SAUNA ROUGH IN DETAILS

YOU SUPPLY:
Framing:
Use 2 x 4 construction grade spruce studs to frame the walls and ceiling. Unless otherwise specified, for saunas up to 8' x 8', the walls are LINED HORIZONTALLY and FRAMED VERTICALLY. Frame the walls at 16" on center. Frame or strap the ceiling to an inside height of 83-1/2". Frame the ceiling so that the cedar will run the shortest direction. Provide extra blocking for bench supports and heater.
Standard kit height 831/2".
Most Saunas are 7’ height or lower. Minimum height is generally 75” to 78” depending on heater model. Maximum sauna height should never be higher than 8’. If you really want higher, we strongly urge being as close to 7” as you are willing to go; i.e. 7’-4” or 7’-6”.
Strapping:
For standard horizontal lining, strapping is not required.
If lining vertically, strap (1 x 2 spf) over the foil to change direction. Can be used to create air space, but it is not necessary.
Wiring
Electrical rough-in of heater, control and light should be done at this time. If using an outside control, the thermostat should be installed at this stage. (See heater specifications and control wiring diagrams for wire and breaker sizes.) Hook-up of the heater and light can be done after the sauna is completed.
Insulation
The space between the studs in the walls and ceiling is filled with 3-1/2”, R-12 fiberglass insulation.

WE SUPPLY:
• Vapour Barrier
• Foil vapour barrier over the inside edge face of studs over the insulation.
• Tongue & groove cedar lining
• Benches
• Heater
• Heater Guard
• Cedar Floor (optional)
• Doors
Beginning in mid-March, frameless glass door will become standard. (Cedar frame doors will still be available as options)
Frameless glass door has jamb on four sides. And comes with detachable spacer for bottom which has channel for back up ventilation
With included spacer blocking at bottom, rough opening is 27-1/2“ x 76-1/2”
Cedar framed door style Rough Opening 26“ x 76-1/2”
ROUGH OPENING: If unsure which door you want, we recommend going with the larger. You can always reduce and trim later.
Frameless Glass Door = 24“ x 72”. With bottom spacer, Rough Opening=271/2 x 761/2”.
Cedar Door Style. Size = 24“ x 74”. Standard Rough opening=26” x 761/2”.
Larger and custom doors available (i.e Tall Door=24”x78”, Commercial Door=28”x78”, Handicap Access=36”x78”)
SAUNA DOORS SHOULD OPENS OUT.

Other Considerations
• Drainage
Commercial saunas should have a drain in the center of the floor (sloped to the drain) to facilitate cleaning.
Most residential saunas have drains, but it is not essential. Water should only be used in moderation.
• Tile
For residential, tile is attractive and functional; however, it is also acceptable to leave concrete. If floor is sloped, mosaic tiles are best.
You may add a tile baseboard up the wall 2-3”
HORIZONTAL LINING IS STANDARD. CHECK YOUR MATERIAL LIST TO VERIFY YOUR LINING

SIDE VIEW CROSS SECTION
(FOR SAUNAS LINED HORIZONTALLY) (NOT TO SCALE)

- Check material list for direction of cedar on ceiling
- 2"x 4" Joists, 16" O/C (not included)
- 3-1/2" R12 fiberglass insulation (not included)
- Center support for benches 7' or longer
- Upper bench
- Lower bench
- Bench Cleat-secure through cedar into reinforcing stud
- Reinforcing studs are imperative. Upper & lower bench reinforcing studs. 2"x 4" flush inside.

NOTE: This drawing is generic and does not necessarily reflect your exact sauna. Check your Sauna Material List for specifics on your sauna.
**Vent Details**

**A NOTE ON VENTING:**
In many cases a vent is not required for normal sauna function. If you have access to vent walls after the fact, you may elect to forgo vents with the knowledge that they could be added at a later date. If you do not have access after the fact, it is more of a "now or never" scenario. In this case we recommend you install the cross ventilation. If wall inaccessible (i.e. exterior wall), you can look at options of venting over the ceiling and ducting to open area. We do not recommend venting to the outdoors.

OUTLET located high on wall diagonal from inlet
Cedar slide vent on sauna side.
Exterior has aluminum grill (not included) to match exterior decor.
1. **Inlet vent** low behind heater approx. 6” above floor. Cut opening or drill holes. Exterior: use painted aluminum grill (not supplied)

2. **Outlet vent** installed far corner from heater. Generally, high on wall, but can be on ceiling.

3. Vent to room adjoining sauna. **Do not vent to outdoors**.

4. If outlet is exterior (block) wall, you must duct or construct chase through stud cavity and over drop ceiling. Exhaust into room in front of sauna.

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**Slide Vent Cover**

If outlet is exterior wall, you must run duct or construct a chase through stud cavity and over drop ceiling. Exhaust into room in front of sauna.

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**1. Inlet**

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- **Slide Vent:**
  - Vent when open = 7” x 13”
  - Wall opening = 4.5” x 4.5”

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**Position the air inlet and outlet vents as far away from one another as possible (diagonally opposite).** The outlet vent should be located high on a wall or in the ceiling, and should have the same cross-section area as the inlet vent. Spent air should always be led back into house – it should not be discharged directly to the outside. Do not install inlet and outlet vents on same wall.

Bad ventilation can be worse than no ventilation.

A: Outlet vent through the sauna wall (seen from above). The vent is placed high up, near the ceiling.

B: Outlet vent through the cavity above the sauna ceiling (seen from the side).

C: Outlet vent through a drum under the ceiling in the sauna (seen from the side). The outlet duct should be placed at an angle between the ceiling and the wall. The drum can be built of wooden panelling and have the same area as the outlet vent.

Inlet: If drilling holes for inlet, must equal specified sq inch requirement. Six 2” or eight 1.75” holes are sufficient.
**REINFORCING STUDS for BENCHES and HEATERS**

**Bench Blocking**

A) Top bench reinforcement  
B) Bottom bench reinforcement  
C) Heater reinforcement  
** Measurement from floor to top of reinforcing stud

**Sauna Craft Heaters**

(Add reinforcing stud on adjoining wall if heater mounted in corner)

**Check your kit**

Sprcue studs at 16"O.C.

**Tylo & Saaku** blocking based on heater mounted 7" from floor

1-1/4" galvanized finishing nails for lining (supplied)  
Many prefer to use their own brad nailer (all brads are galvanized)
**SAUNA DOORS**

**Frameless**
R/O=27-1/2” x 76-1/2
includes bottom spacer with gap (reversible)

**Cedar Framed Insulated Glass**
R/O=26” x 76-1/2
gap under door (non-reversible)

**Trim/Double Header**
R/O=27-1/2” x 76-1/2
If you don't use frameless door bottom spacer, or door is shorter than R/O for another reason, you can "double case" header

**NOTE:** Rough Opening means above "finished" floor; i.e. above tile
Where stud wall is thicker than standard; i.e. 2x6 studs. 1x2 or 1x3 for jamb extension.
Secure jamb extension to jamb so that it extends flush with inside cedar lining of sauna.
Install inside casing to conceal the gap at the jamb.

For Frameless door jamb, nail jamb extension to stud.
Trim so its flush to inside cedar lining.
Use 1x2 or 1x3 for jamb extension.