

SAUNA TEMPERATURES

Notes:
 Temperatures vary in a sauna room by height and distance from heater.

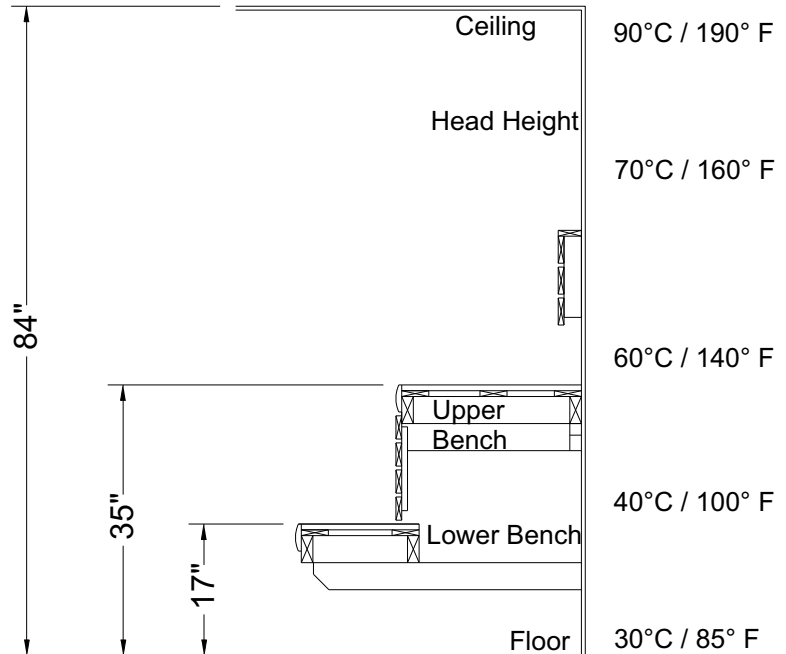
Ventilation will help reduce it but will not eliminate temperature variations.

The hottest part of the room is always at the ceiling directly above the sauna heater and should not exceed 194°F (90°C).

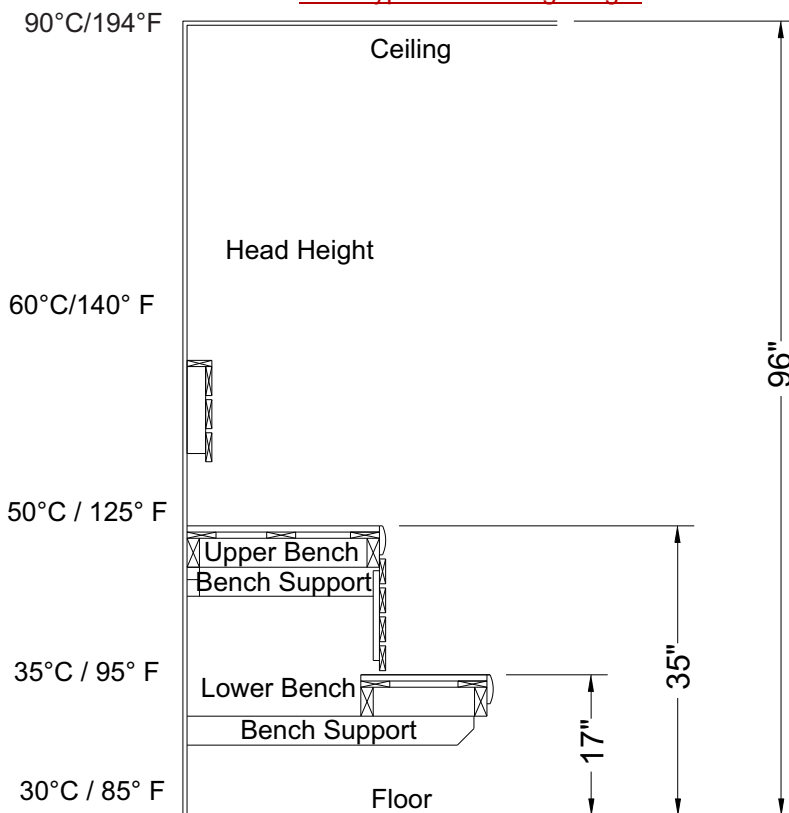
Air temperature will be 15°F (9°C) to 25°F (14°C) lower on the opposite side of the room from the heater close to the ceiling.

The temperatures in the elevated view are general numbers. Each sauna room is different due to construction variations and ventilation.

Typical Ceiling 7' Height



Non-Typical 8' Ceiling Height



Measuring Sauna Temperatures

When measuring sauna temperature, please note the following:

1. Sauna thermometers are low tech devices, designed to provide an indication of heat levels. They are not calibrated for extreme accuracy.
2. Maximum sauna temperature is measured at ceiling above the heater. For any degree of accuracy, your thermometer must be placed at that location.
3. Infrared (heat gun) thermometers are not effective for saunas. The measure the wall heat, which is significantly lower than the air temperature.