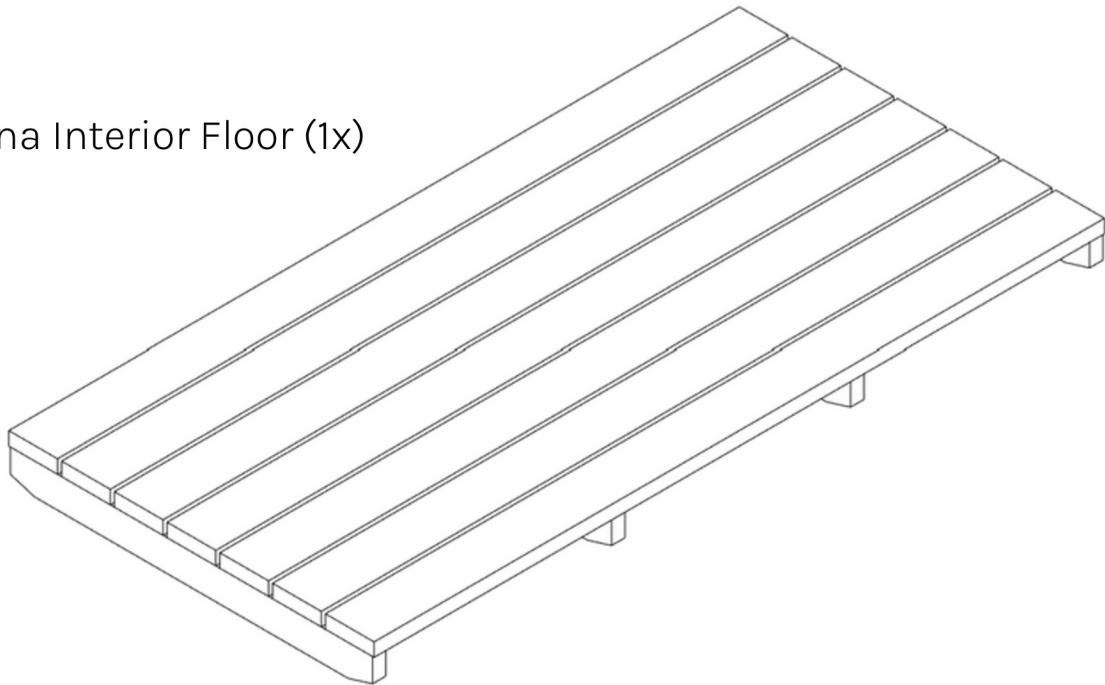
Comfort Large Benches (2x)



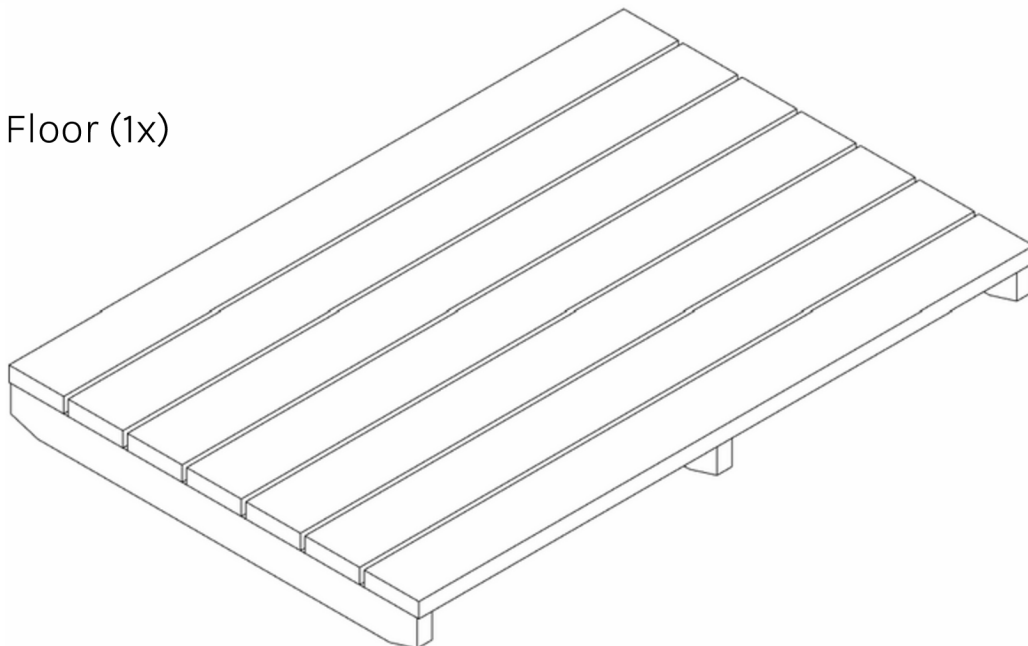
Veranda Floor (1x)



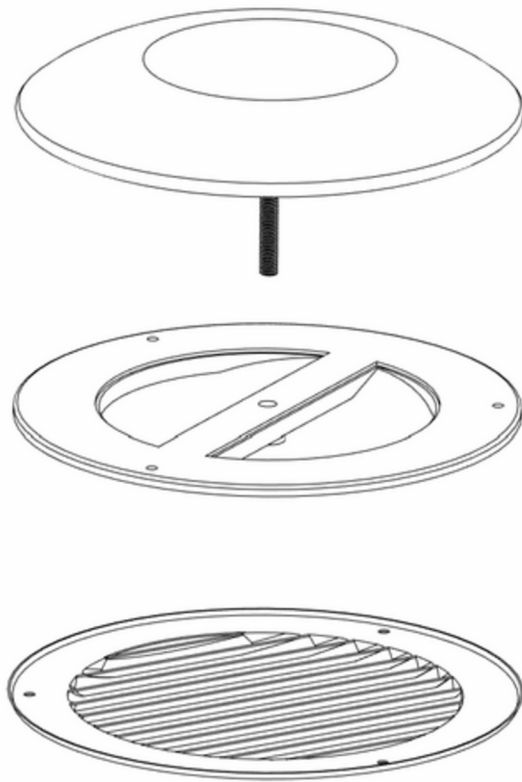
Sauna Interior Floor (1x)



Stove Floor (1x)



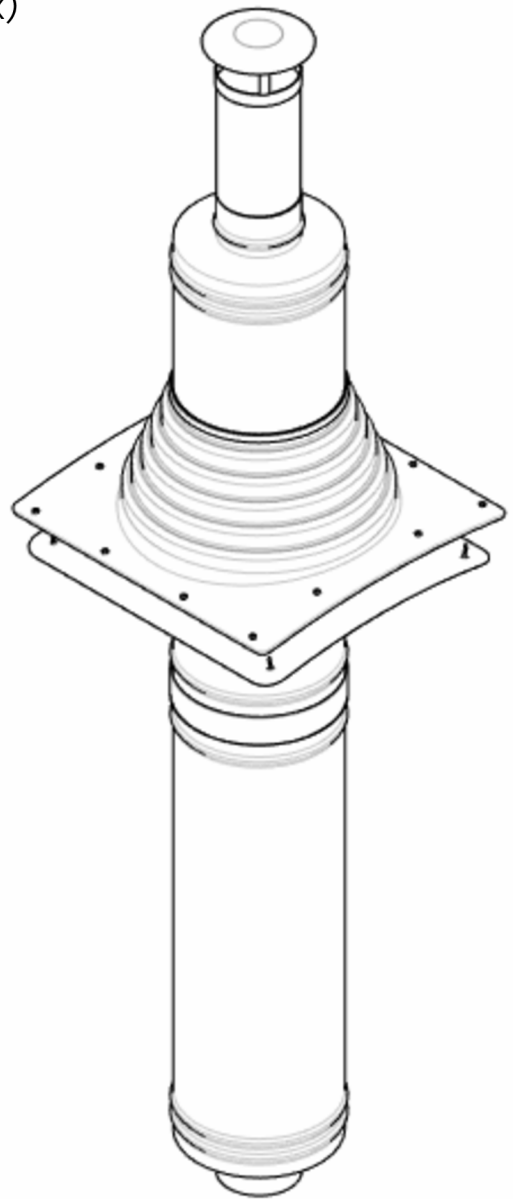
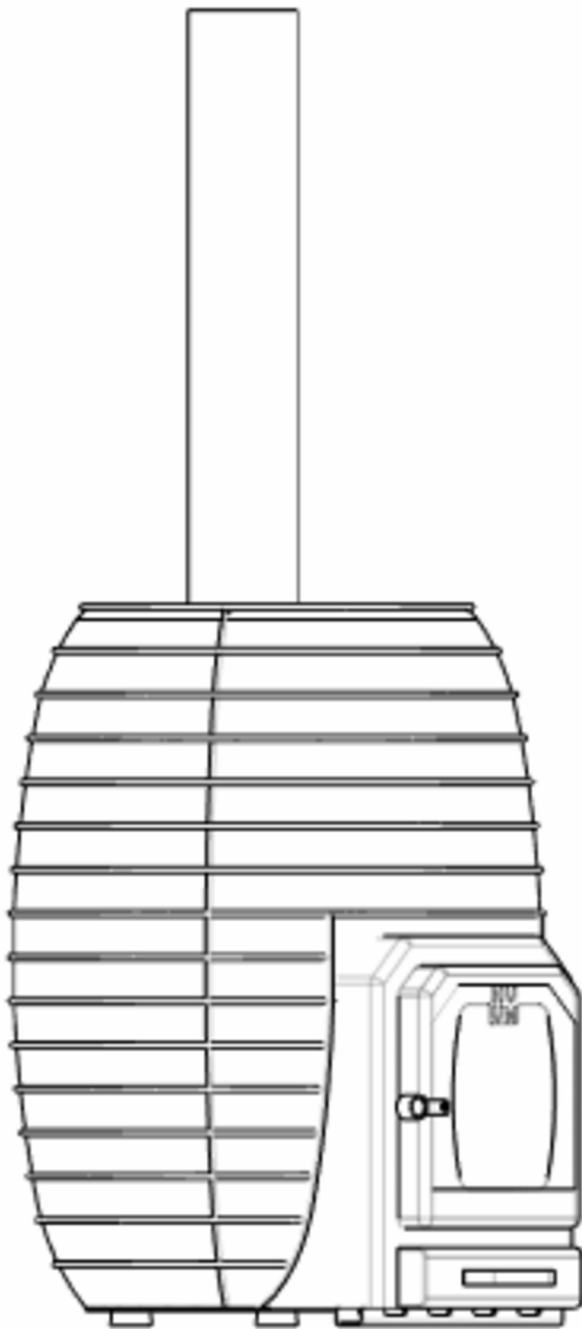
# Ventilation and Accessories (2x)



# Provided Wood Stove

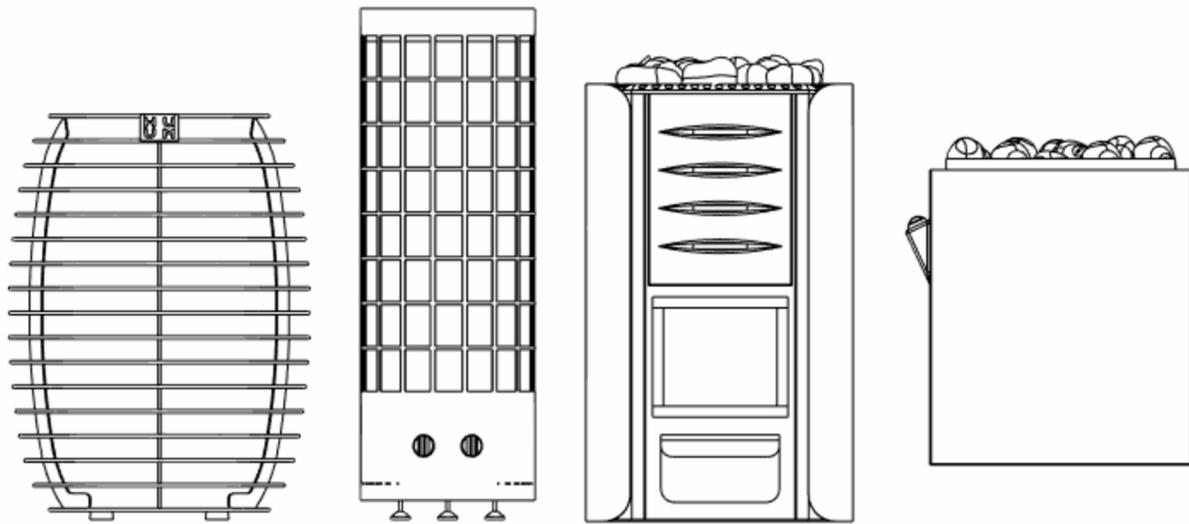
Wood Stove (1x)

Wood Stove Chimney and Accessories (1x)



# Provided Electric Heater

Electric Heater (1x)



## Natural Stone Options

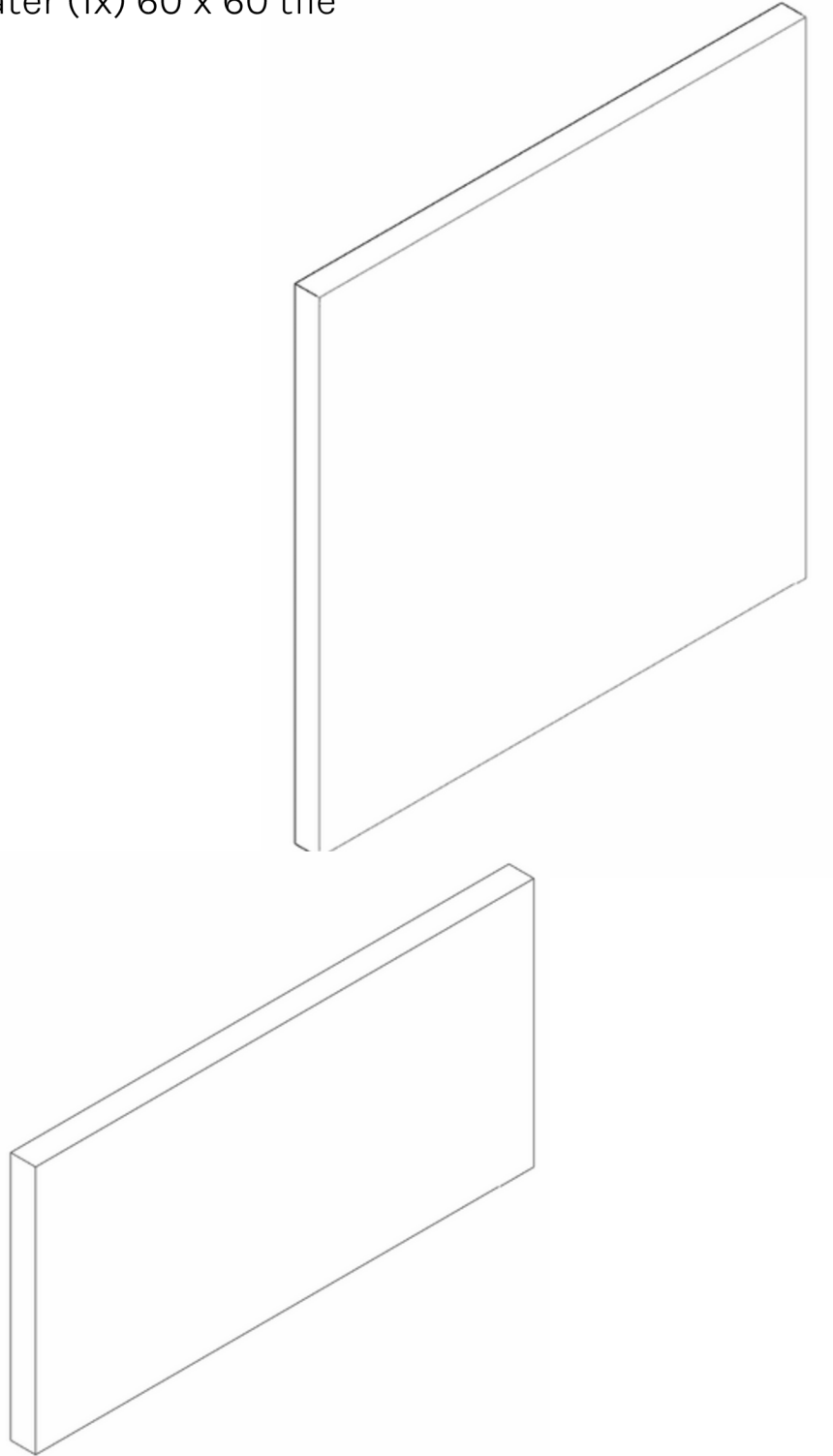
Solid Back Wall (2x) 60 x 60 tiles

Half Panorama (1x) 60 x 60 tile (1x) 60 x 30 tile

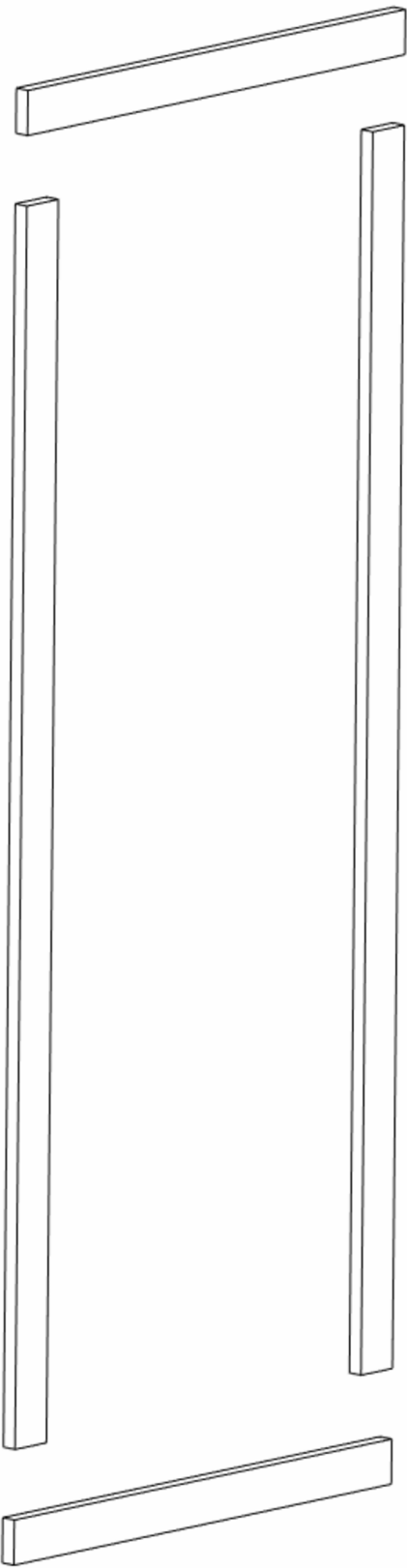
Full Panorama no tiles

Wood Stove (1x) 60 x 60 tile (1x) 60 x 30 tile

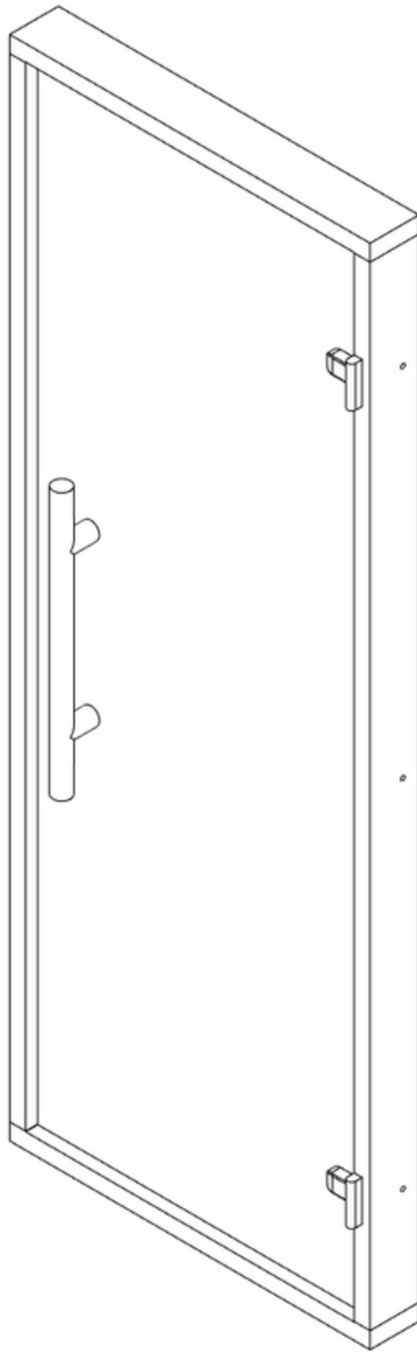
Electric Heater (1x) 60 x 60 tile



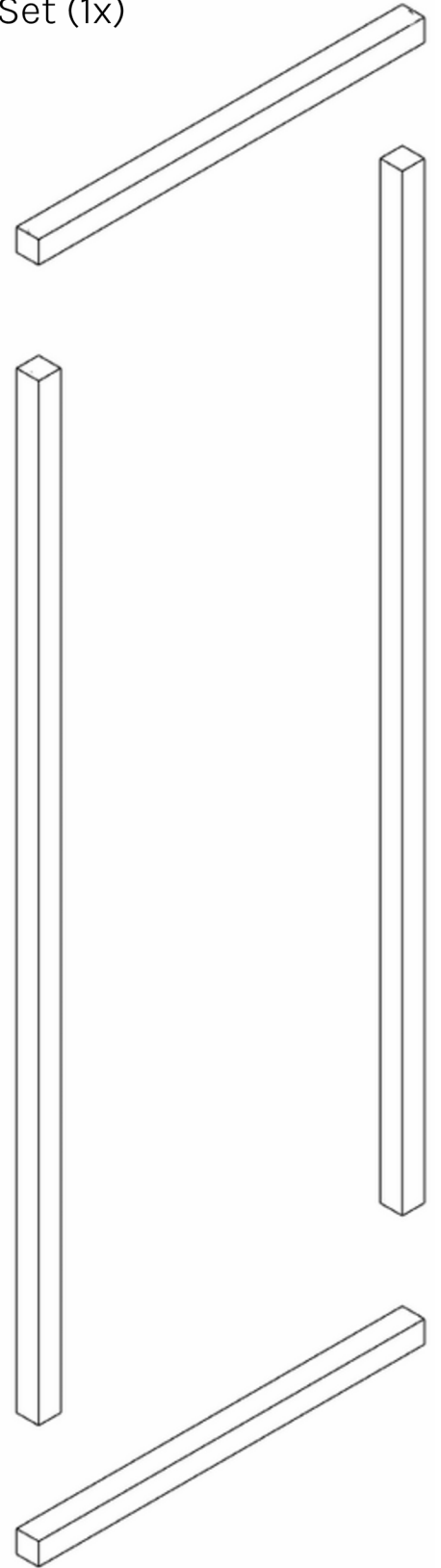
Trim Lath Set (1x)



Door Set (1x)

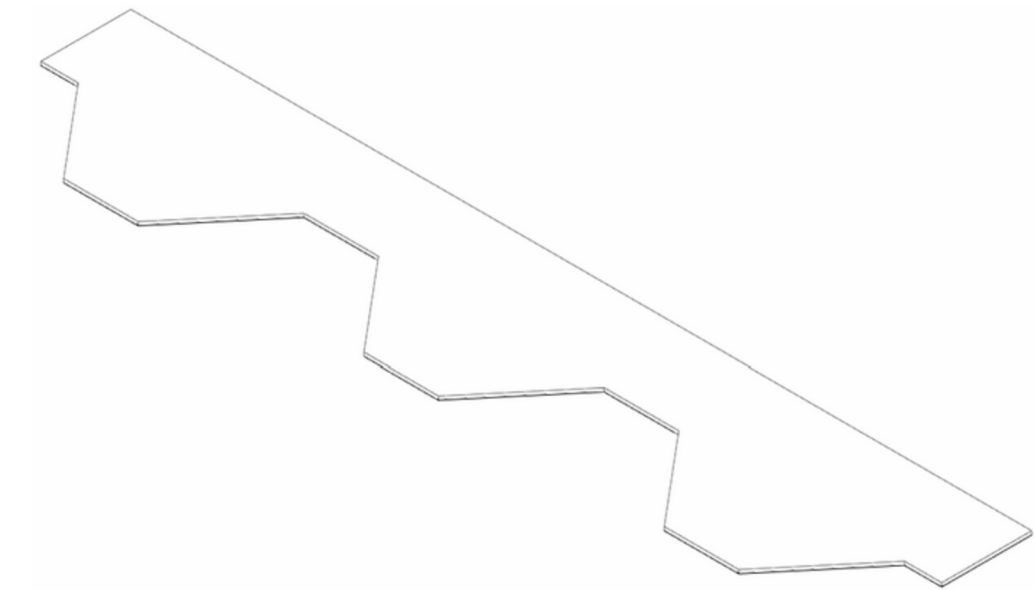


Adjustable Frame Rafter Set (1x)

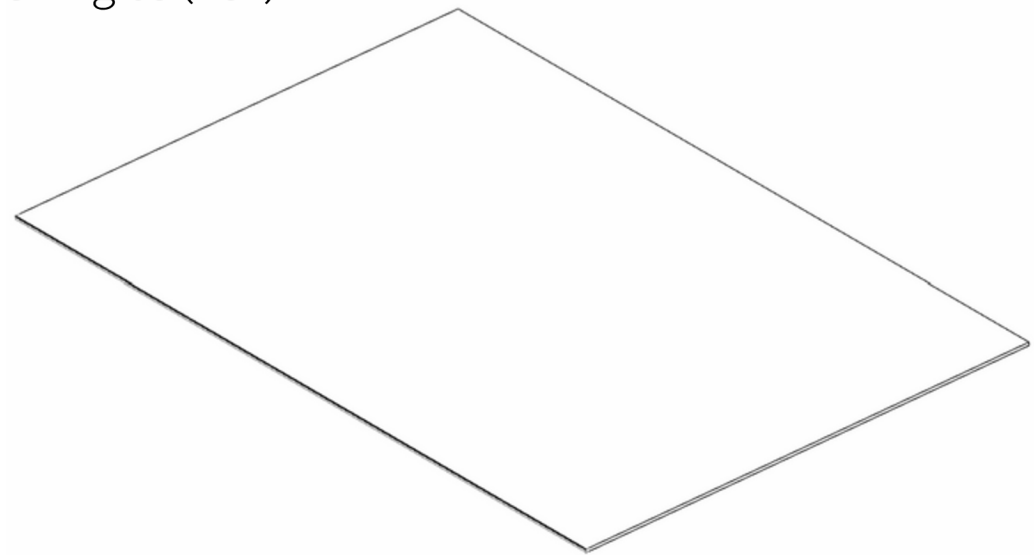




Roof Shingles (9m<sup>2</sup>)



Ridge Shingles (23x)



If Selected:

Decorative Arches (18x)

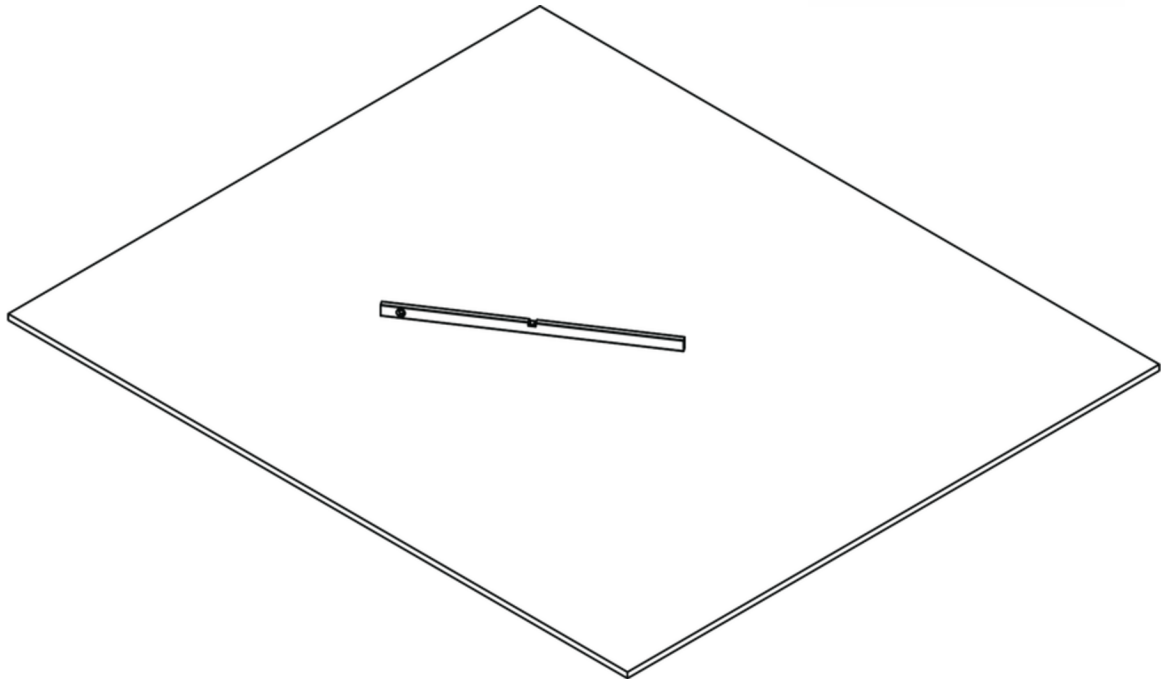




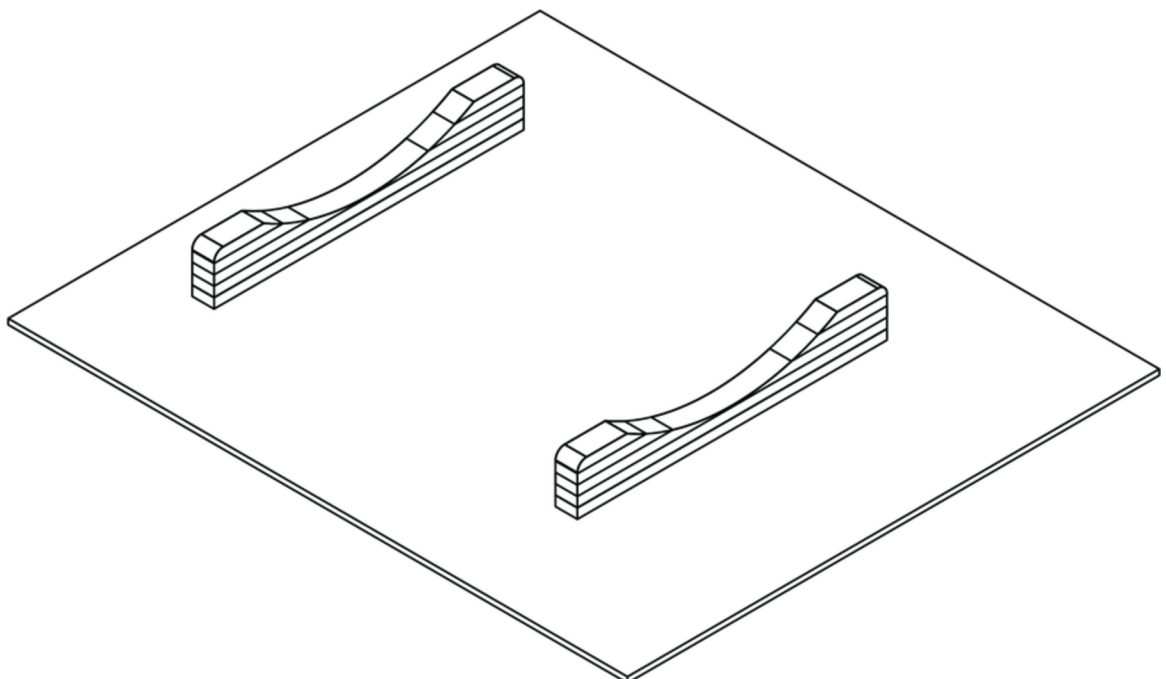
# **Part 1**

The Bottom and Front

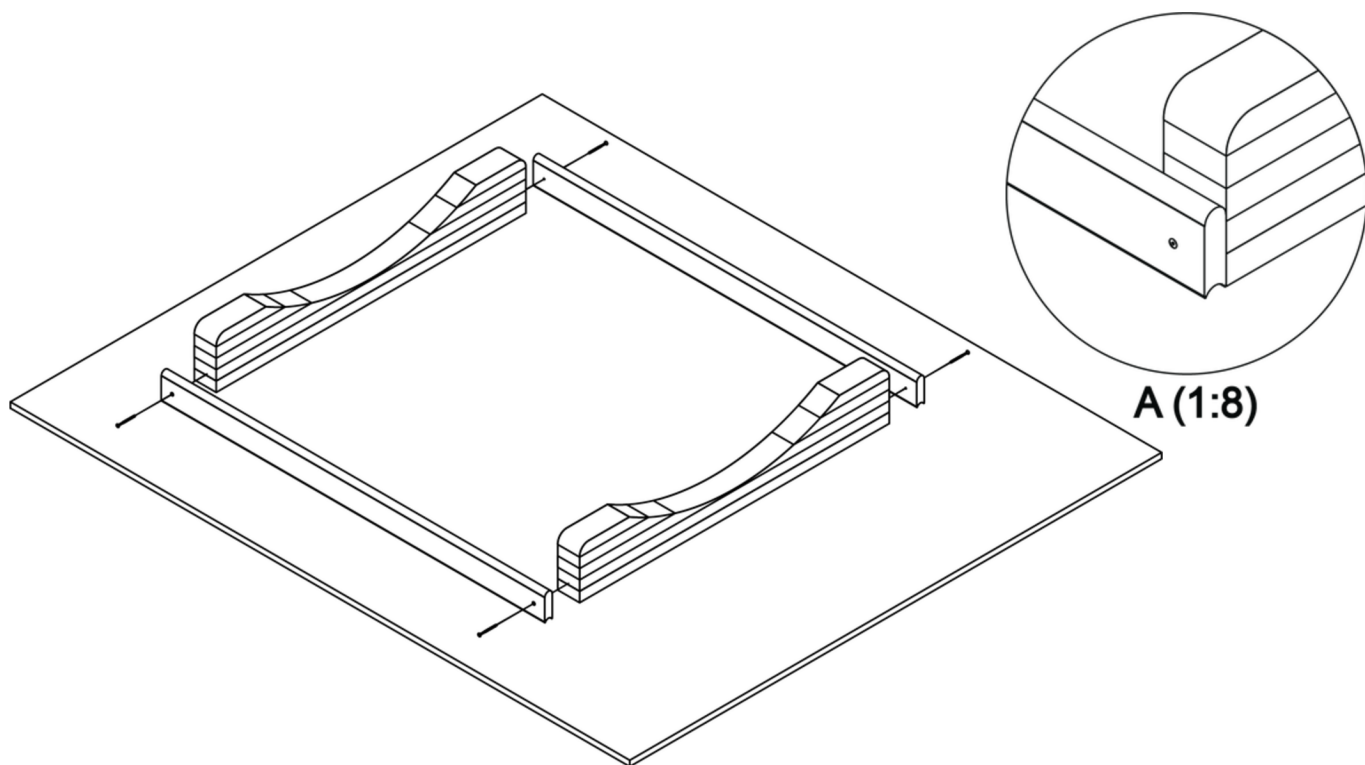
Step 1. Ensure the sauna's foundation is level and solid. Scan the QR code for more information on this.



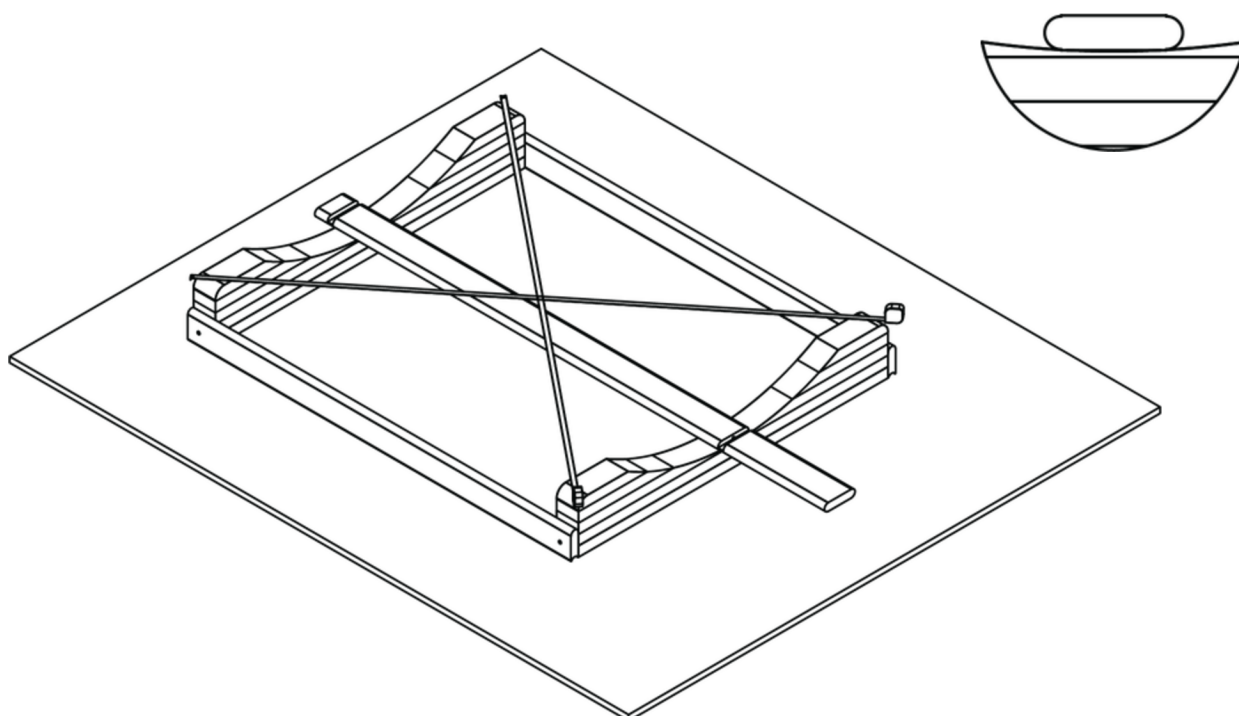
Step 2. Place the sills on the foundation.



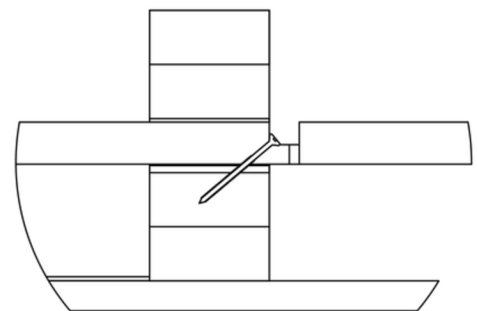
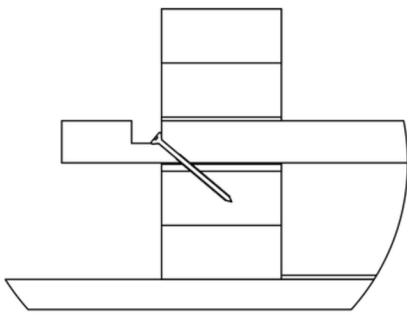
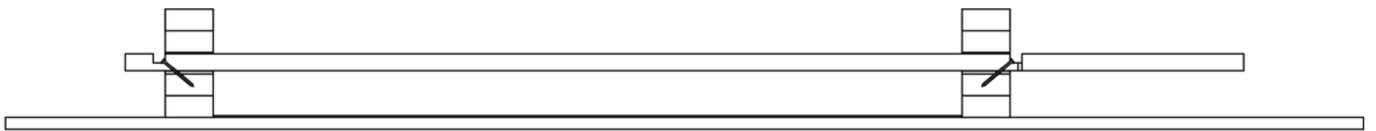
Step 3. Screw the 2 half-moon mounting beams onto the ends of the sills. Use (4x) 5.5x100 screws for this.



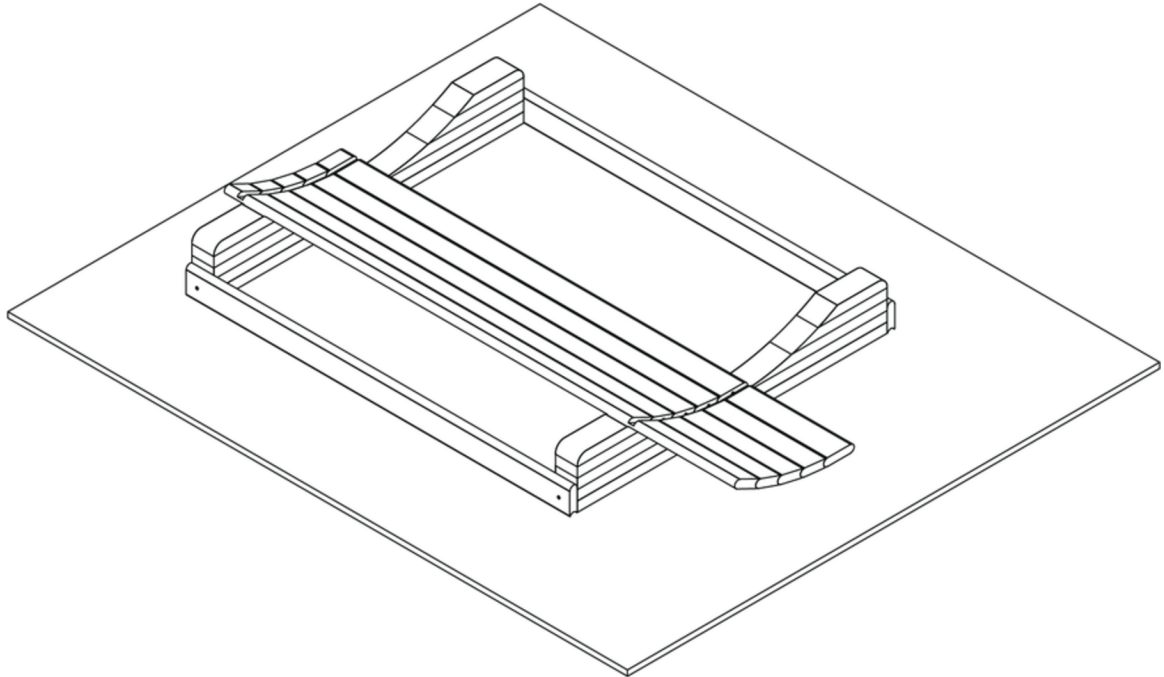
Step 4. Place the central full moon profile in the middle of the sills and ensure the frame is square. The inside of the groove should align with the outside of the sill.



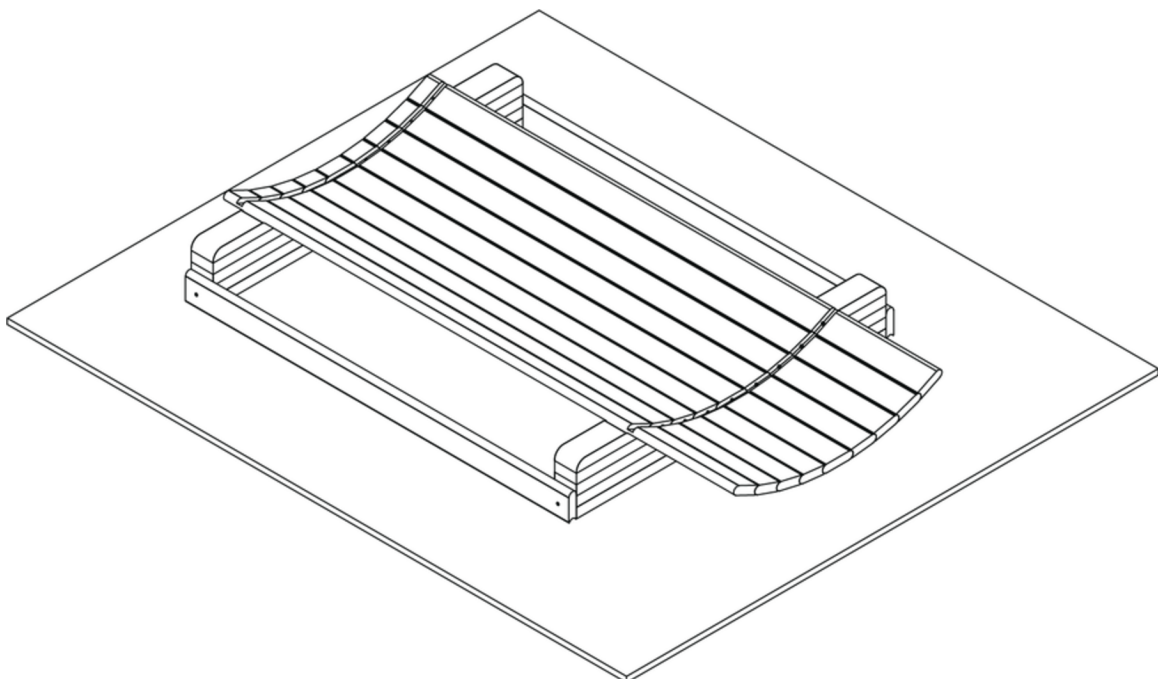
Step 5. Secure the full moon profile. Do this by screwing (2x) 4.5x60 screws at a 45-degree angle from the groove into the sill. Ensure the screw heads are countersunk into the wood.



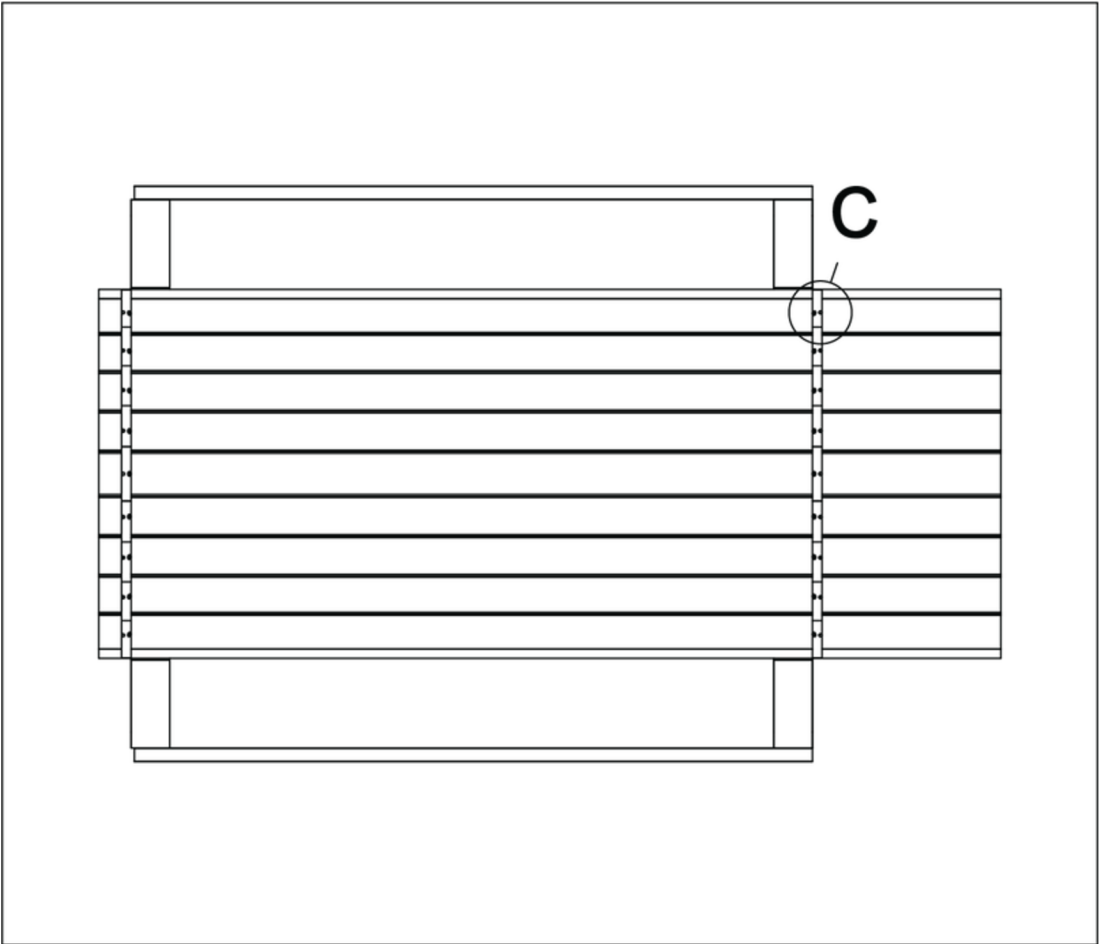
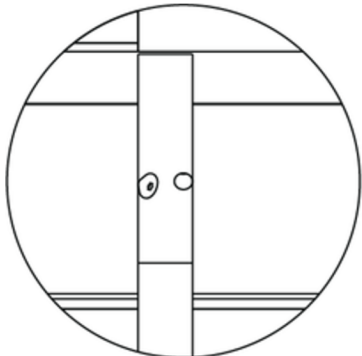
Step 6. Place 4 left half-moon profiles on the left side of the sills. Ensure they fit well together and screw them at a 45-degree angle from the groove (see image in step 5).



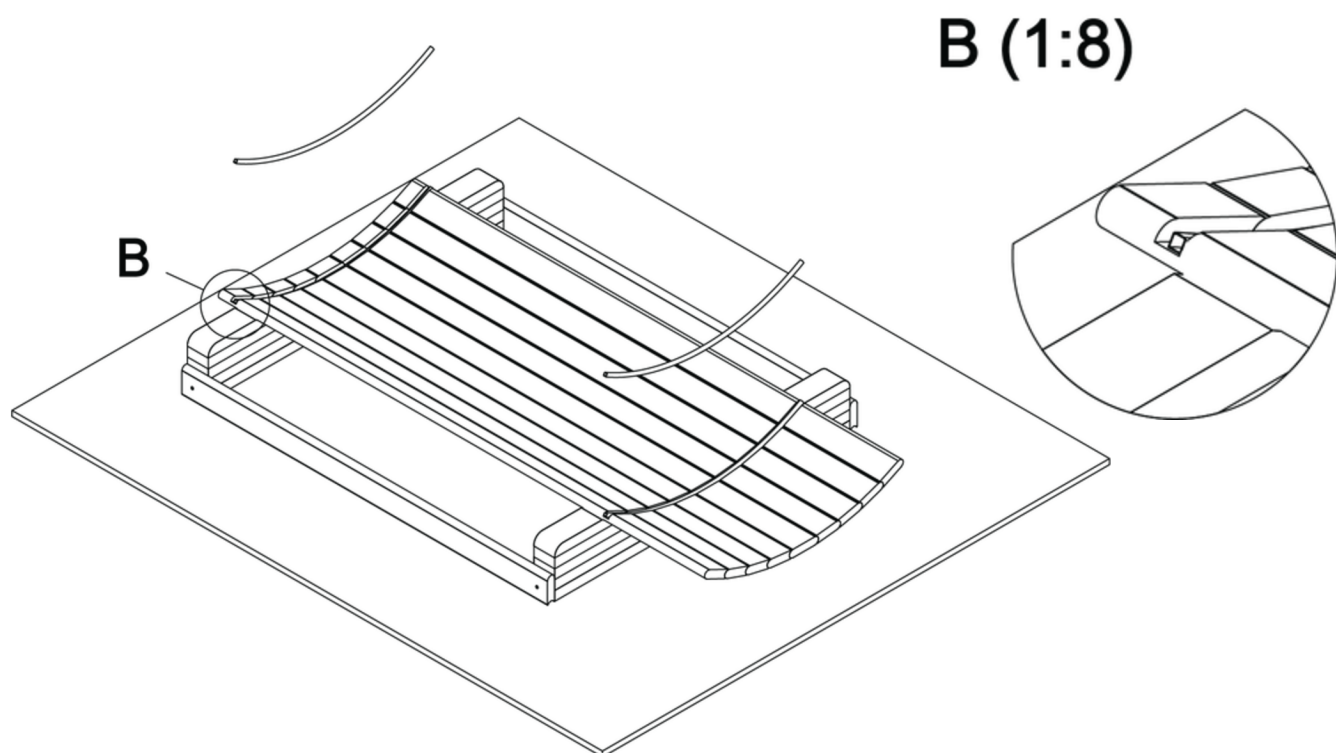
Step 7. Place 4 right half-moon profiles on the right side. Ensure they fit well together and screw them at a 45-degree angle from the groove (see image in step 5).



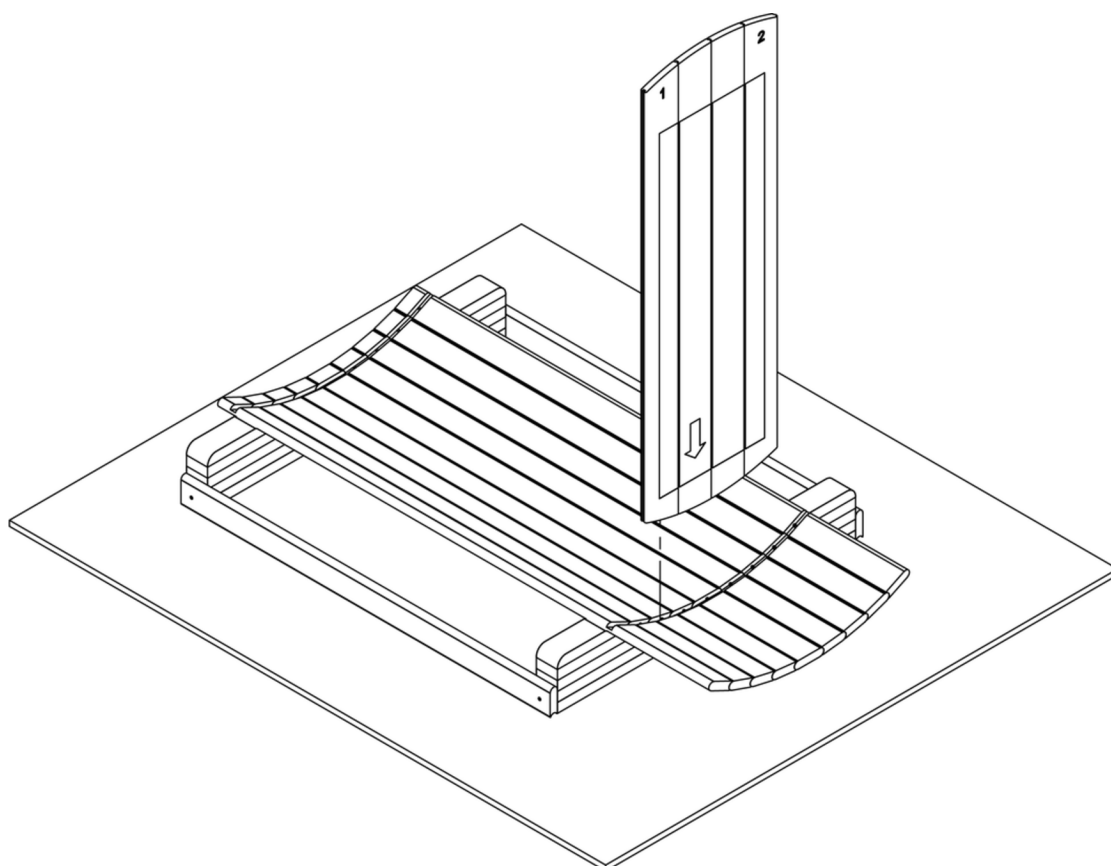
Step 8. Drill a 10mm diameter hole in the middle of the groove of each profile, against the outer wall. Do this for both the front and rear grooves, so two holes per profile.



Step 9. Place a rubber weatherstrip in both grooves on the inside, over the screw heads.

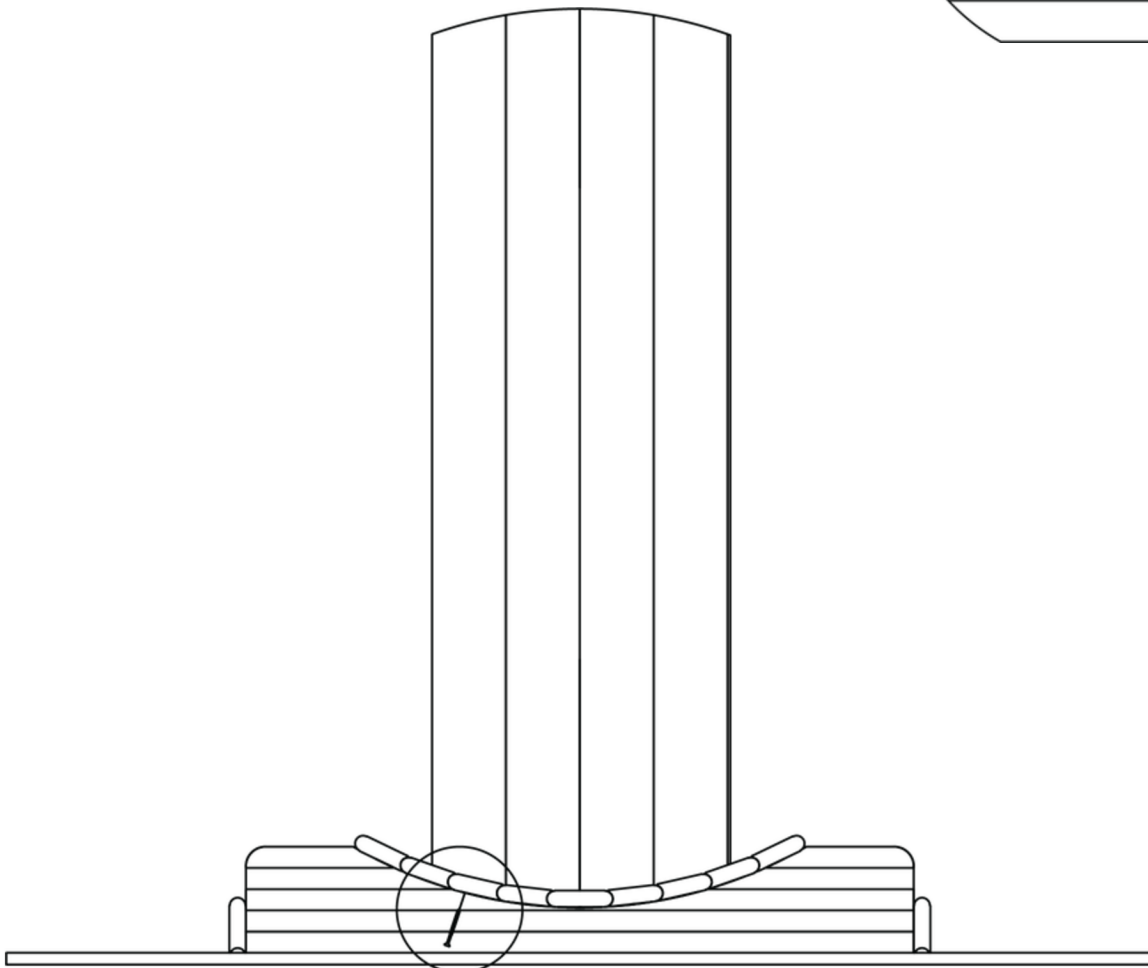
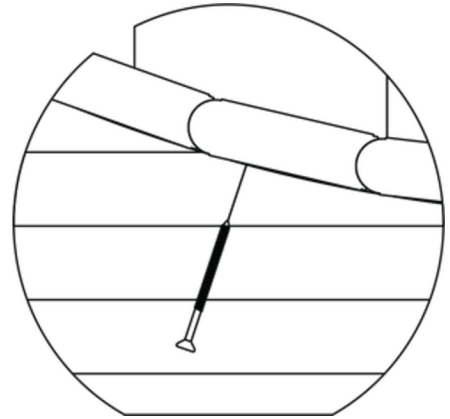


Step 10. Place the central part of the front wall into the groove. Ensure it fits snugly at the bottom of the groove and is centered. The arrow should be at the front and pointing downwards.

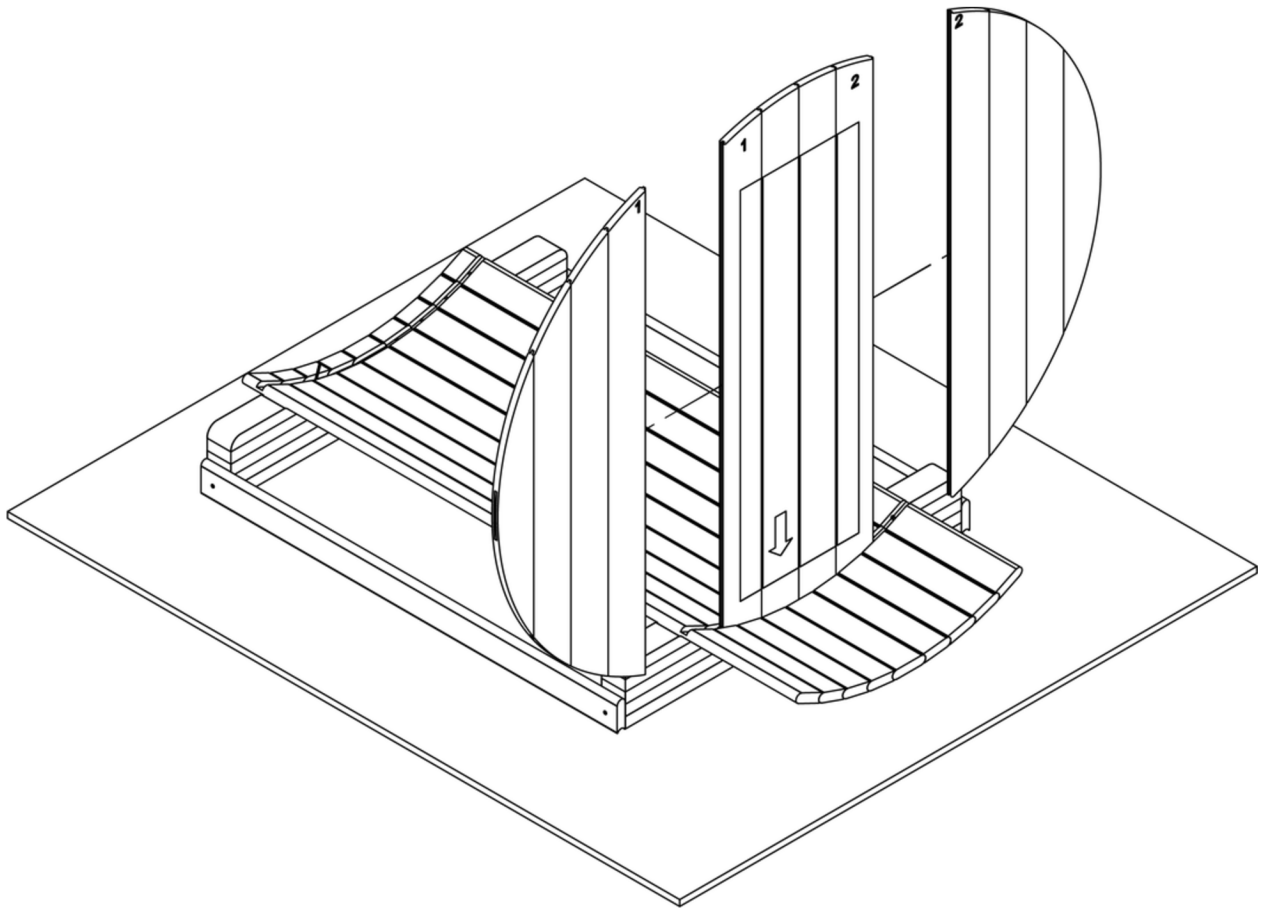




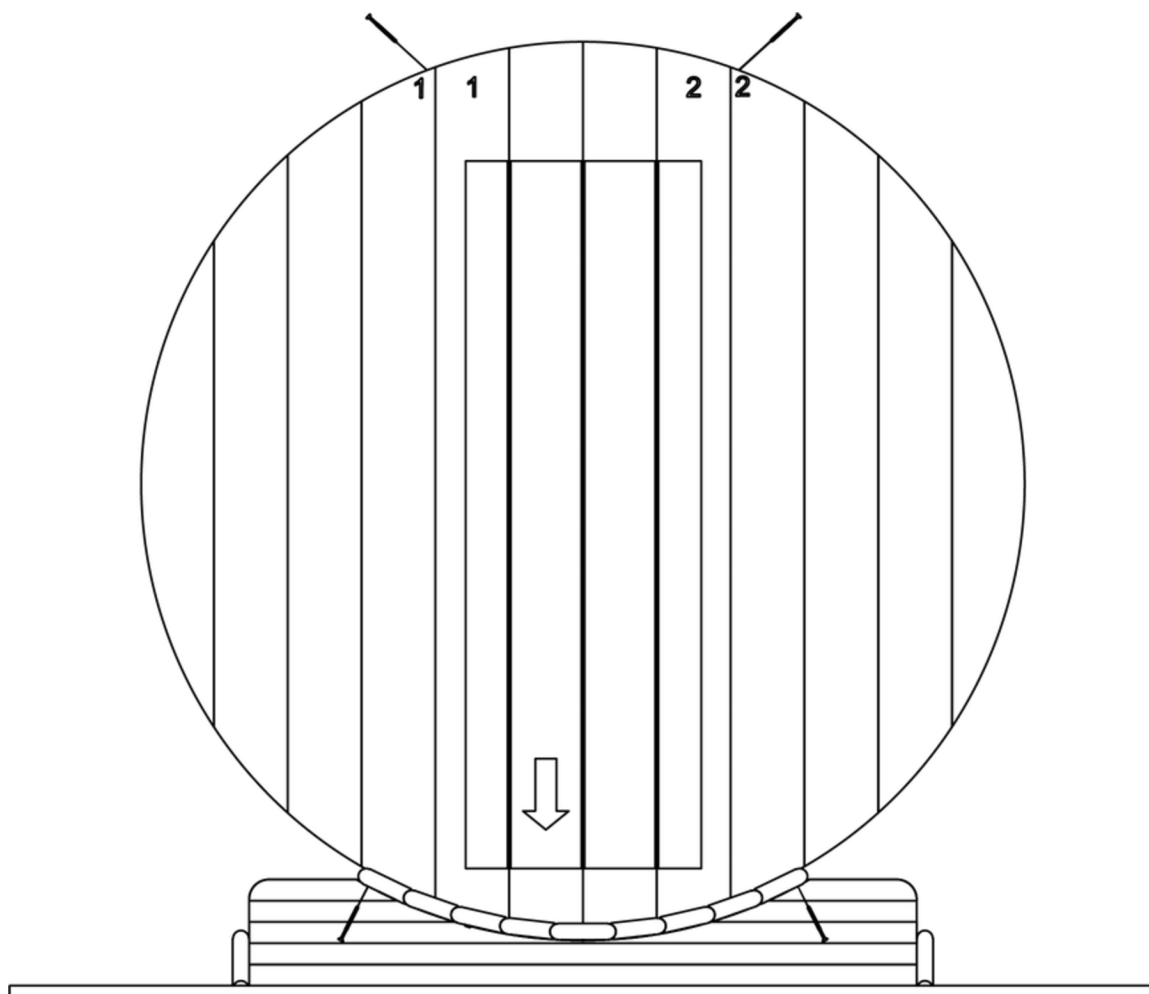
Step 11. Screw the wall from the bottom into the middle of the groove with a 4.5x60 screw. Be careful that the screw does not protrude through the side of the wall.



Step 12. Place the two side panels of the front wall. Ensure they fit well into the groove and that the numbers match.



Step 13. Screw the side panels to the center panel. Use (2x) 4.5x60 screws for the bottom and (2x) 5x100 screws for the top.



# Part 2

## The Back

### **What applies to you?**

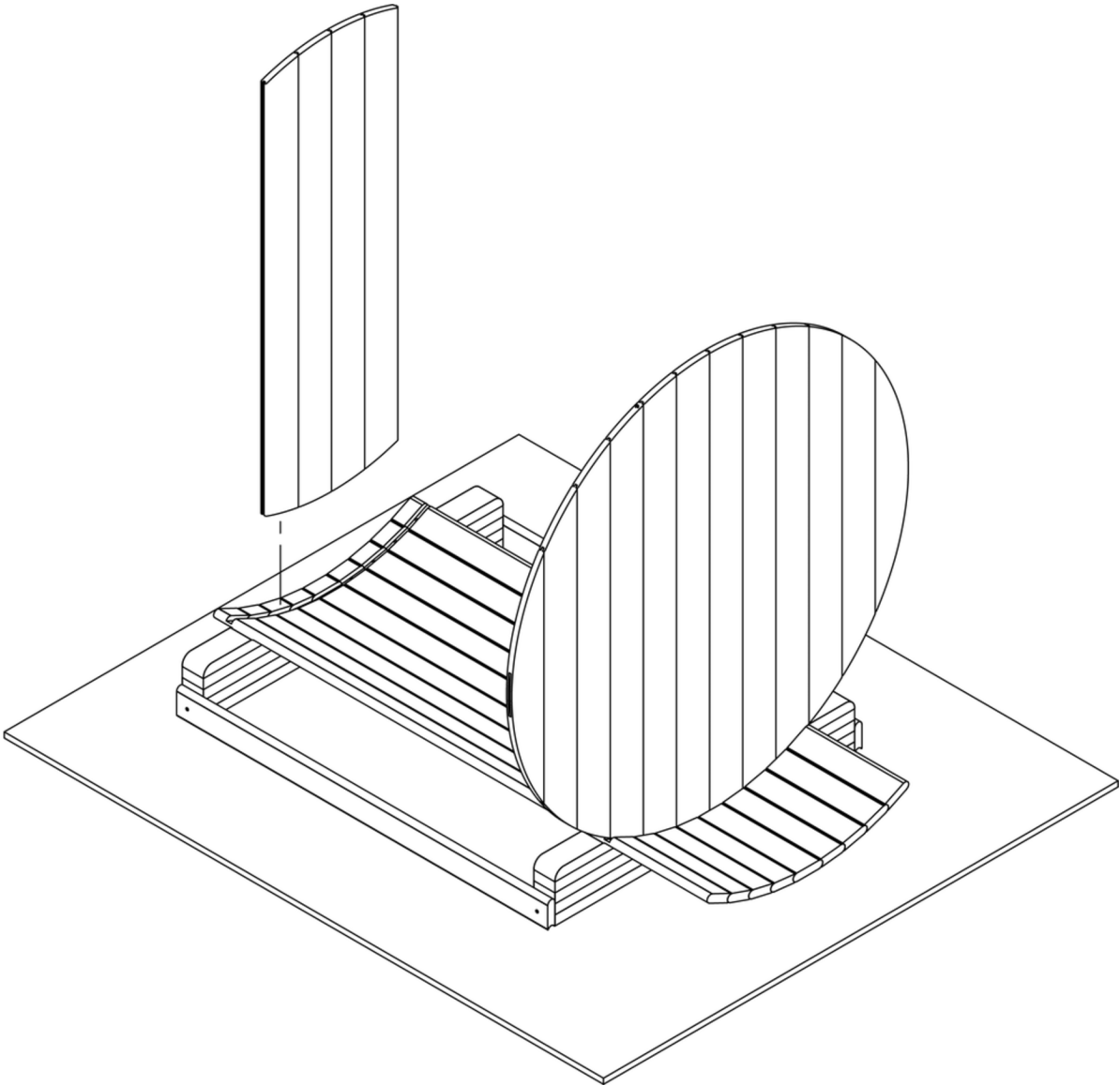
Solid Back Wall: see steps 14A to 17A Half

Panorama Window: see steps 14B to 15B Full

Panorama Window: see steps 14C to 15C

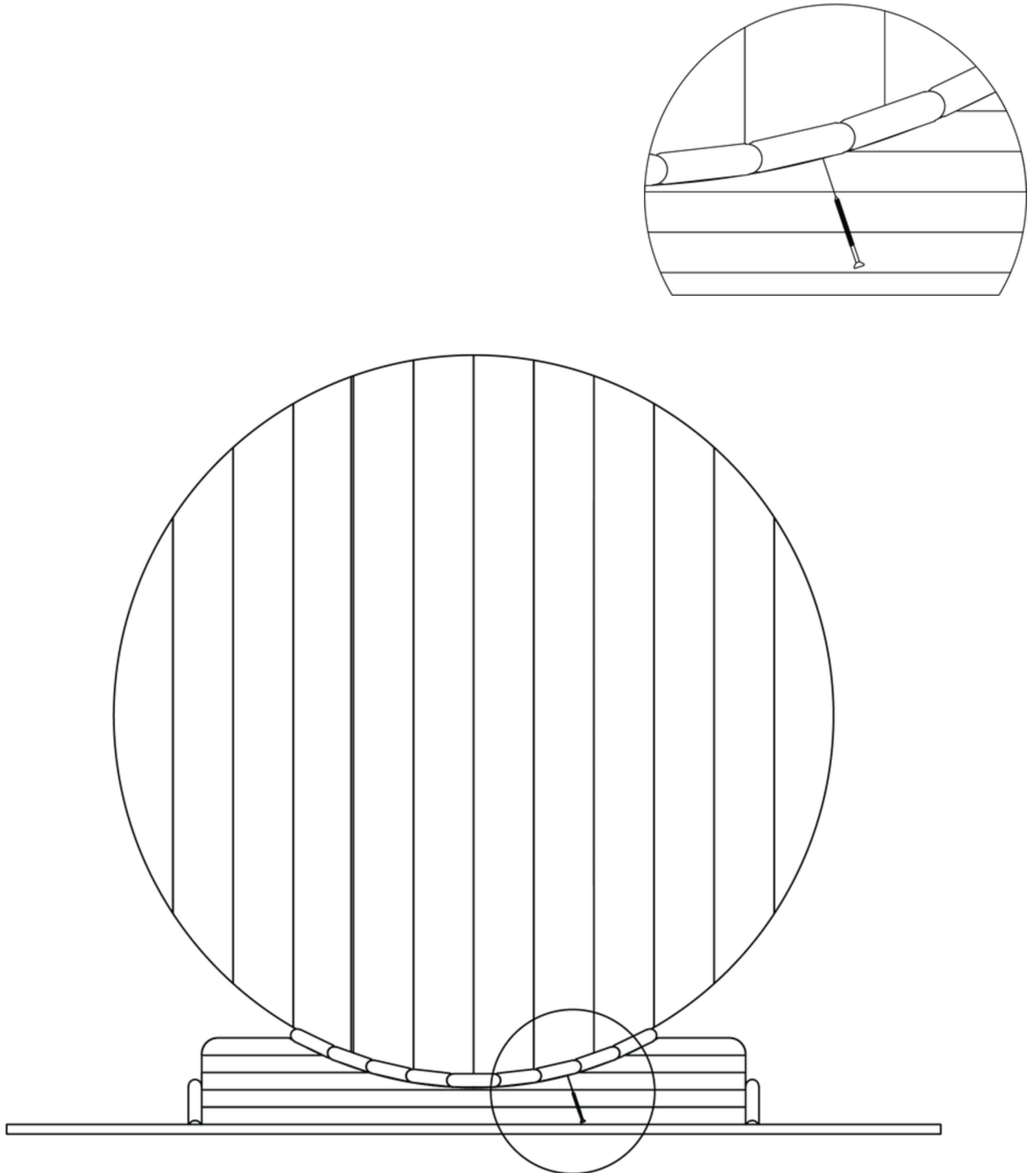
## SOLID BACK WALL

Step 14A. Place the central part of the back wall into the groove. Ensure it sits deeply in the groove.



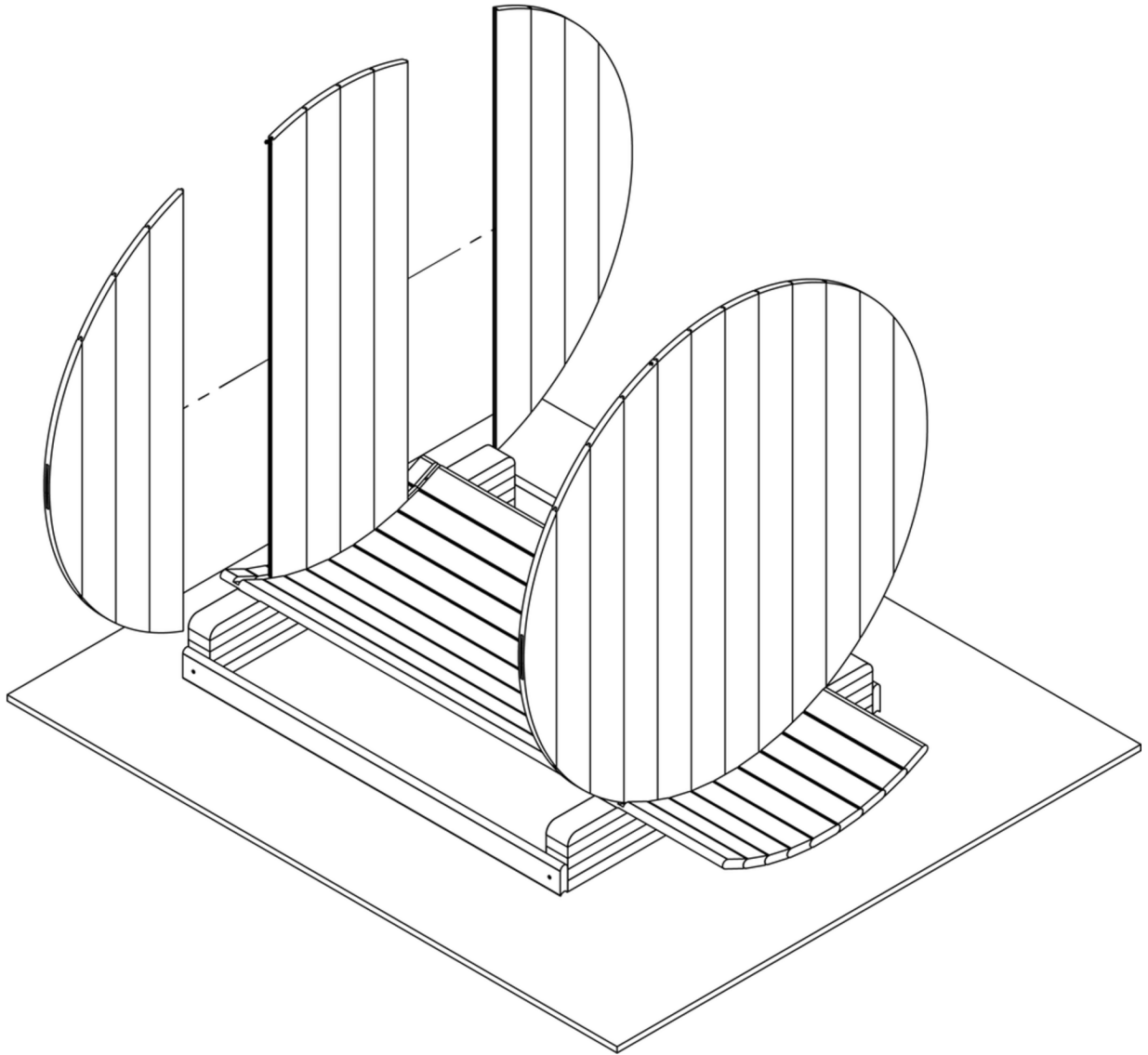
## SOLID BACK WALL

Step 15A. Screw the wall from the bottom into the middle of the groove with a 4.5x60 screw. Be careful that the screw does not protrude through the side of the wall.



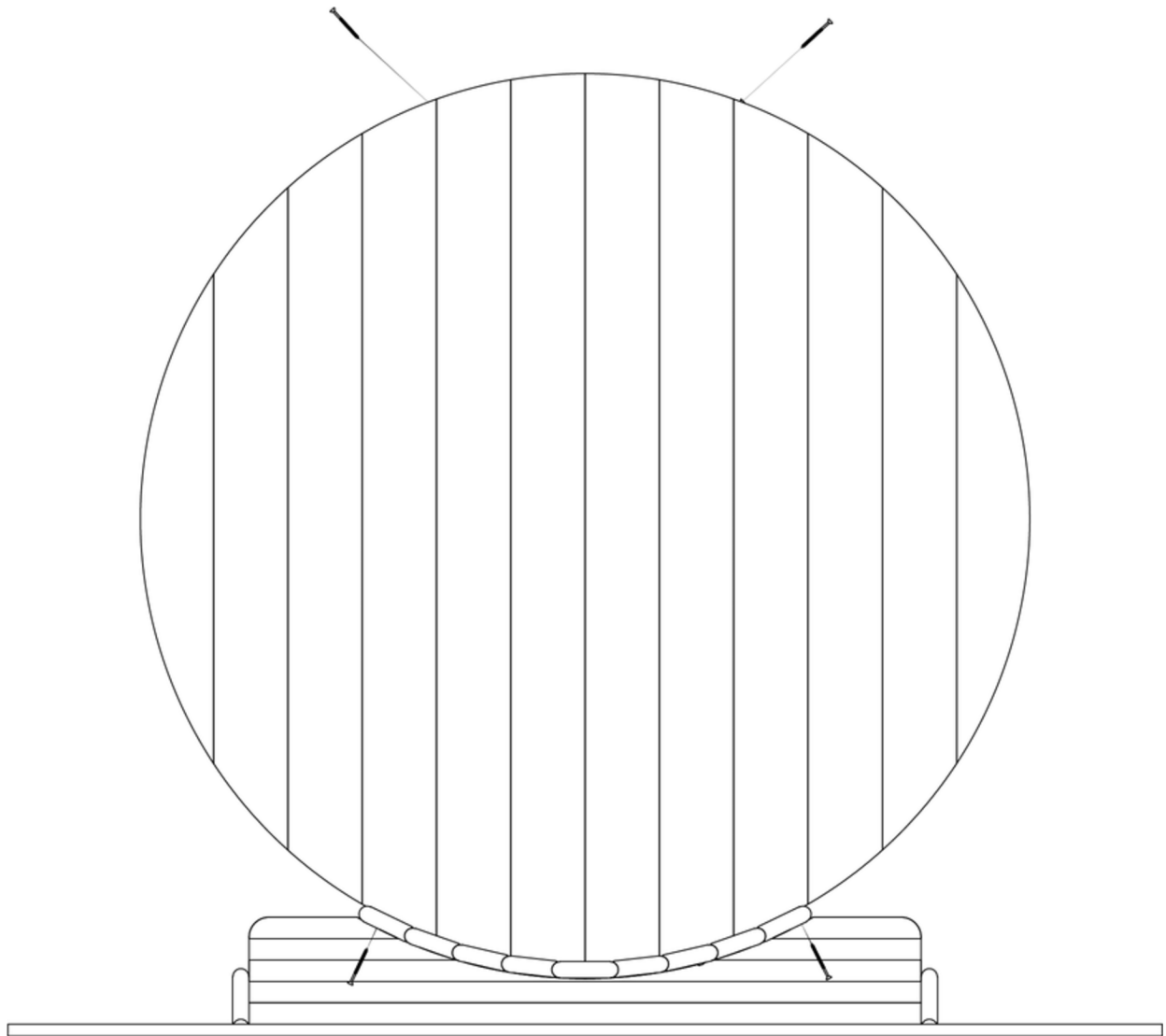
## SOLID BACK WALL

Step 16A. Place the two side panels of the back wall. Ensure they fit well into the groove and that the numbers match.



## SOLID BACK WALL

Step 17A. Attach the side panels to the center panel. Use (2x) 4.5x60 screws for the bottom and (2x) 5x100 screws for the top.

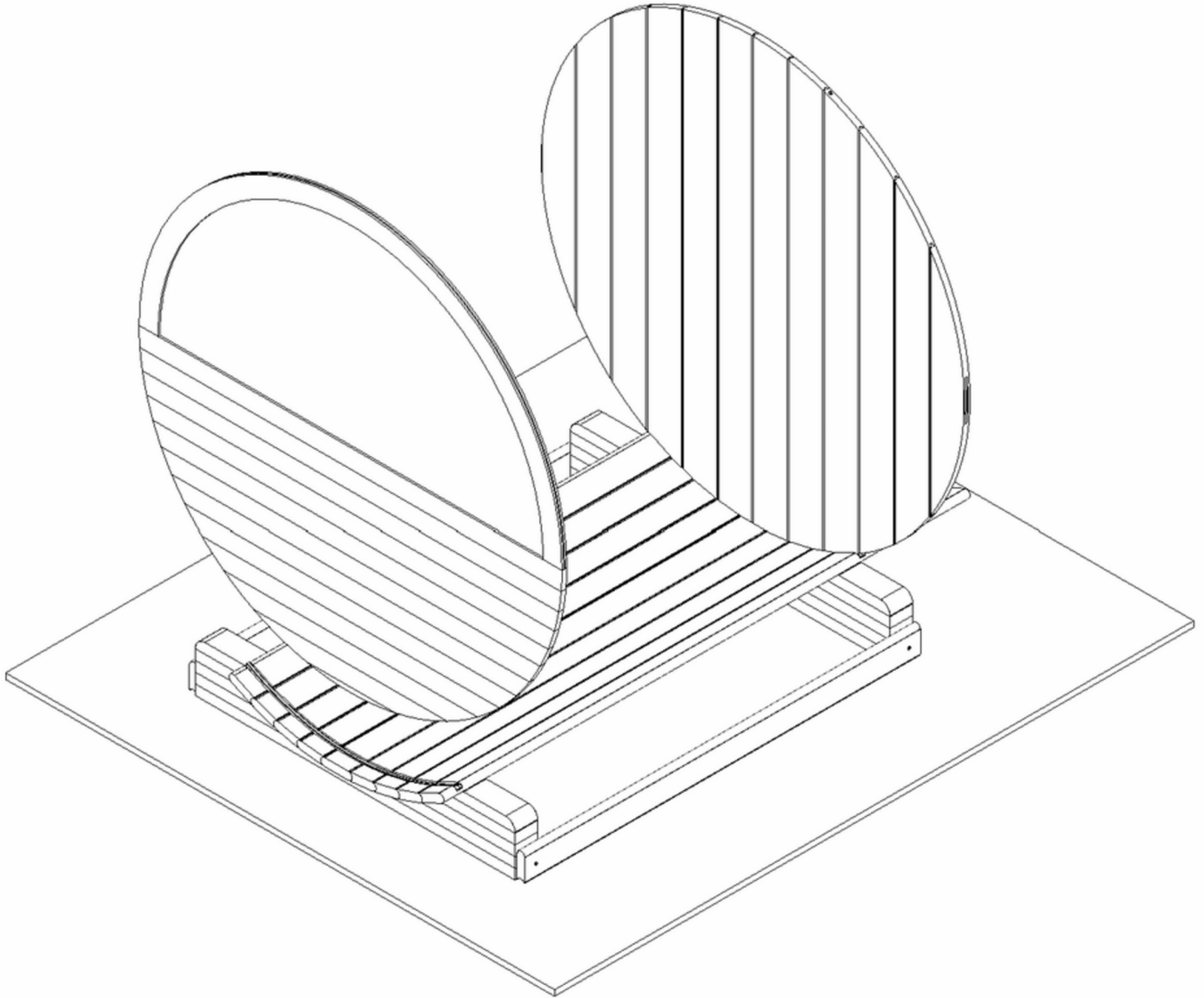


Now proceed to step 18.



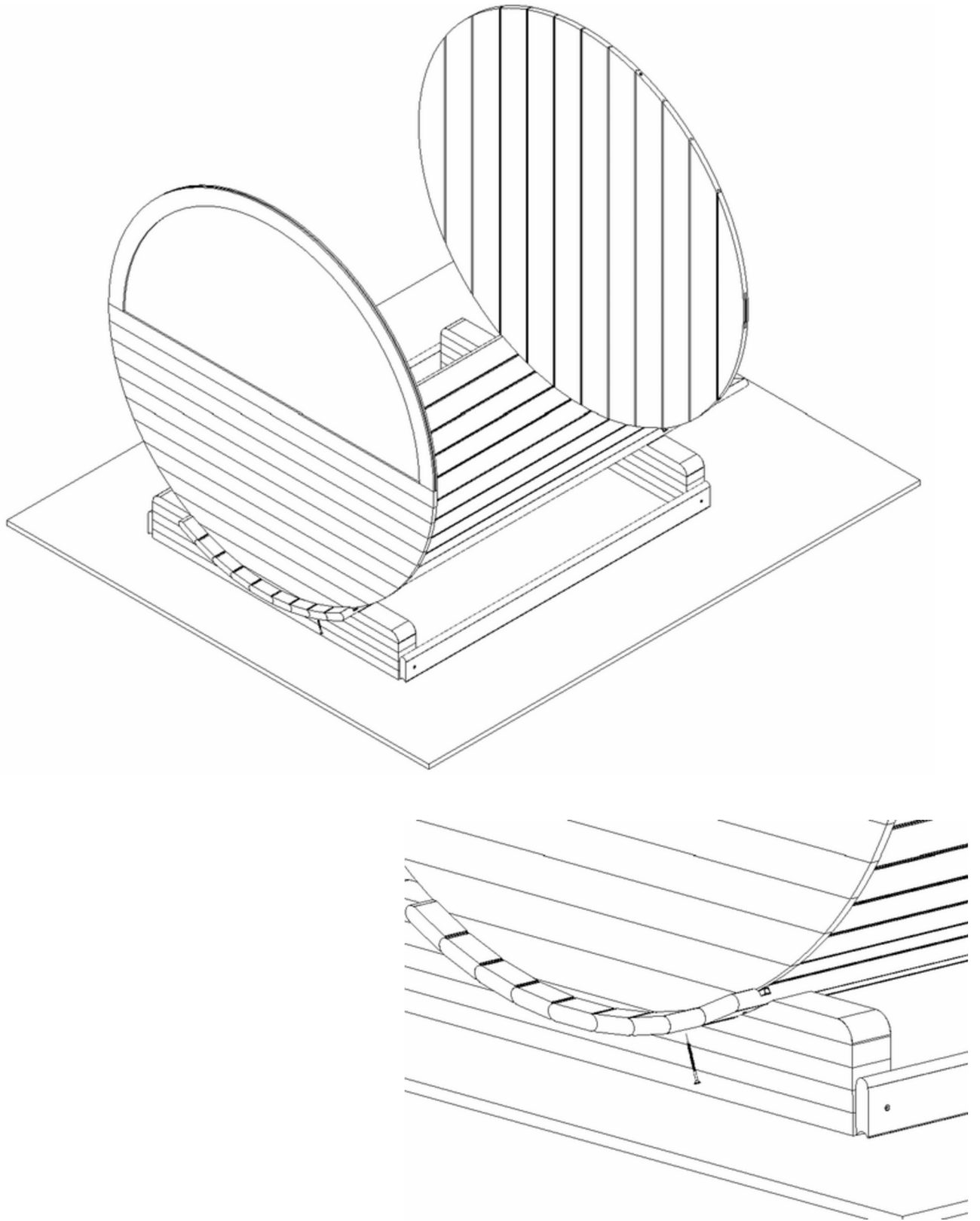
## HALF PANORAMA WINDOW

Step 14B. Place the half panorama wall into the rear groove. Ensure the wall sits deeply in the groove. Do this with 2 people.



## HALF PANORAMA WINDOW

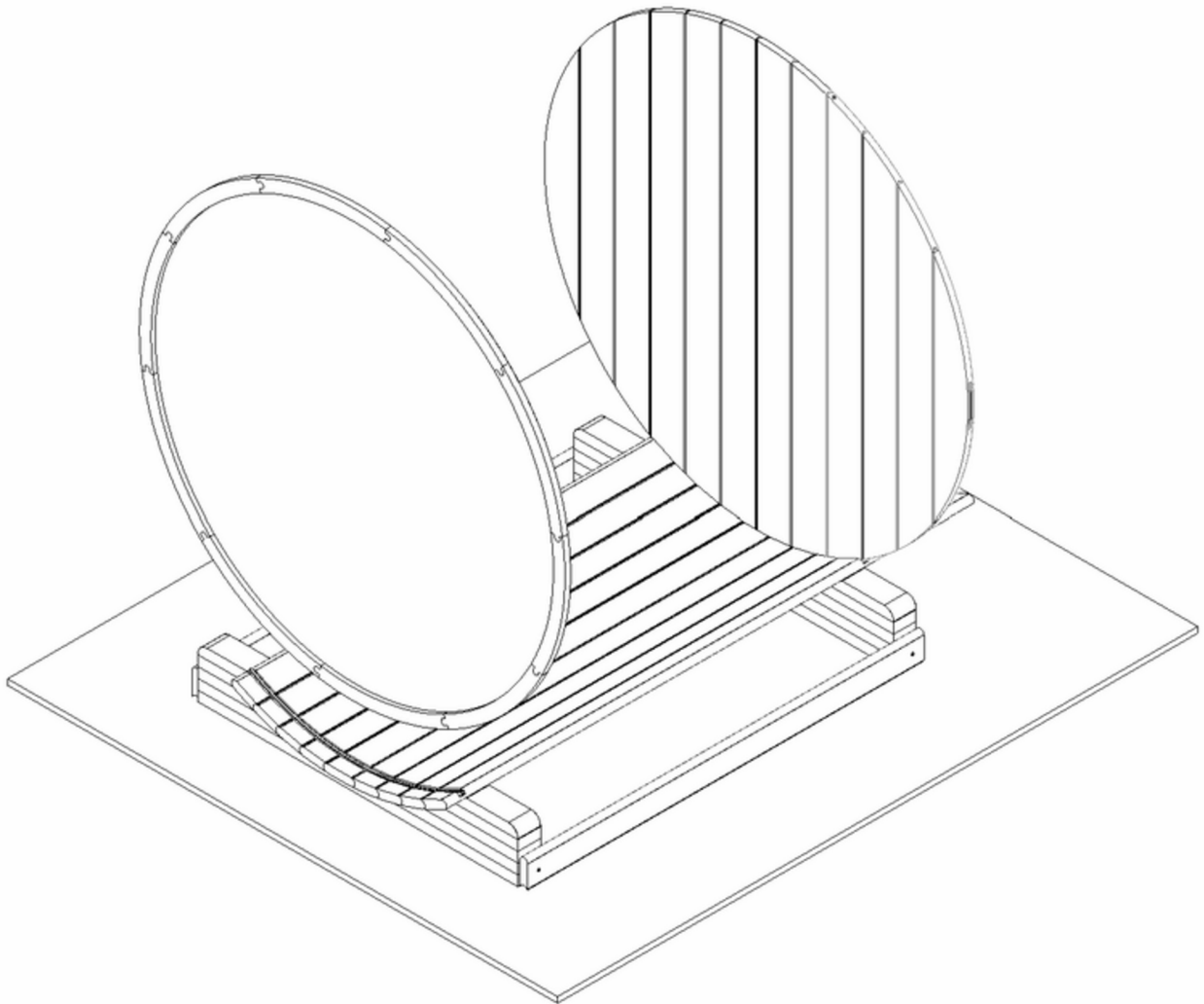
Step 15B. Screw the half panorama window from the bottom with a single 4.5x60 screw.



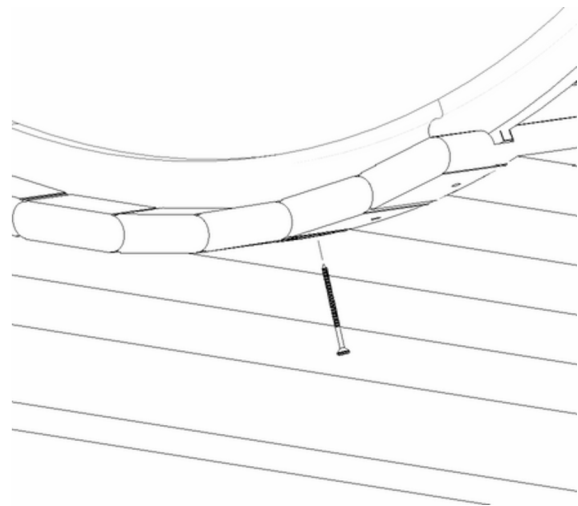
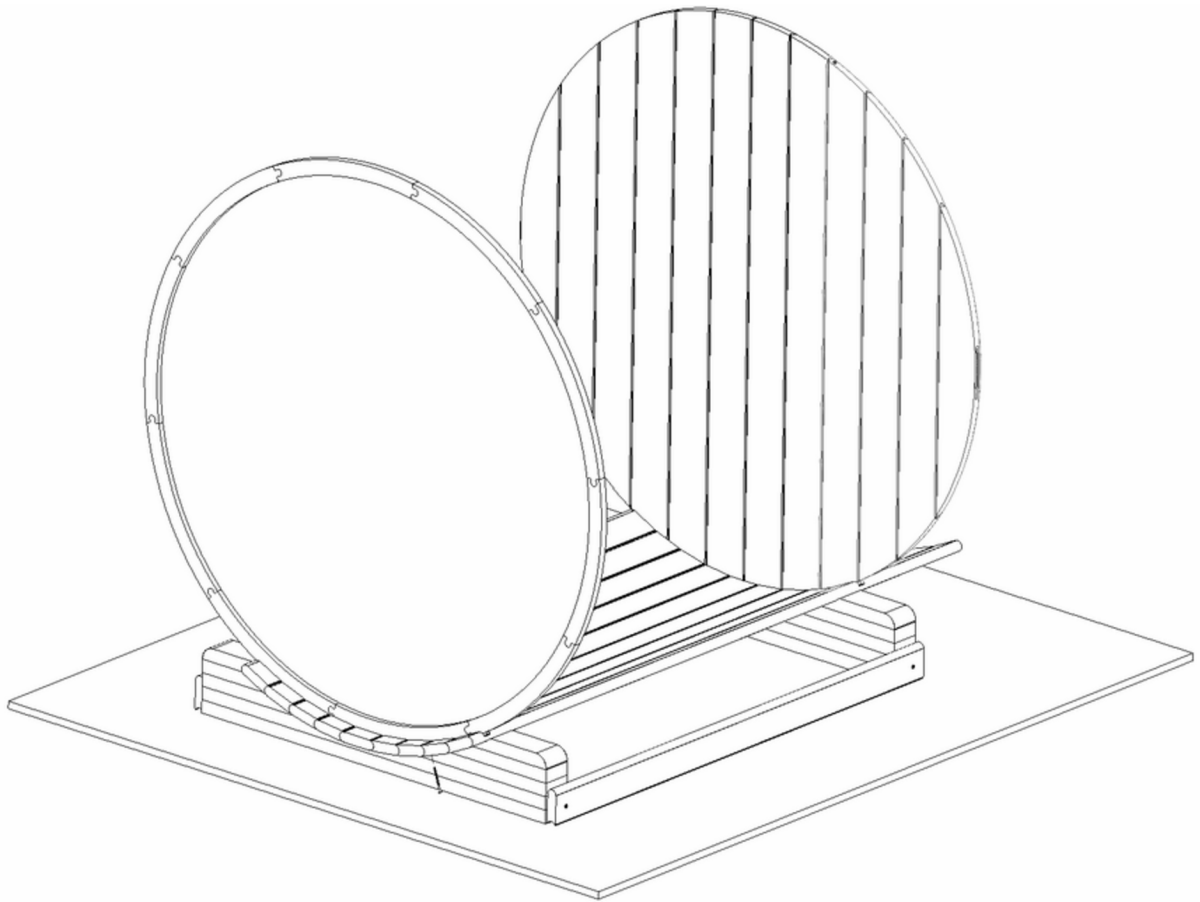
Now proceed to step 18.

## FULL PANORAMA WINDOW

Step 14C. Place the panorama window into the rear groove, doing this with 2 people. Ensure the window sits as deeply as possible in the groove.



Step 15C. Screw the panorama window from the bottom with a single 4.5x60 screw.



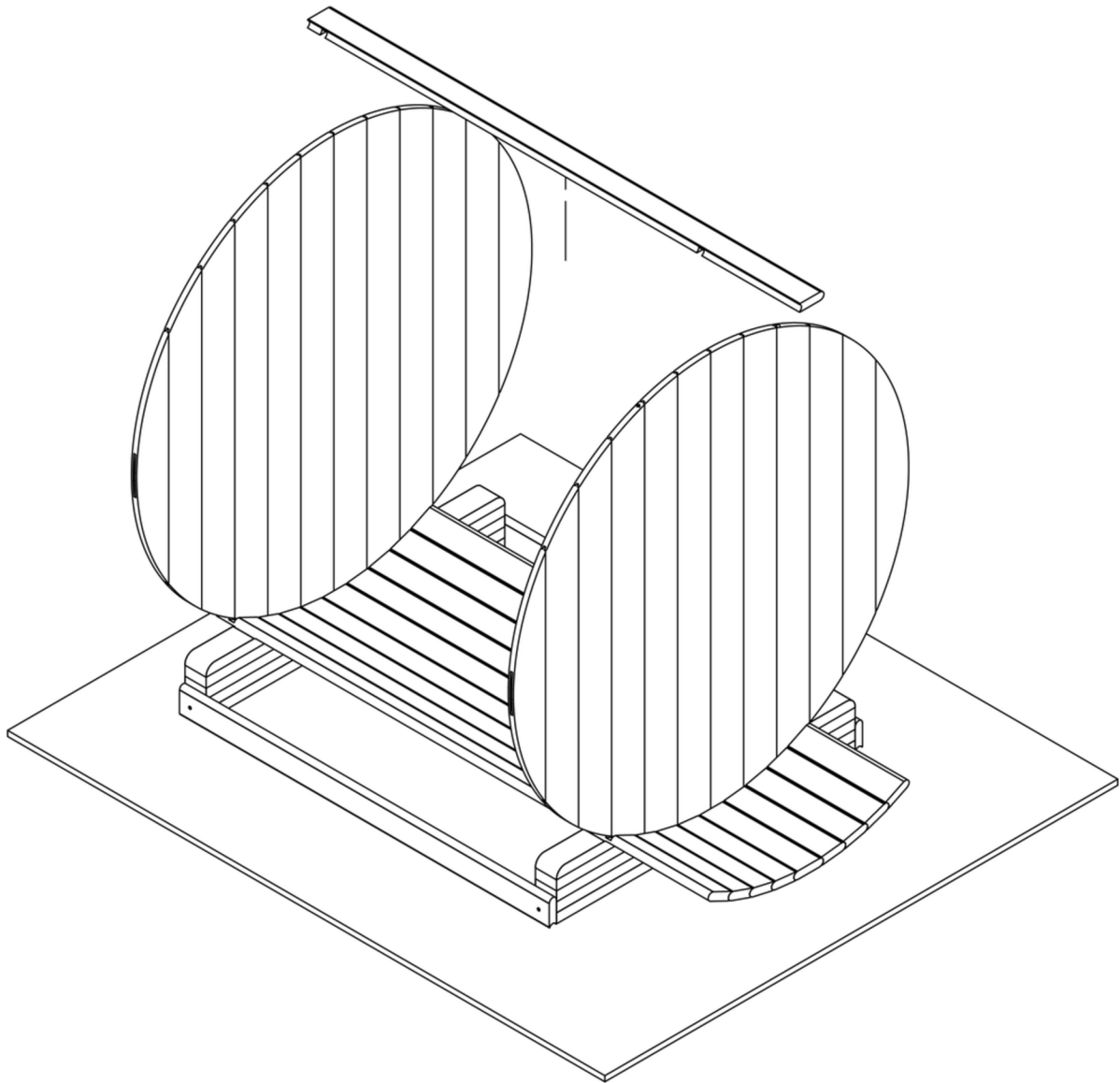
Now proceed to step 18.



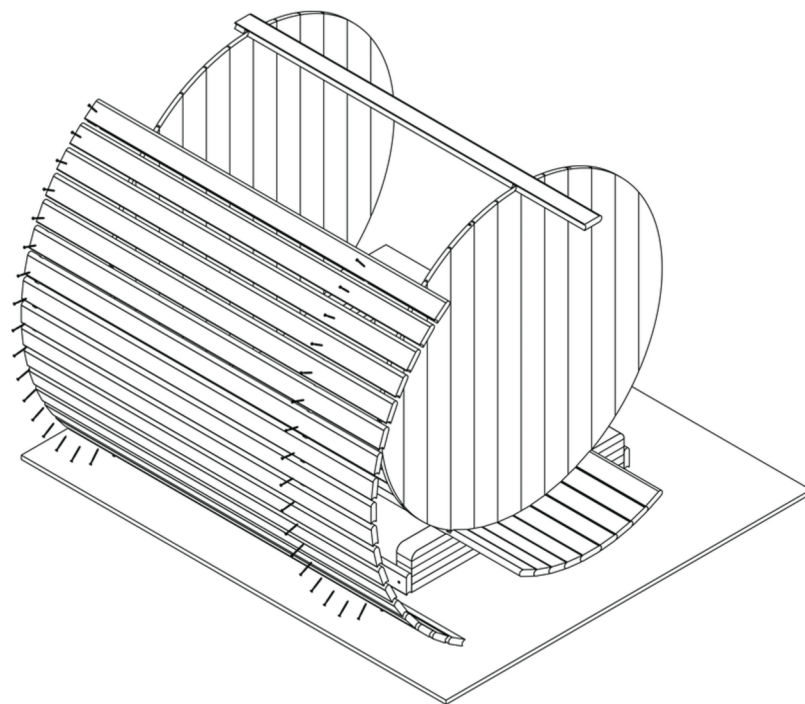
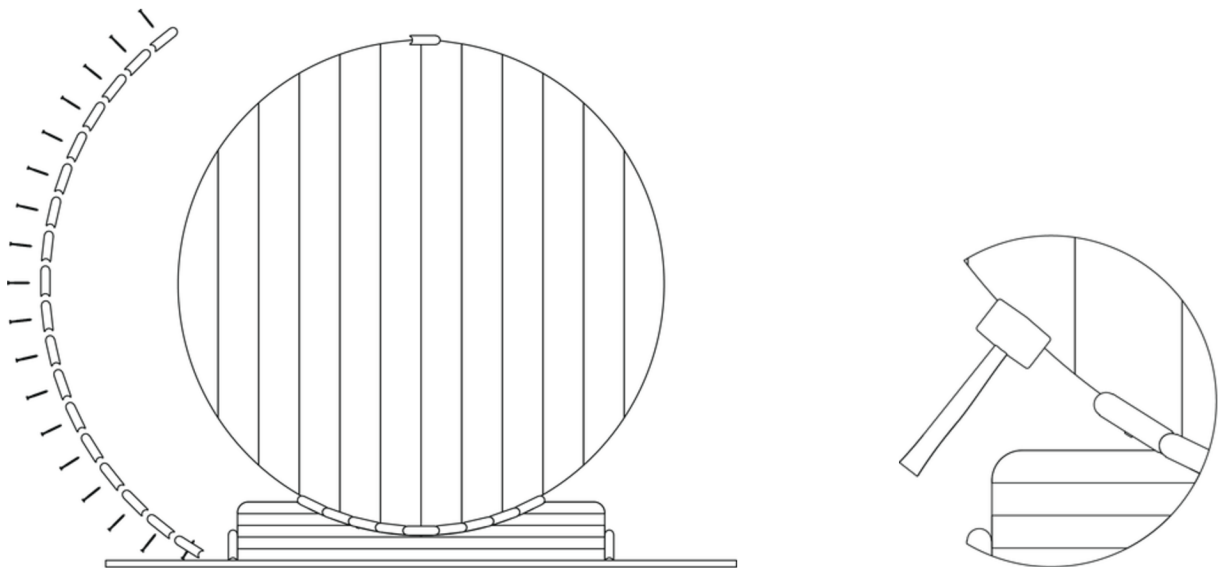
# **Part 3**

## The Barrel

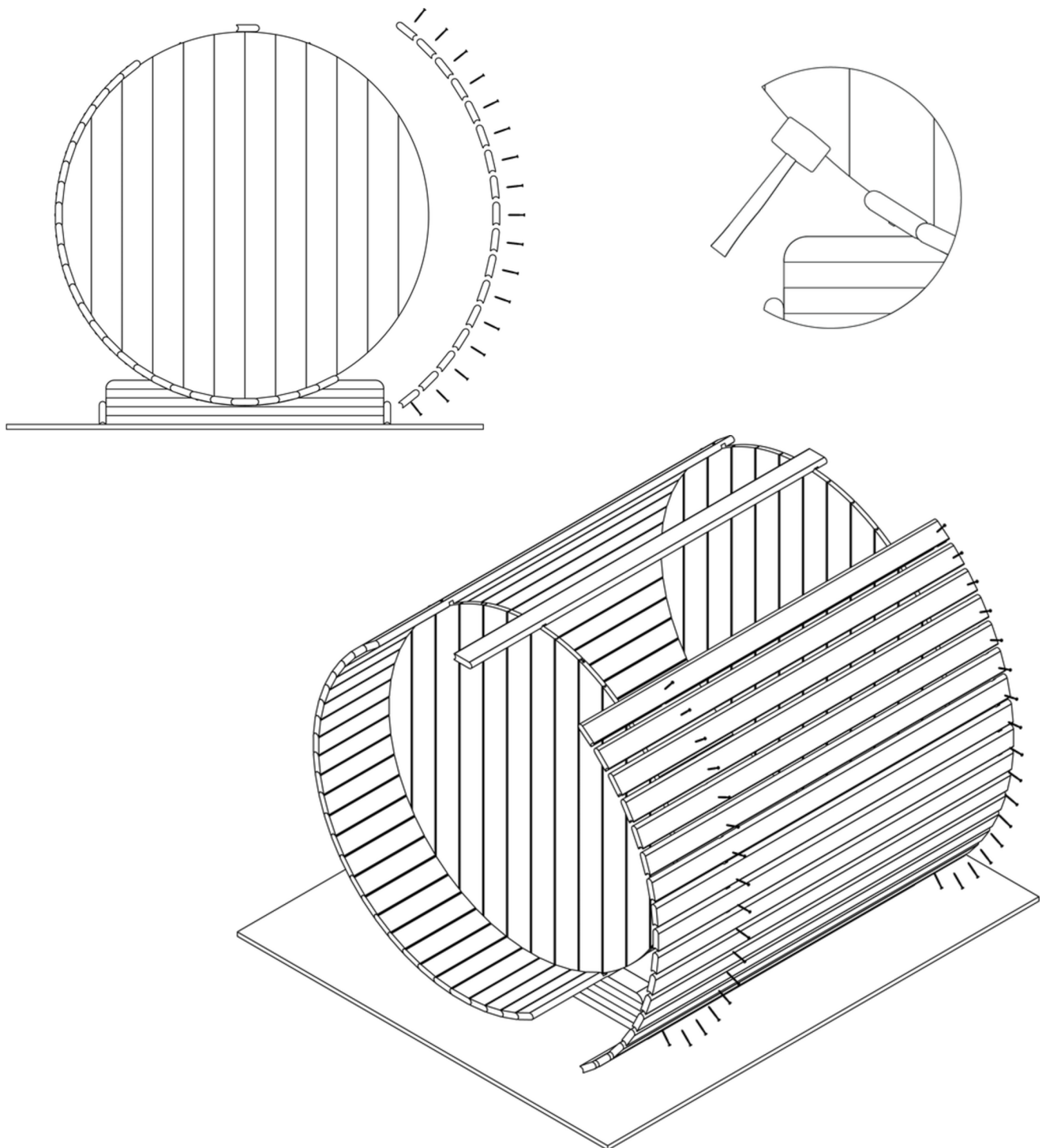
Step 18. Place a half-moon profile on the two walls. Ensure the walls fit into the groove of the half-moon profile.



Step 19. Place the left half-moon profiles one by one on the left side and screw them in with (2x) 4.5x60 screws per half-moon profile. Position the screws in the middle of the groove. Do this until about 2/3 of the height of the sauna. Ensure each new half-moon profile fits well with the previous profile. Use a rubber mallet for this.

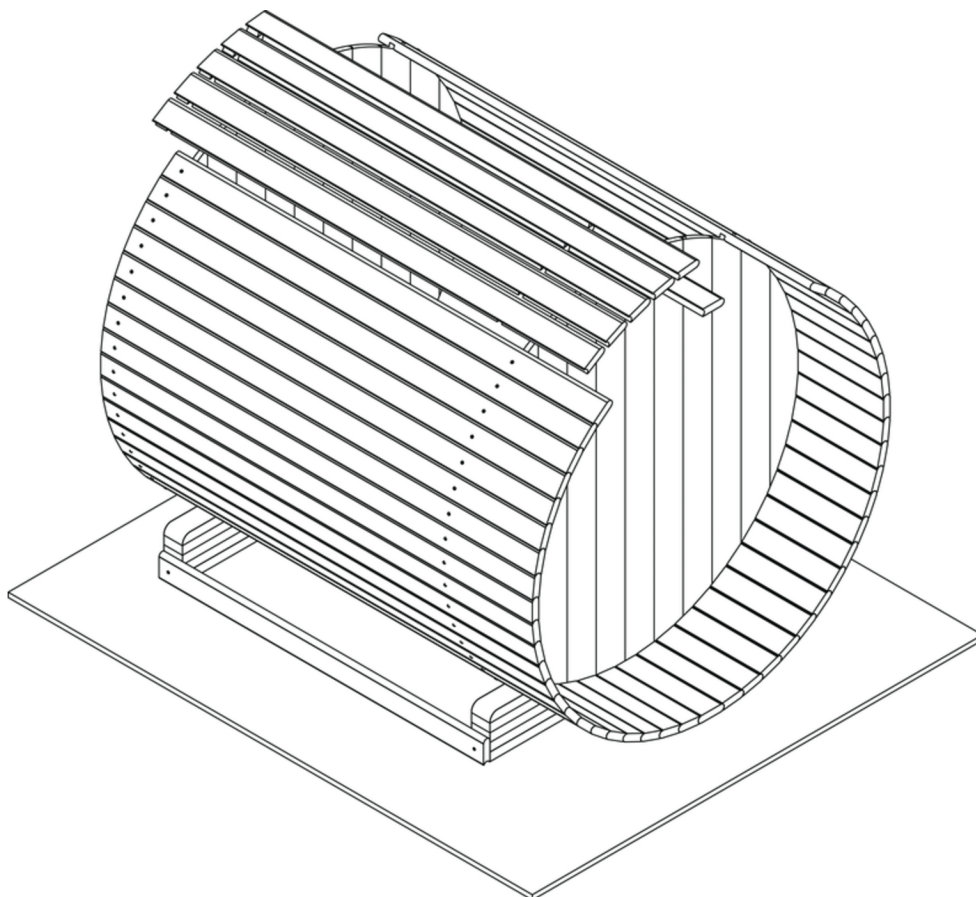
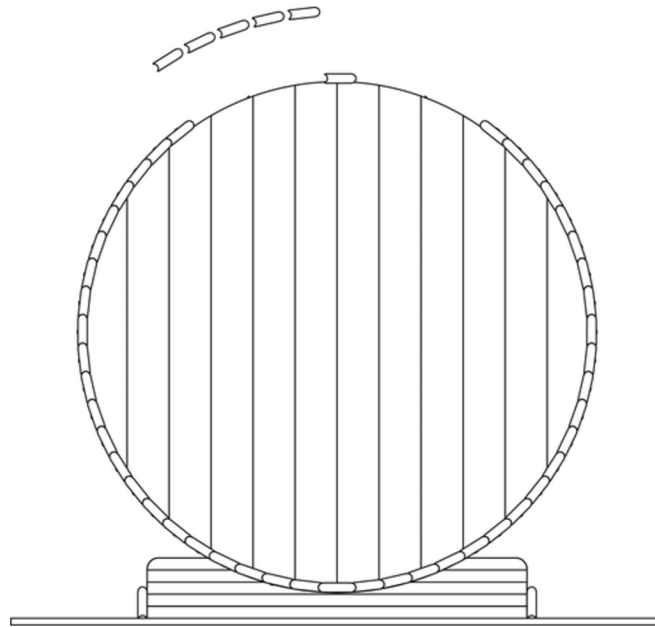


Step 20. Place the right half-moon profiles one by one on the right side and screw them in with (2x) 4.5x60 screws per profile. Position the screws in the middle of the groove. Do this until about 2/3 of the height of the sauna. Ensure each new half-moon profile fits well with the previous profile. Use a rubber mallet for this.

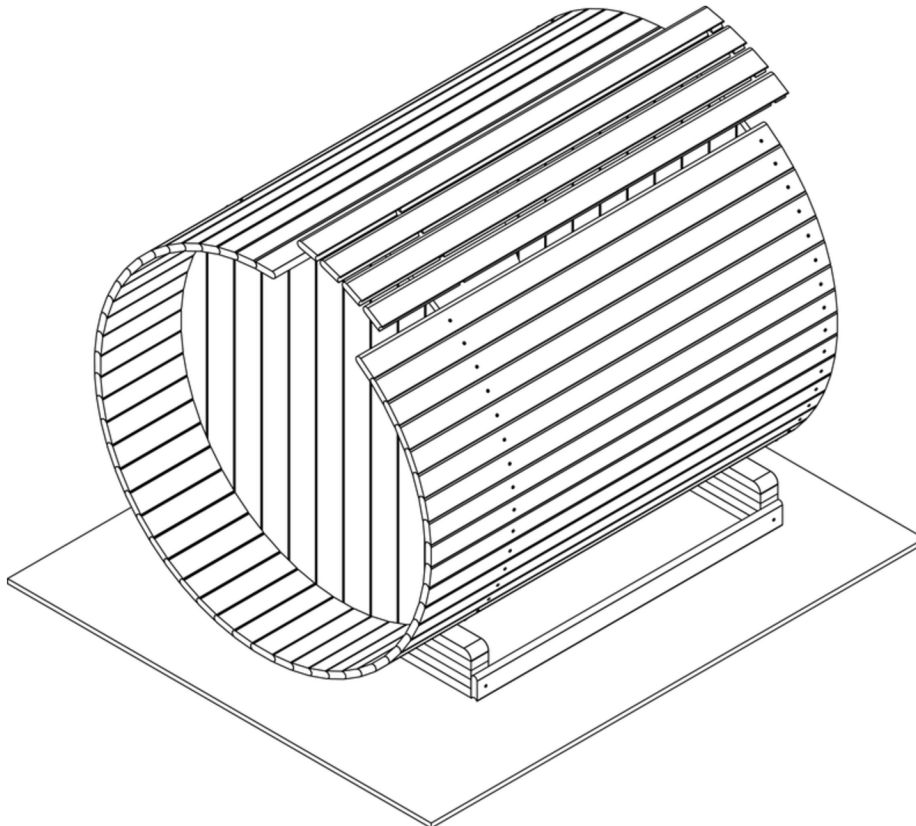
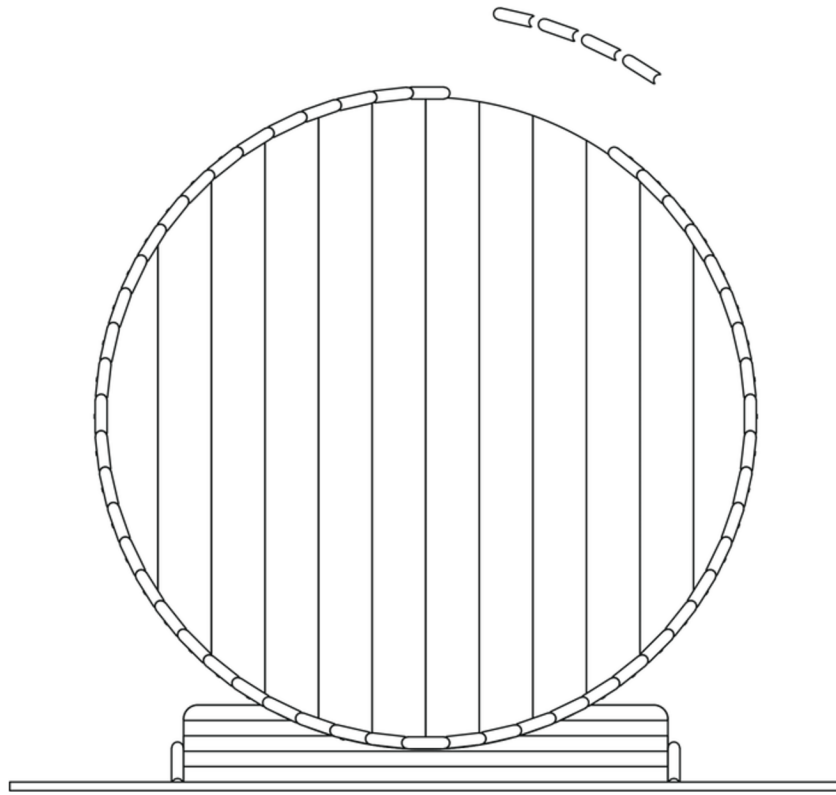




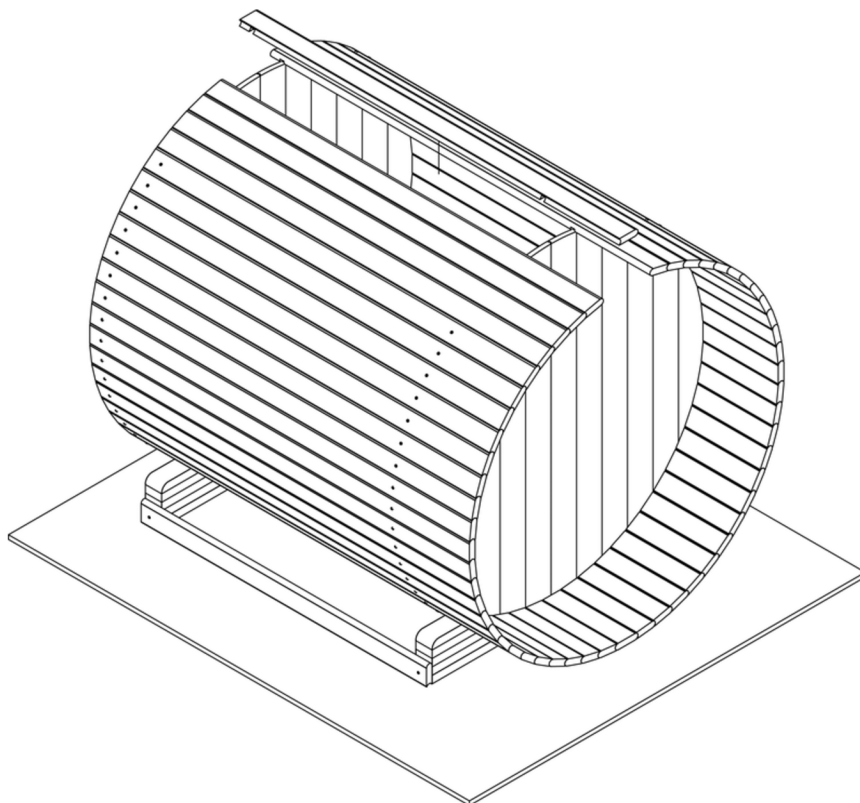
Step 21. Place the remaining left half-moon profiles without screws. Leave enough space at the top to fit one more profile.



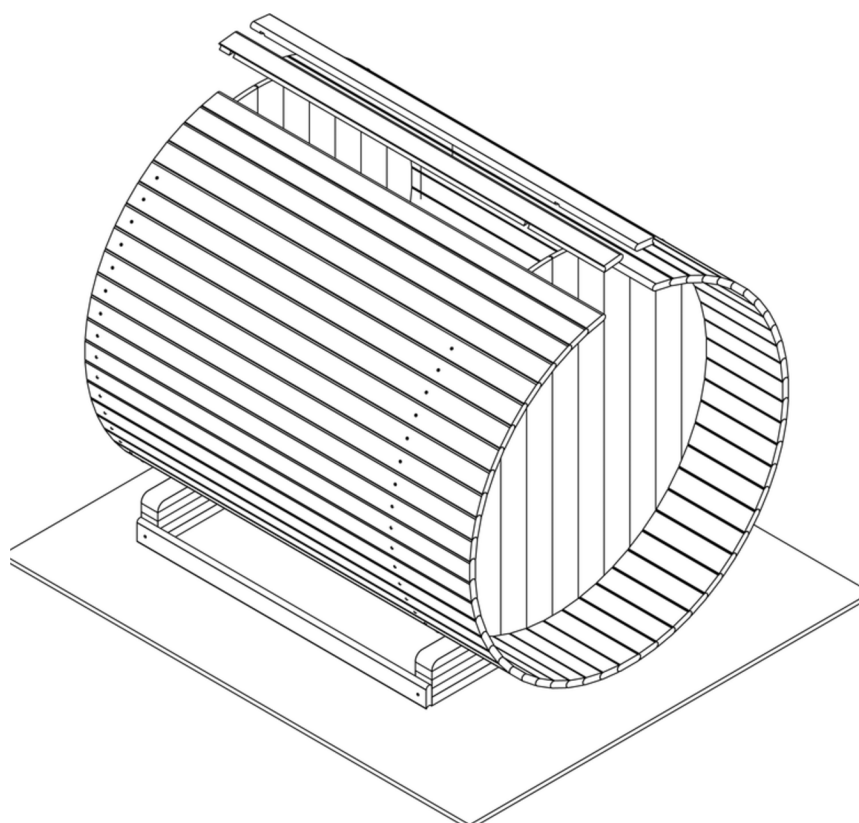
Step 22. Place the remaining right half-moon profiles without screws. Leave enough space at the top so that one more profile can fit in between.



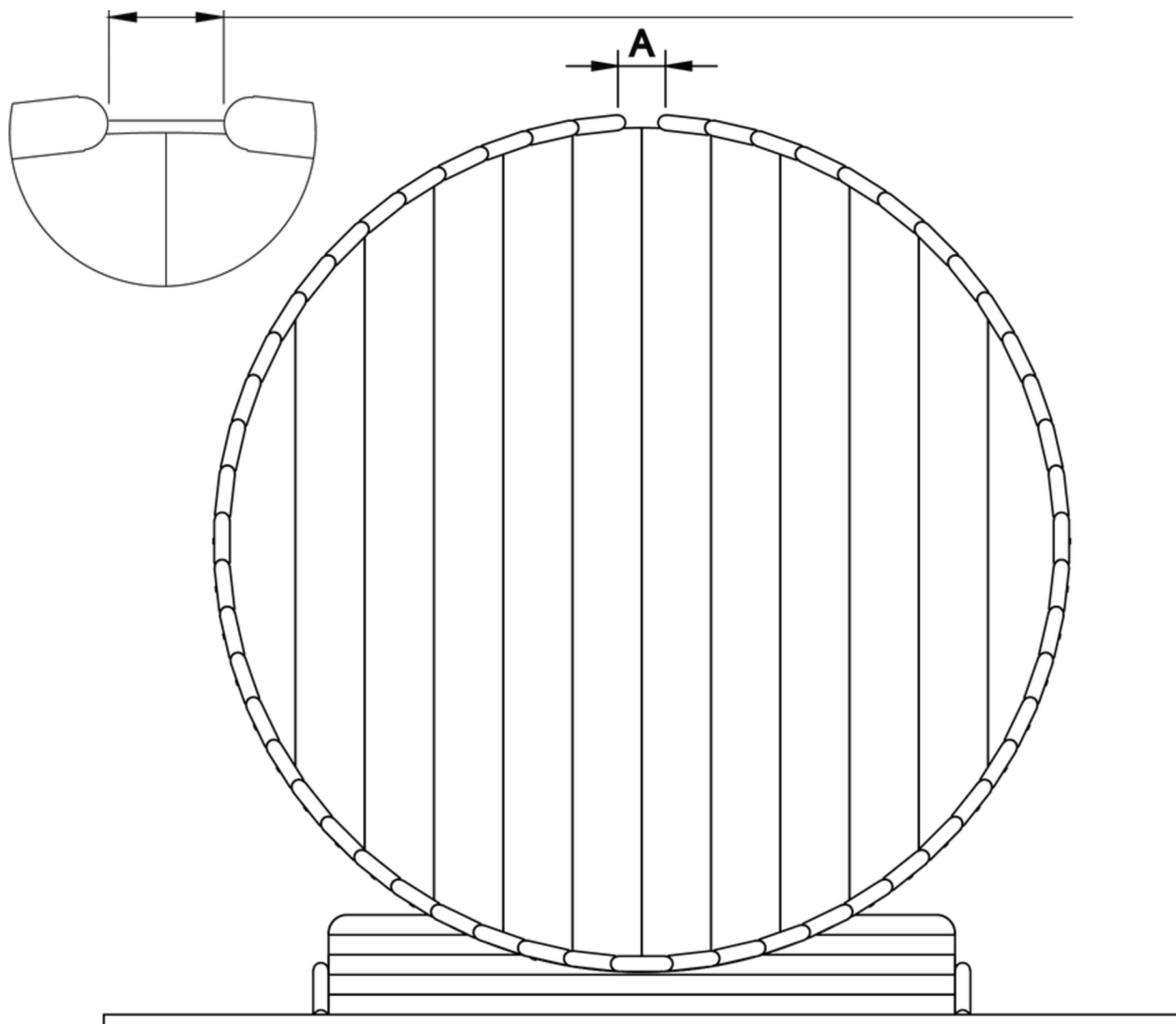
Step 23 A. Remove the top middle half-moon profile.



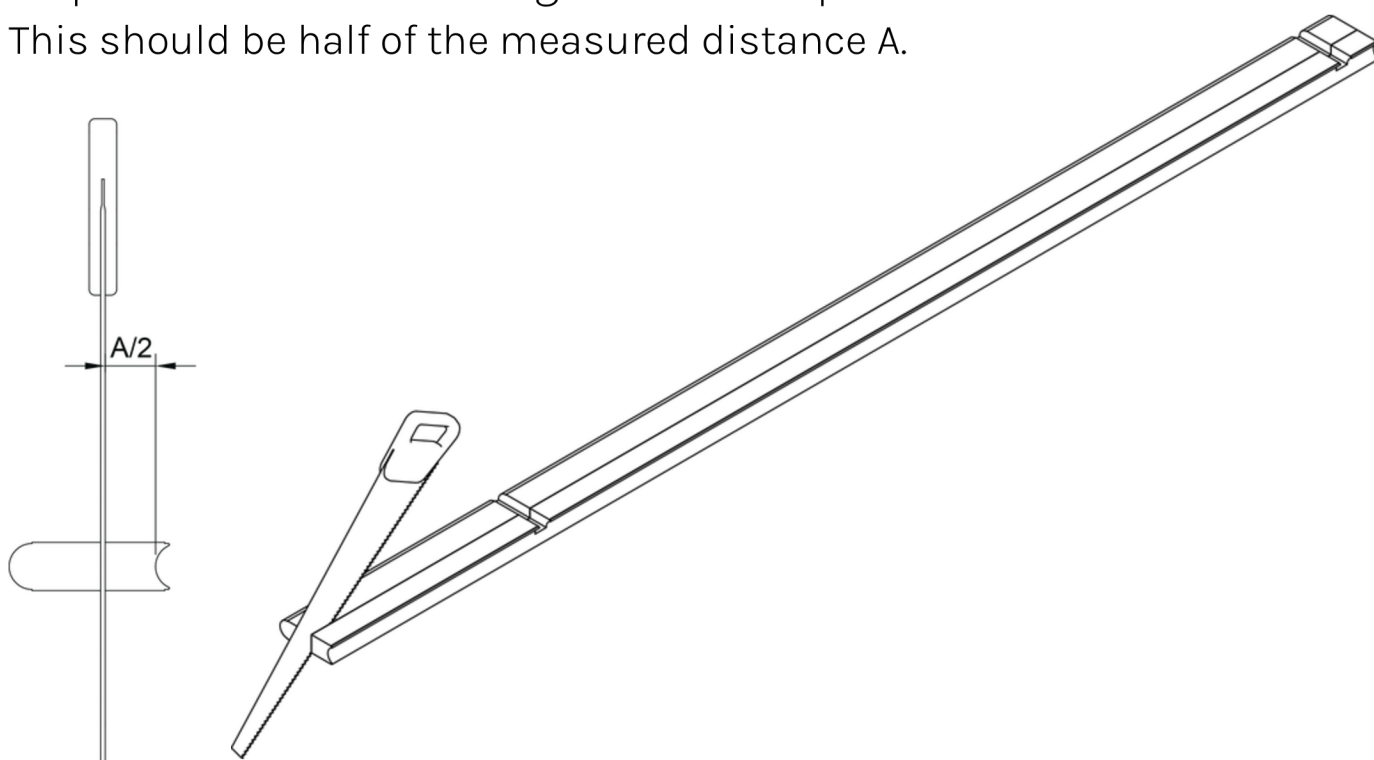
Step 23 B. Place the final left and right half-moon profiles.



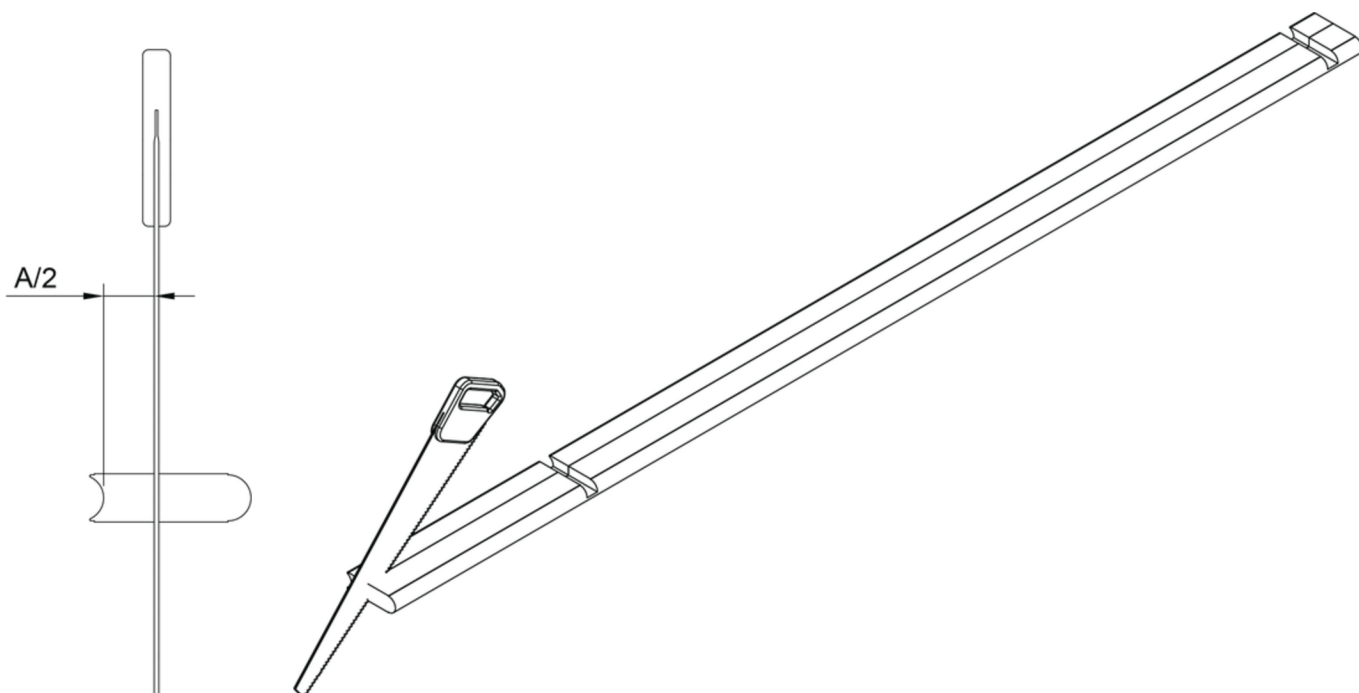
Step 24. Measure this distance. We will call it: distance A.



Step 25. Cut an additional right half-moon profile to size. This should be half of the measured distance A.

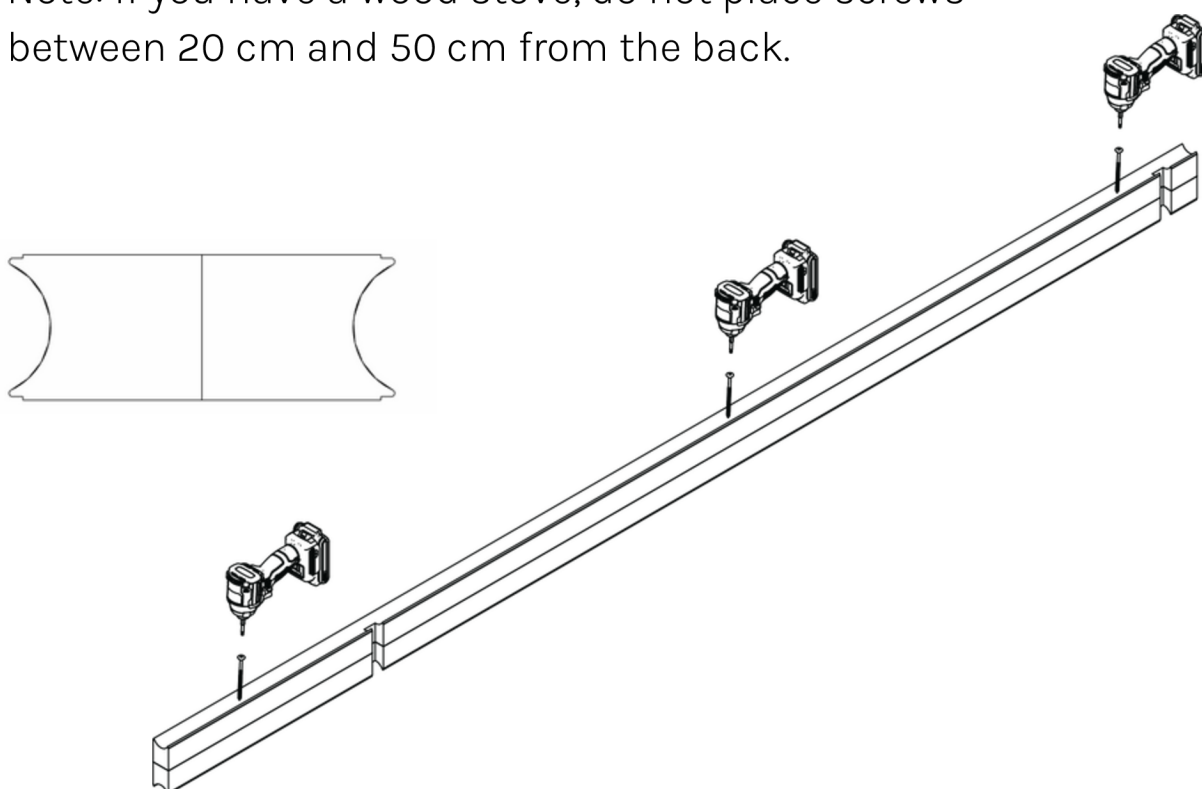


Step 26. Cut a left half-moon profile to size as well. This should also be half of the measured distance A.

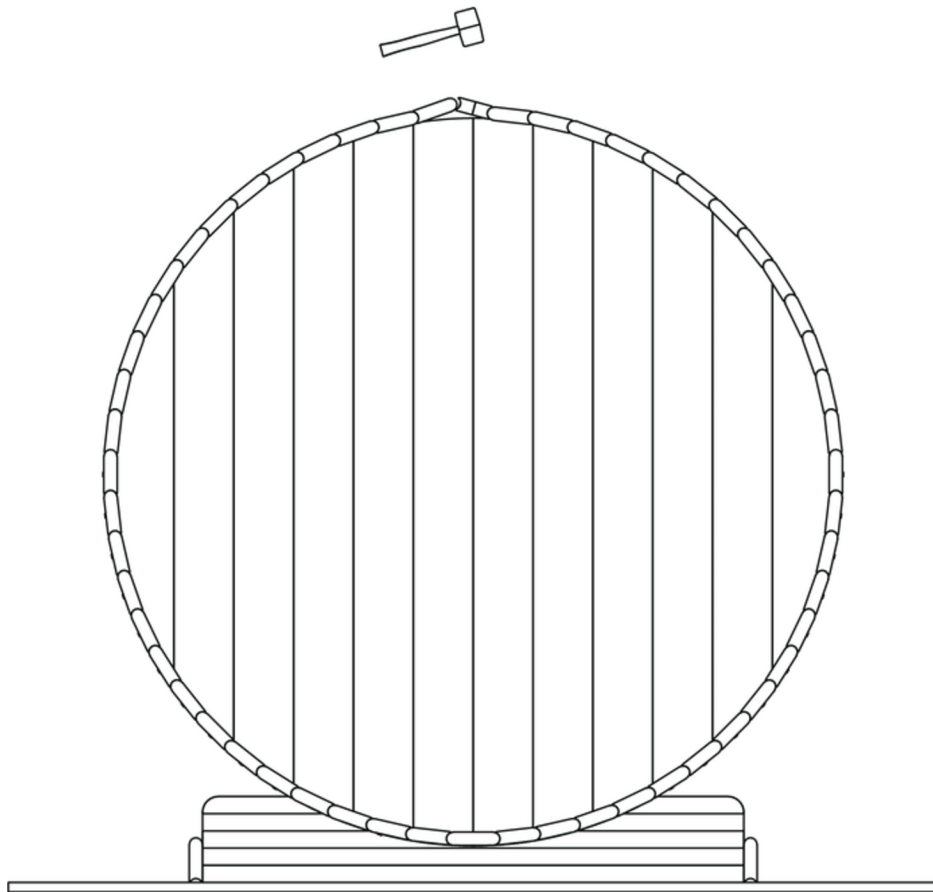


Step 27. Screw the two cut-to-size pieces together (with the hollow curve facing outward) using 4.5x60 or 5x100 screws (whichever fits). Place one screw every 50 cm.

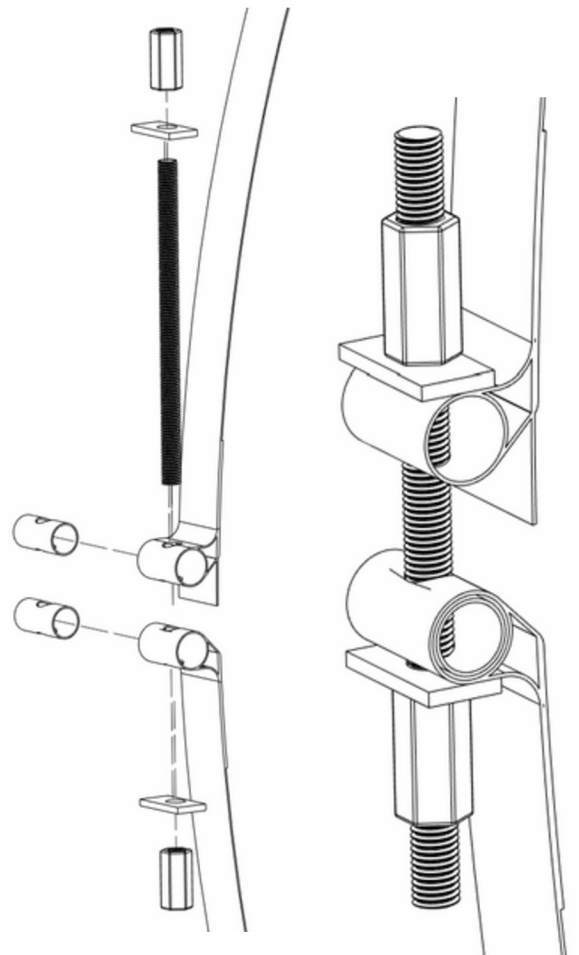
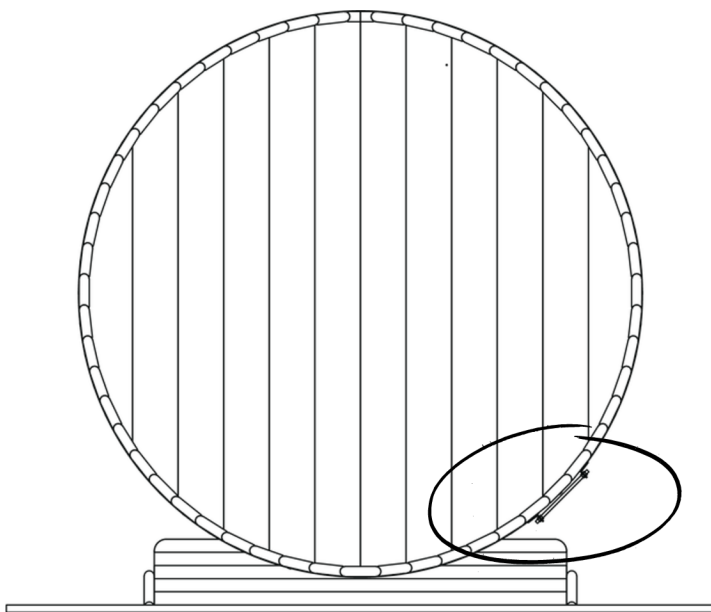
Note: If you have a wood stove, do not place screws between 20 cm and 50 cm from the back.



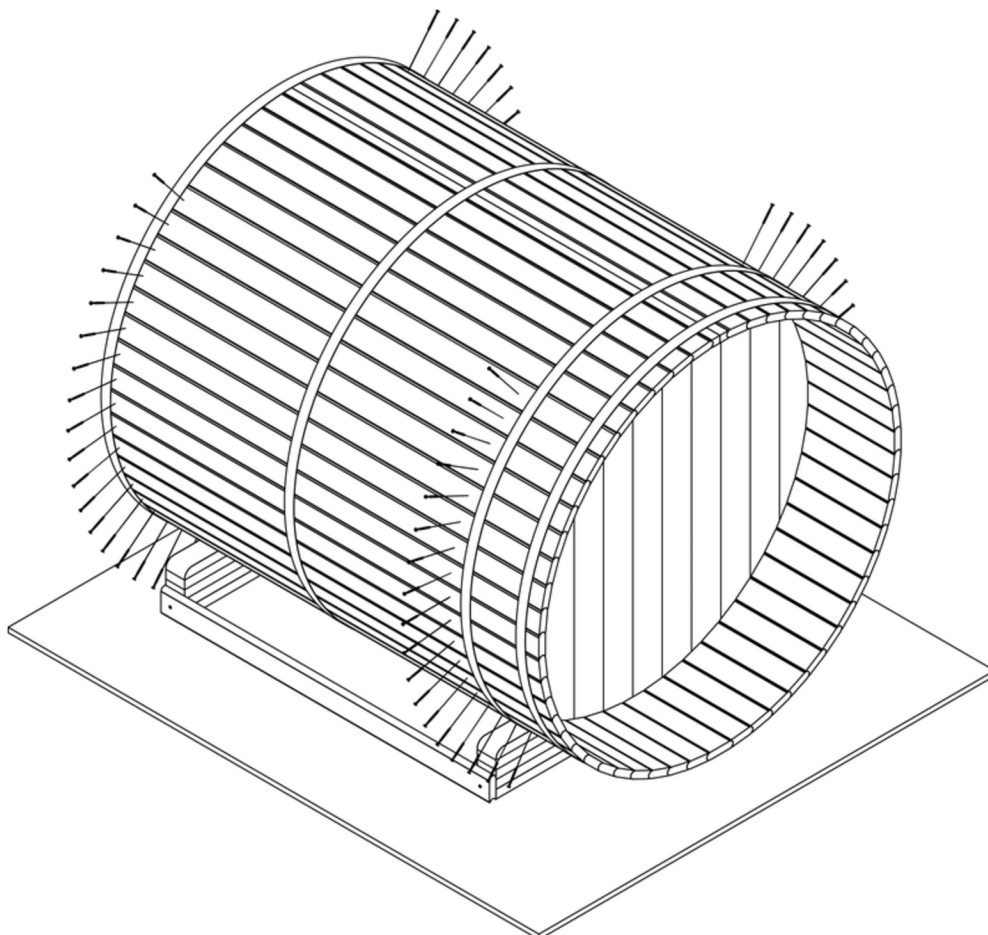
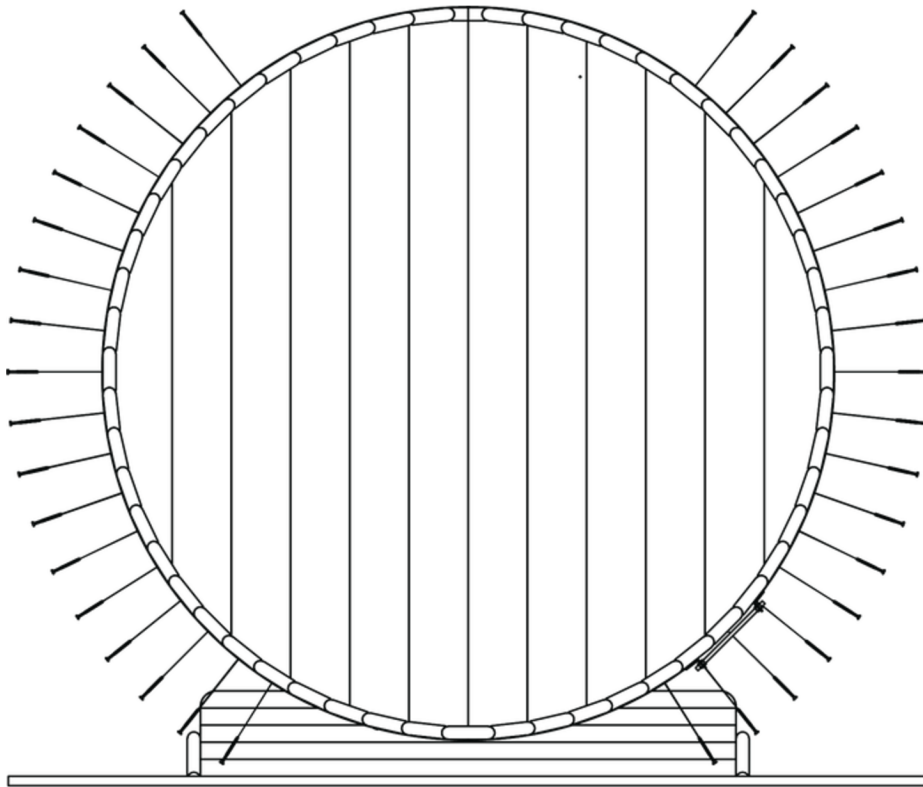
Step 28. Place the final double half-moon profile you just made. Use a rubber mallet if necessary to position it correctly.



Step 29. Place the tension straps, ensuring they are positioned next to the screws. Tighten the tension straps by hand so they stay in place but are not yet fully tightened.

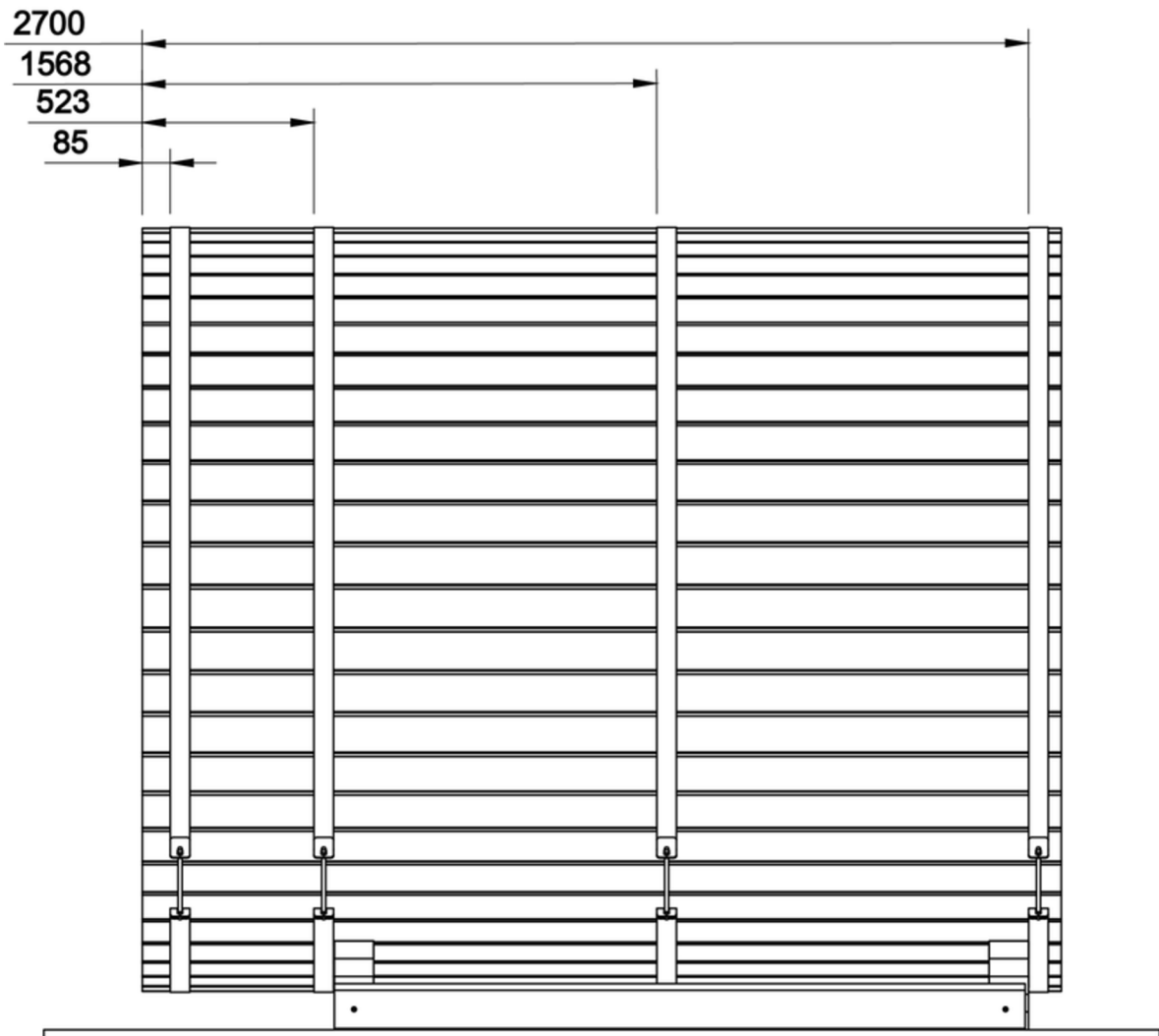


Step 30. Since the tension straps are holding the formwork beams in place, remove the screws in the formwork up to the threshold.

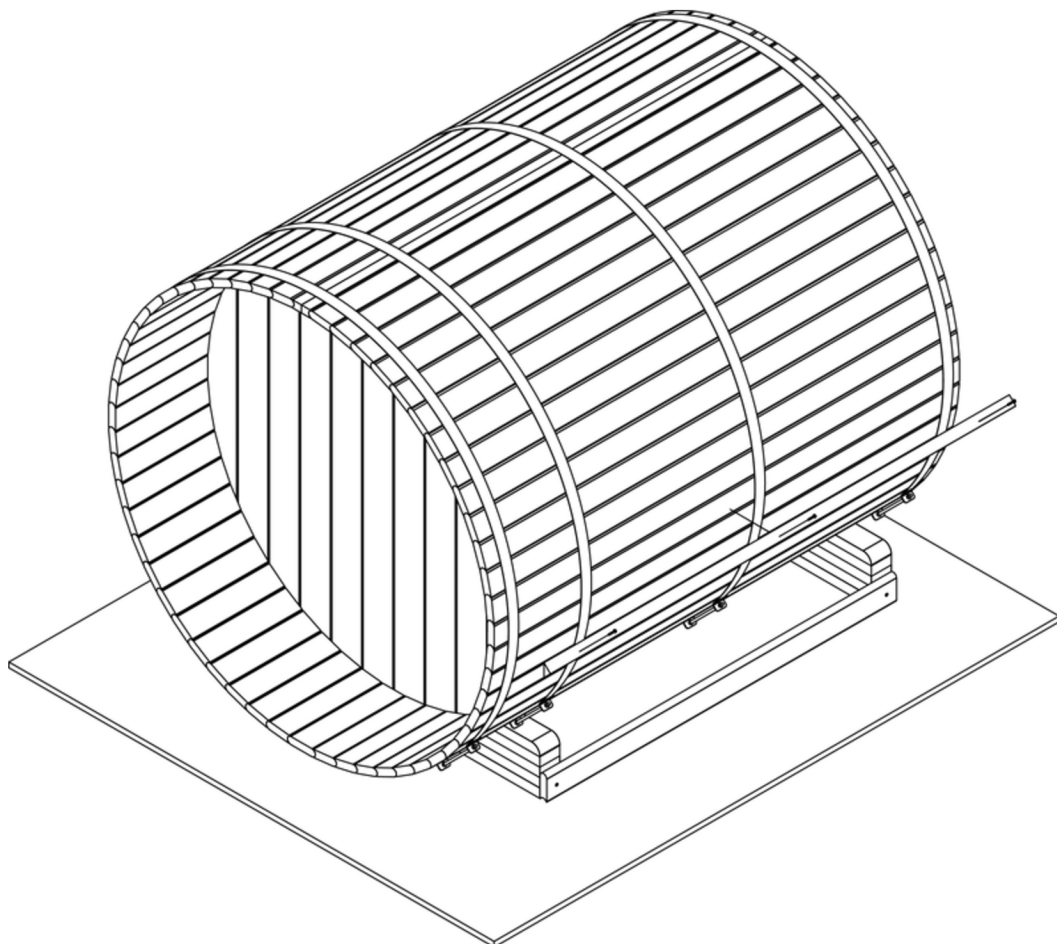
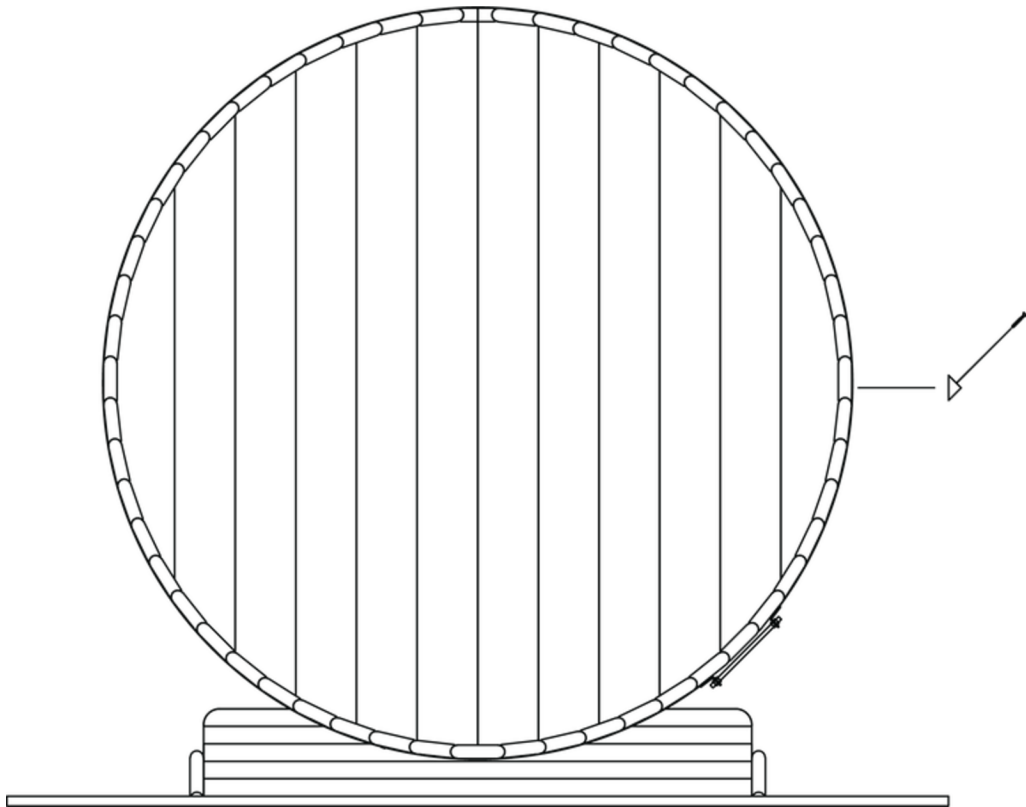




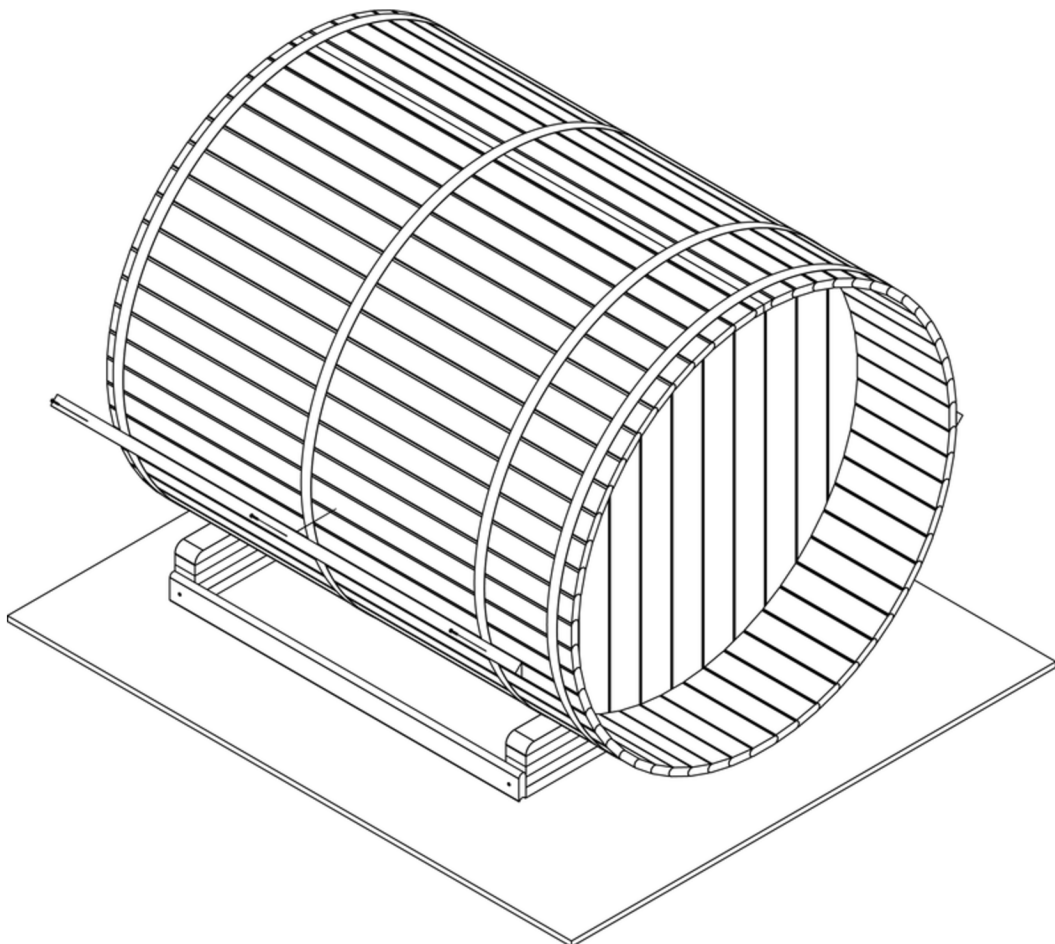
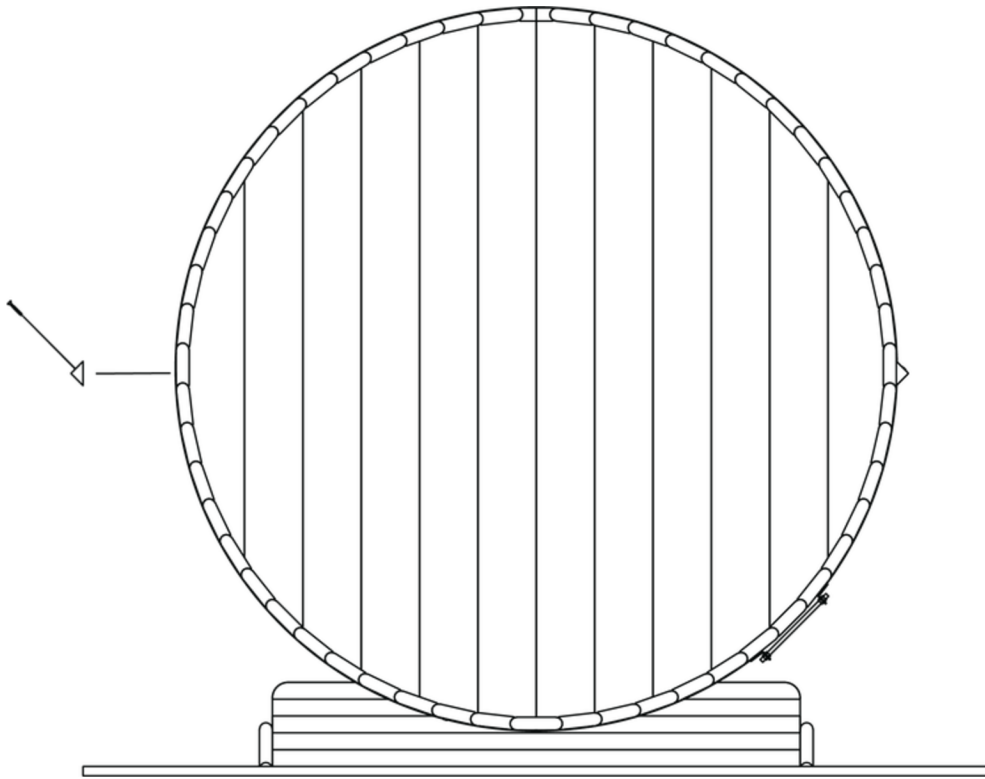
Step 31. Position the bands at the specified measurements below and tighten them securely. While tightening, use a rubber mallet to shape the formwork correctly. Tighten the bands using an impact driver and a wrench. The measurements are from the front and are in millimeters.



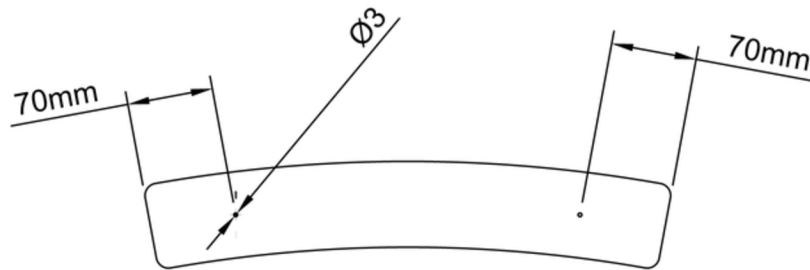
Step 32. Attach the rain gutter to the right side using (3x) 4.5x60 screws on the formwork. Place one screw every meter. Avoid screwing through the tension straps.



Step 33. Attach the rain gutter to the left side using (3x) 4.5x60 screws on the formwork. Place a screw approximately every meter. Avoid screwing through the tension straps.

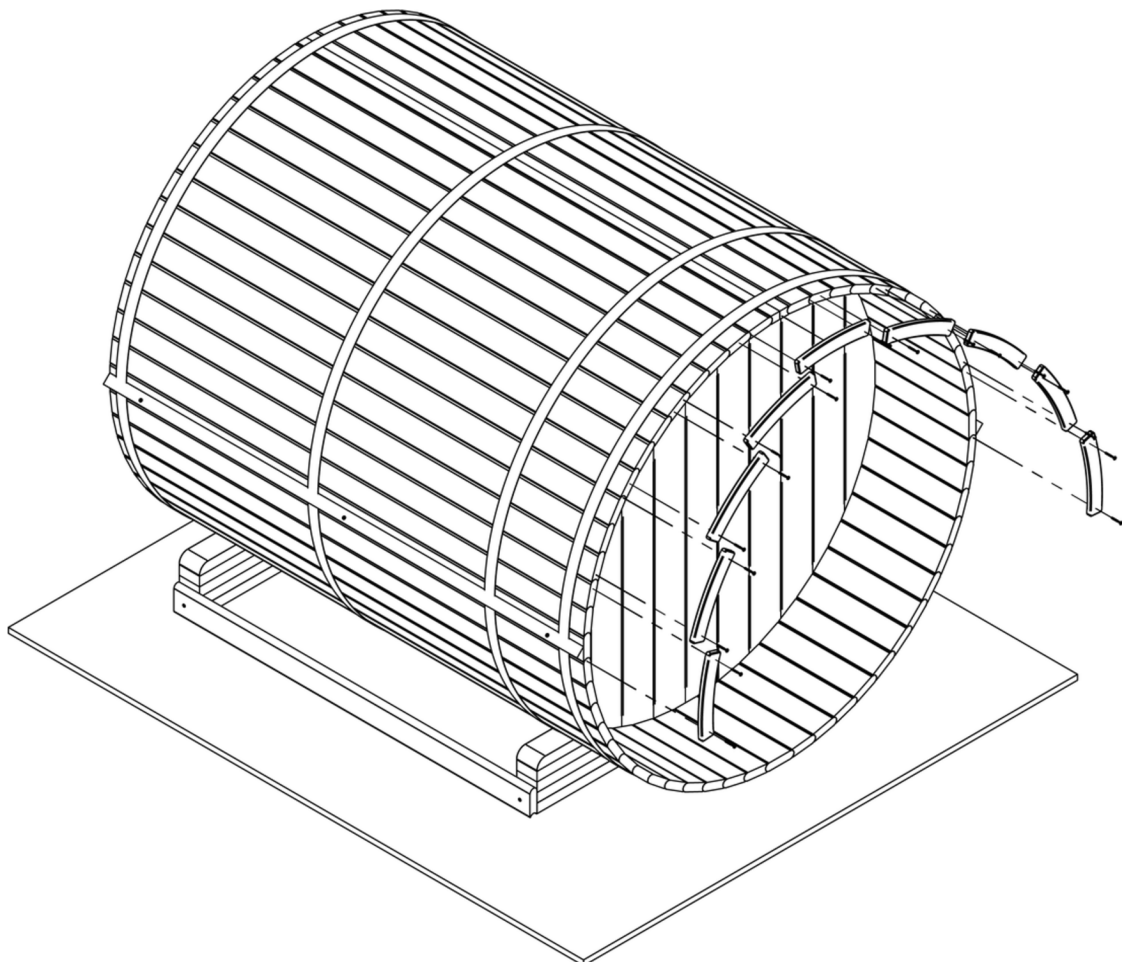


Step 34. If you chose arches, pre-drill them using a 3mm drill bit according to the specified measurements below.



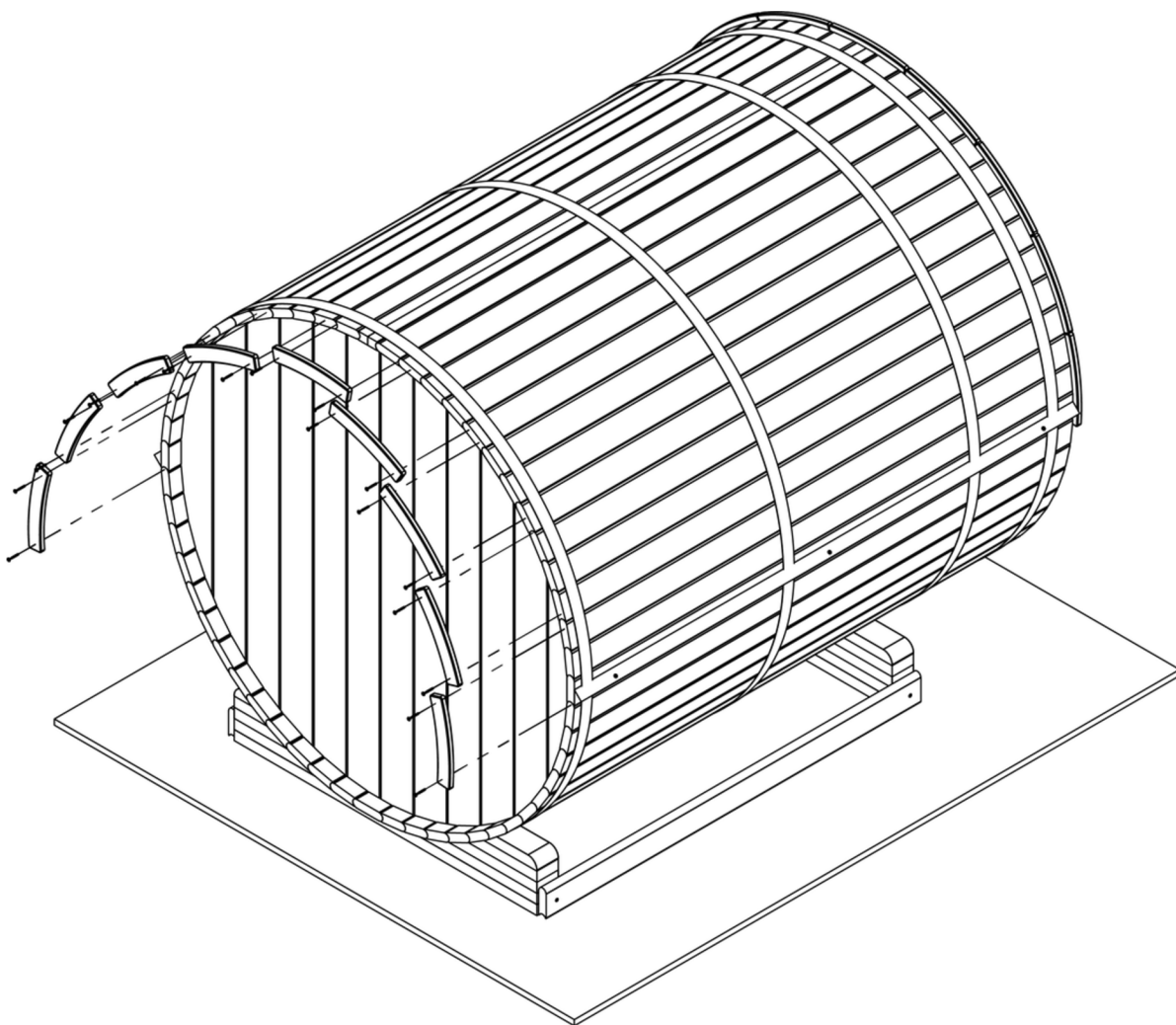
Step 35. Attach the arches to the front, starting at the top in the center. Use (2x) 4x60 screws per piece. Ensure that the first arch is level and centered.

For a 230 cm diameter sauna, there are two arches in the middle instead of one. Make sure the dividing line is centered.



Step 36. Attach the arches to the back, starting at the top in the center. Use (2x) 4x60 screws per piece.

Ensure that the first arch is level and centered. For a 230 cm diameter sauna, there are two arches in the middle instead of one. Make sure the dividing line is centered.



# Part 4

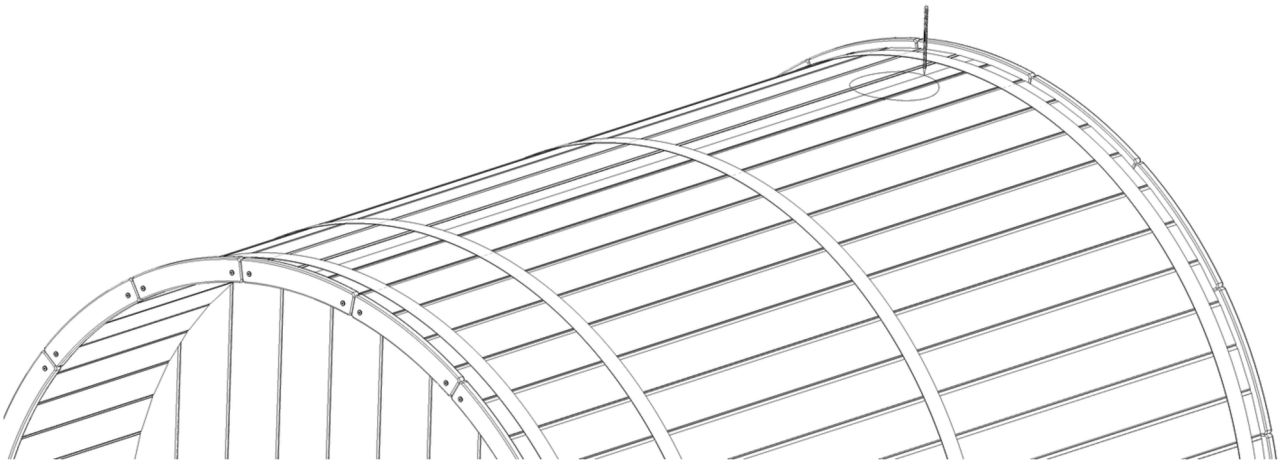
## Ventilation

### **What is relevant to you**

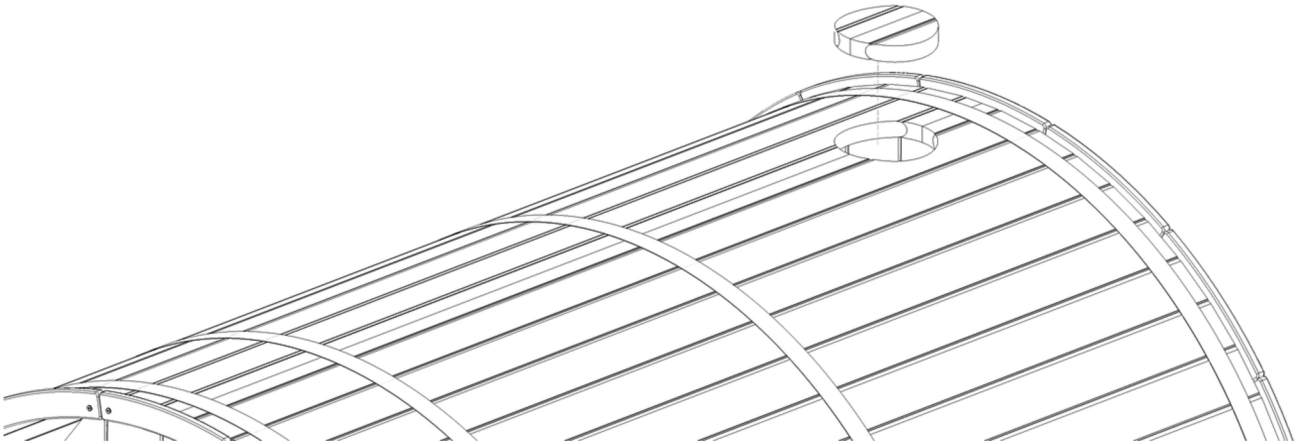
Wood stove: go to step 37

Electric heater: go to step 39

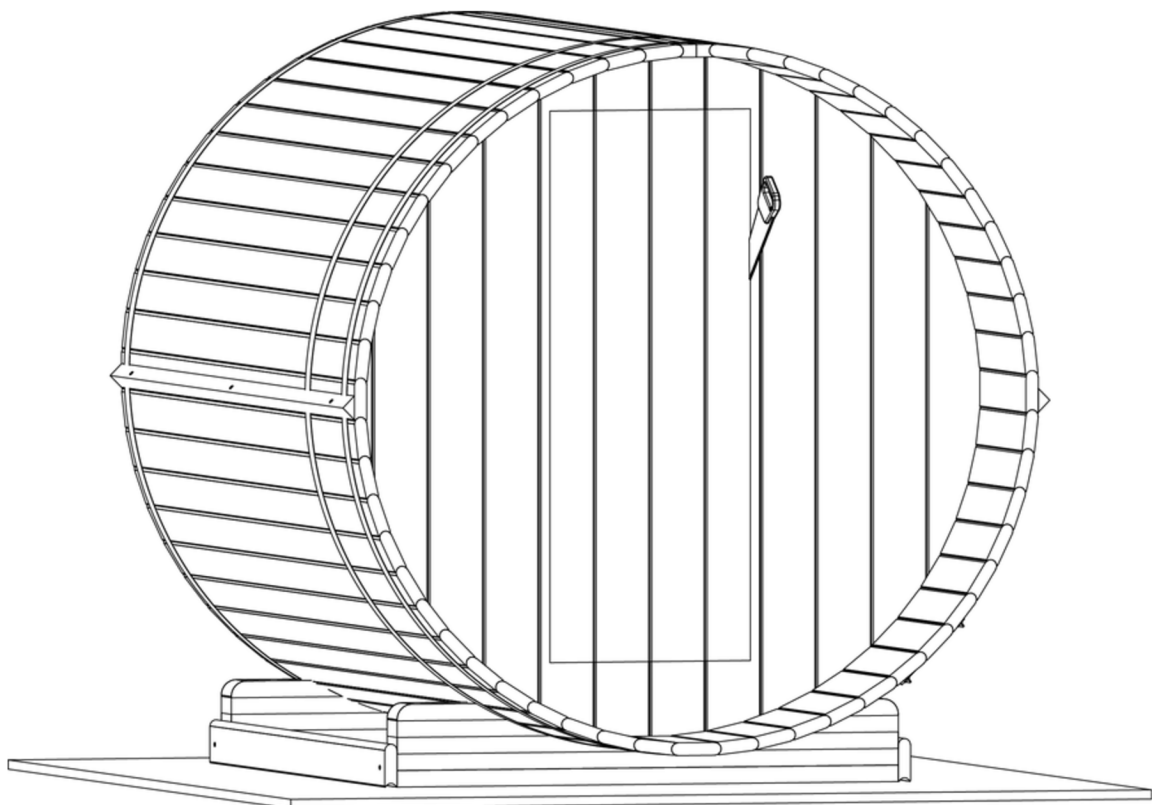
Step 37. Draw a 25 cm diameter circle above the center of the sauna. The center of the circle should be 33 cm from the back of the sauna. Arches are not included in this measurement.



Step 38. Cut out the circle with a jigsaw and remove the cut-out wood.

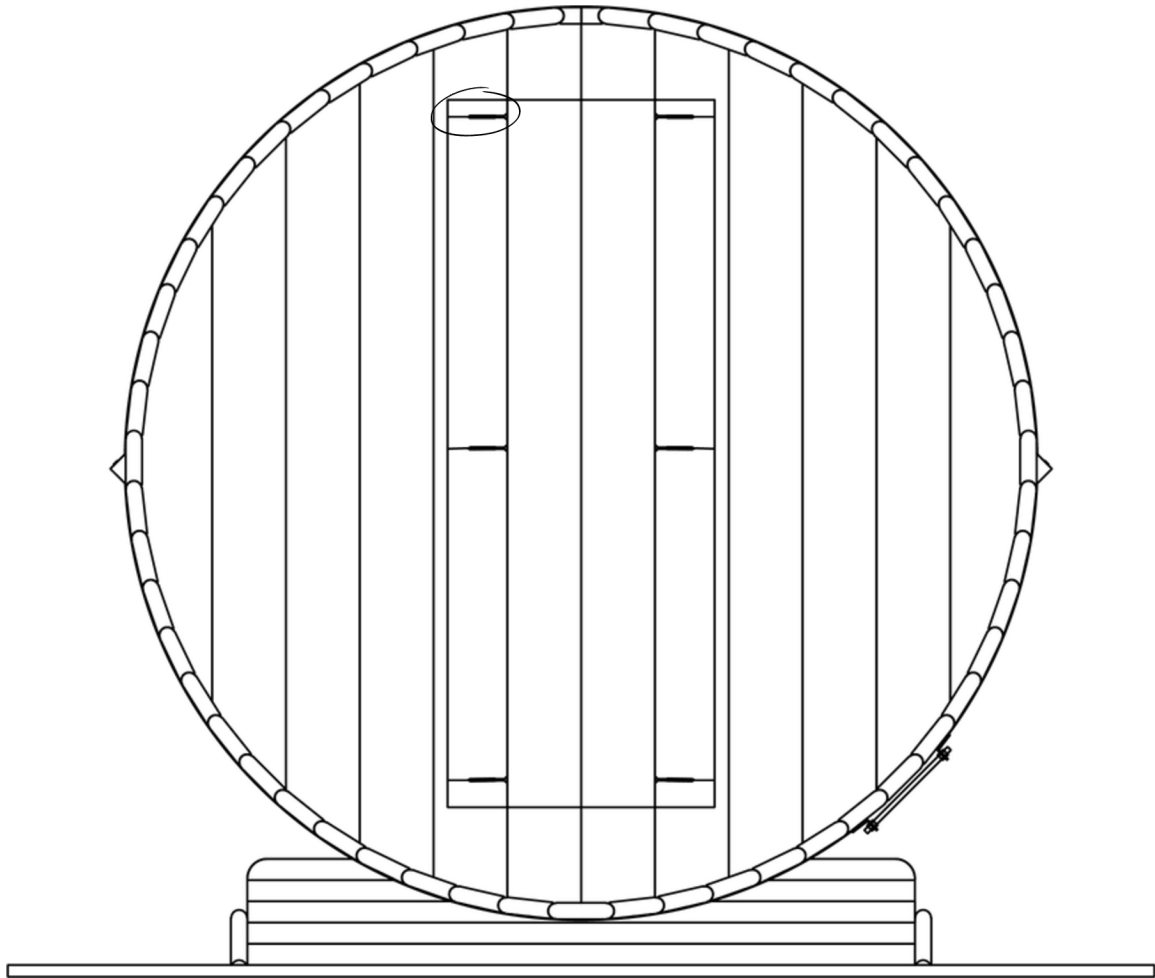


Step 39. Cut out the marked contour of the door. Use a jigsaw or hand saw for this. You may use a drill to create a hole where you can insert the saw.

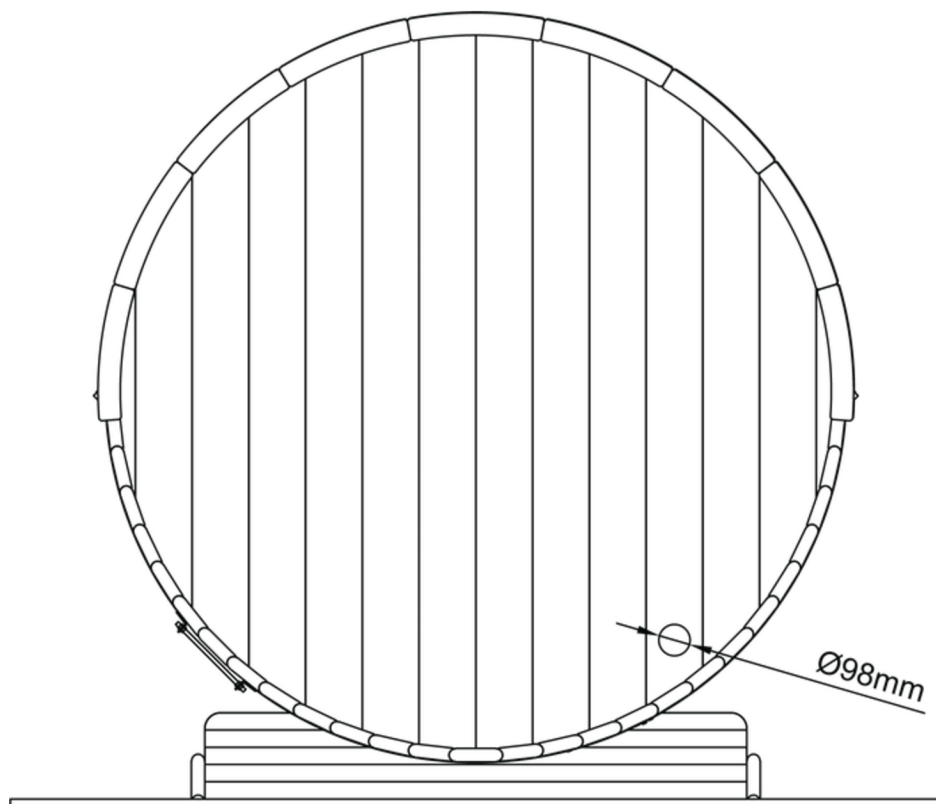
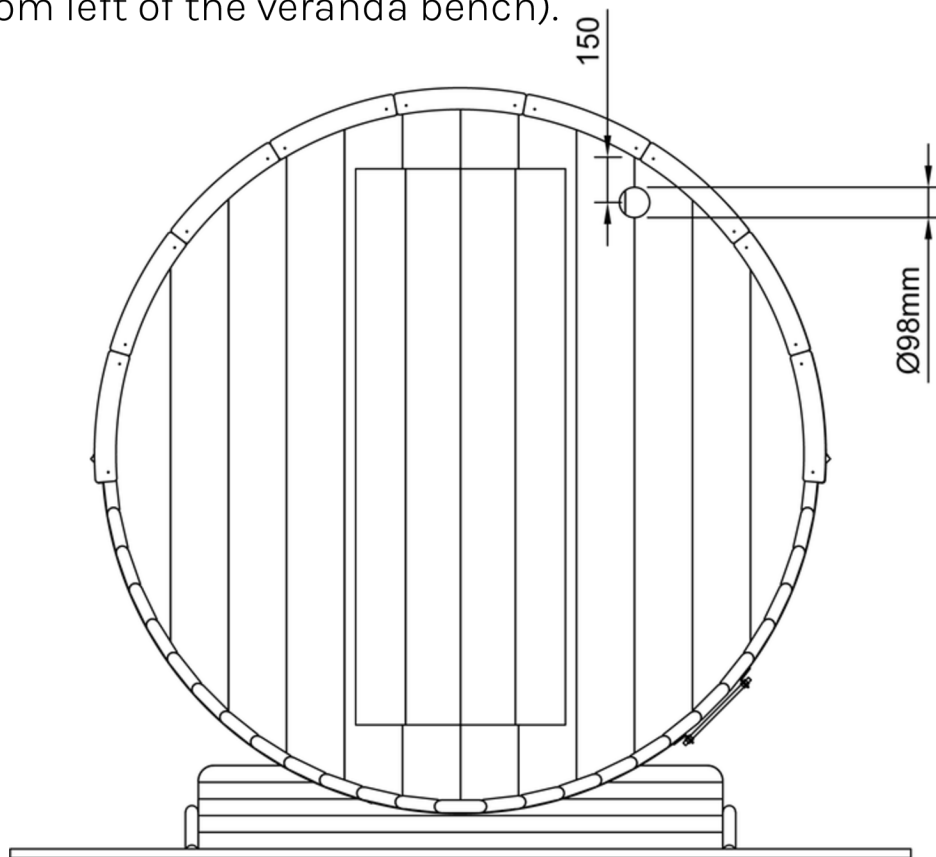




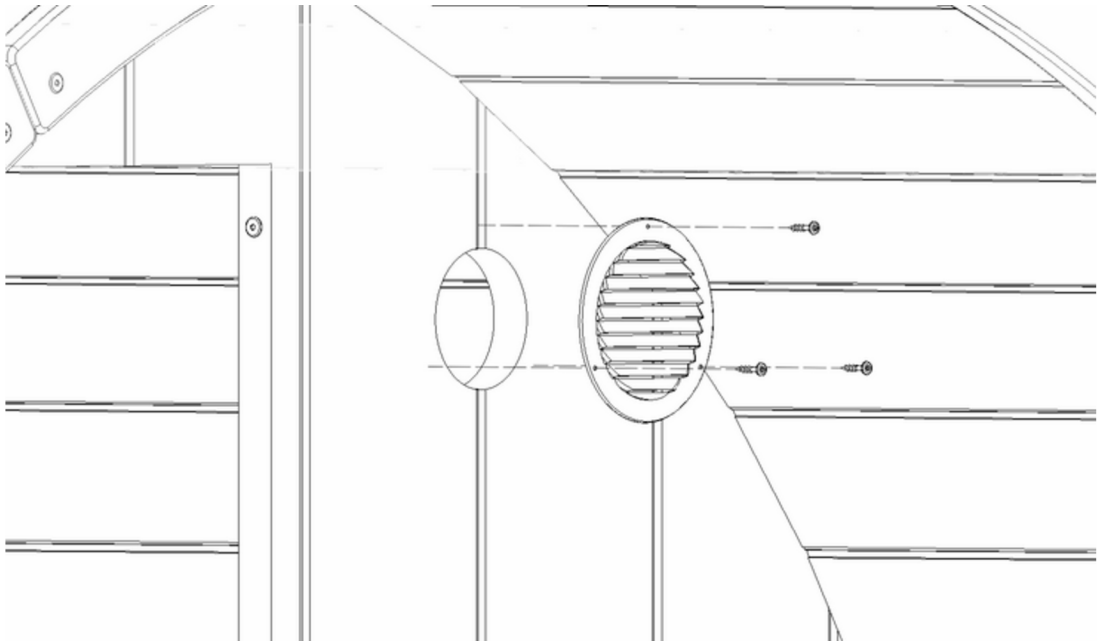
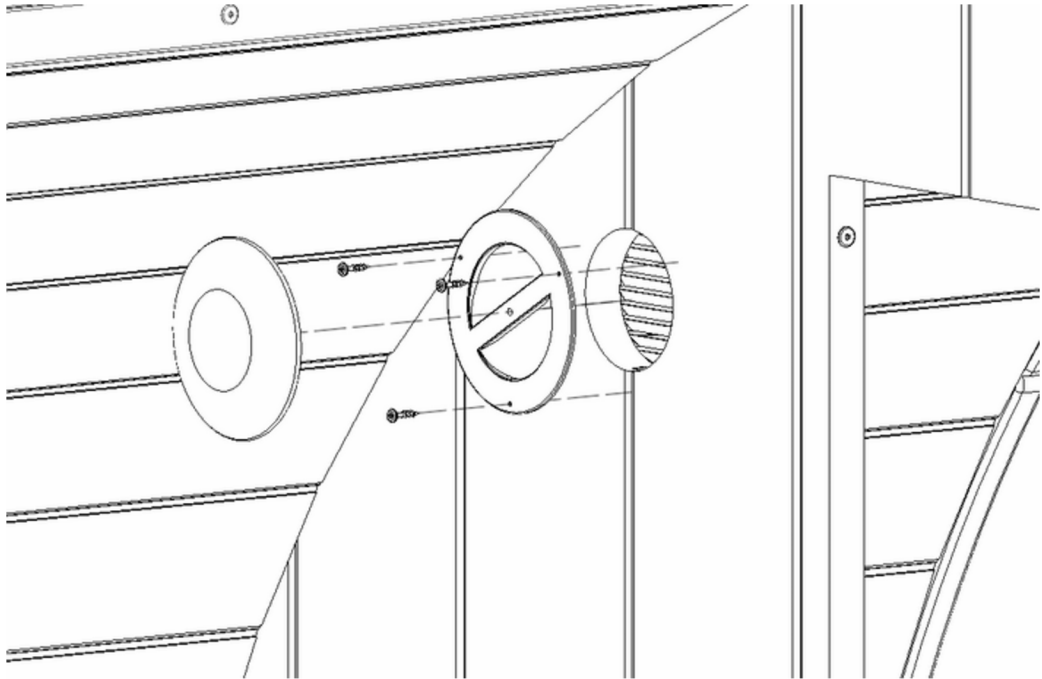
Step 40. Screw (6x) 5x100 screws into the wall from the door opening to reinforce the wall.



Step 41. Drill/saw the holes for the ventilation grilles at the front and back according to the specified measurements below. If you have a full panorama window, place both ventilation grilles in the front wall (1 at the top right and 1 at the bottom left of the veranda bench).



Step 42. Install the ventilation grilles at the front and back. Secure them with three provided screws at both the front and back. Ensure that the metal grille is on the outside.



# Part 5 A+B

## Interior with comfort features

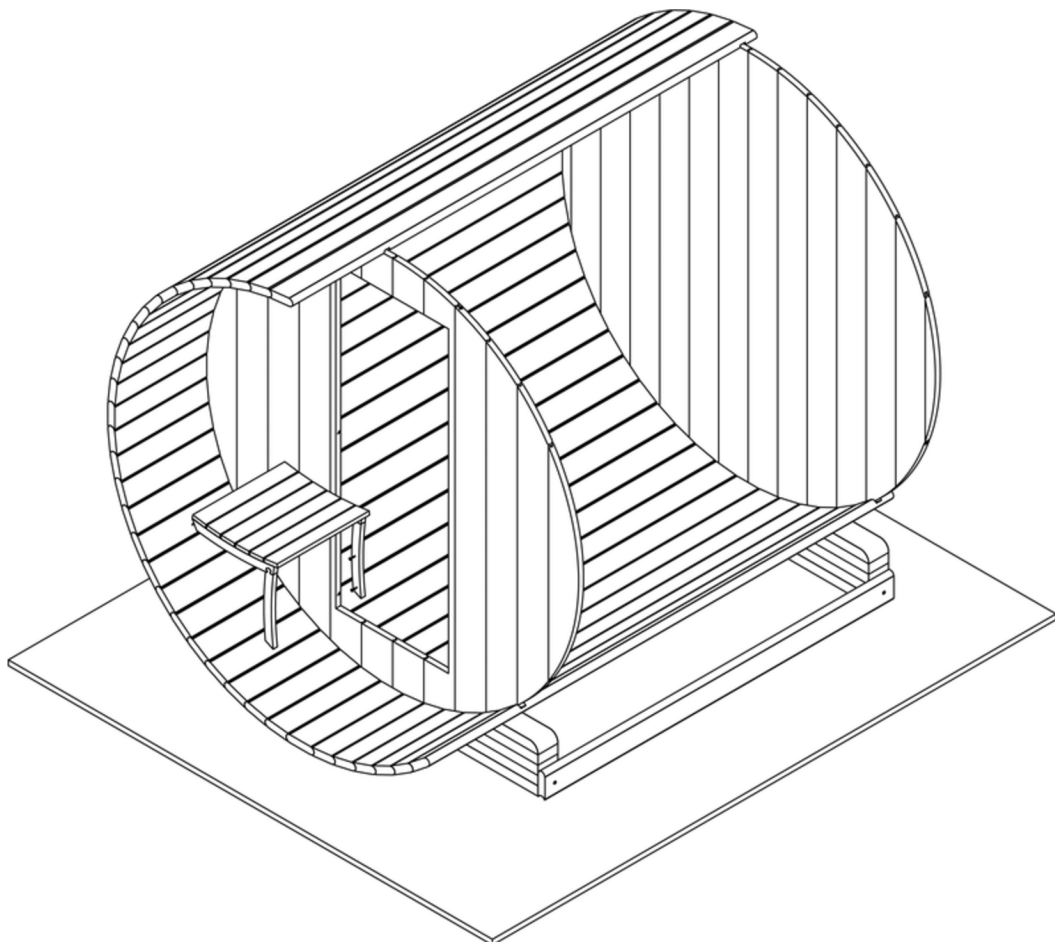
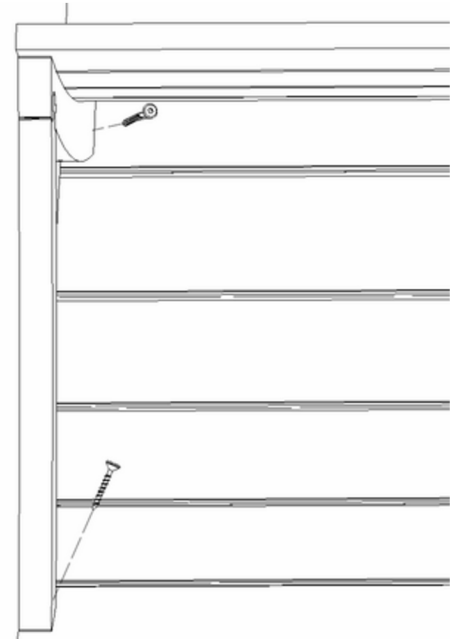
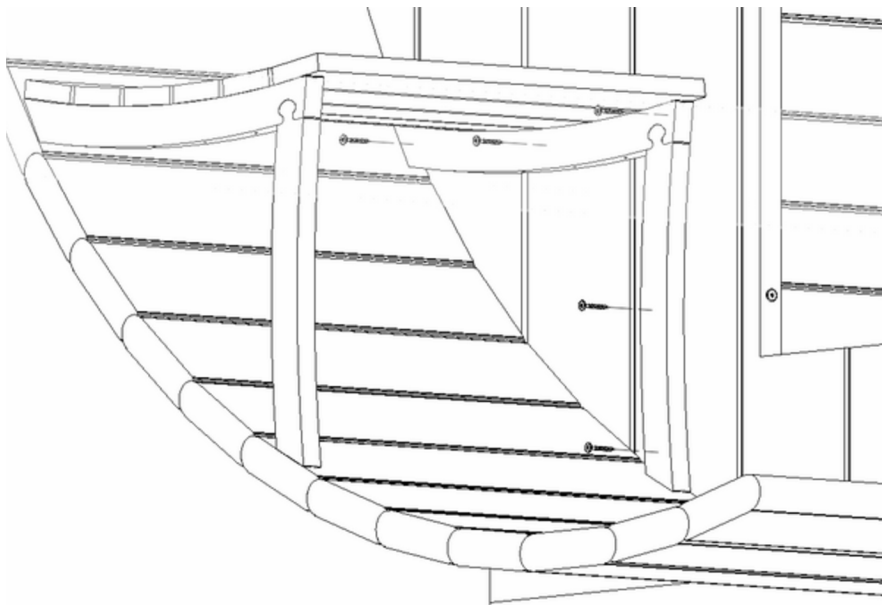
### **What is applicable to you?**

Closed back wall or half panorama: start with 43, then proceed to 45 A

Full panorama window: start with 43, then proceed to 45

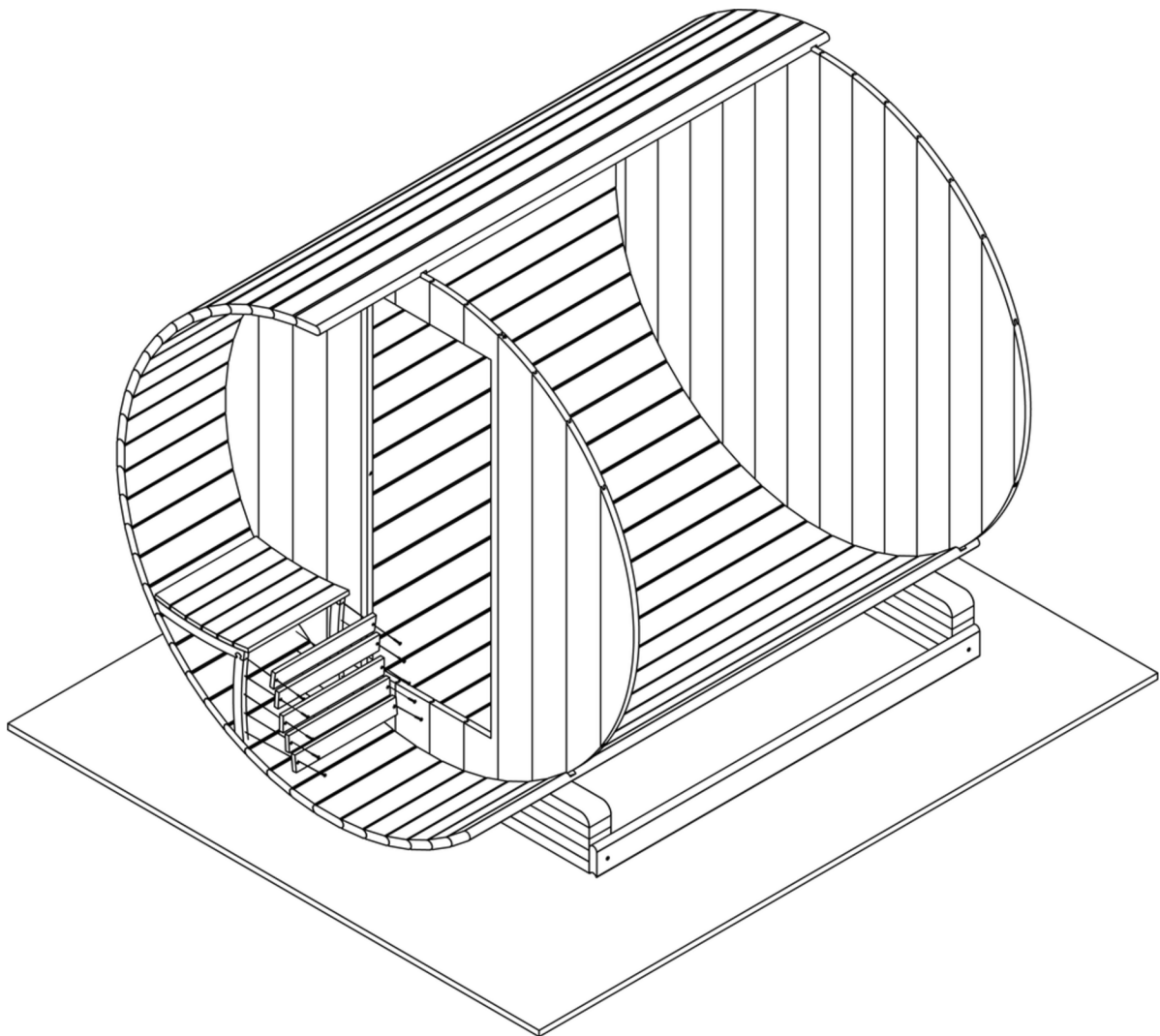
B

tep 43AB. Place the outdoor bench and screw it to the wall with (6x) 4x50 screws. Secure each leg to the casing with (2x) 4x50 screws. Screw these diagonally into the leg as shown in the image below on the right.

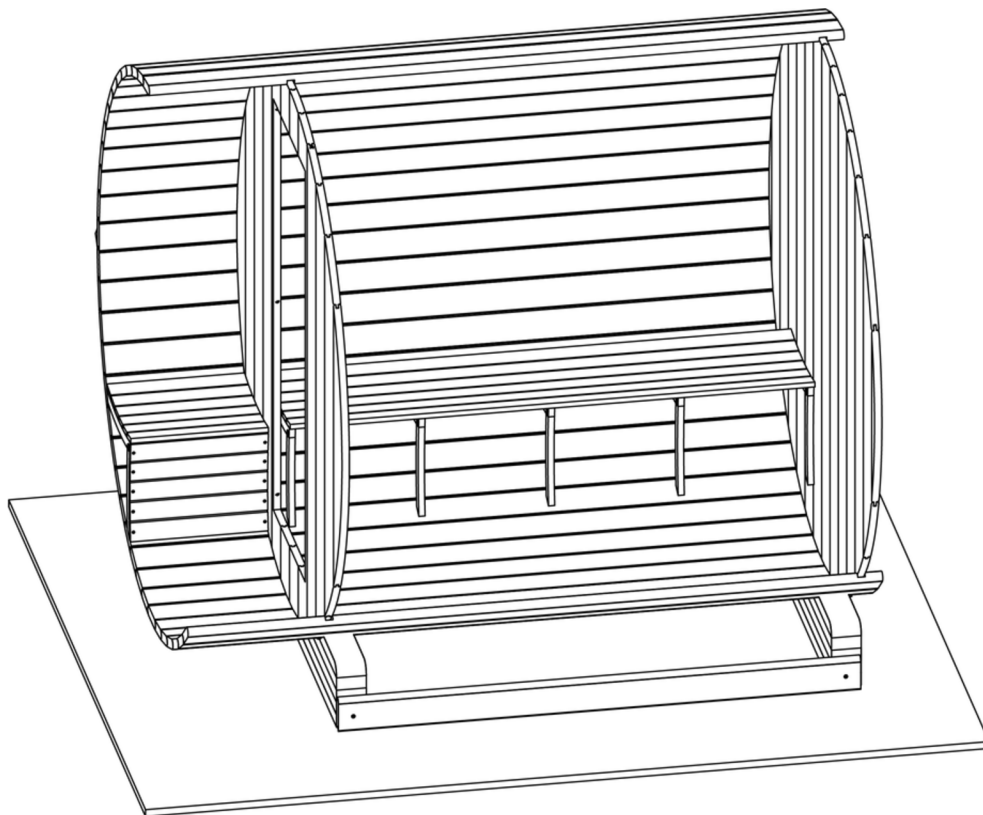
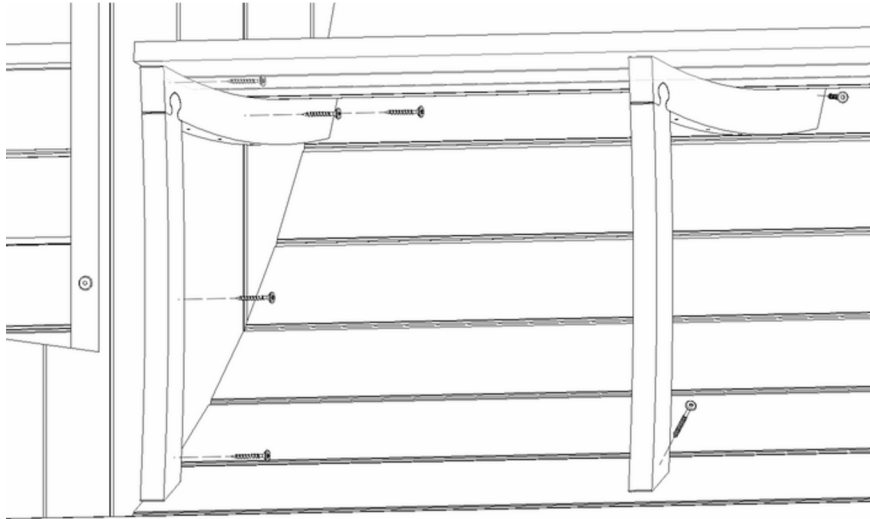


Step 44AB. Now screw the planks to the legs with (2x) 4x50 screws per plank. Use a 7mm spacer to maintain equal distance between each plank.

The distance between the bottom plank and the casing is approximately 5mm.

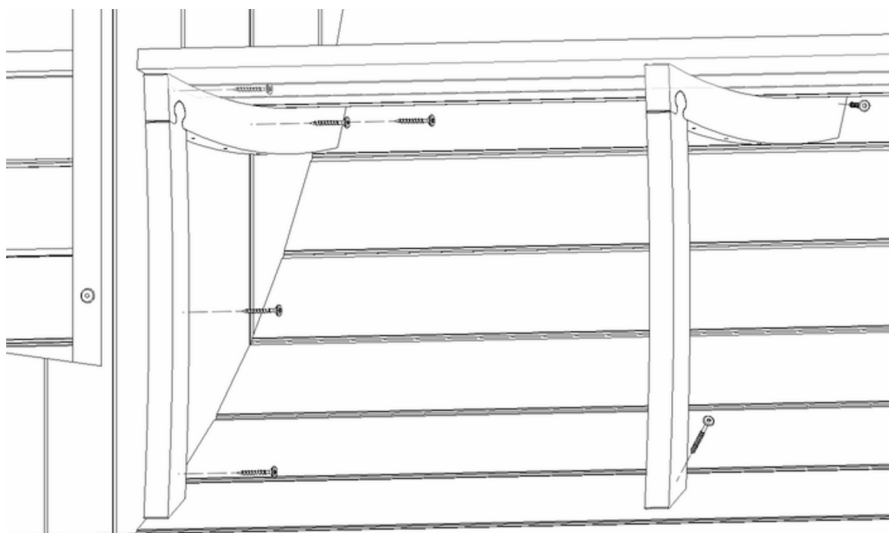


Step 44A. Place the indoor bench and screw it to the wall with (6x) 4x50 screws, both on the left and right sides. Secure each leg to the casing with (2x) 4x50 screws. Screw diagonally into the leg as shown in the image below on the right.

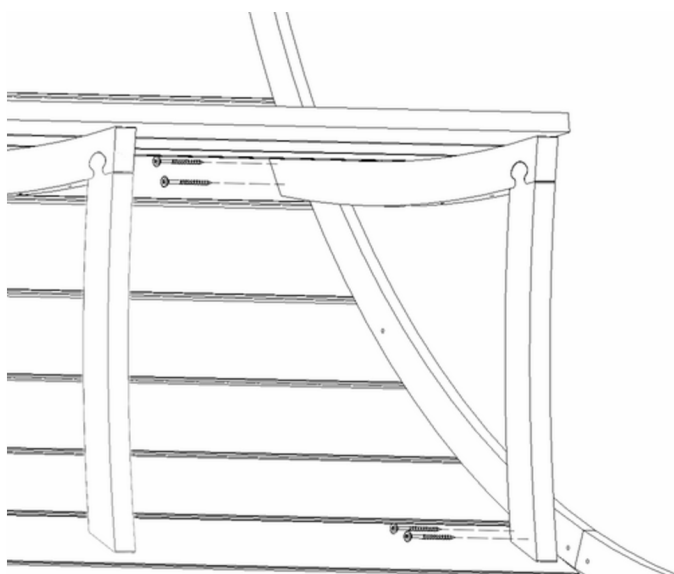


Now proceed to step 46.

Step 44B. Place the indoor bench and screw it to the wall with (6x) 4x50 screws. Secure each leg to the casing with (2x) 4x50 screws. Screw diagonally into the leg as shown in the image below on the right.



Step 45B. Screw the leg on the window side with (4x) 4.5x60 screws. Position these screws close to the casing, as shown in the image below.

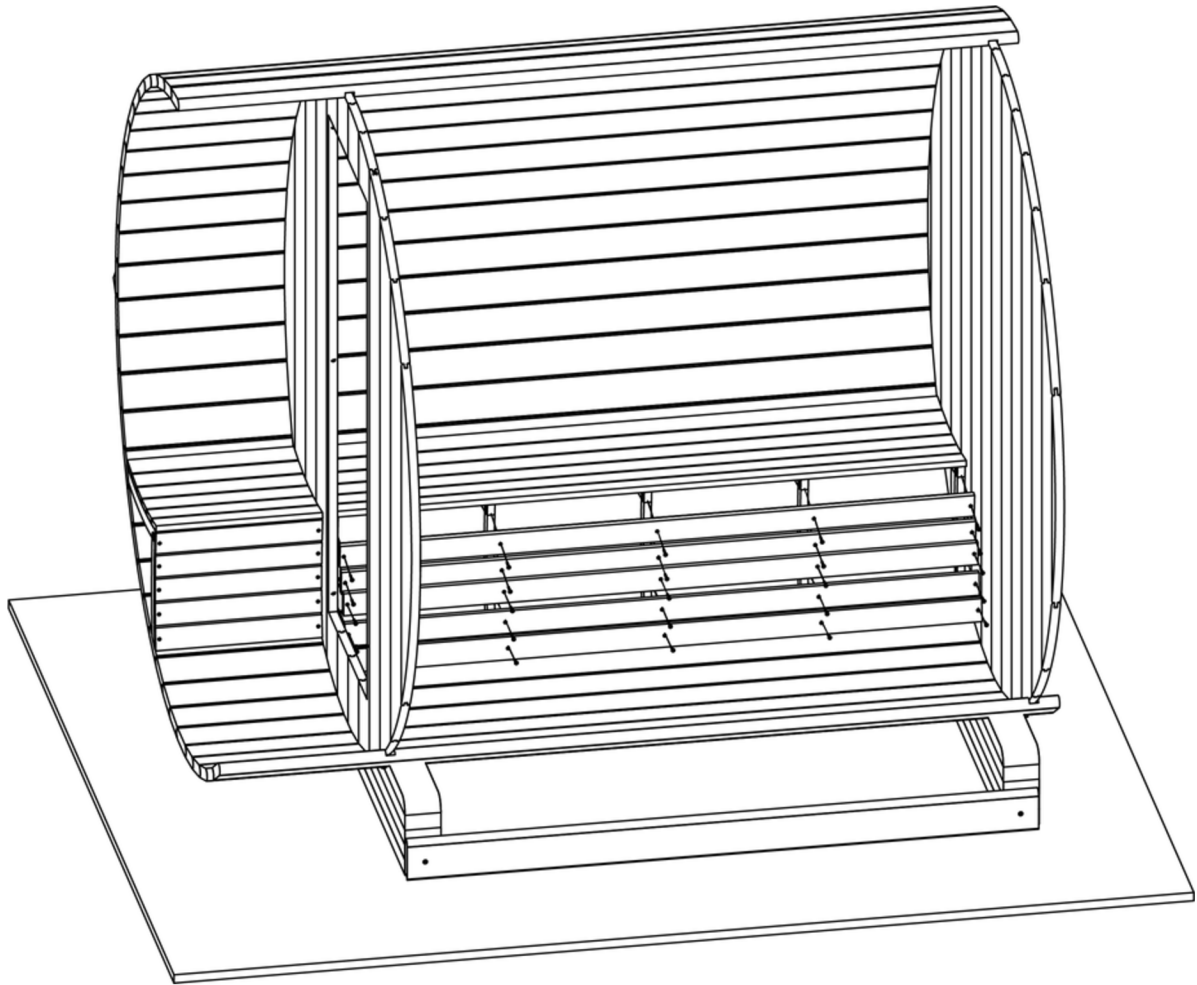


Now proceed to step 46

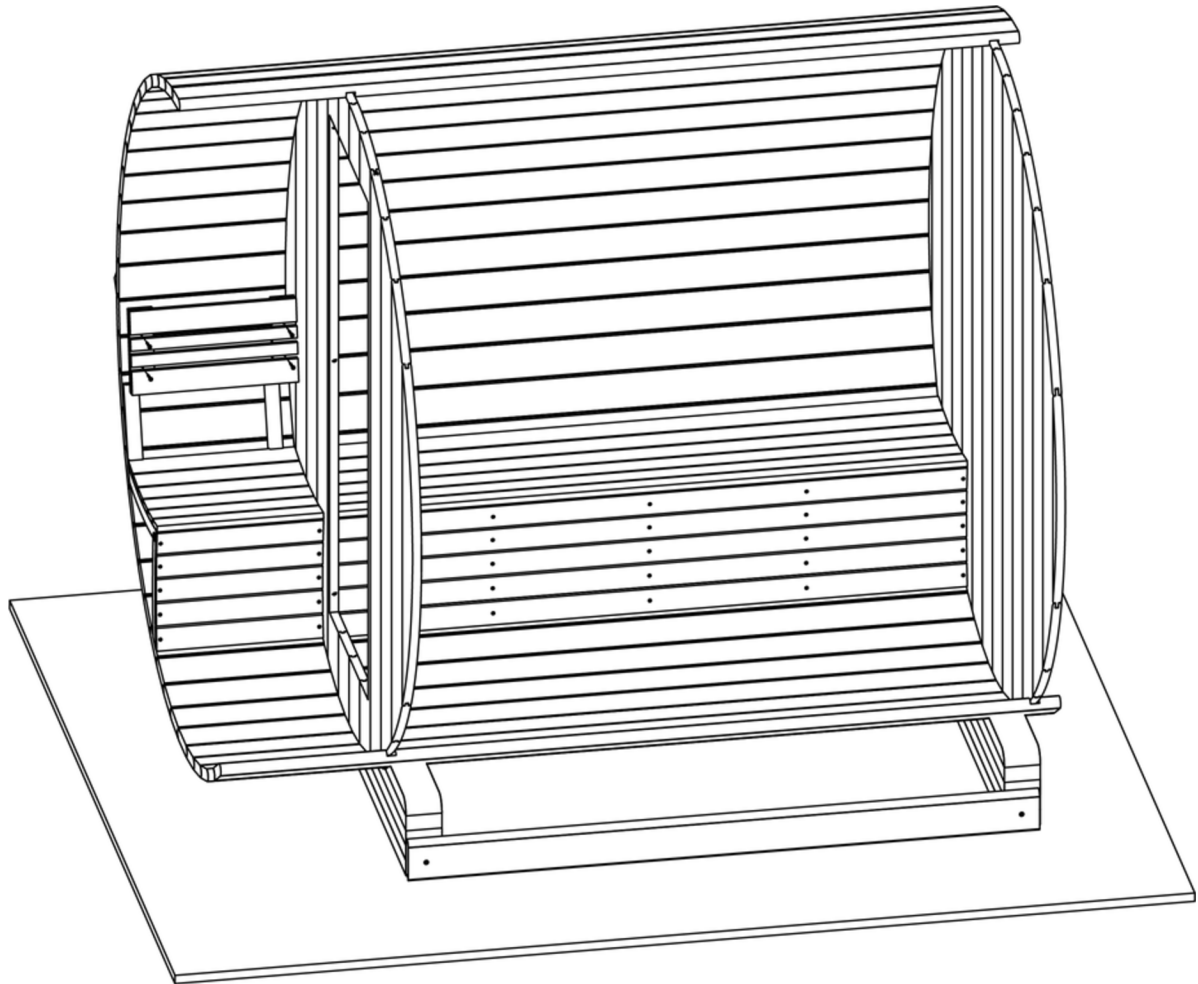


Step 46AB. Now screw the planks onto the bench with (5x) 4x50 screws per plank. Use a 7mm spacer to maintain equal distance between each plank.

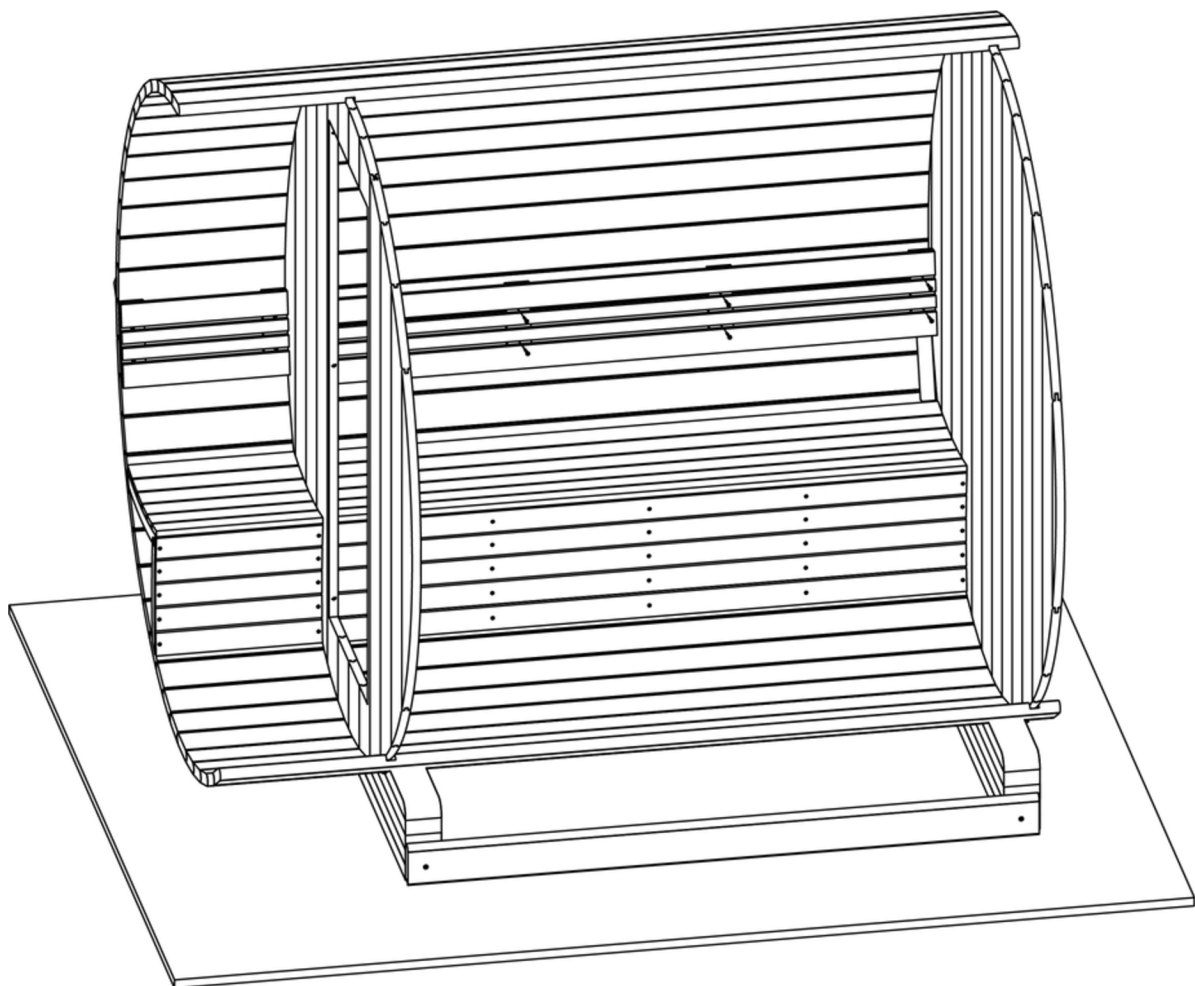
The distance between the bottom plank and the casing is approximately 5mm.



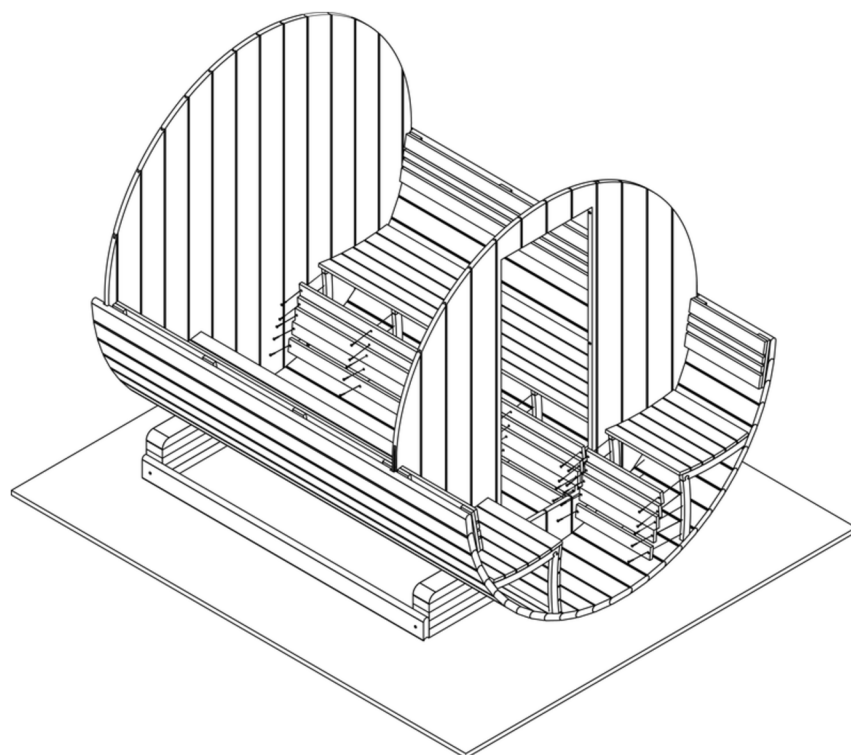
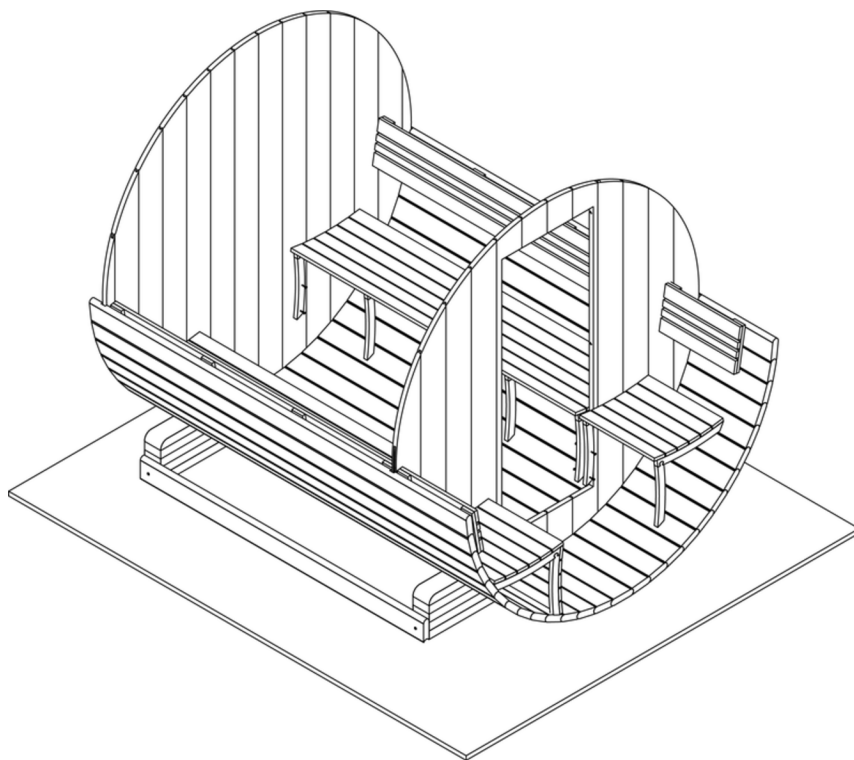
Step 47AB. Now screw in the backrest. The distance between the bottom of the backrest and the top of the bench should be 20cm. Use (4x) 4x60 screws for this.



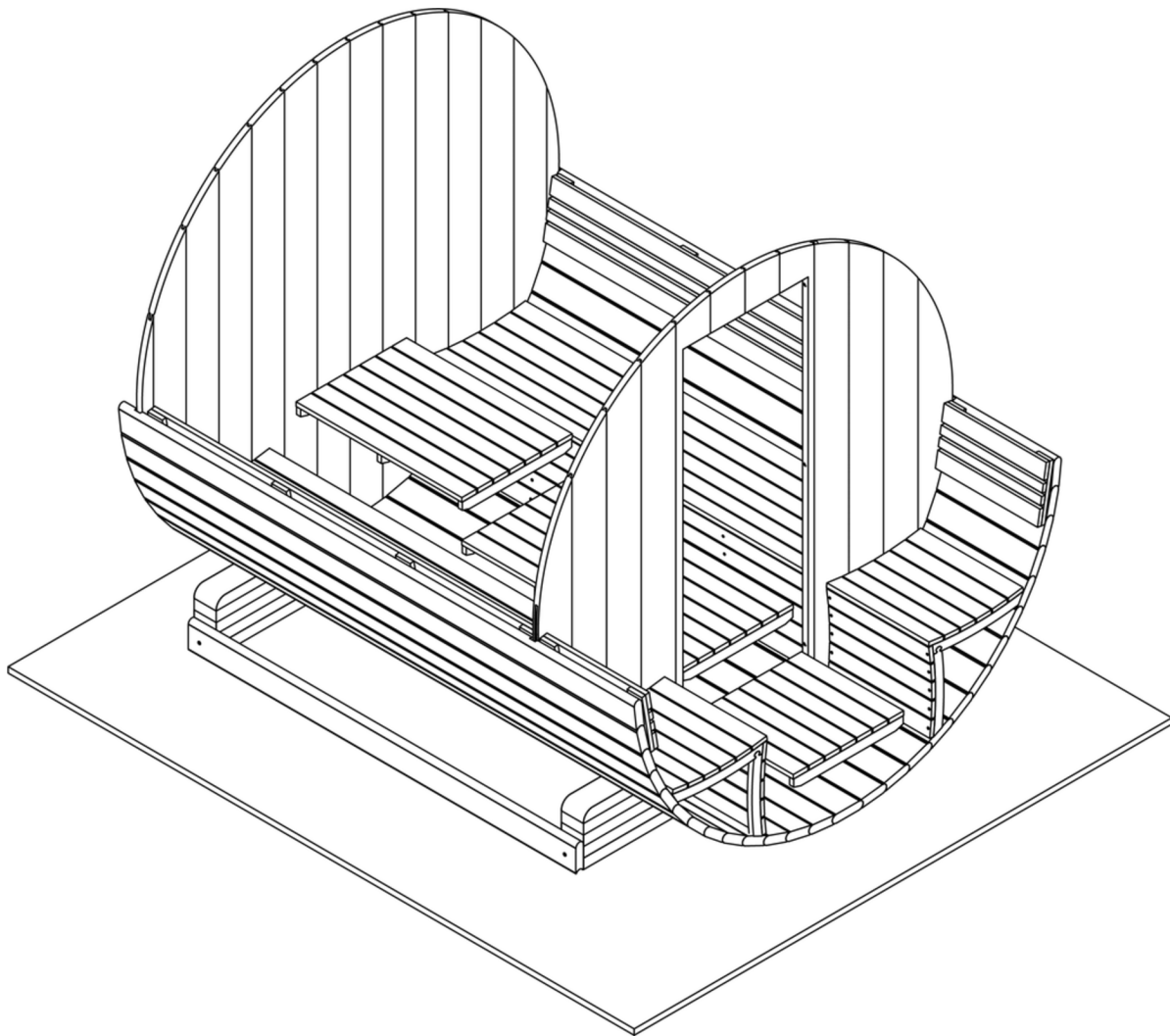
Step 48AB. Now screw the backrest in place. The distance between the bottom of the backrest and the top of the bench should be 20cm. Use (4x) 4x60 screws, screwing them in between the slats.



Step 49. Repeat steps 43 to 48 on the other side of the Tønsauna.



Step 50AB. Place the floorboards. The 90cm long floorboard should be placed against the back wall. It is not necessary to screw the floorboards down.



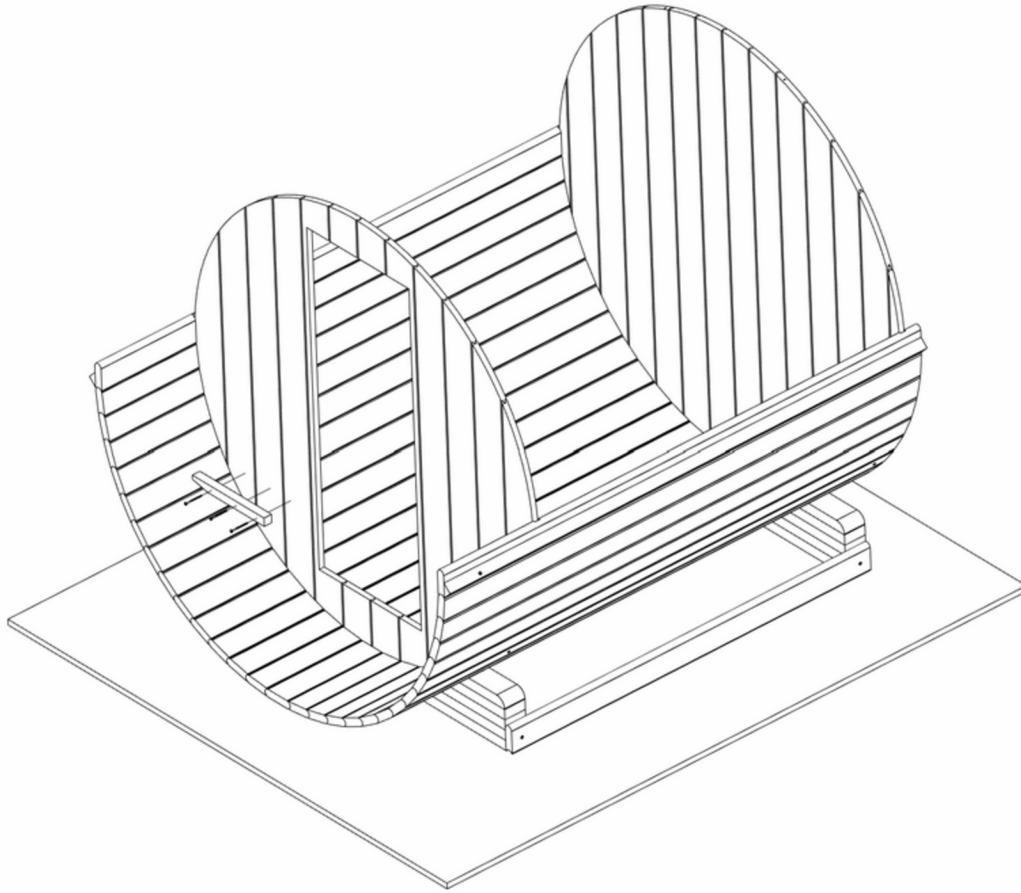
# Part 5 C + D

## Interior with Basic furnishing

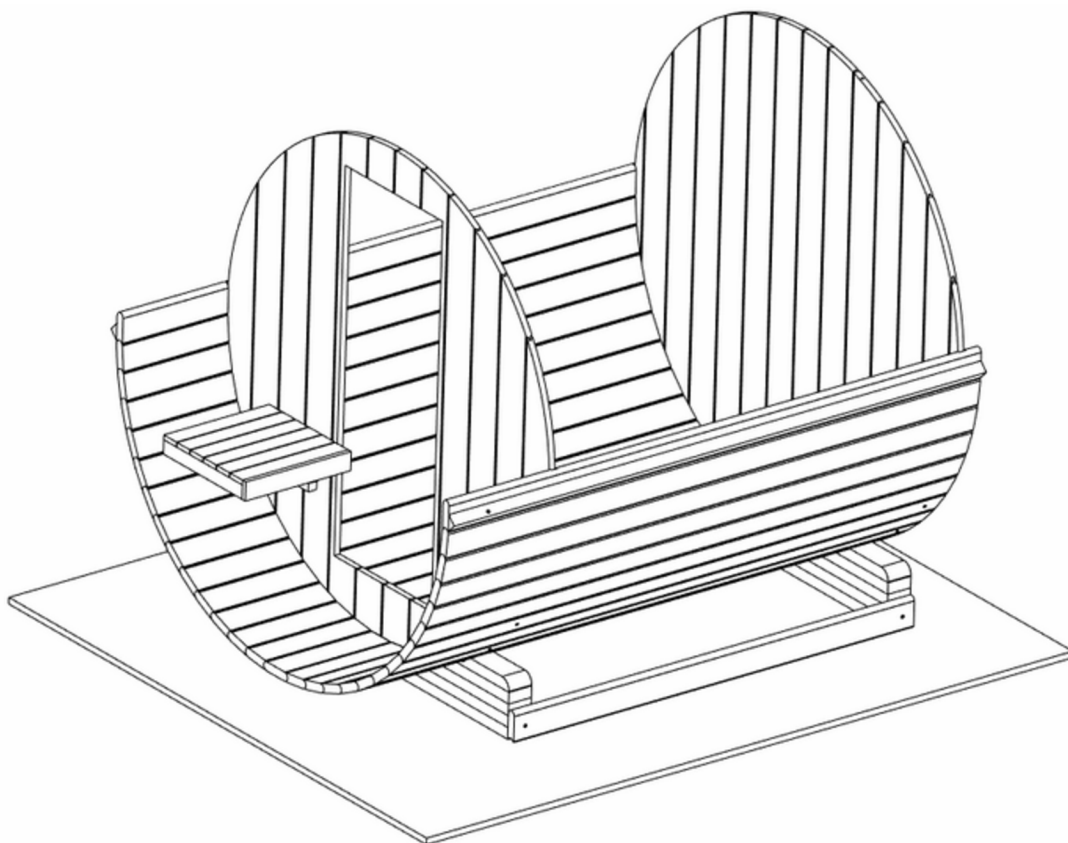
### **What is applicable to you?**

Closed Back or Half Panorama: Start first with 43CD, then follow C.  
Full Panorama Window: Start first with 43CD, then follow D.

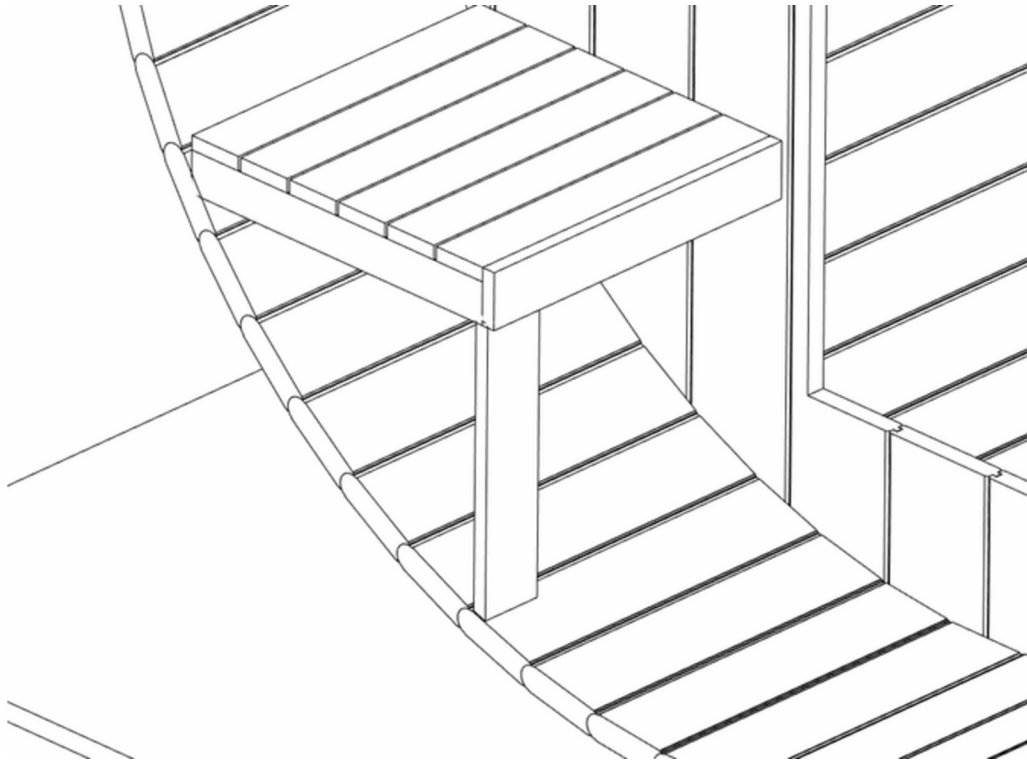
Step 43CD. Screw the support of the basic bench to the wall using (3x) 4.5x60 screws. The bottom of the support should be approximately 55cm from the central full moon profile.



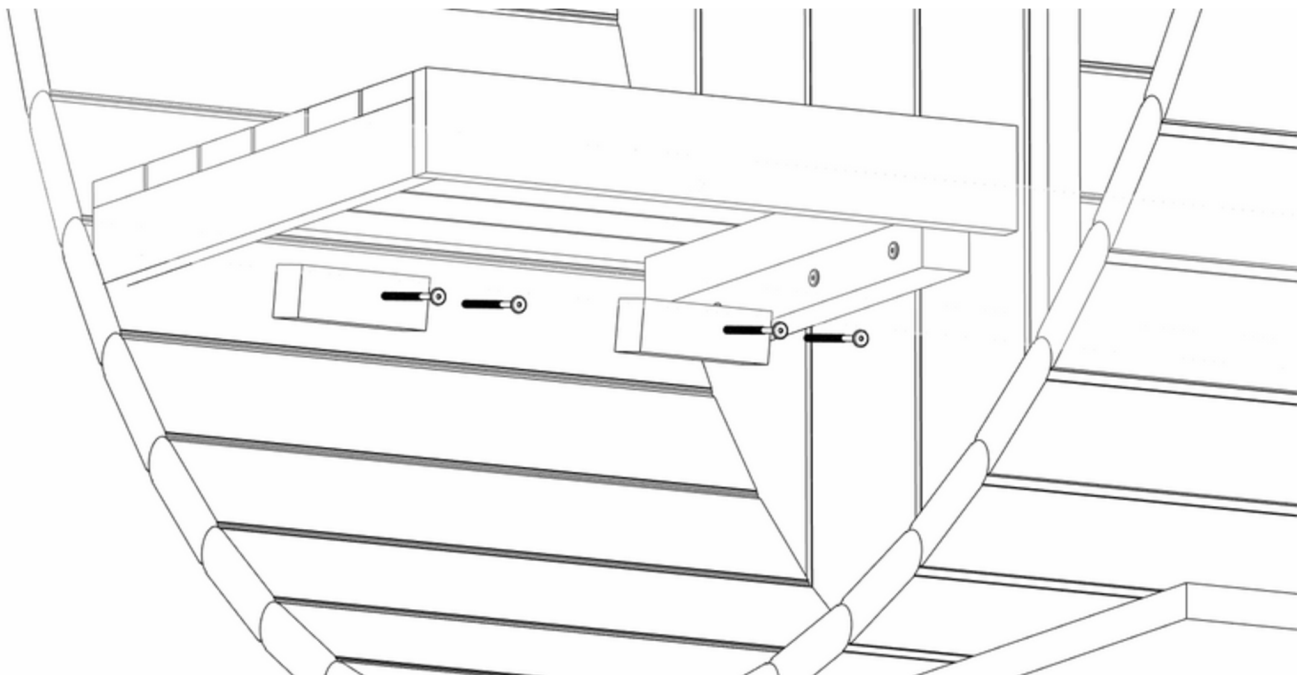
Step 44CD. Position the bench on the support.



Step 45CD. Screw the leg in place from behind the bench using (2x) 4x20 screws.

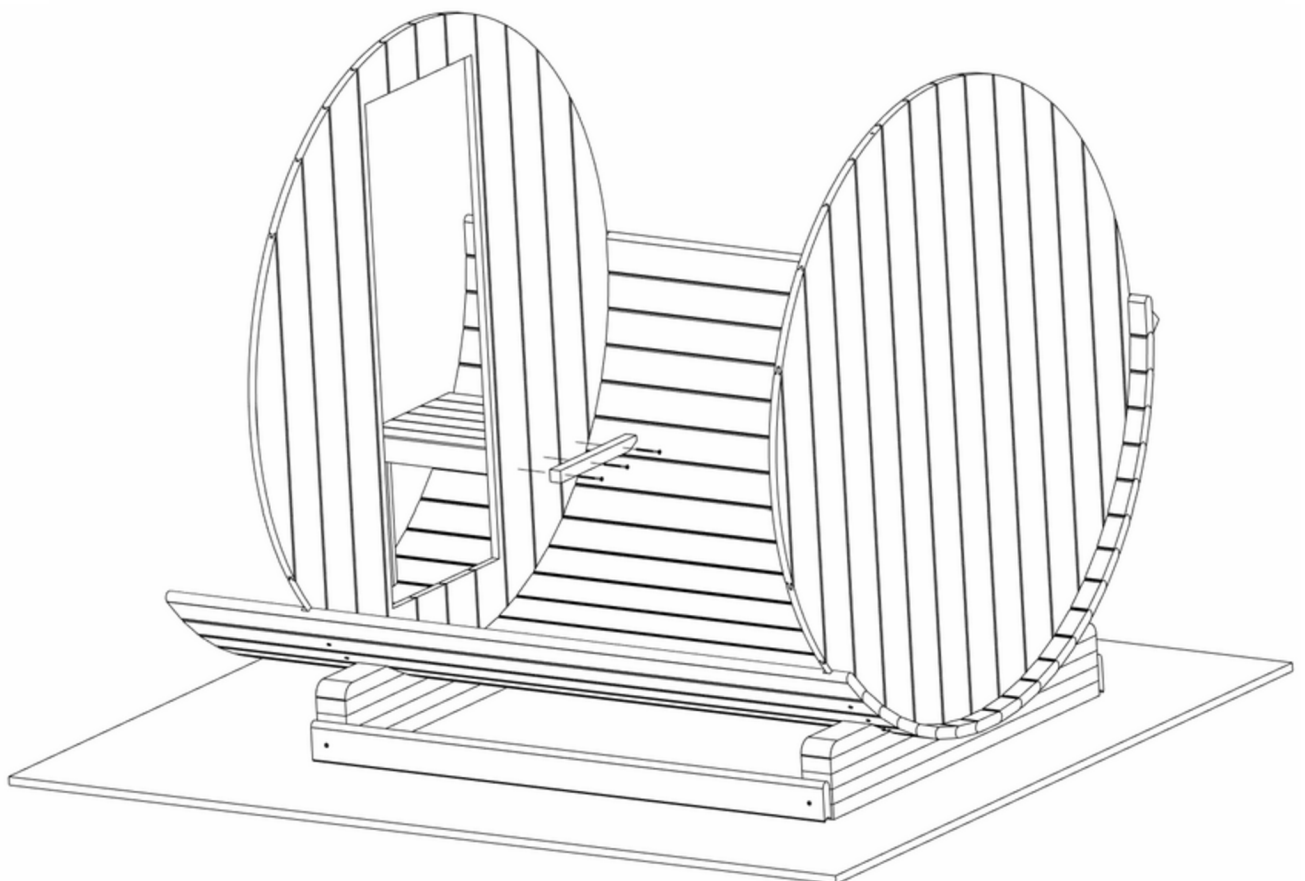
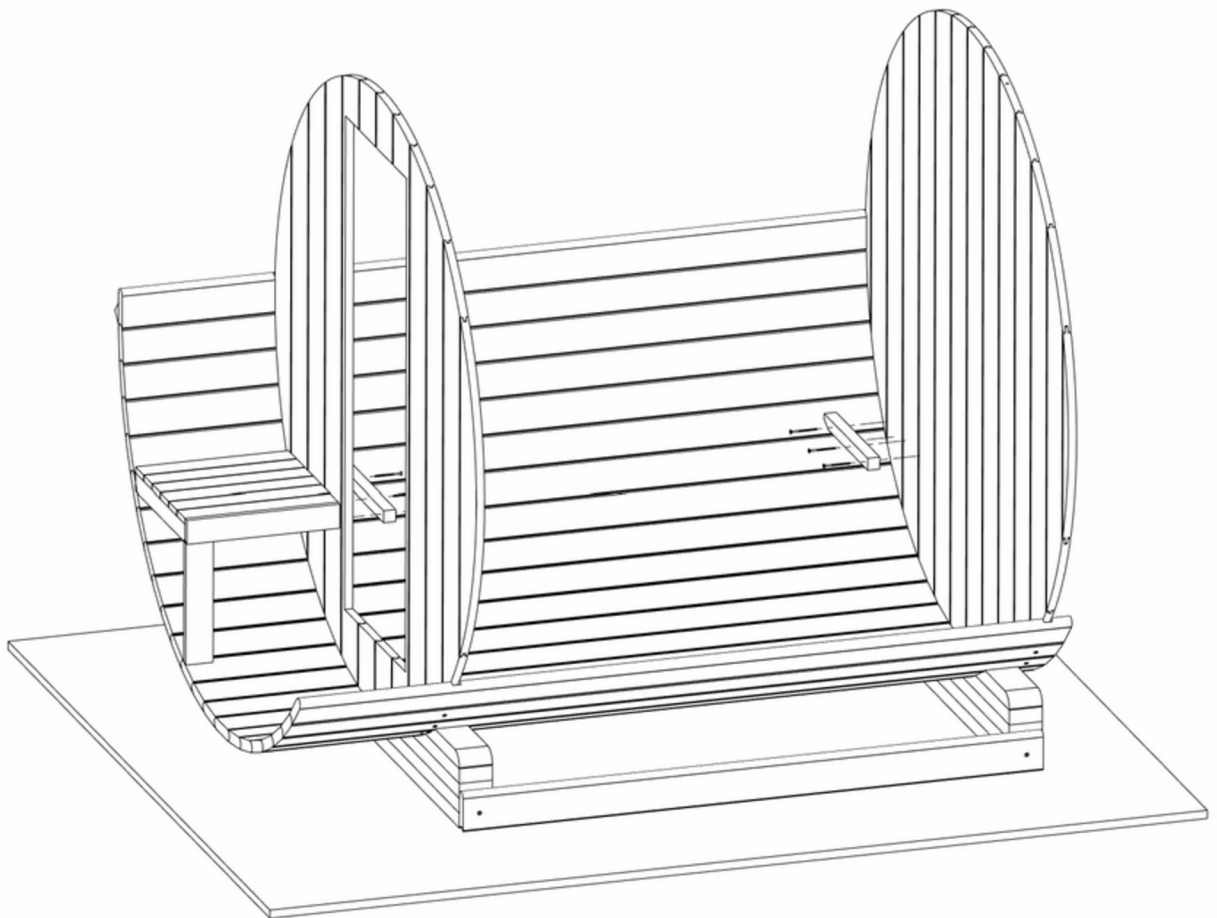


Step 47CD. Screw two blocks to the half-moon profile, ensuring the bench is supported by these blocks to create stability.

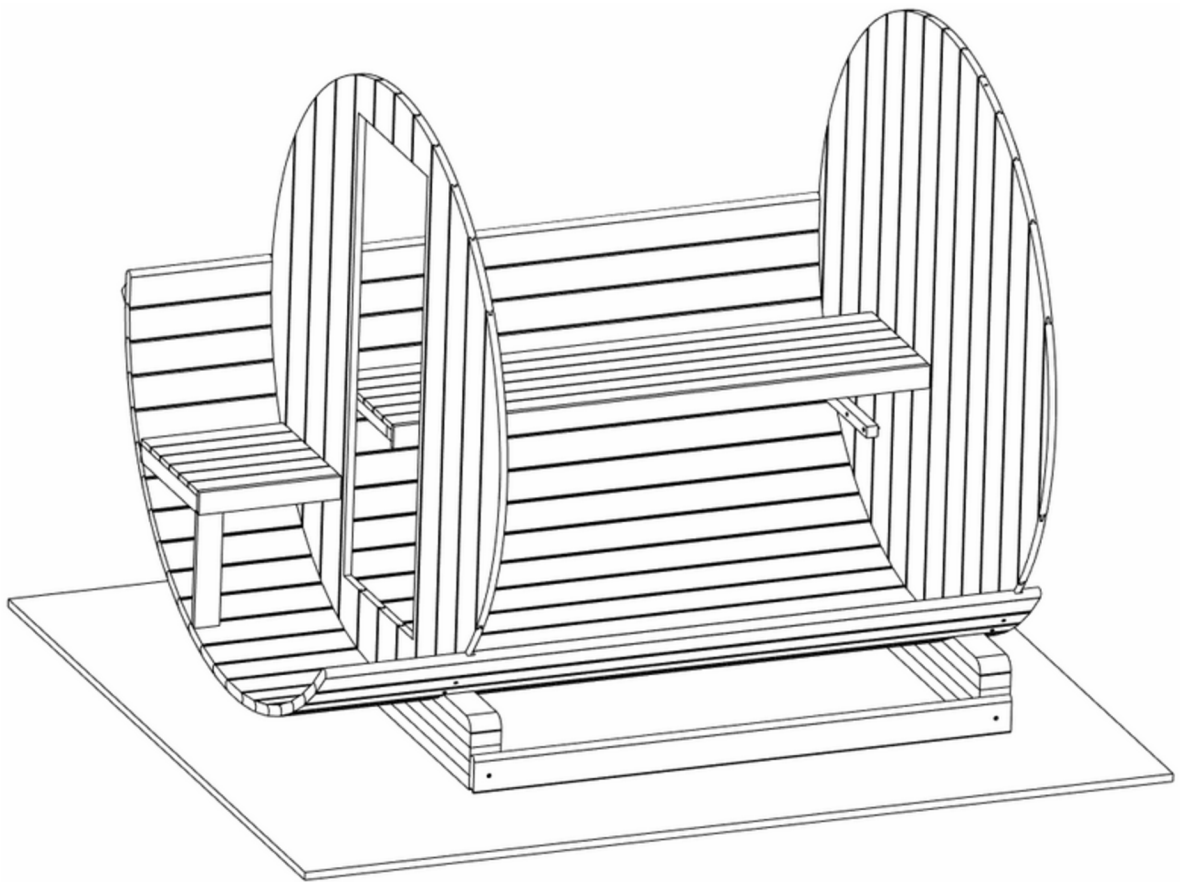




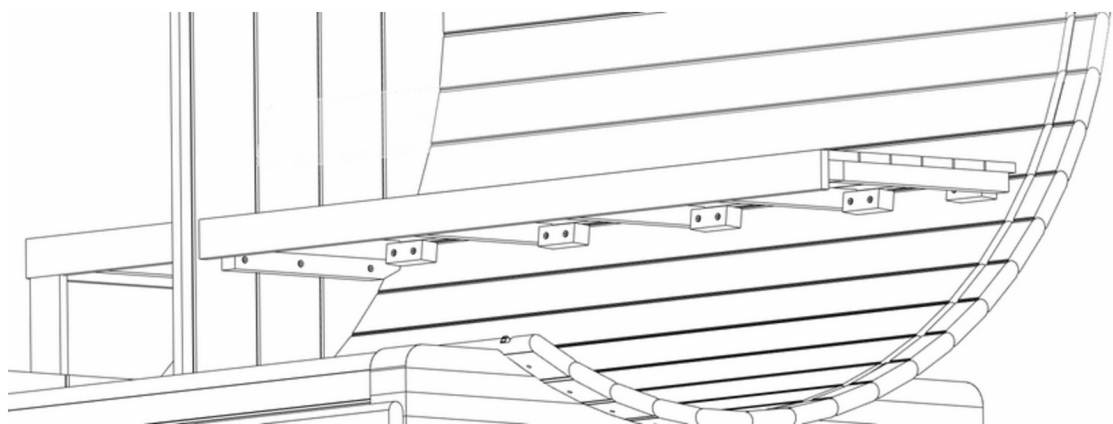
Step 48C. Screw two supports to the inside of the front and back walls. The bottom of the supports should be approximately 55cm from the bottom central full moon profile.



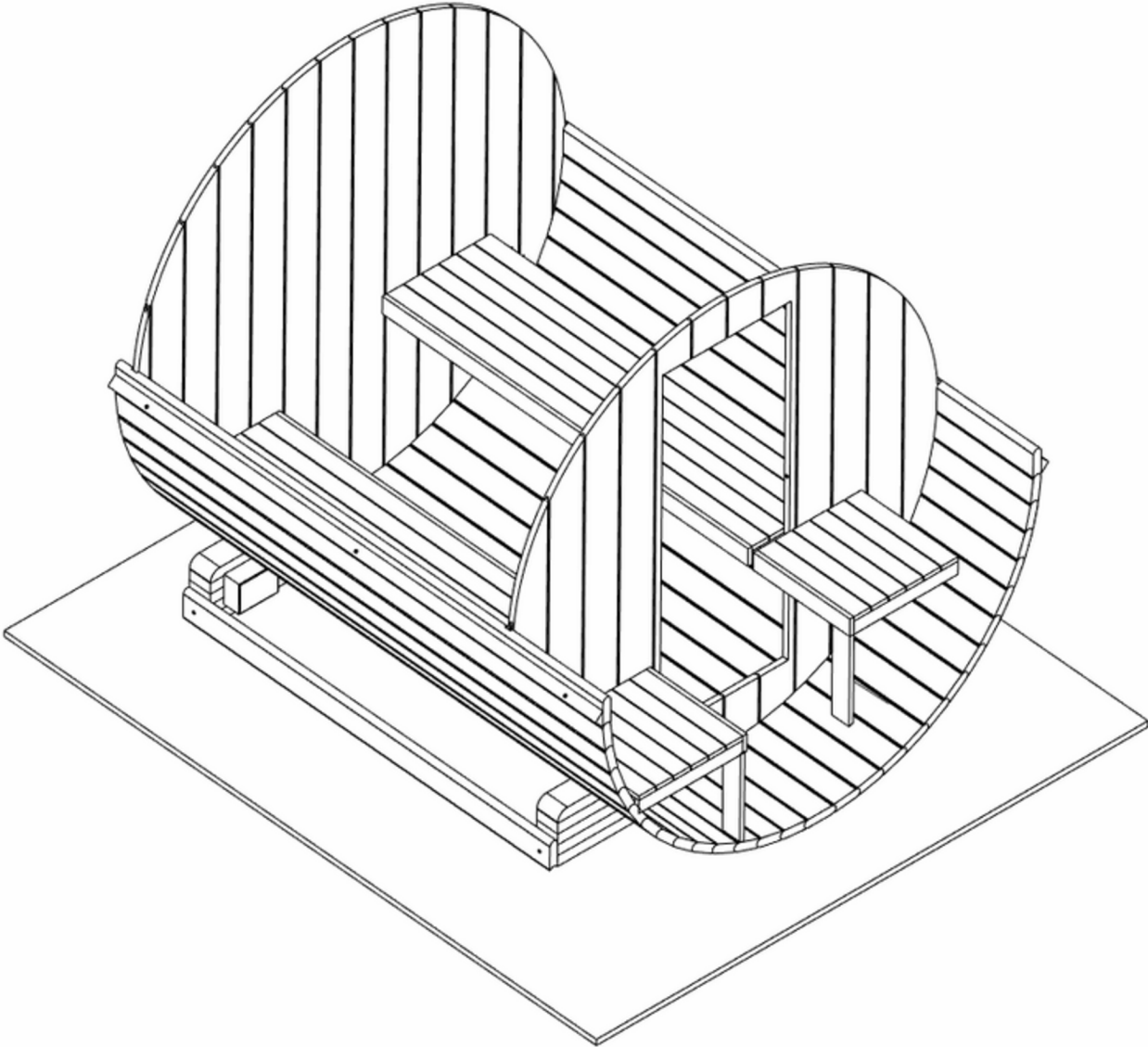
Step 49C. Place the large bench on the two supports.

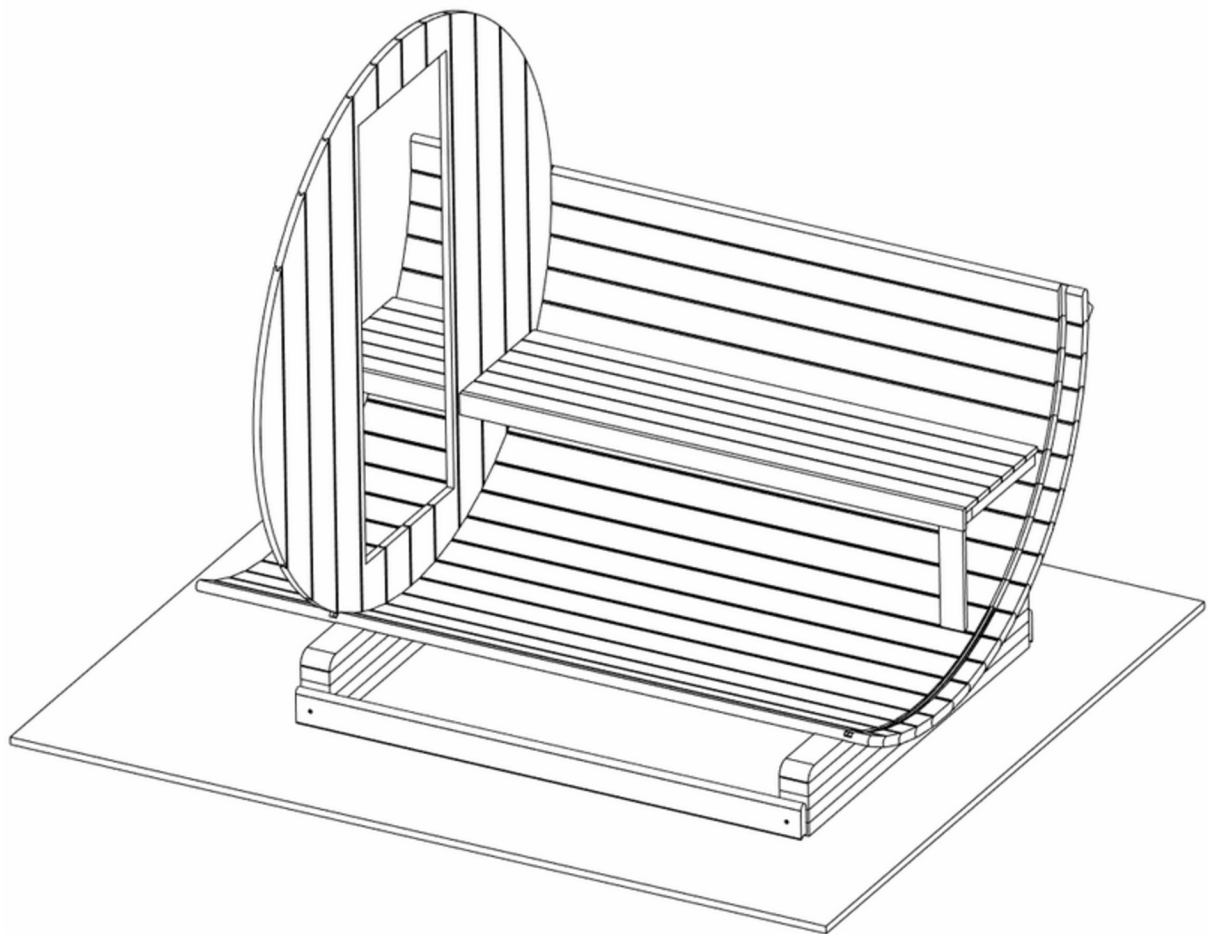
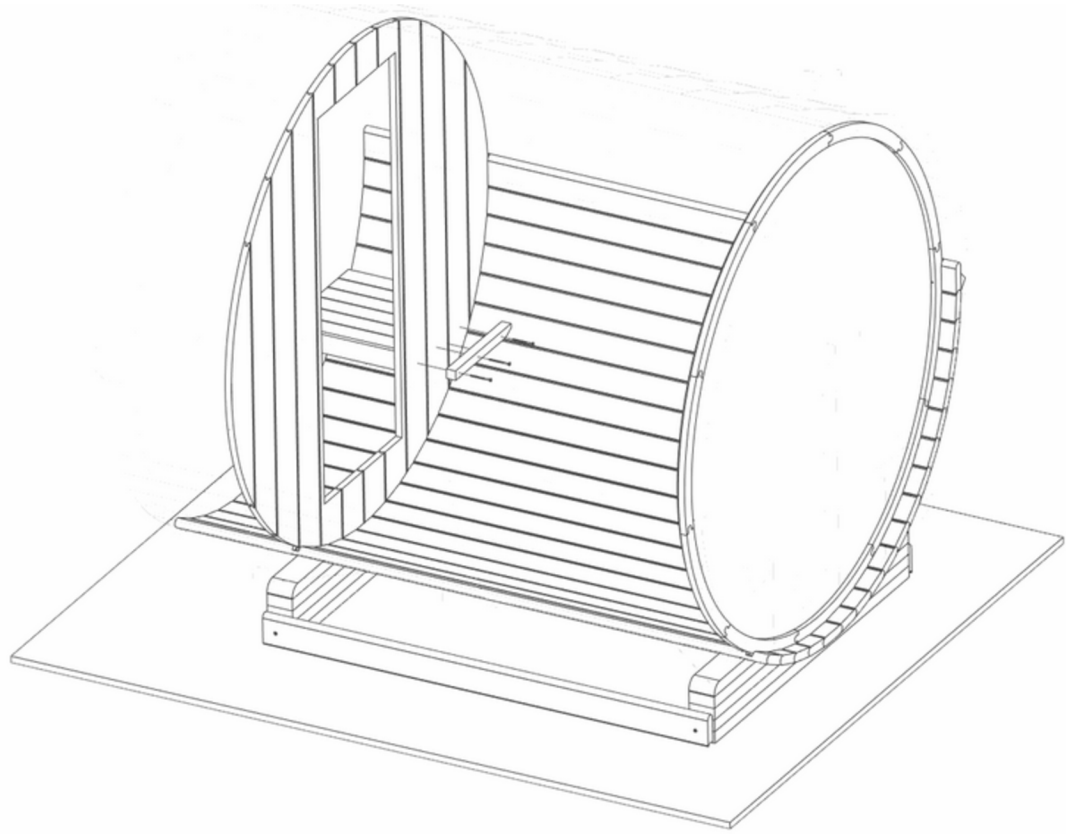


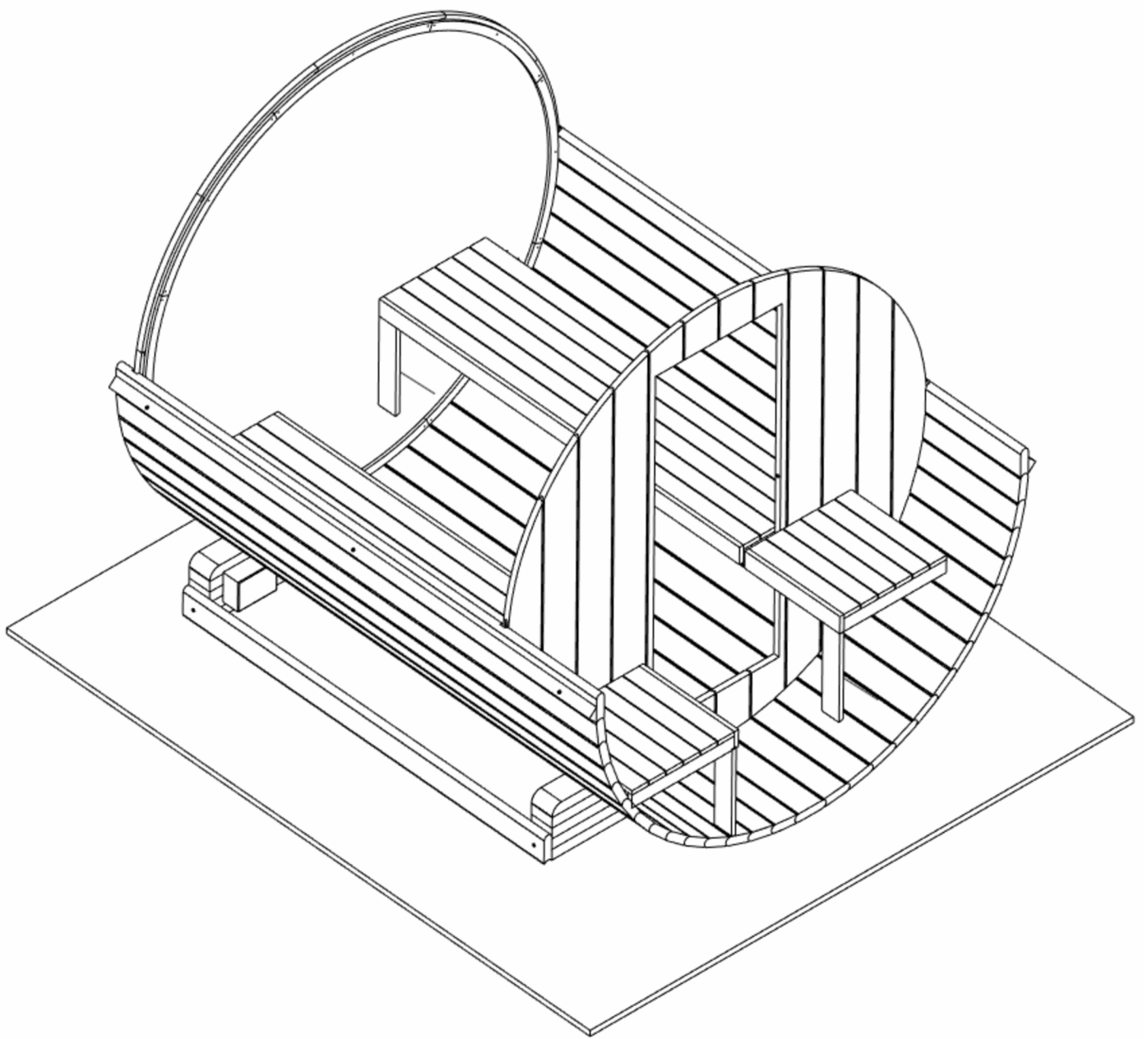
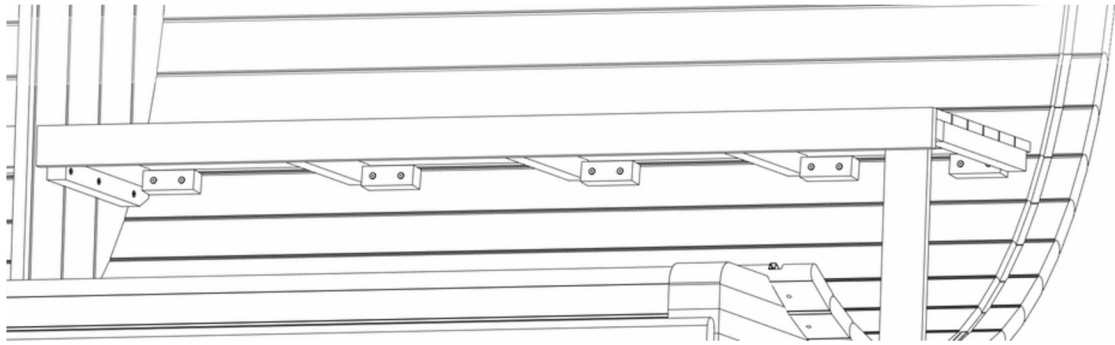
Step 50C. Now screw 5 blocks to the moon profile. Ensure the tops of these blocks support the bench.



Step 51C. Repeat steps 44 to 50 on the other side.







# Part 6

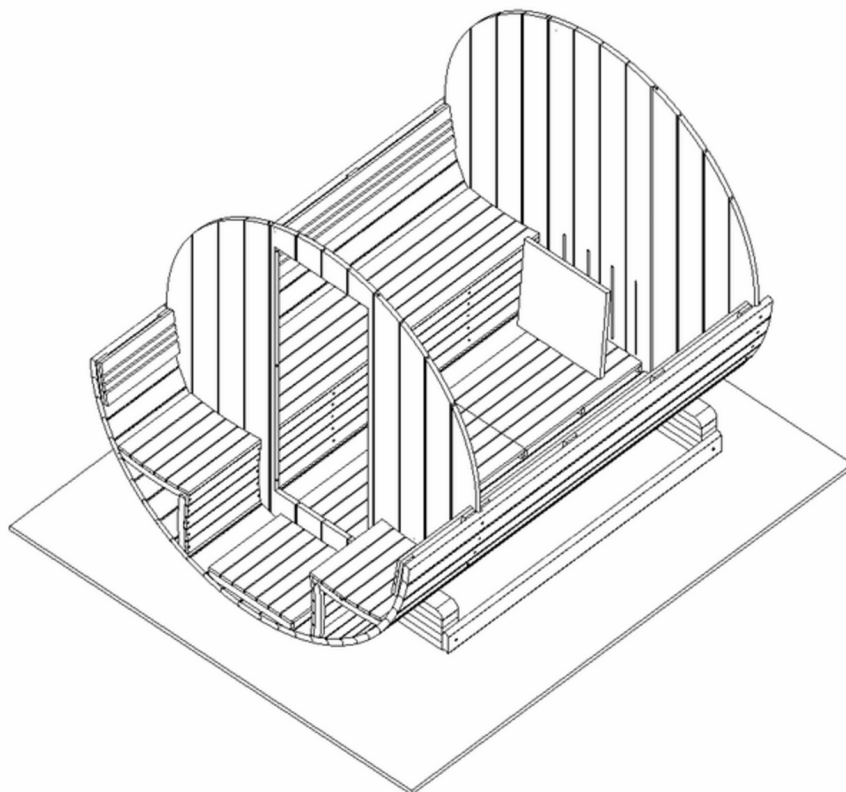
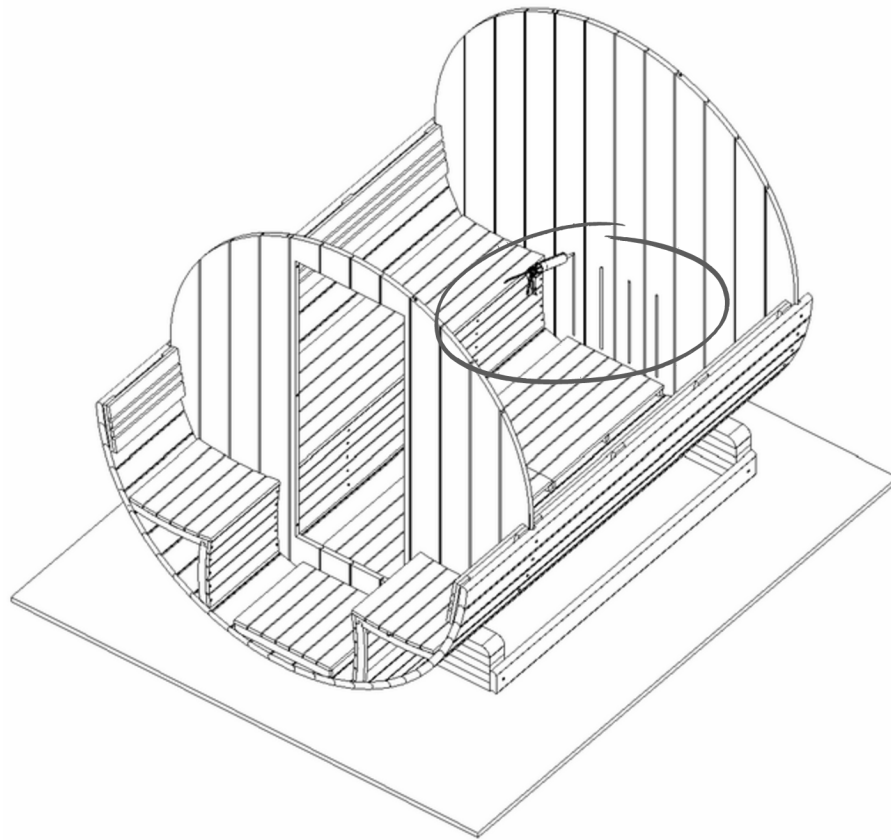
## Natural stone

### **What is applicable to you?**

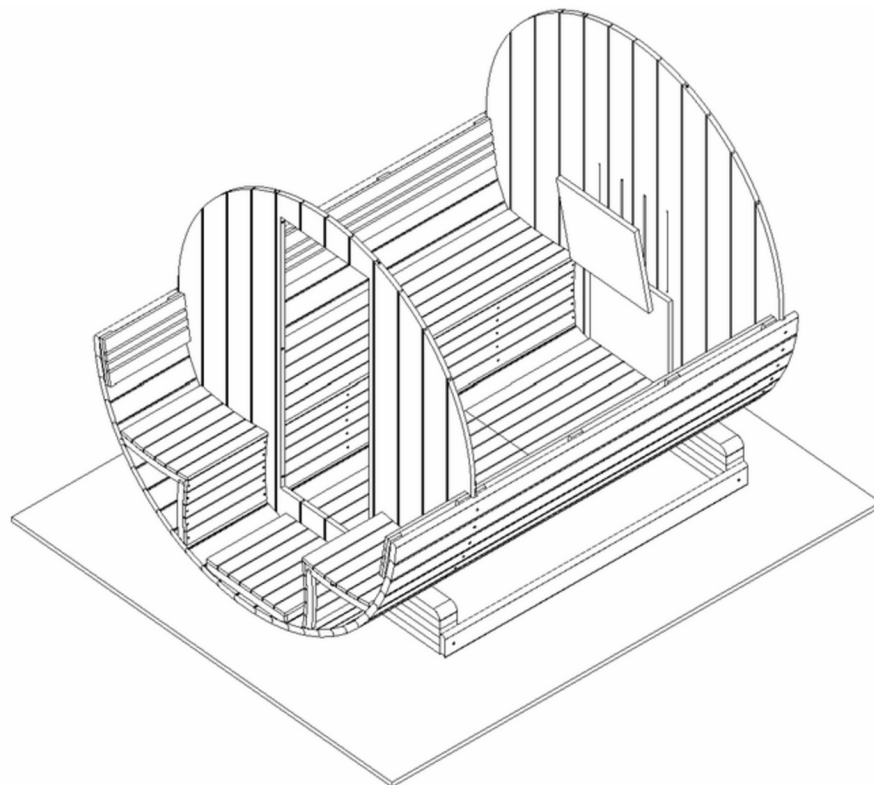
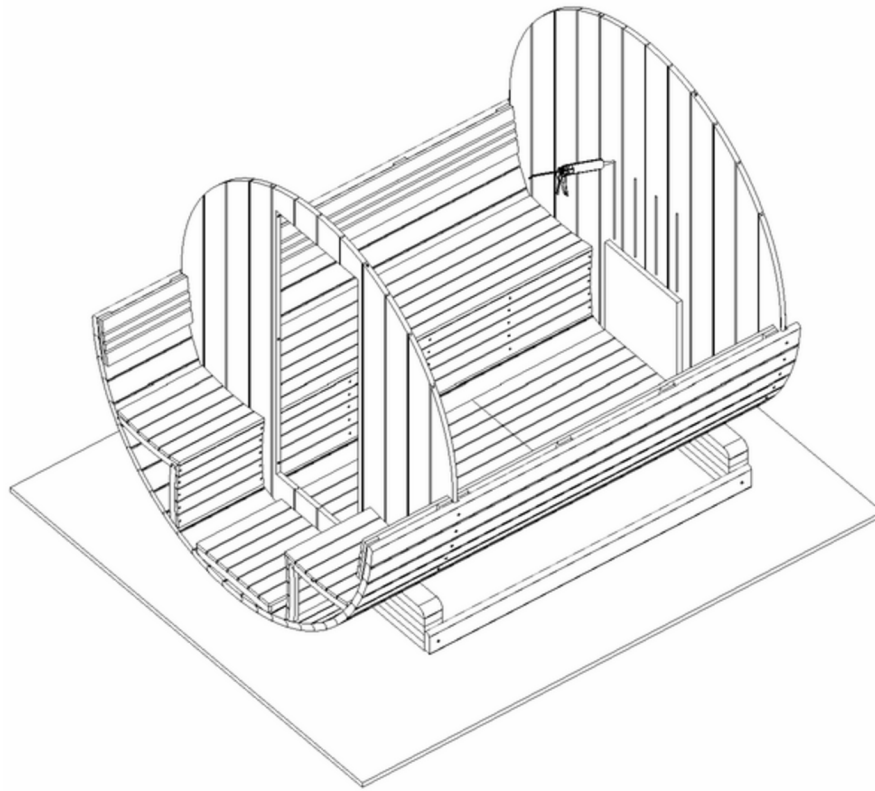
Wood stove: go to step 53 A to 54 A

Electric stove: go to step 53 B

Step 51 A. Apply four lines of adhesive to the back wall, directly above the floor. Approximately 50 cm high and a maximum of 50 cm wide. Place the 60 x 60 stone against it.



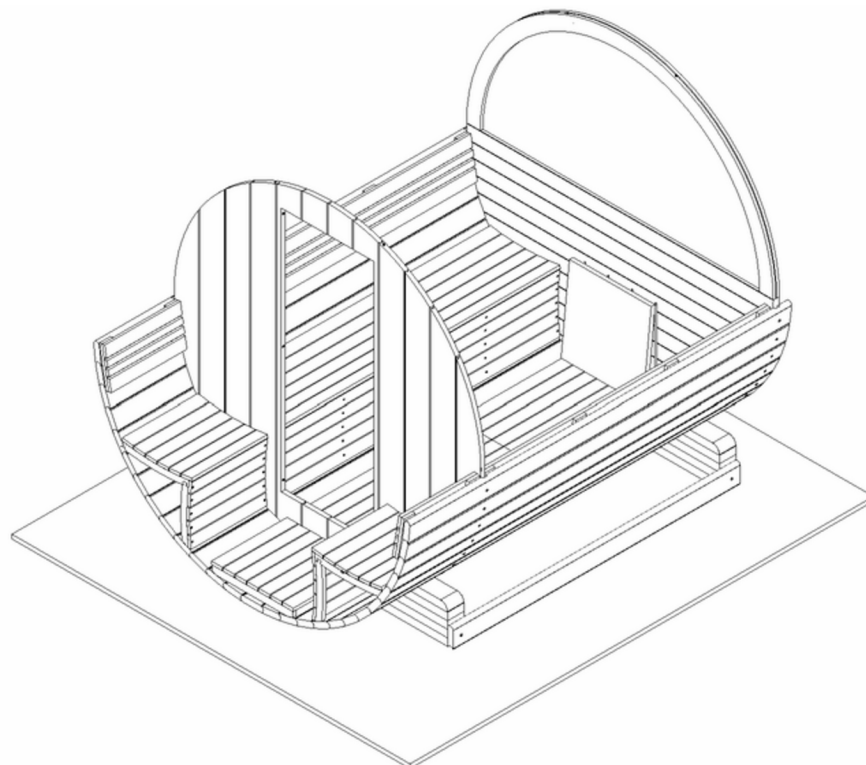
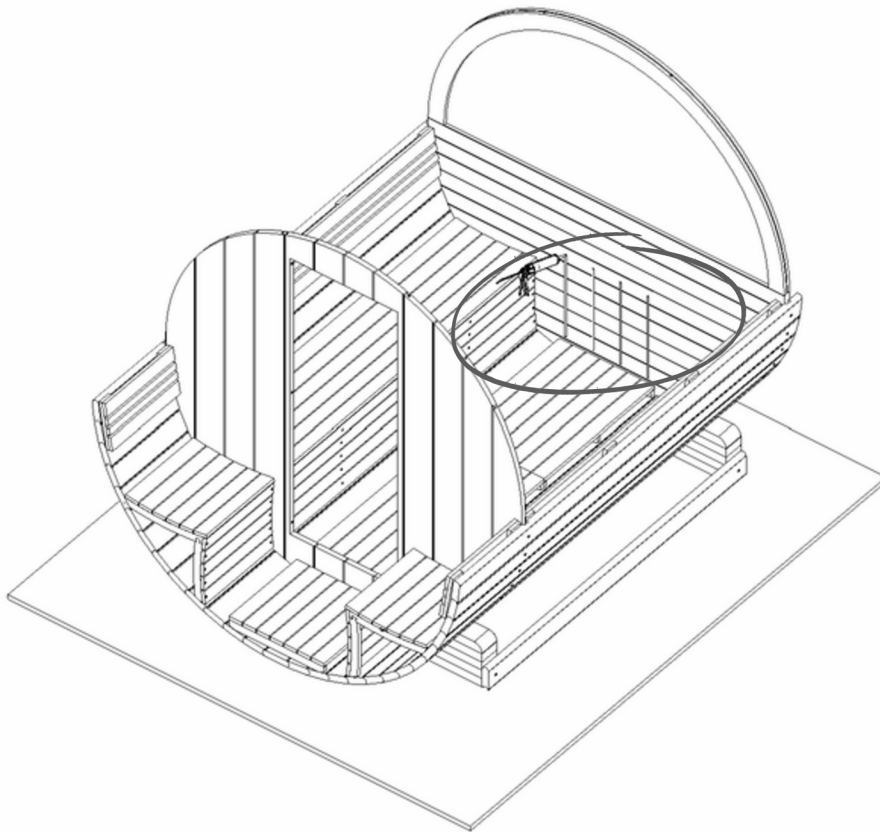
Step 52 A. Apply four lines of adhesive to the back wall, directly above the previous stone. Approximately 50 cm high and a maximum of 50 cm wide. Place the 60 x 60 stone against it.



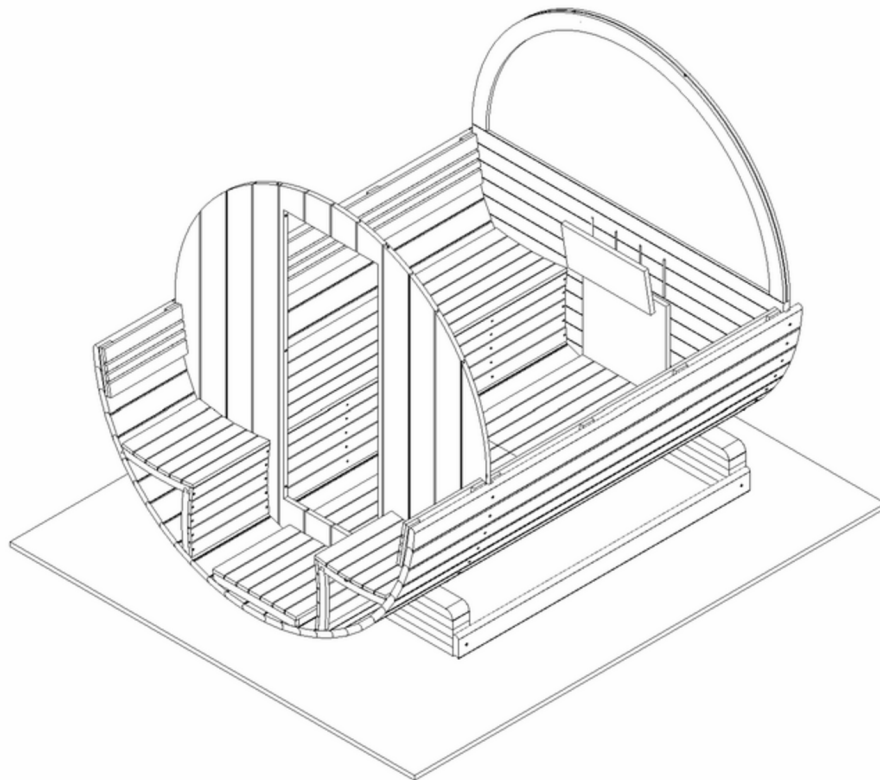
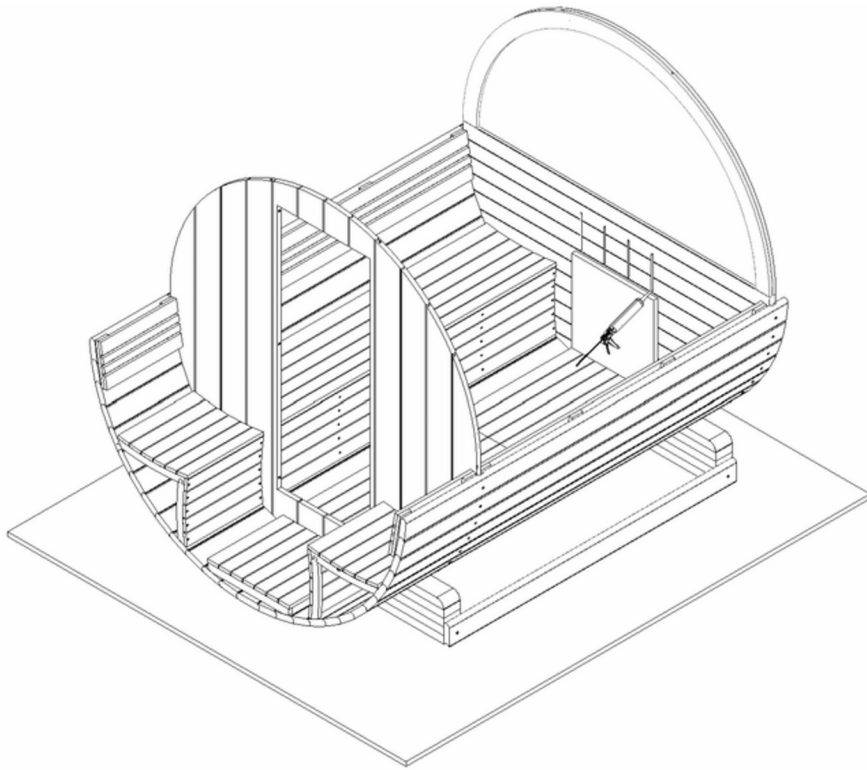
Proceed to step 53 A



Step 51 B. Apply four lines of adhesive to the back wall, directly above the floor. Approximately 50 cm high and a maximum of 50 cm wide. Place the 60 x 60 stone against it.

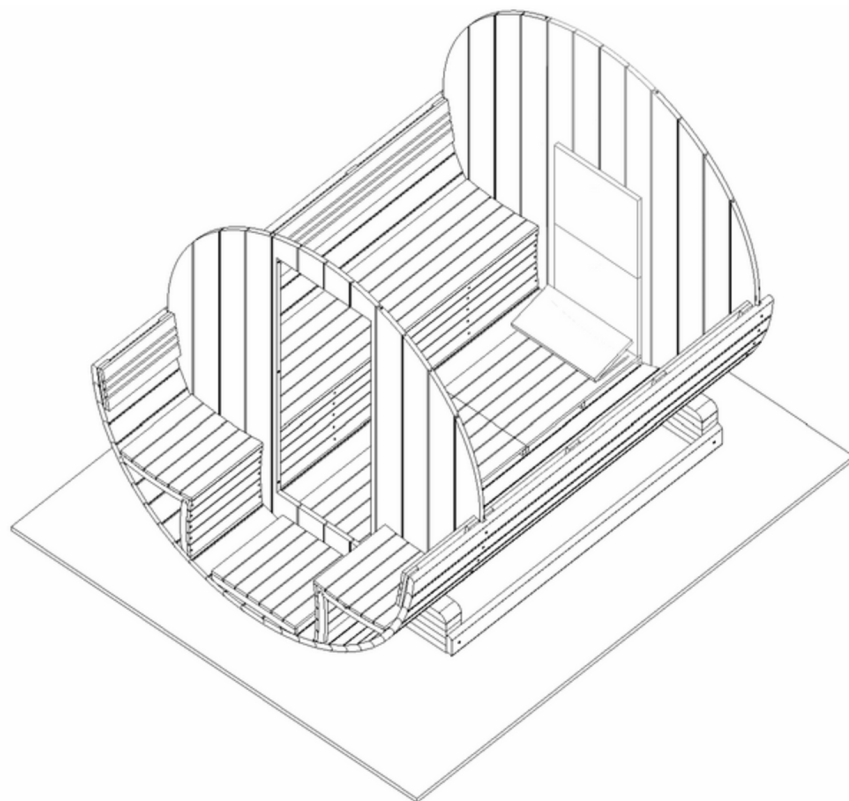
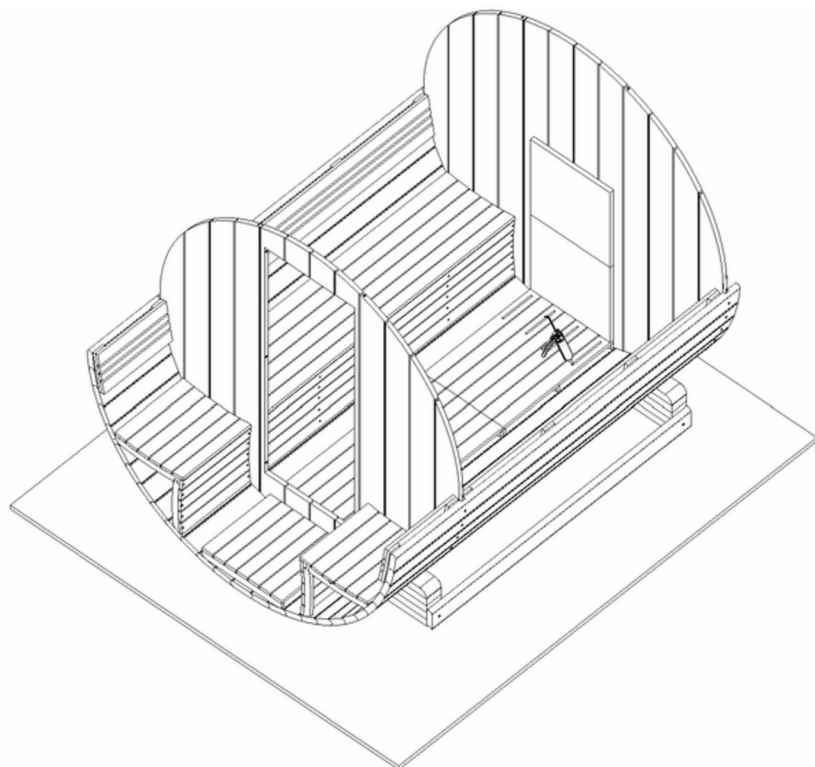


Step 52 B. Apply four lines of adhesive to the back wall, directly above the previous stone. Approximately 25 cm high and a maximum of 50 cm wide. Place the 30 x 60 stone against it.

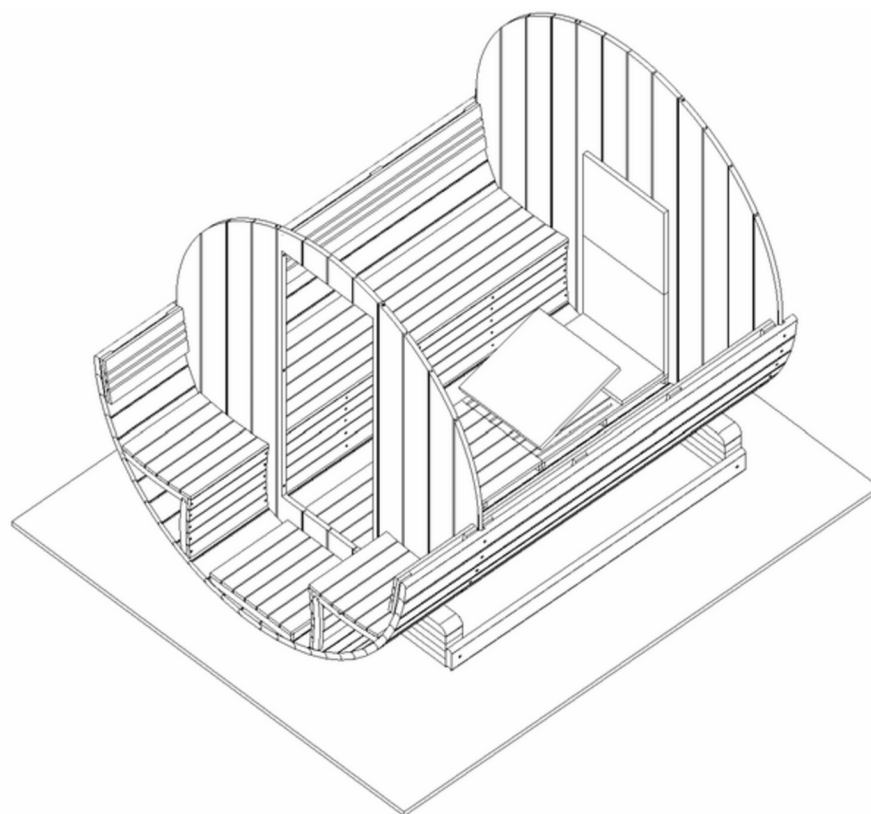
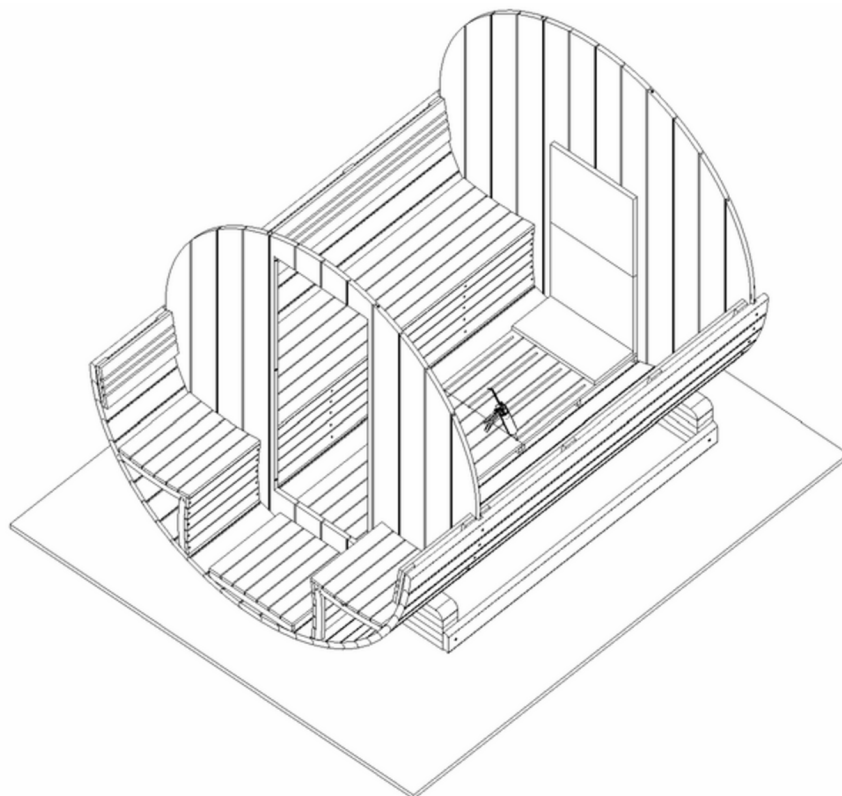


**Proceed to step 53 B**

Step 53 A. Apply four lines of adhesive on the floor, against the back stone. Place the 60 x 30 stone on top.

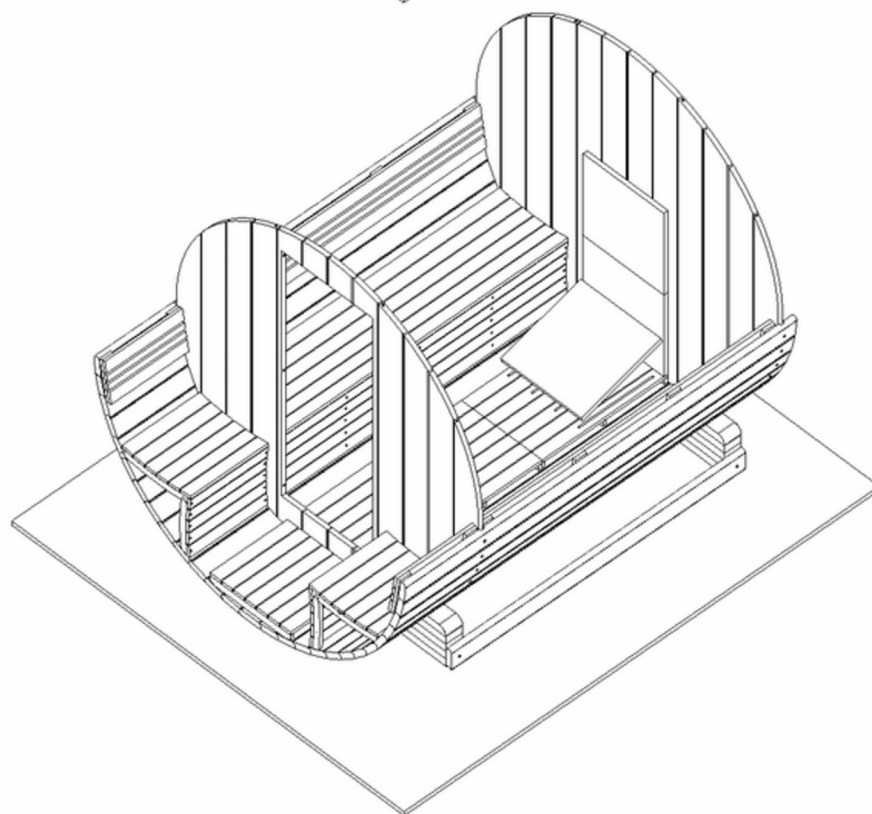
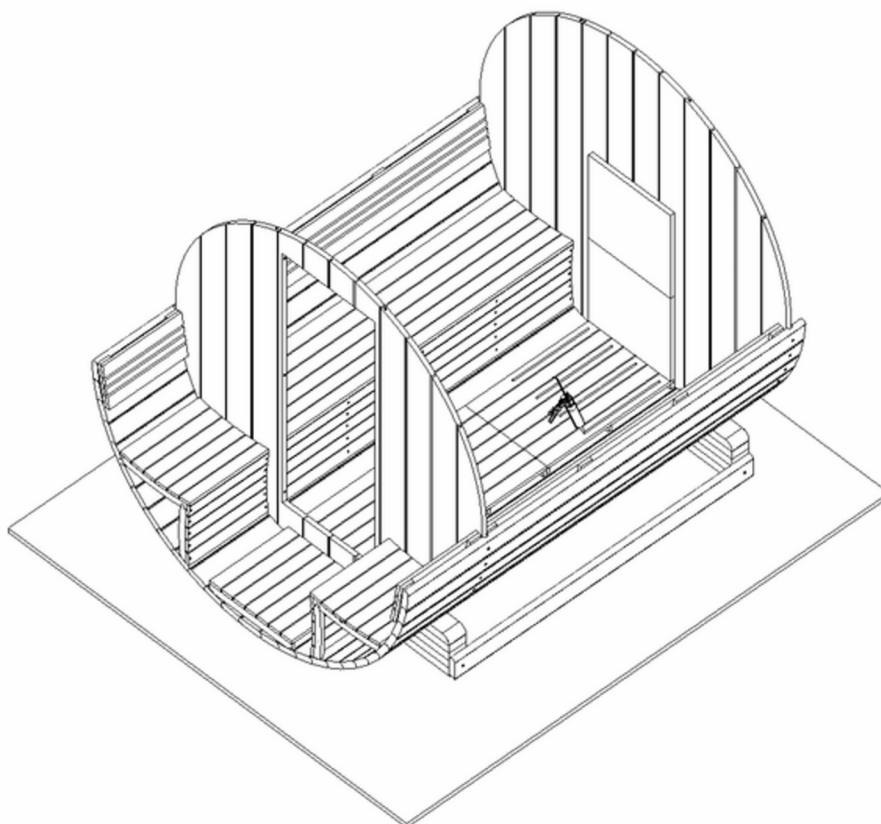


Step 54 A. Apply four lines of adhesive on the floor, against the back stone. Place the 60 x 60 stone on top.



**Proceed to step 55**

Step 53 B. Apply four lines of adhesive on the floor, against the back stone. Place the 60 x 60 stone on top.



**Proceed to step 55**

# Part 7

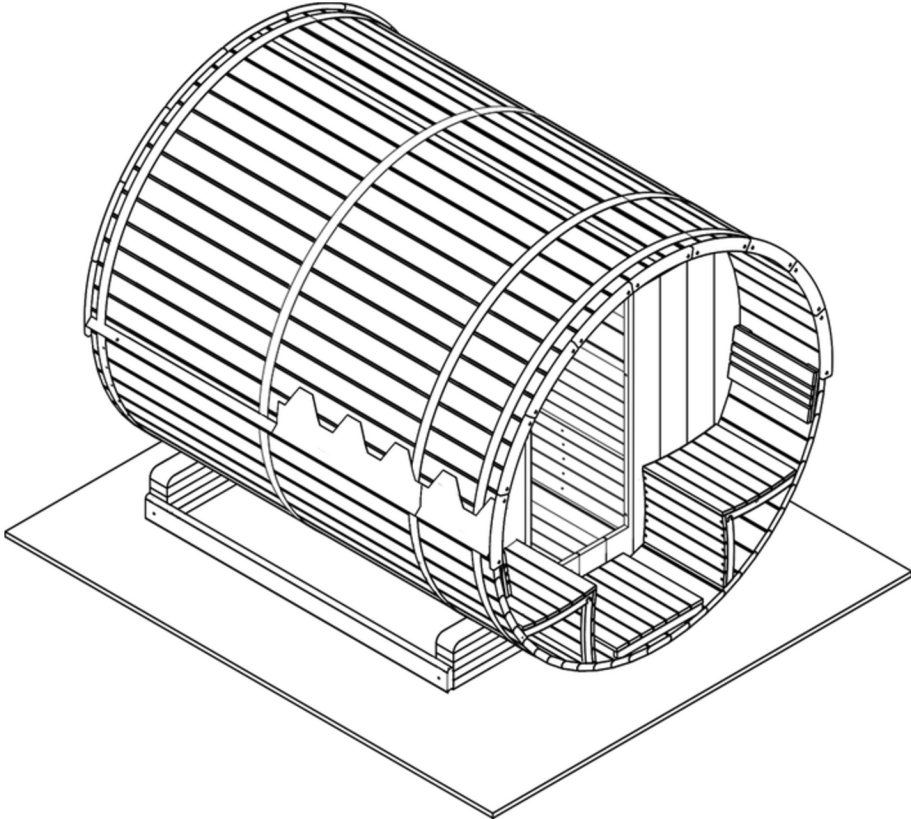
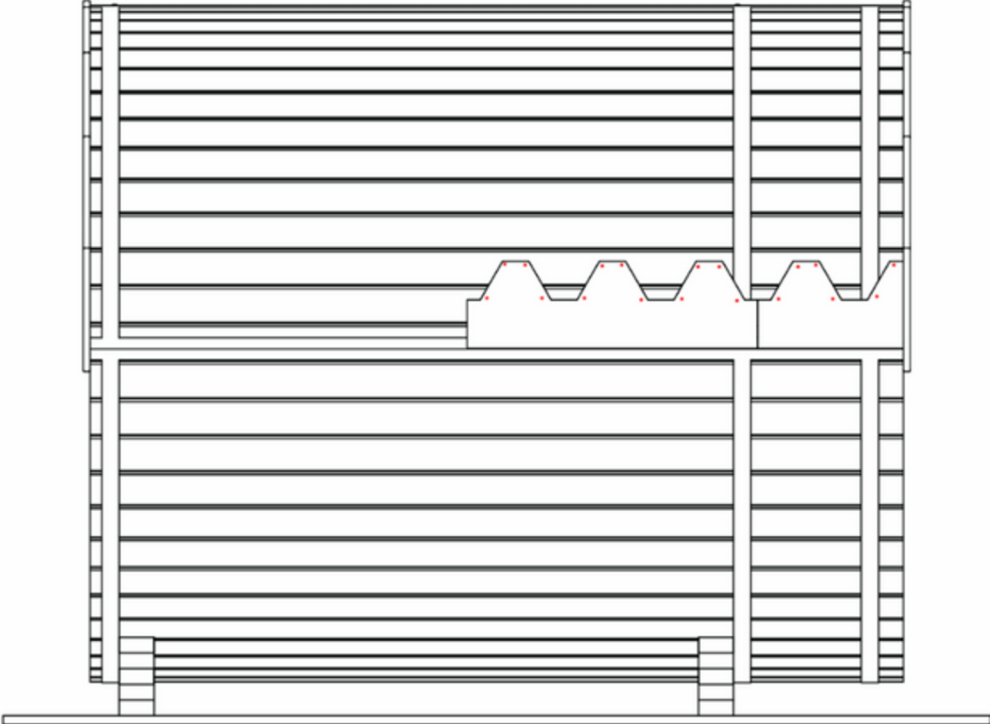
## The roof

### **What is applicable to you?**

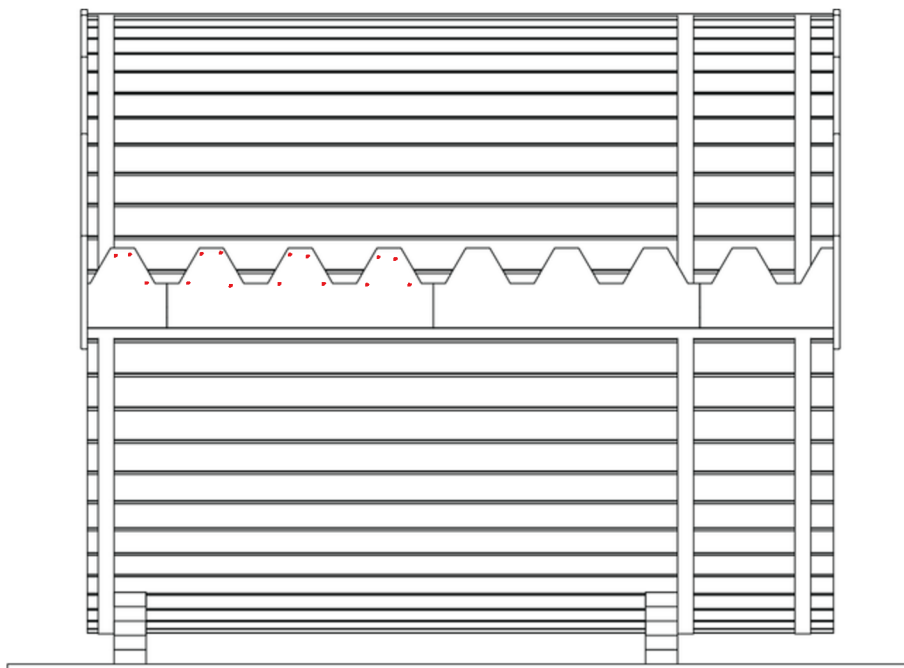
Wood stove: go to step 53 A to 54 A

Electric stove: go to step 53 B

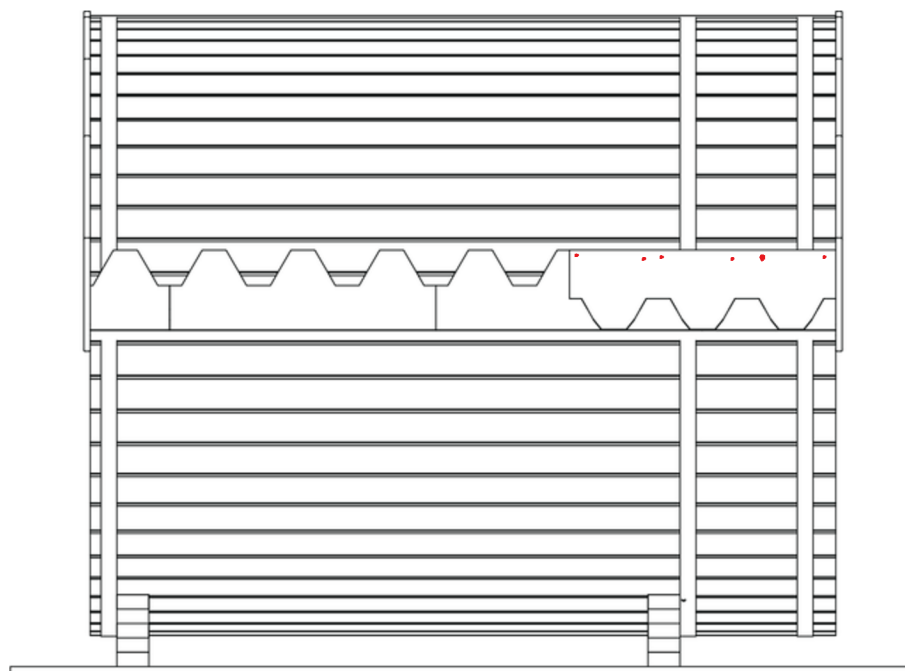
Step 55. Now place the first layer of shingles. Remove the foil to expose the adhesive strip and press it against the wood. Drive an asphalt nail through the shingle on the red dots.



Step 56. Now finish the first row, and hammer asphalt nails at the points indicated below.

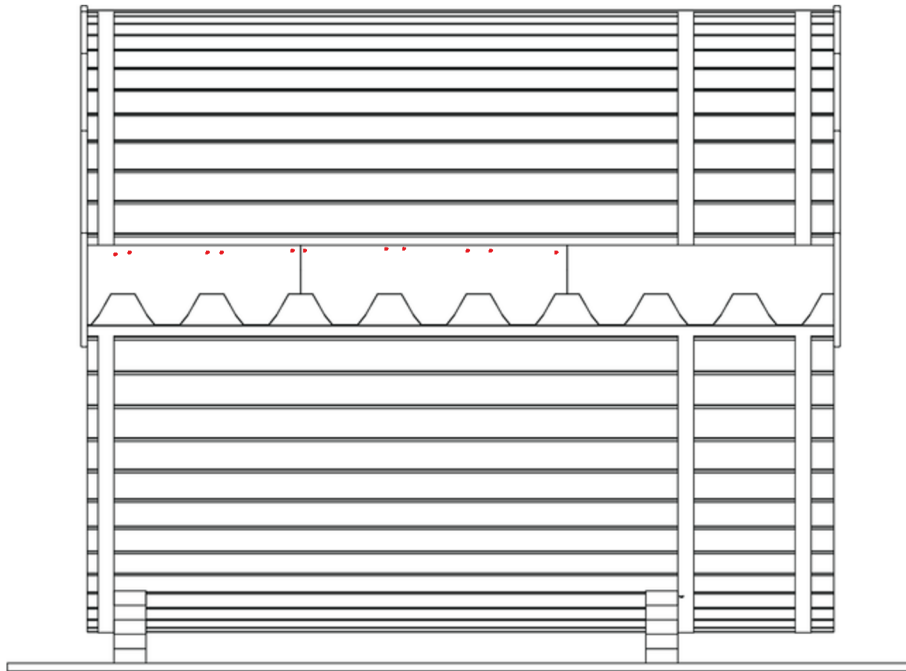


Step 57. Now start the second row, reversing the shingles. Align the bottom of the shingles with the previous row. Press the adhesive strip down and hammer asphalt nails into the red indicated points. (If you deviate from the points, there is a chance that the asphalt nails will be visible.)



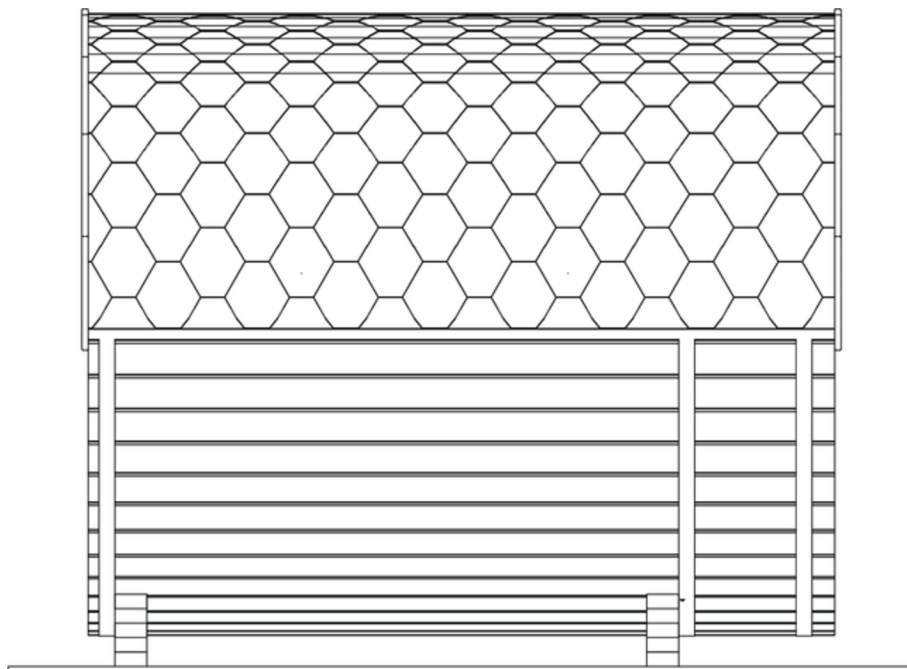


Step 58. Finish the row using asphalt nails and adhesive strips again.

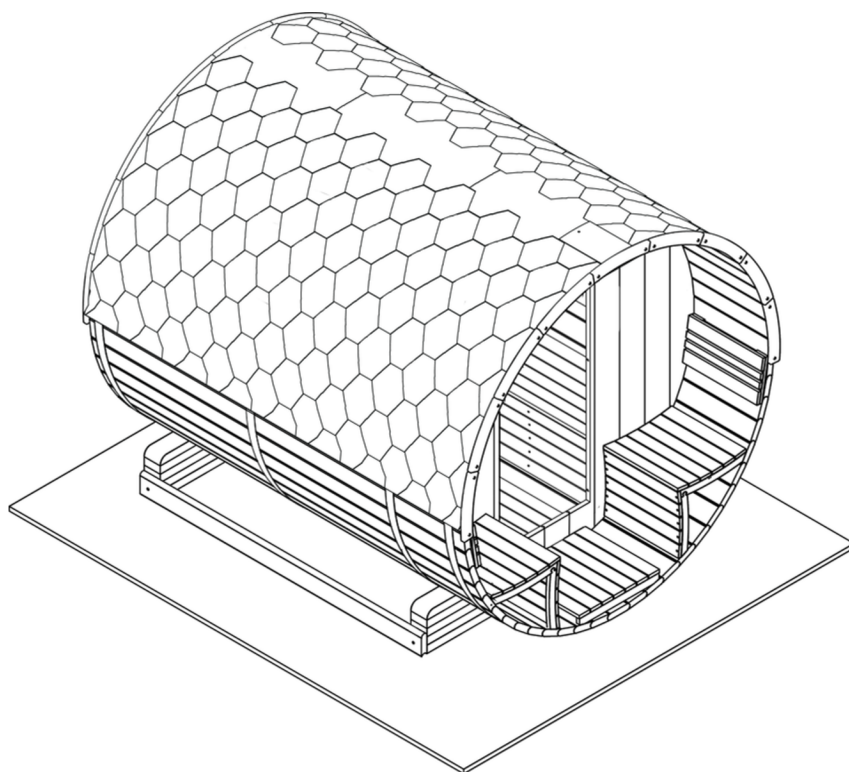


Step 59. Now place the next rows. Offset each roof shingle to create the pattern shown below. Secure each strip of shingles with the adhesive strip and asphalt nails as indicated above.

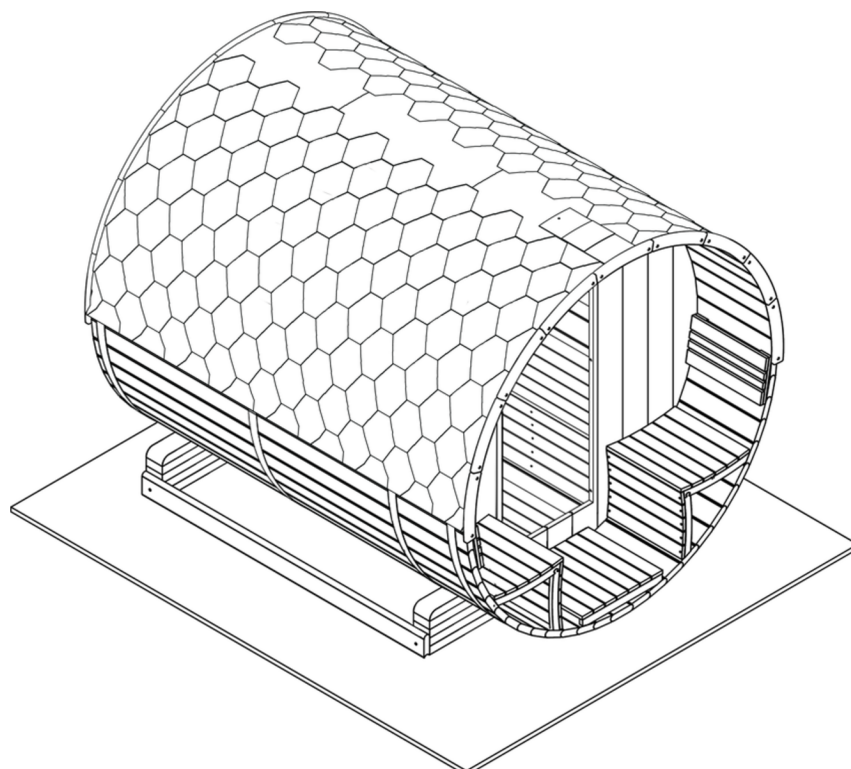
Lay the shingles on the other side of the roof as well.



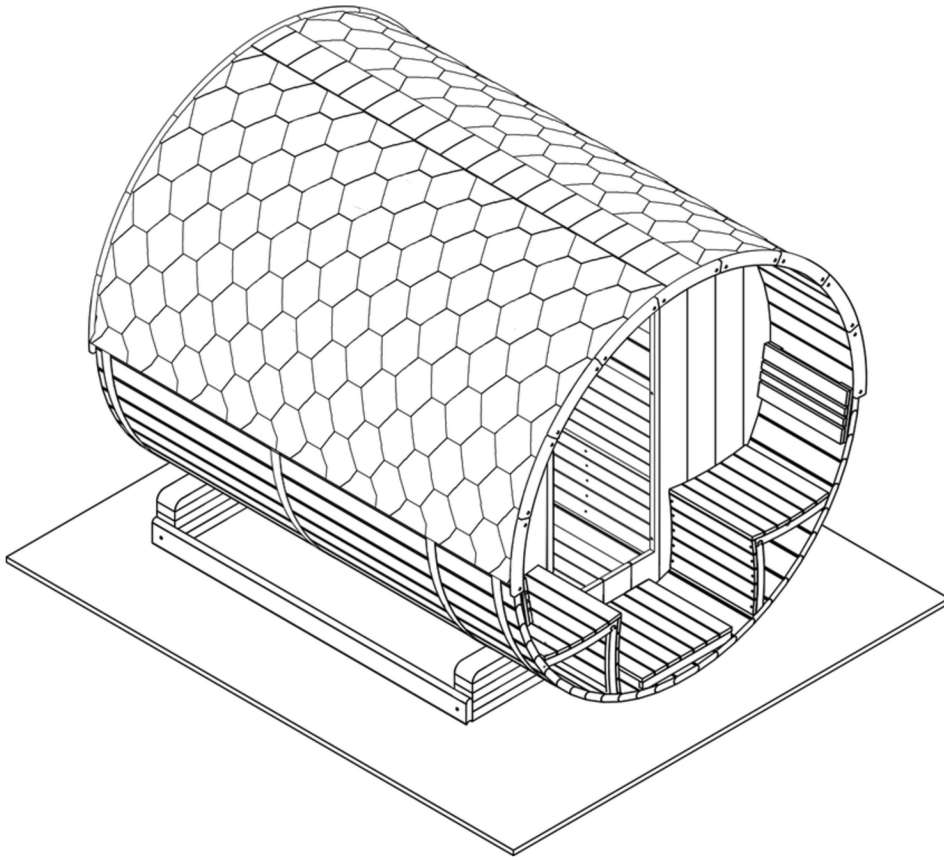
Step 60. Now the ridge shingles are placed. Start at one end and work towards the back. Drive one asphalt nail into the ridge shingles as indicated below. The next ridge shingle overlaps this nail.



Step 61. Place the next shingle halfway over the previous one and nail it down.



Step 62. Continue laying the shingles until you cannot go further. Nail them all down in the manner indicated above.



# Part 8

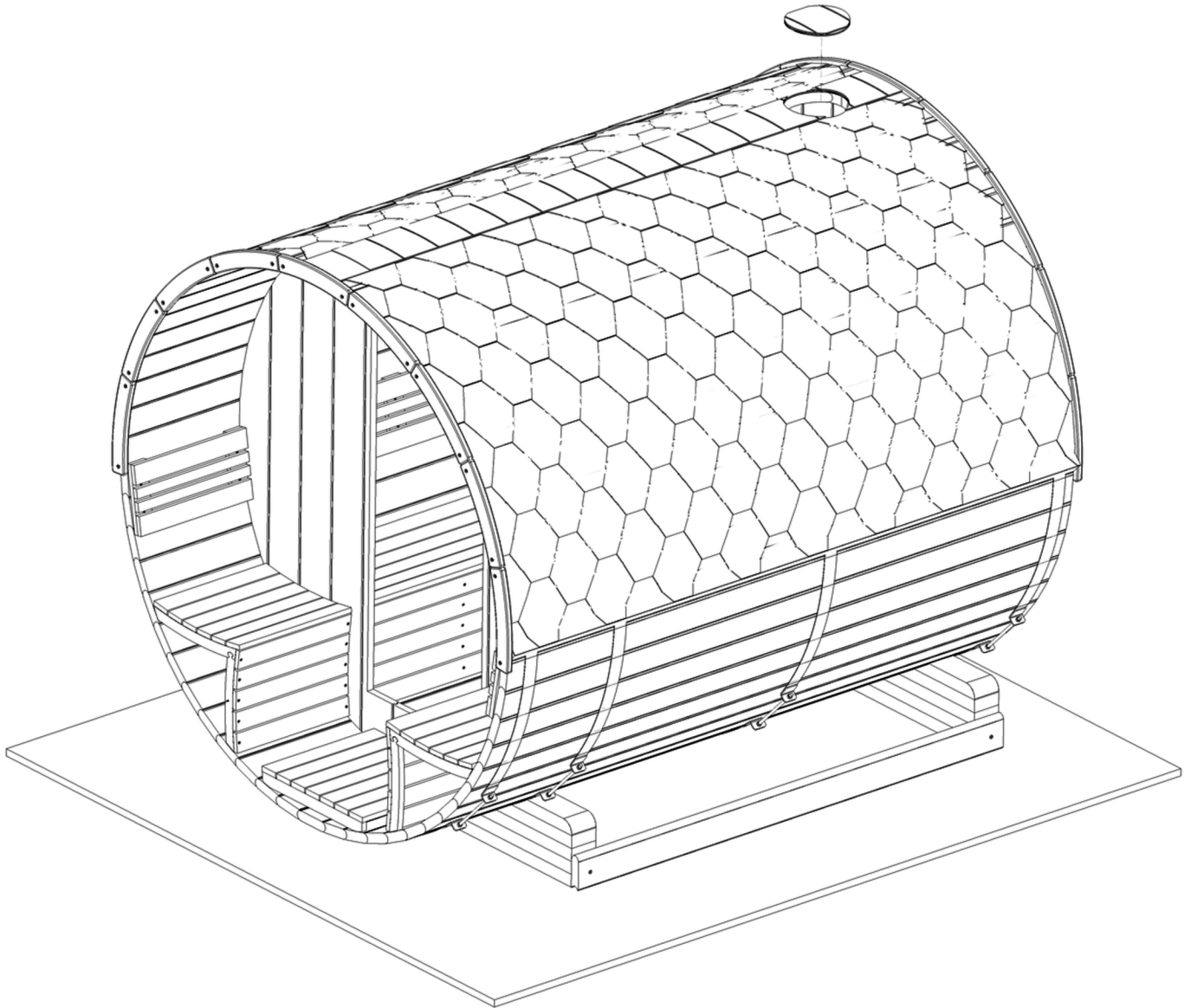
## The stoves

### **What is applicable to you?**

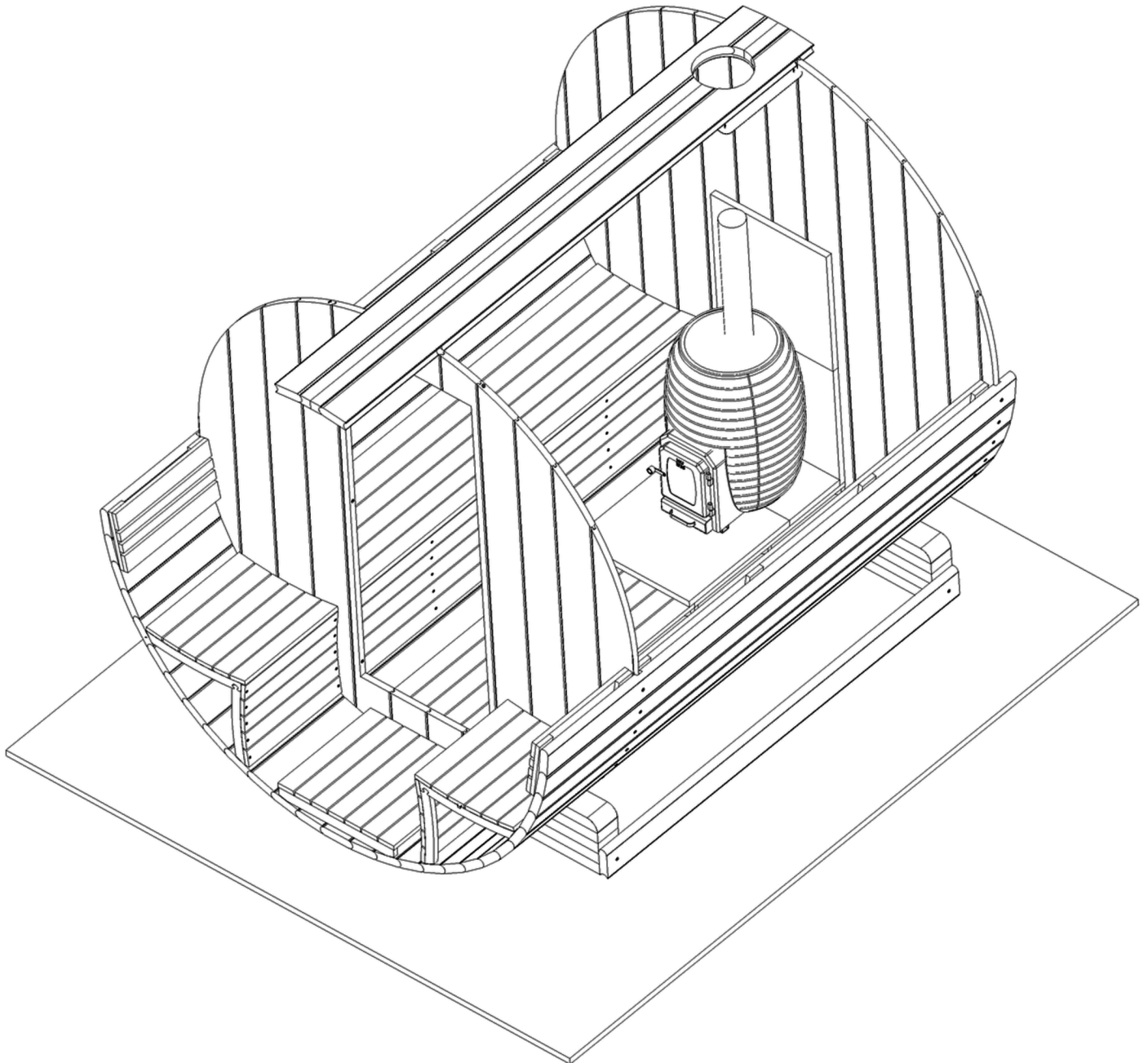
Wood stove: go to step 62 A to 70 A

Electric stove: go to step 62 B

Step 62 A. Cut the hole, which was also sawed into the wooden casing, out of the roof shingles. This is where the chimney pipe will be placed.

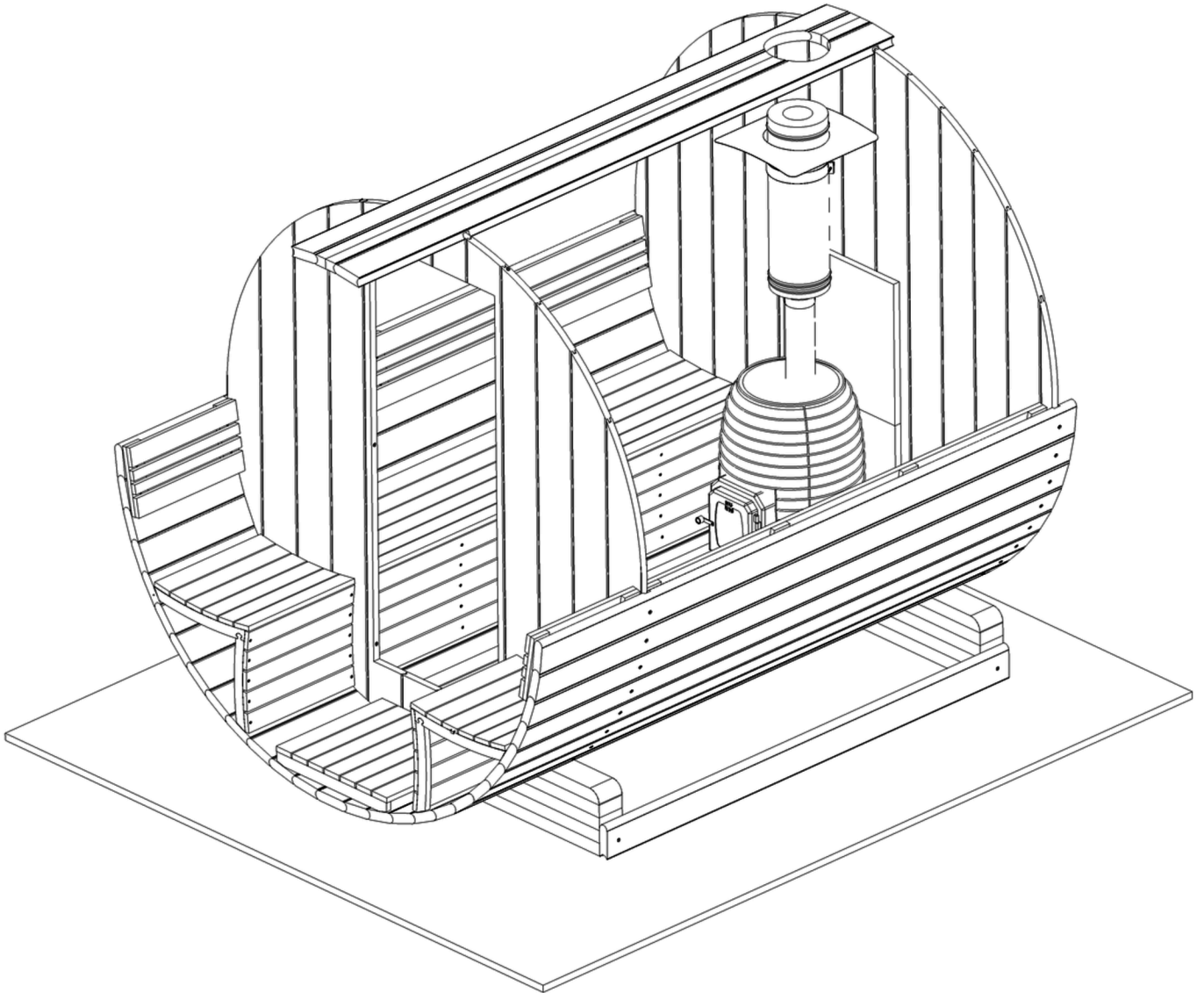


Step 63 A. Place the wood stove, ensuring that the chimney of the stove is centered in the hole in the roof.

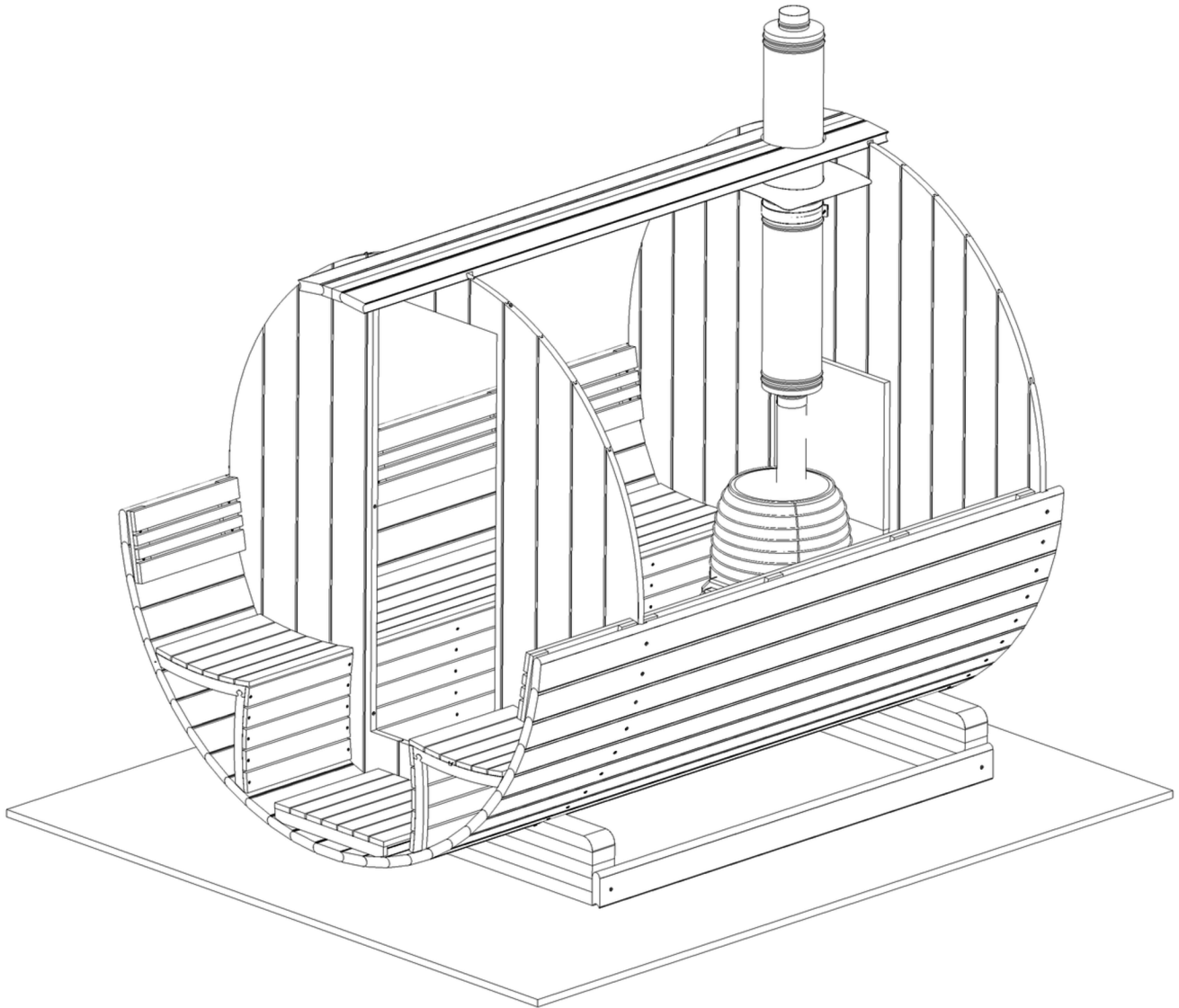




Step 64 A. Place the first double-walled chimney. Ensure that the supplied metal plate and hose clamp are around the pipe.

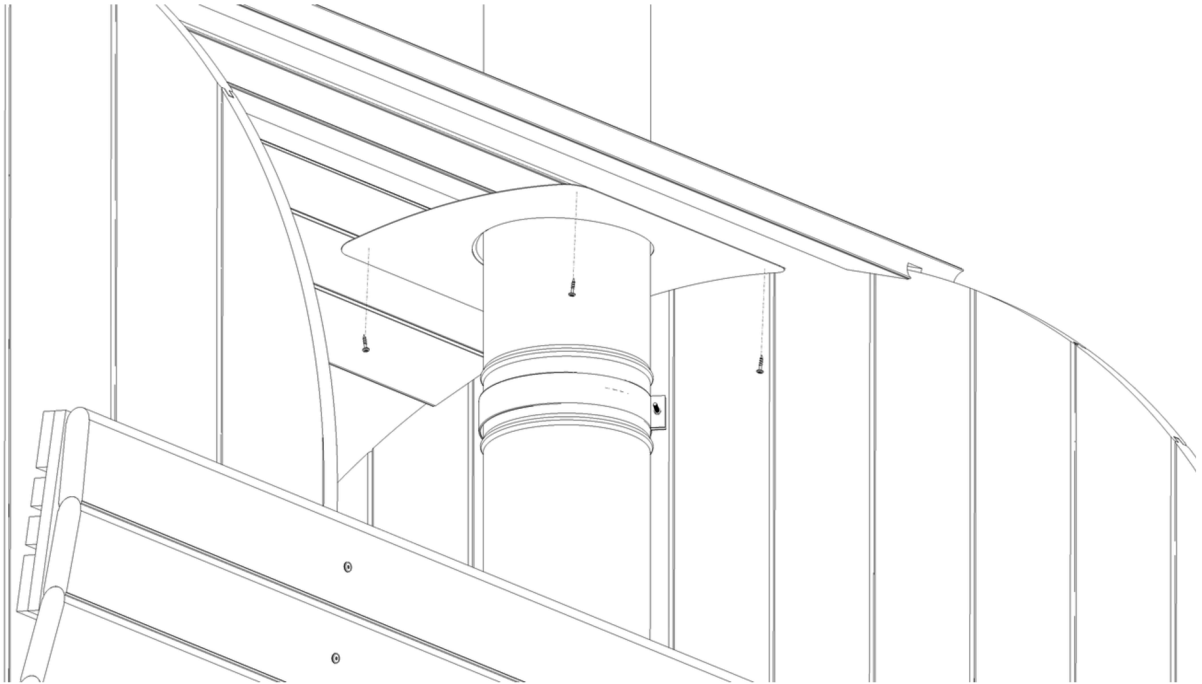


Step 65 A. Now place the second double-walled chimney section into the first. Connect them with the hose clamp.

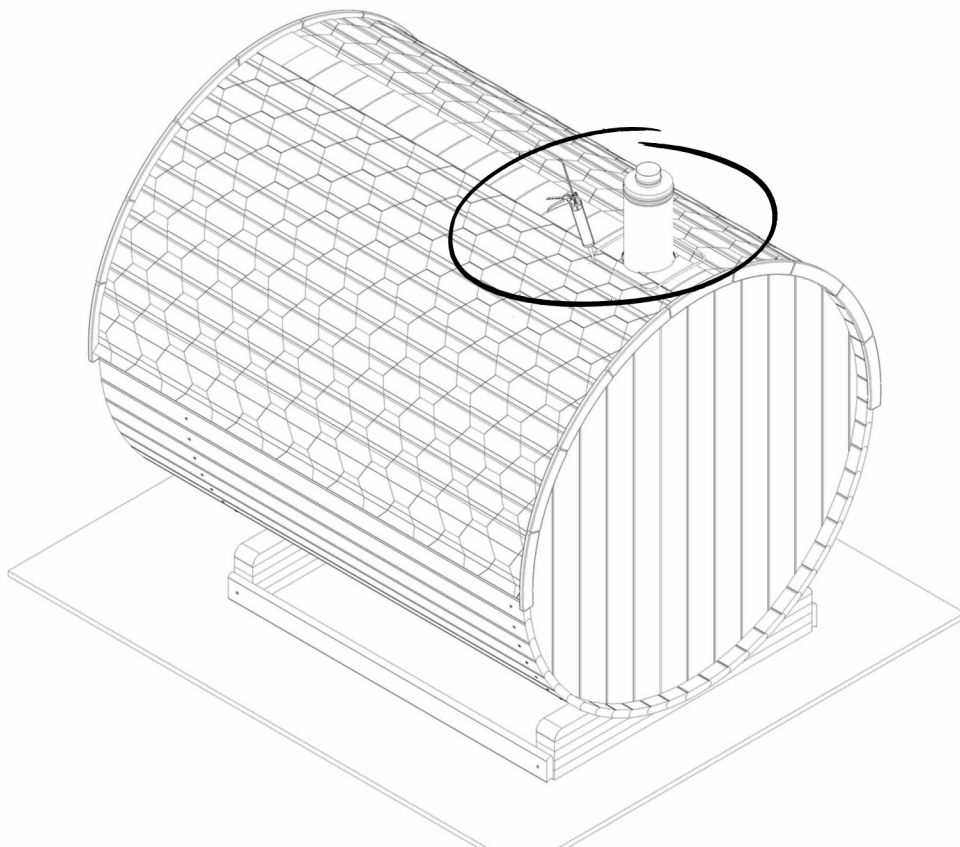




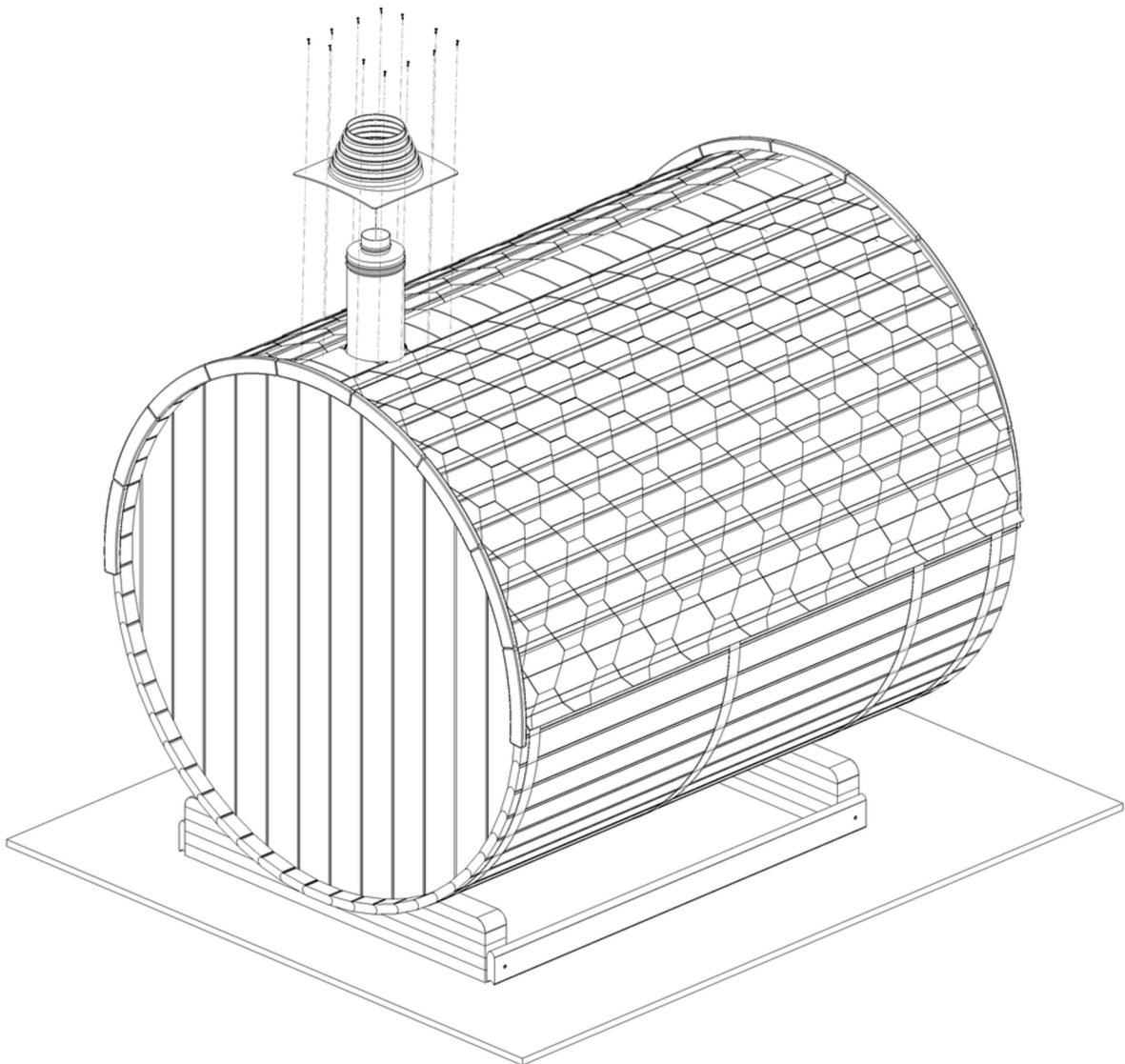
Step 66 A. Screw the metal plate to the ceiling using four 4x20 screws.



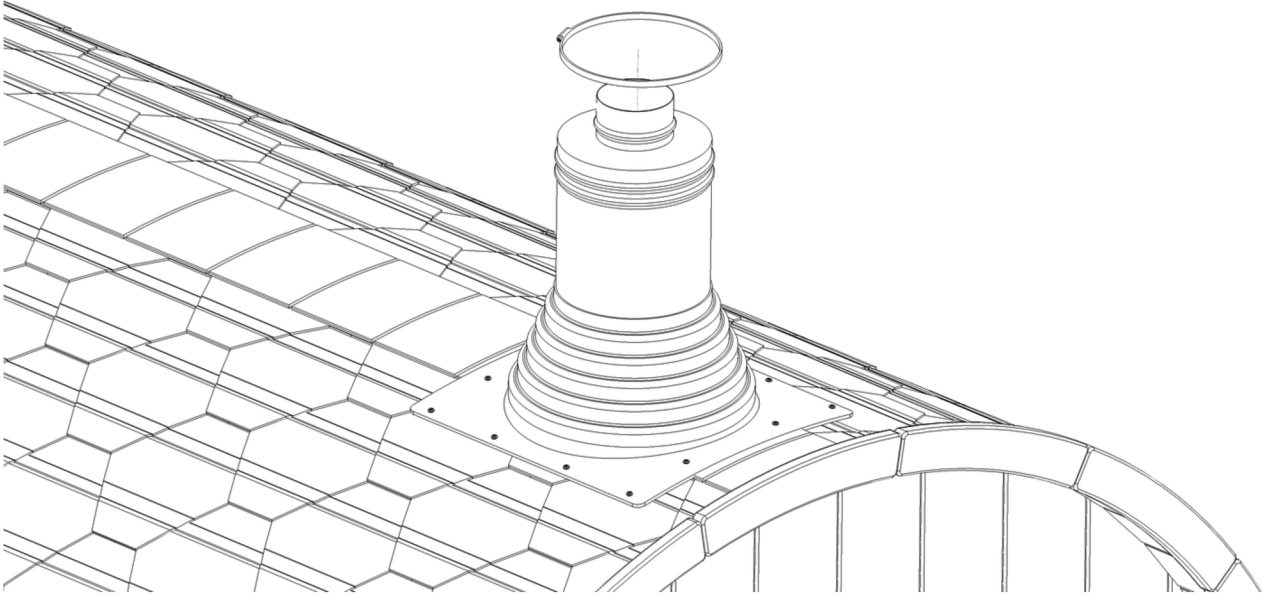
Step 67 A. Apply a line of bitumen adhesive around the chimney on the roof. Ensure it is slightly smaller than the rubber cap.



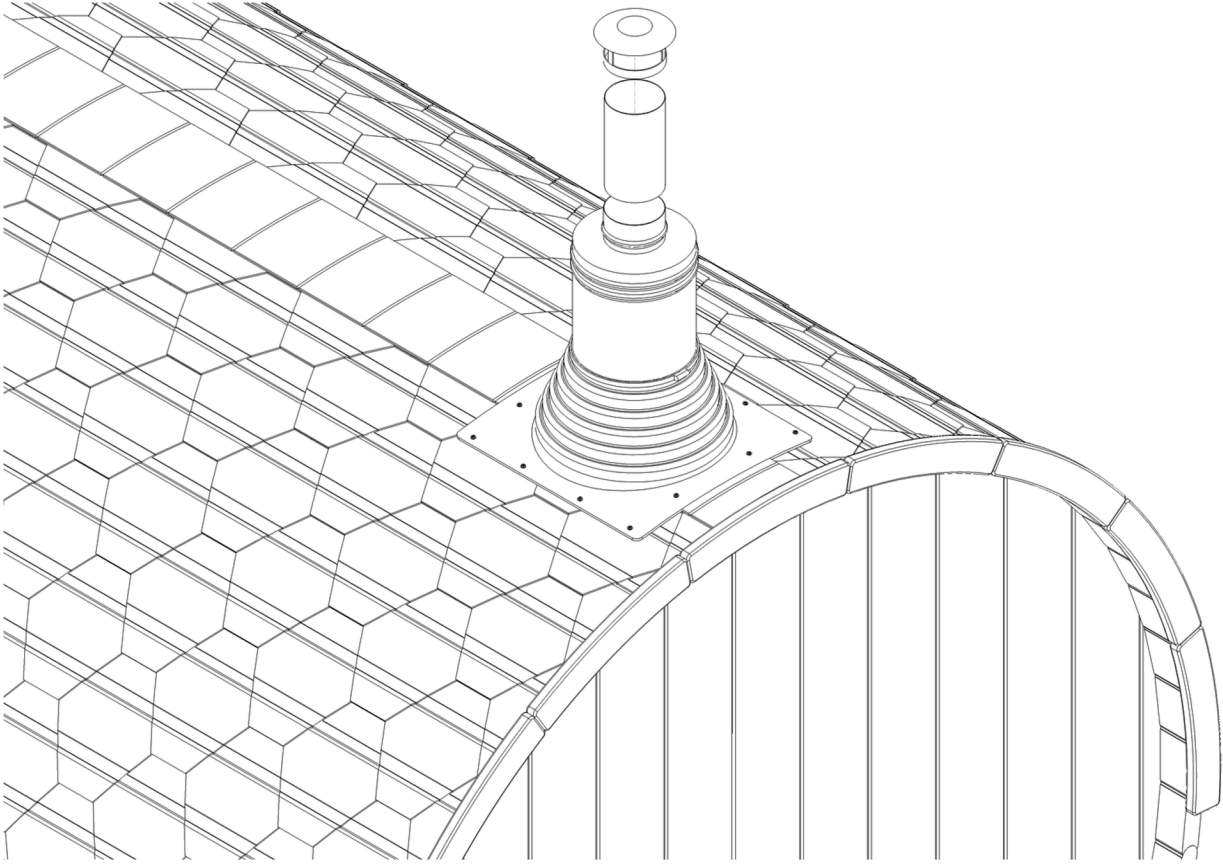
Step 68 A. Now pull the rubber cap over the chimney, using WD-40 or water as a lubricant if necessary. Press the rubber cap firmly onto the bitumen adhesive and secure it to the roof with twelve 4x20 screws.



Step 69 A. Now tighten the supplied hose clamp around the rubber cap and the pipe.



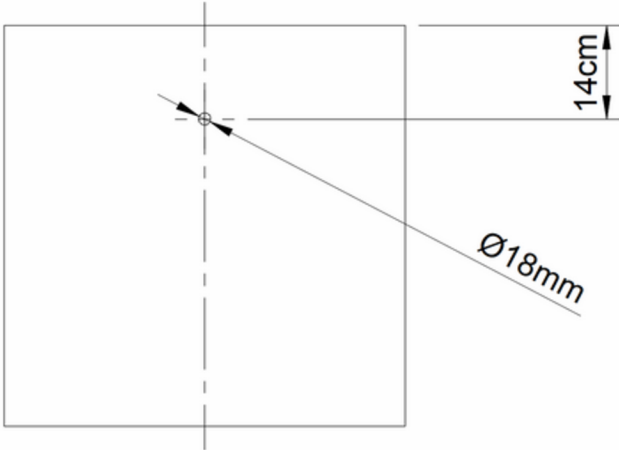
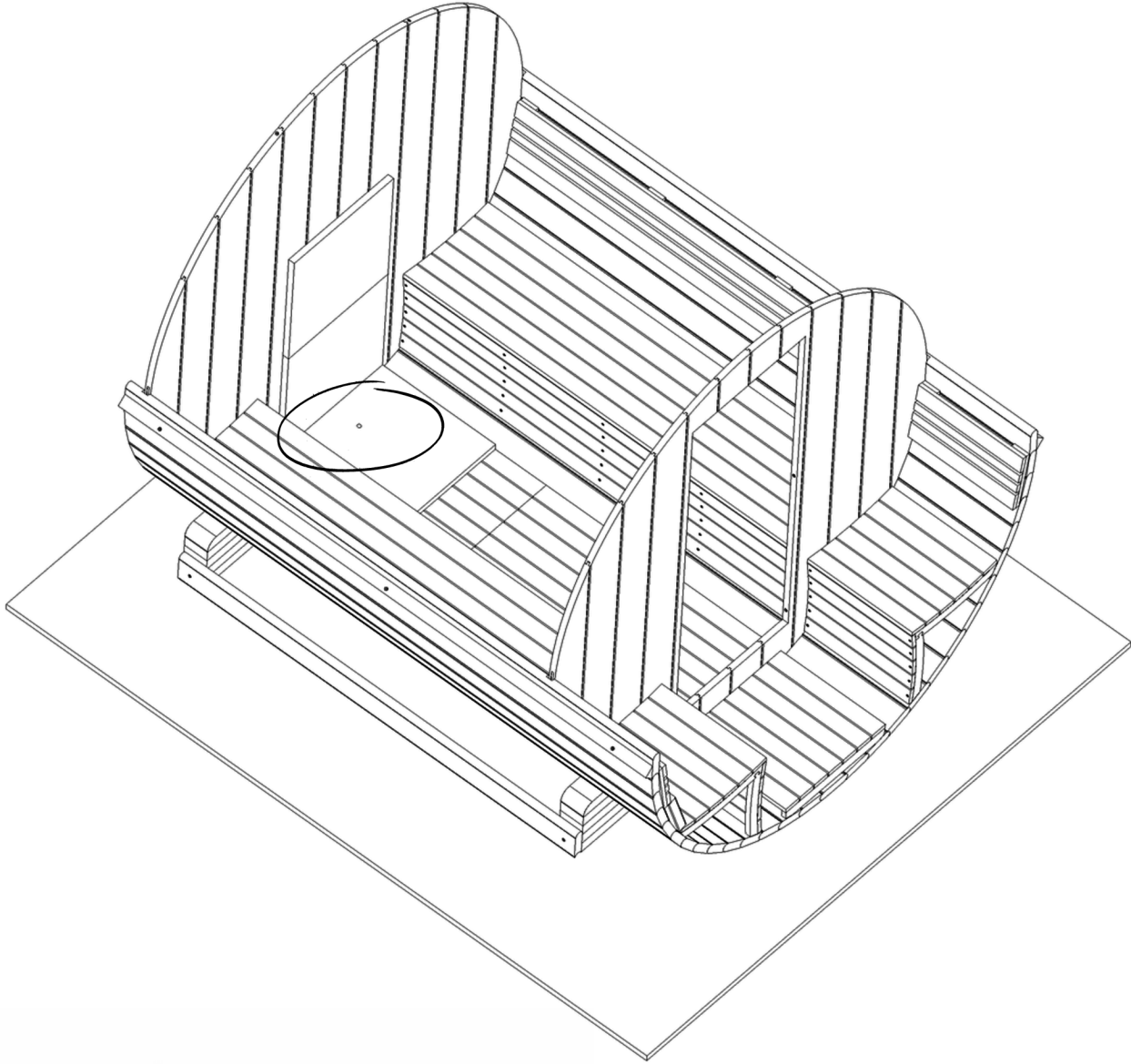
Step 70 A. Finally, place an additional piece of pipe and a rain cap into the chimney.



Proceed to step 71

# ELECTRIC STOVE

Step 62 B. Drill a hole for the stove cable using an 18mm drill bit. Drill through the tile, the floor, and the casing to the outside. The hole should be 14 cm from the back of the tile.

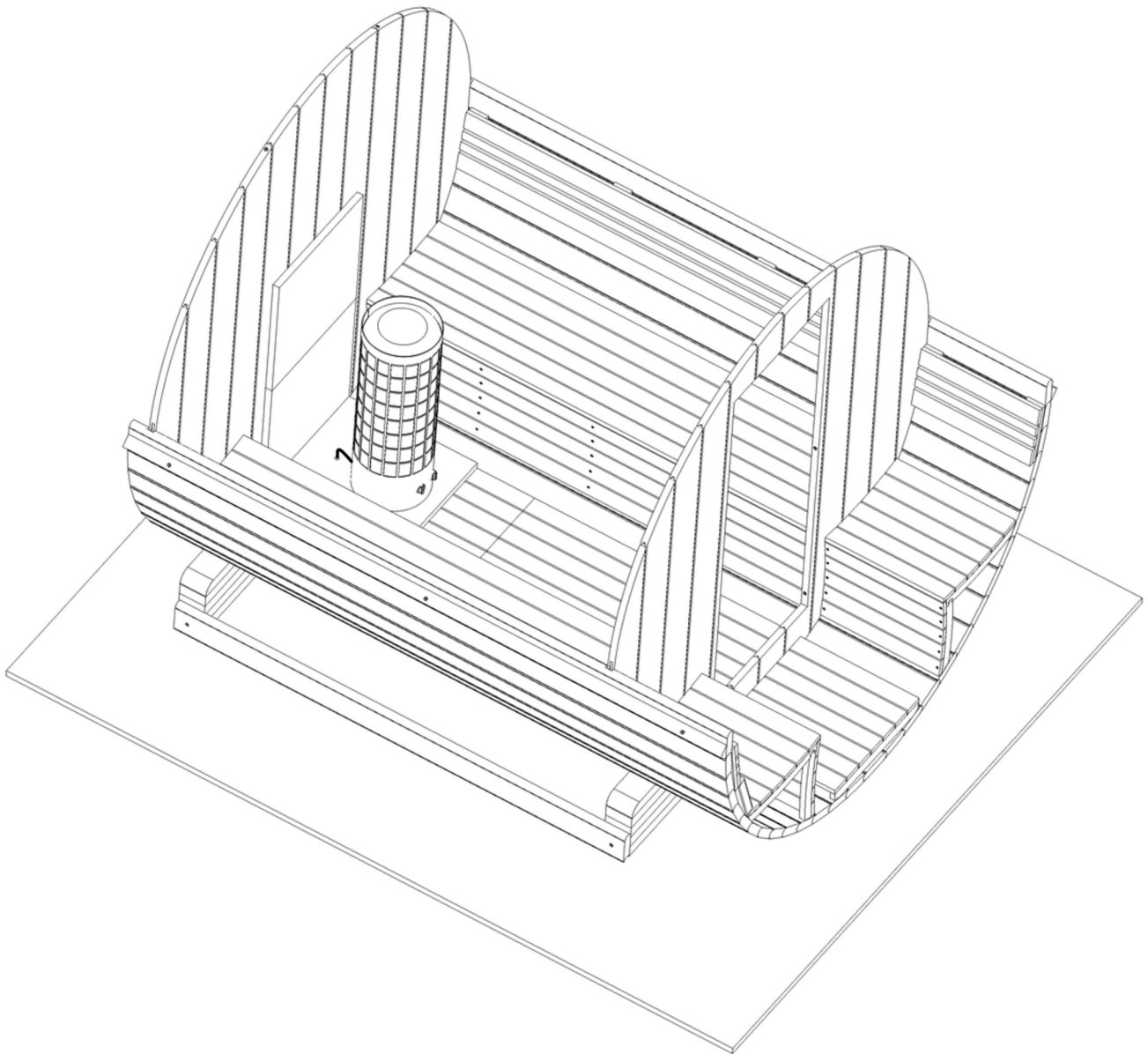




## ELECTRIC STOVE

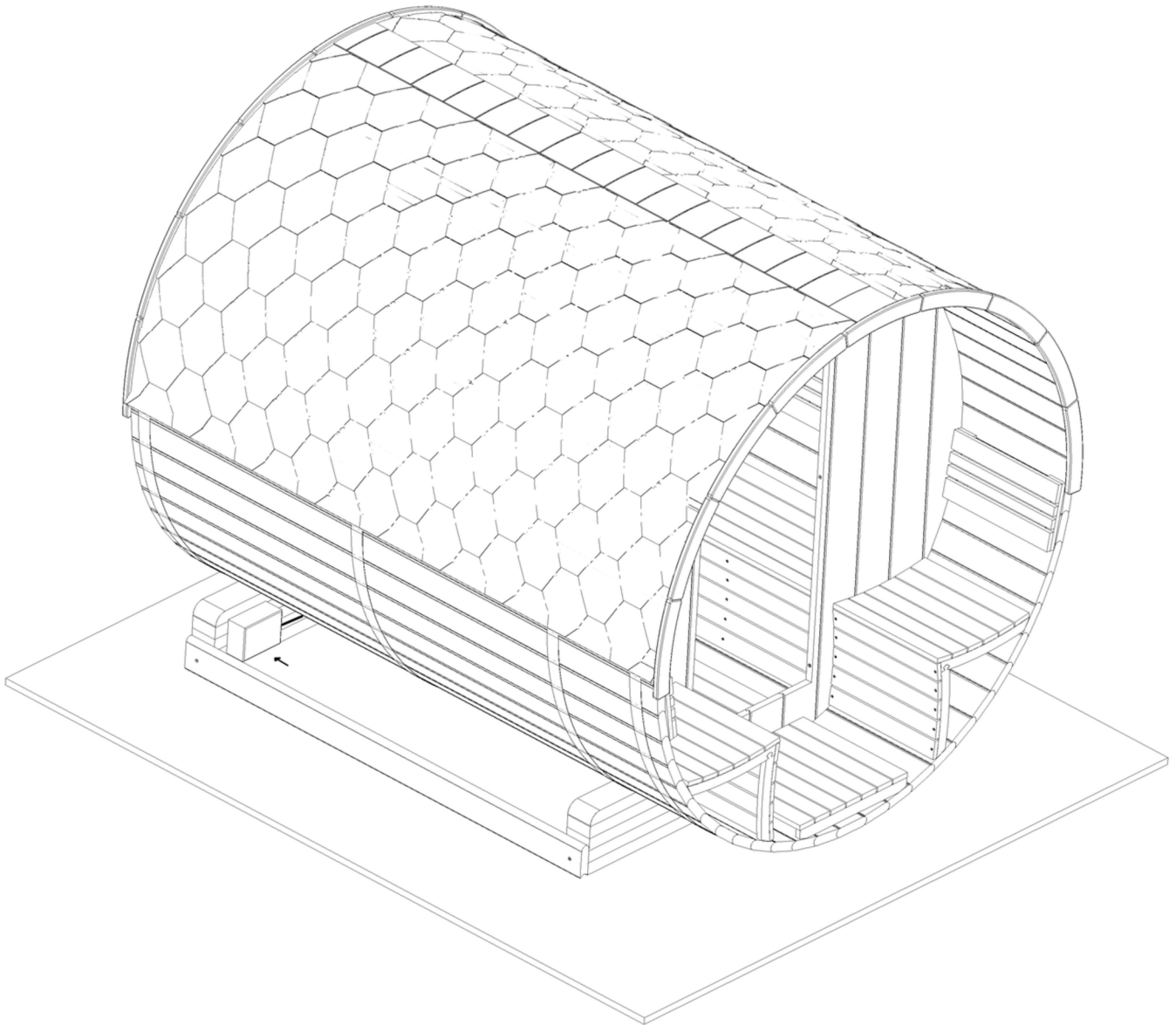
Step 63 B. Install the stove according to the stove instructions, running the cable through the hole to the outside.

Note: Do not fill the stove with stones until it has been tested and is working properly.



## ELECTRIC STOVE

Step 64 B. Now screw the control box to the back base of the sauna (this can be on either the left or right side) and run the stove cable to it. Always have a certified electrician connect the sauna's electrical system. Do not do this yourself.



Proceed to step 71

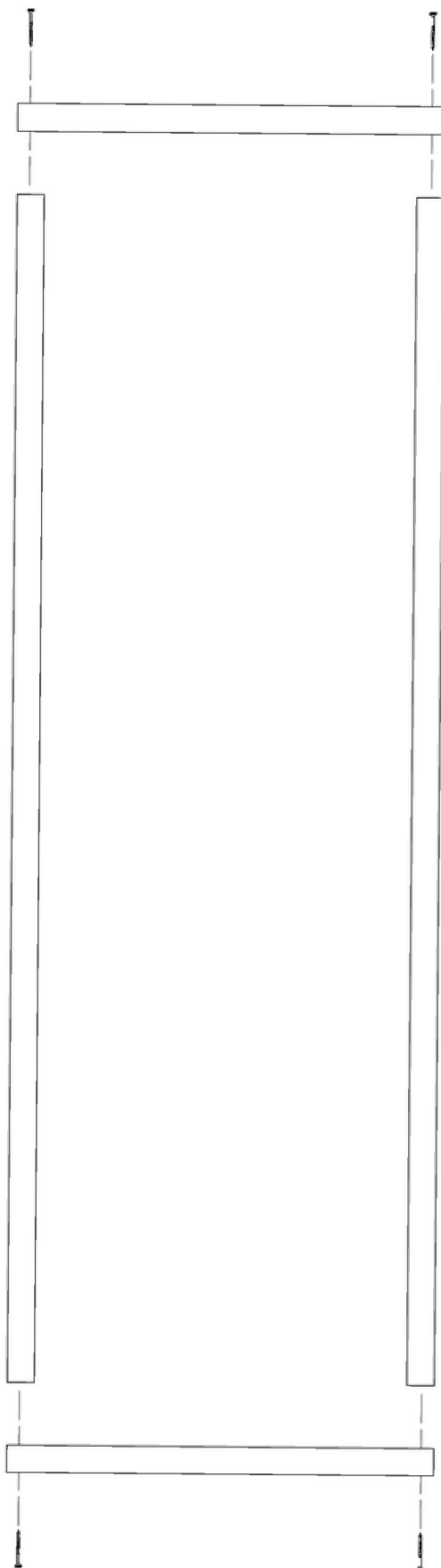


# **Part 9**

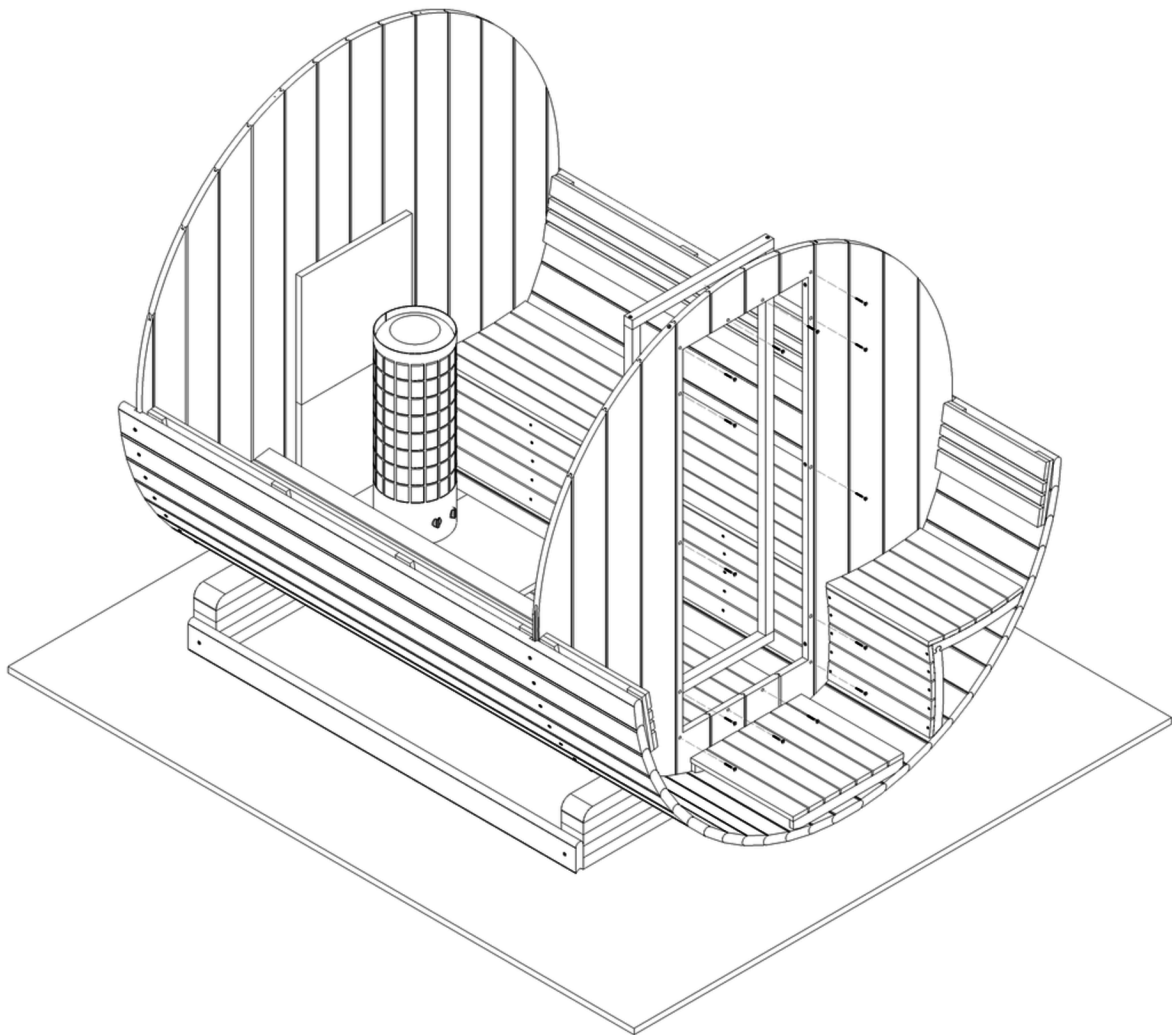
## The door



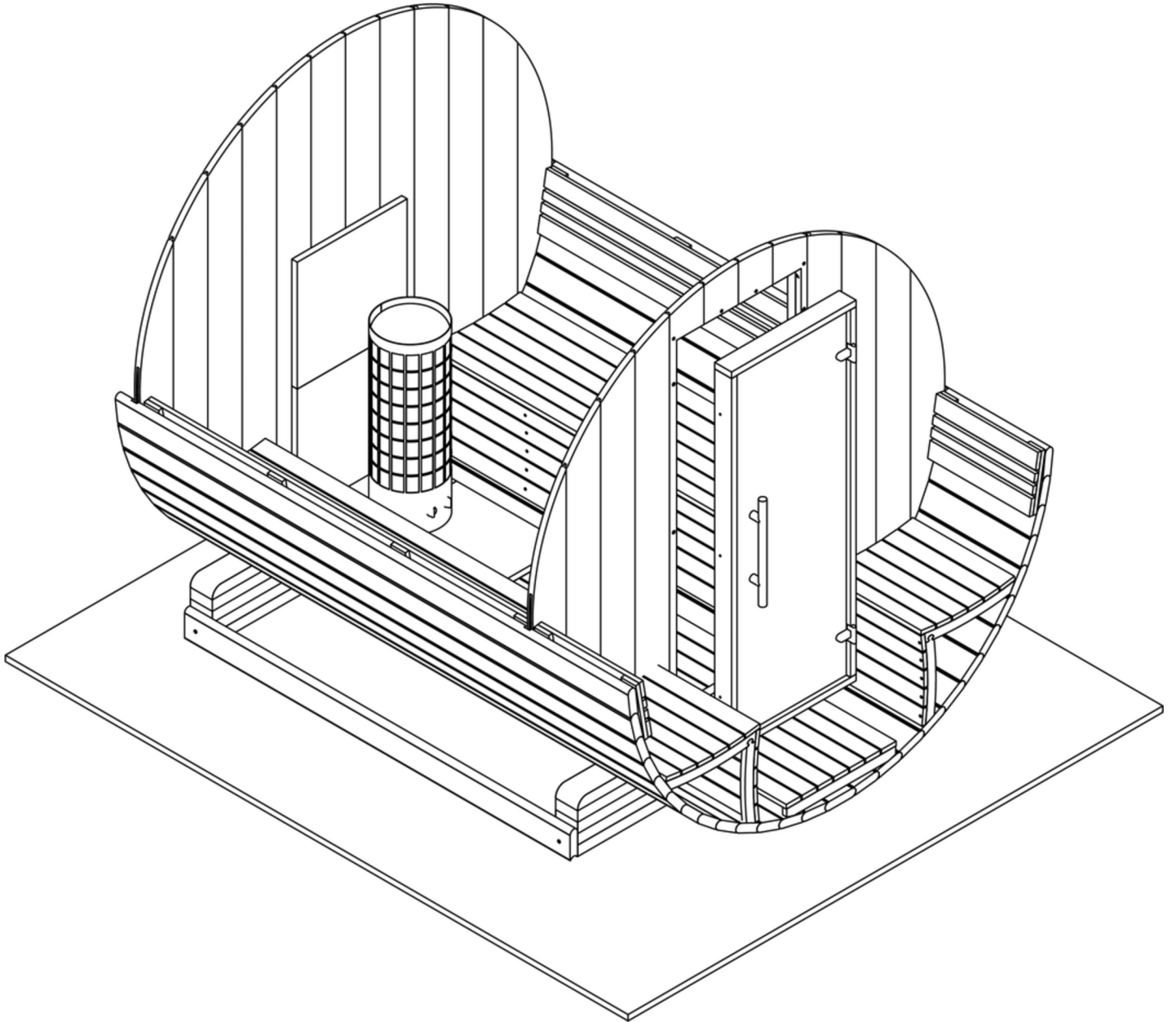
Step 71. Assemble the adjustable frame with four 4.5x60 screws according to the working drawing below.



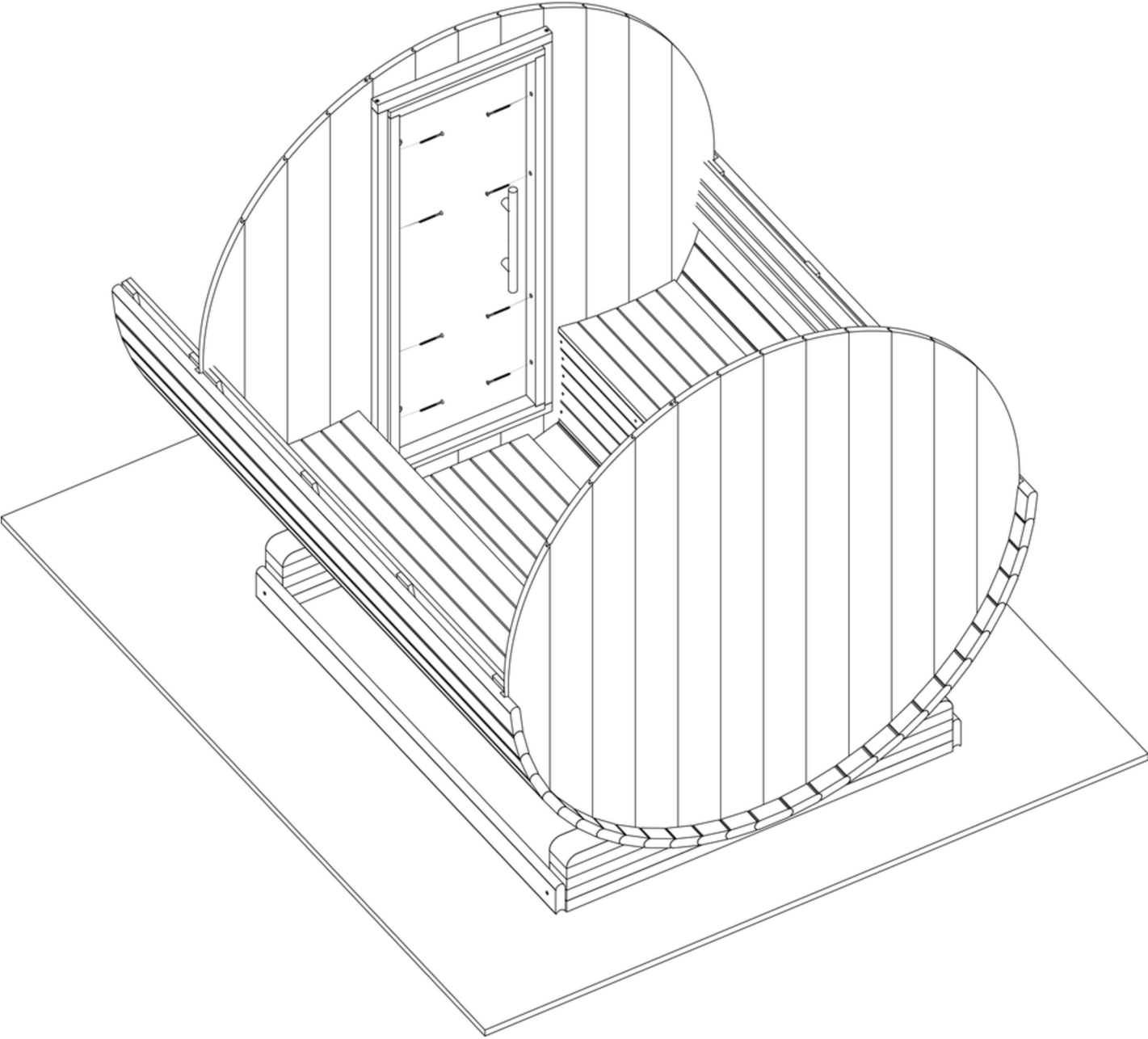
Step 72. Now screw the adjustable frame in place. First, pre-drill the holes in the wall using a 4.5 mm drill bit. Screw the screws through the wall into the frame. Use twelve 4.5x60 screws for this. Ensure that the frame aligns smoothly with the hole.



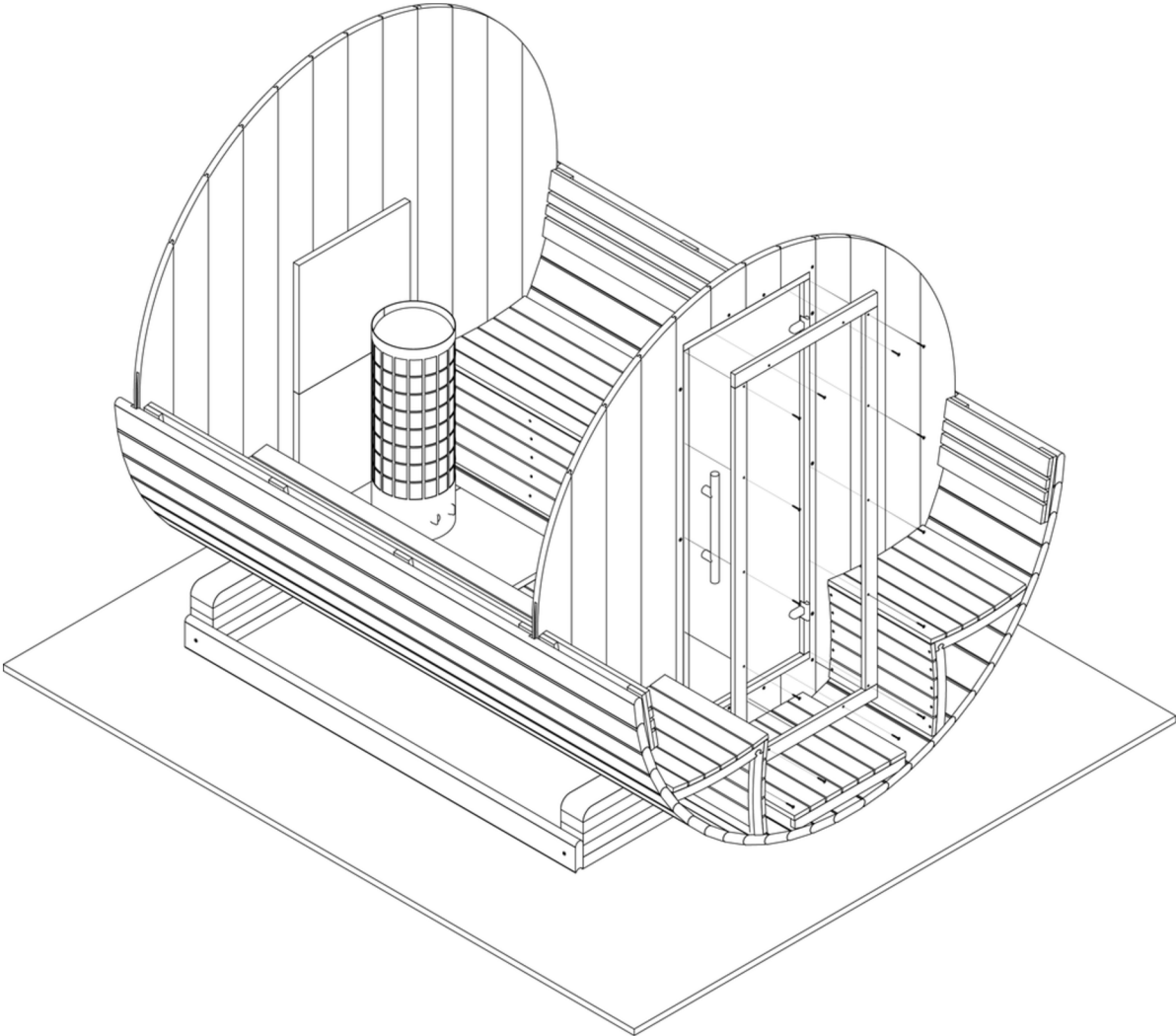
Step 73. Now place the door in the opening and the adjustable frame. This can be tight, so use a rubber mallet to gently tap the door into the frame if necessary.



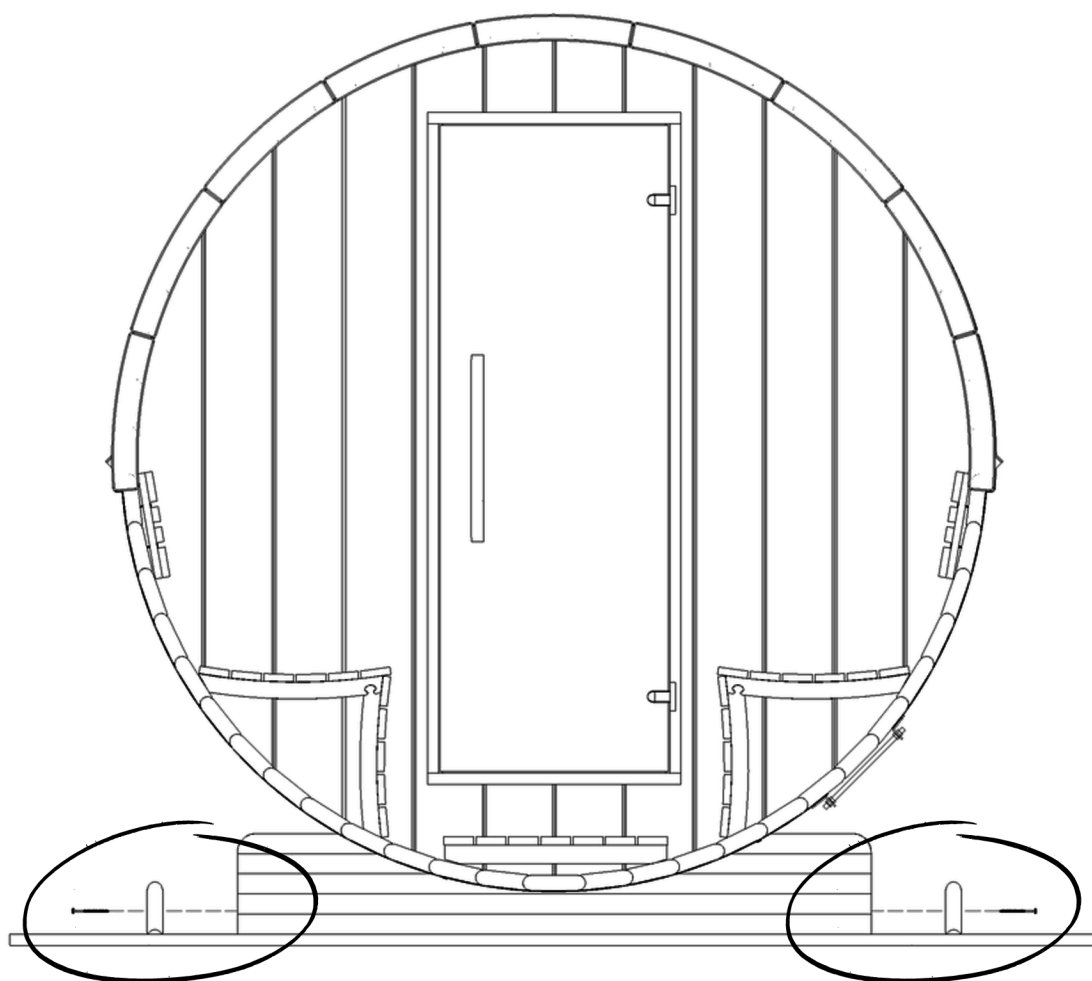
Step 74. Screw the door to the adjustable frame using eight 4.5x60 screws. Then place the rubber caps in the holes to hide the screws.



Step 75. Screw the trim strips onto the wall around the door. Use twelve 3.5x40 screws: four for the long sides and two for the short sides.



Step 76. Unscrew the mounting beams.



All steps are complete and your self-built Tønsauna is ready. Time for some well-deserved relaxation.

Enjoy!

