

SPU Sauna



SPU Sauna is a 30-millimetre-thick insulation board with an aluminium laminate surface and tongue-and-groove edging on all sides. SPU Sauna is the most efficient insulation board for insulating sauna walls and ceilings. It is also an excellent material for insulating a suspended bathroom ceiling. SPU Sauna is suited to both stone and timber structures.



1.

Installing SPU Sauna is quick and efficient. You simply need a Stanley knife, fasteners, sealing foam, and aluminium tape for the seams.



2.

Before installation of the board, cut off the tongue edge with the Stanley knife.



3.

Begin installation by applying sealing foam onto the clean and dustless floor surface. Apply the sealing foam along the edge of the floor surface under the insulation board and in the vertical seam between the board and the wall. In renovation applications, you can also alternatively begin the fastening of the insulation board above the old plinth.



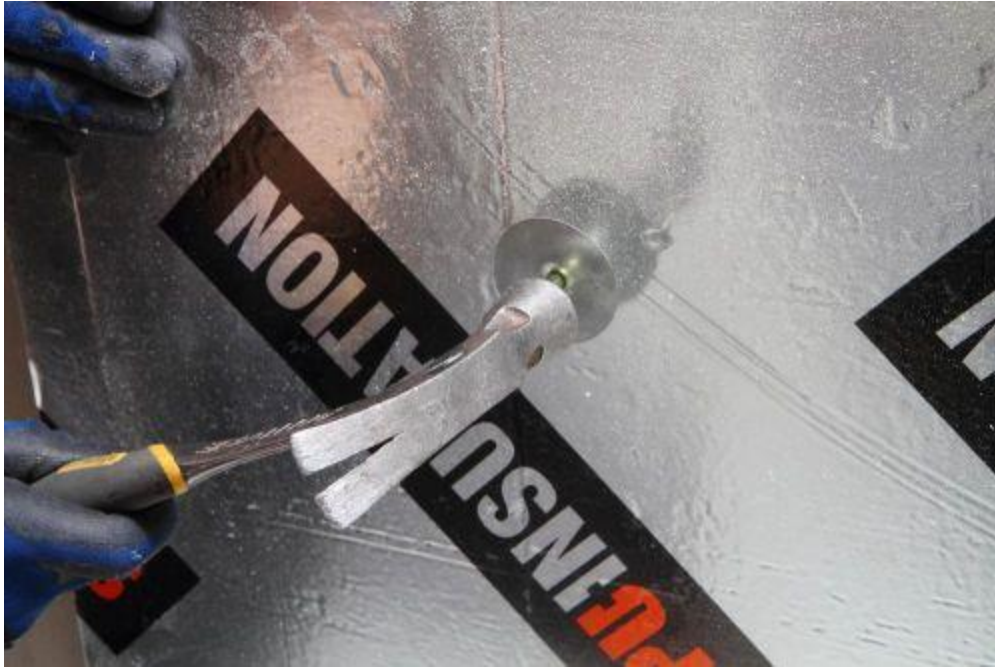
4.

Install the first board horizontally with the female edge facing down and the code text on the board facing the sauna space. The date/code text of the insulation board should face the sauna space during installation.



5.

Fasten the insulation board with a couple of plugged nails, or into a timber-frame wall with screws.



6.

Mechanical attachment and sealing foam guarantee that the insulation is securely attached to the wall.



7.

SPU Sauna is easy to cut. After measurement of the correct board size, cut the board to size with a Stanley knife.



8.

Apply sealing foam into the tongue-and-groove of the board before installing the next board. An amount of sealing foam that fills the insulation board's groove edge is sufficient.



9.

Apply sealing foam into the corners as well.



10.

When sealing foam has been applied to the tongue-and-groove, install the next board. The tongue-and-groove makes the seams between boards tight.



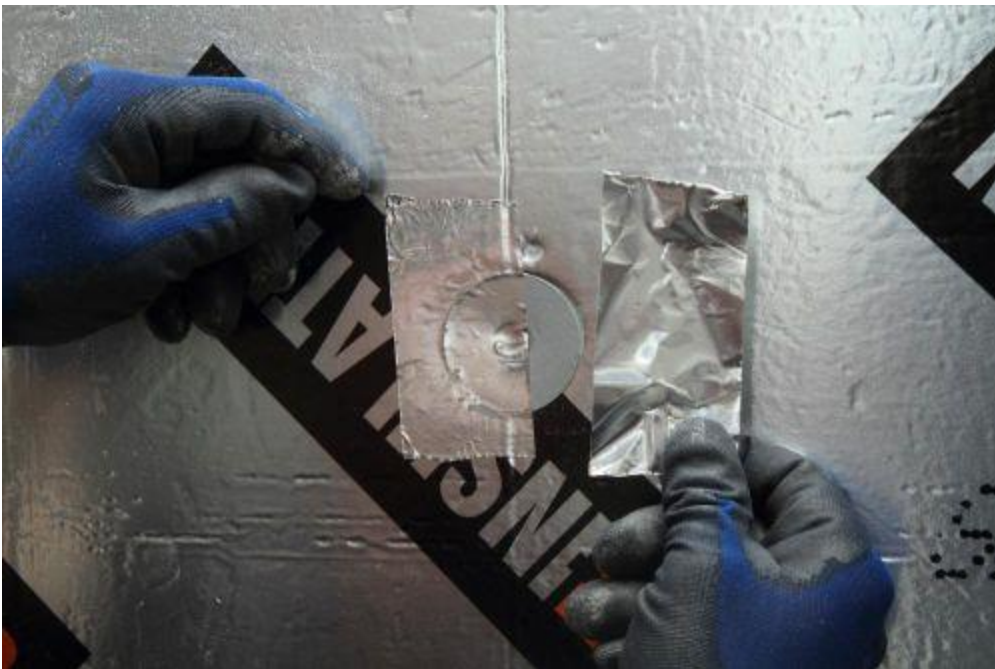
11.

Cut off extrusions after the sealing foam has dried. A Stanley knife with a thin blade is a sufficient tool.



12.

Apply aluminium tape onto all seams.



13.

You should also tape the seams of the lead-ins and benches as well as the heads of all fasteners.



14.

If the framework for the sauna benches is designed to be supported by the walls, cut a piece of insulation slightly larger than the bench support from the place at the support will be attached.



15.

Attach the supports for the benches directly to the frame of the sauna in a secure fashion.



16.

Apply sealing foam and tape the seams between the support and the insulation layer. Also ventilation ducts on wall can be installed in SPU Sauna insulation layer. The sealing is made in the same way: foam and tape. The duct can also be installed on either side of SPU Sauna in case there is enough room for it.



17.

Before panelling is installed on top of the insulation, battens for this are attached to the wall. Fasten the fixing batten through the SPU Sauna board to the frame in the background using plugged nails or screws. Use a batten at least 20 mm thick, so that a sufficient air gap is left between the panel and the insulator.



18.

The tile skirting for under the sauna panels is installed directly on the surface of the insulation board. Before starting the work, measure the height of the upper edge of the tiling.



19.

Remove the aluminium paper from the future location of the plinth tiles.



20.

The aluminium paper is easiest to remove from the side of the board on which the code text is printed.



21.

If necessary, use brush to apply primer on the surface of the insulator according to the instructions of the moisture barrier manufacturer.



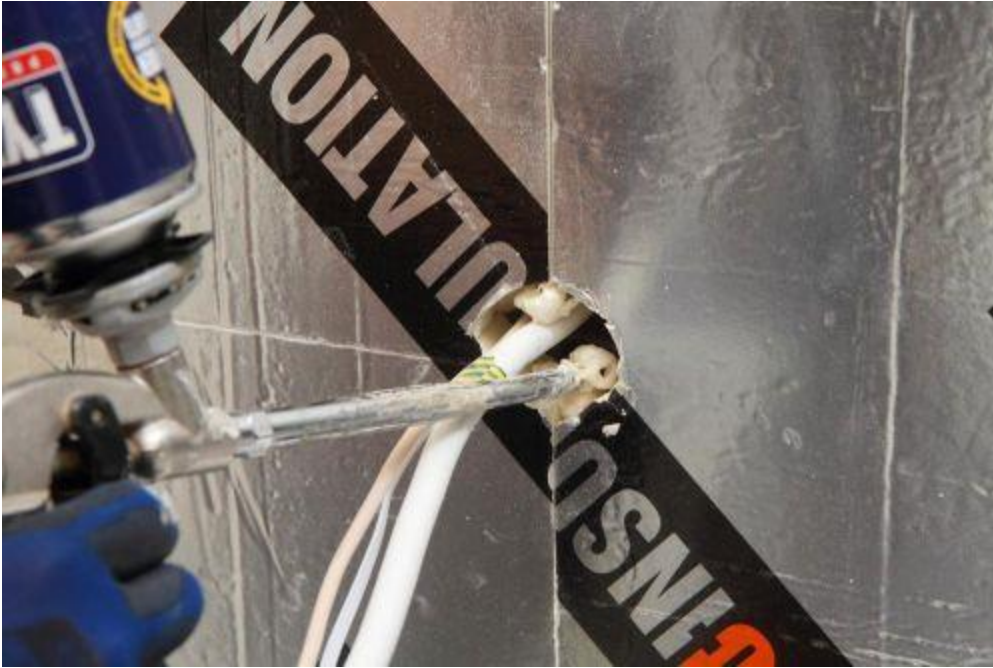
22.

Install the moisture barrier against the SPU Sauna. Tile the plinth normally to the surface of the insulation board.



23.

Install panelling on top of the insulation board. It is a good idea to insulate both the sauna walls and the ceiling with SPU Sauna. It is also recommended that the ceiling of the shower room is insulated with SPU Sauna. SPU Sauna can also be installed behind the sauna stove. The stove manufacturer's instructions on any possible safety distances must be followed as usual.



24.

Once you have installed the ceiling boards, the openings for the ventilation ducts and tubes must be sealed with sealing foam.



25.

Also, the openings for any electrical wires must be sealed carefully.



26.

After you have removed any excess sealing foam, tape all seams with aluminium tape. You must also tape the seams of the lead-ins and benches as well as the heads of all fasteners.



A sauna insulated with SPU Sauna heats up fast and gives good sauna steam. You should also watch our video on the installation of SPU Sauna insulation.