DIY Sauna Guide

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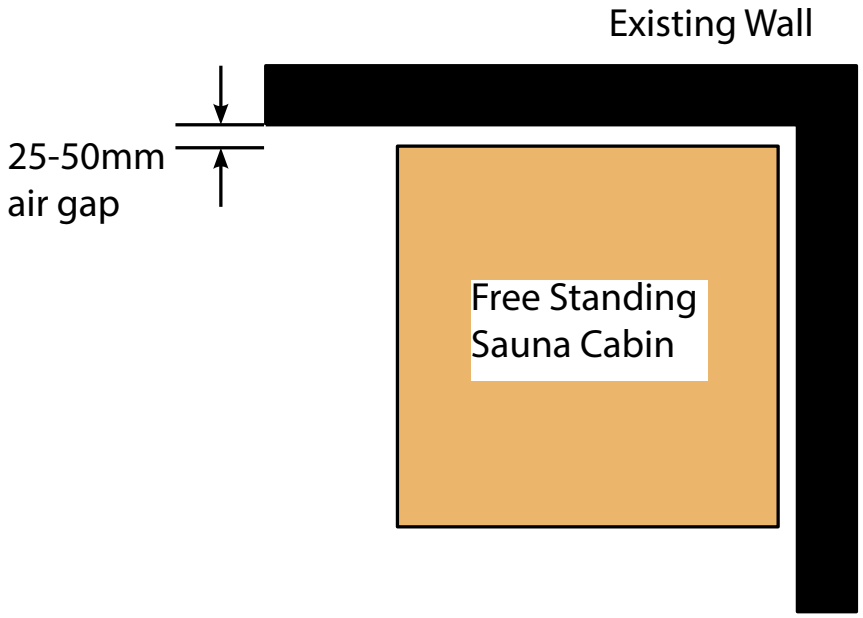
Before installing a sauna cabin into a room it is necessary to consider the following:

- Type of structure, free standing cabin or cladding onto existing wall
- Domestic or commercial installation
- Construction of the room the sauna is being installed into (single brick external wall, internal wall etc)
- Ventilation / Condensation
- Size of the room including ceiling height
- Location of the door (must open outwards)
- Sauna Heater location
- Bench location
- Air vent positions

Free Standing Structure
The best method for constructing a sauna cabin inside a property is to build it as a free standing structure with an air gap surrounding this and any adjacent walls within the room. Air vents must be built into the wall panels at the correct locations depending upon the location of the heater. It may be necessary to install a small extractor fan or simply leave the a door open to deal with condensation depending on the building.

Worst case scenario is a single layer brick external wall, i.e. in a garage. In this instance we would recommend an air gap of 50mm between the walls of the sauna cabin and the wall of the room. A normal indoor room in a house would require minimum 25mm of space around the outside of the cabin for it to breathe sufficiently.

A free standing cabin is built by constructing the walls and ceiling as a set of individual frames that are filled with insulation and clad before fixing together to form the structure. It is advisable that frames of equal size are assembled on top of each other on a flat surface. See following page for more information about building the frames.



Sauna Panel Construction

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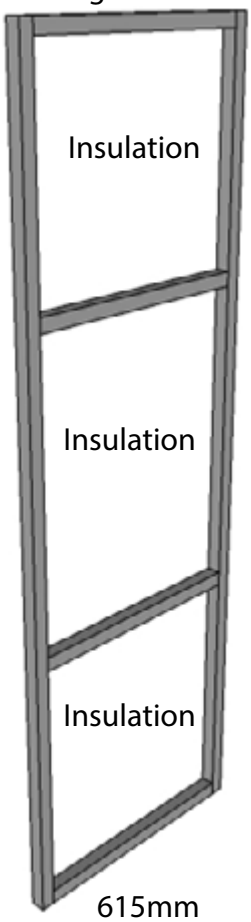
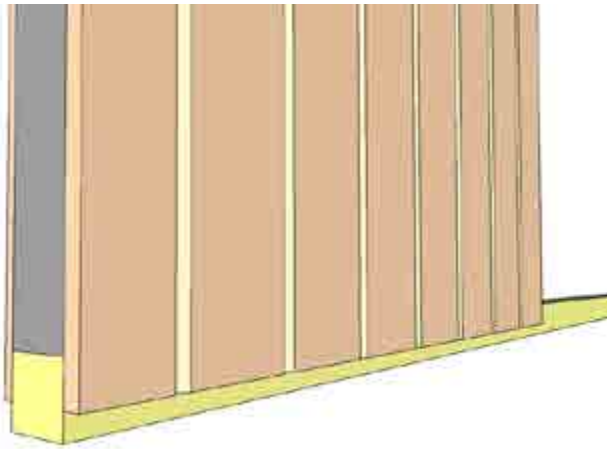
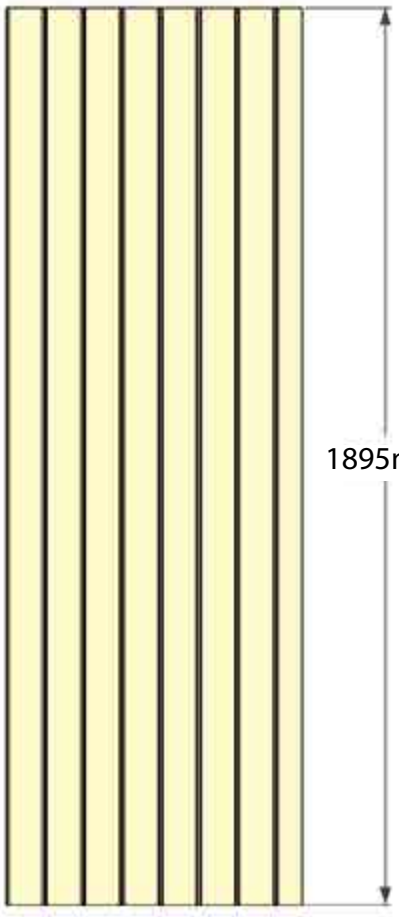
Panel frame constructed using 32 x 32mm framing timber. The space between the framing is to be filled with 50mm Rockwool insulation. A foil lined vapor barrier should be used between the cladding and framing in commercial applications.

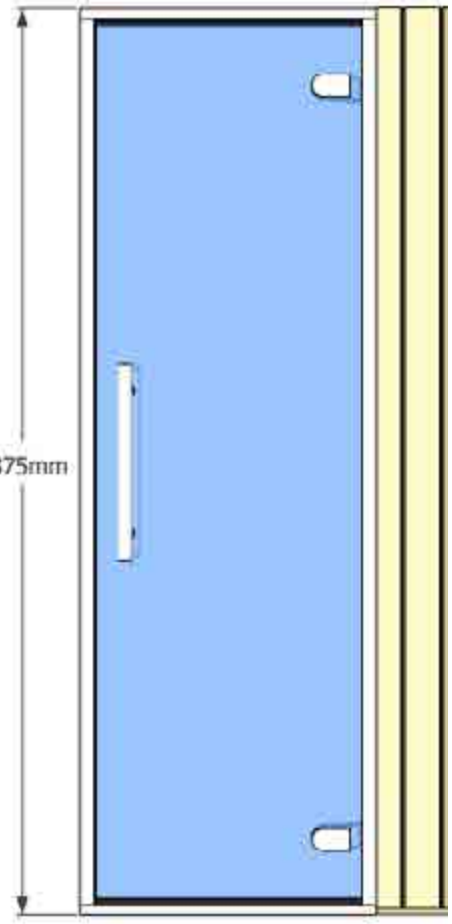




Panels typically sit onto a 32 x 32mm base made from the framing timber. Panel shown with cladding on both sides. If only inside is visible hardboard can be used on the exterior to reduce costs.

Dimensions for a typical panel show the frame is 1875 x 615 with cladding height at 1895 this works with our standard door height of 1875. Sauna is typically finished with skirting made from overlap mould around the inside base of the panels.





Cladding Directly Onto Existing Wall

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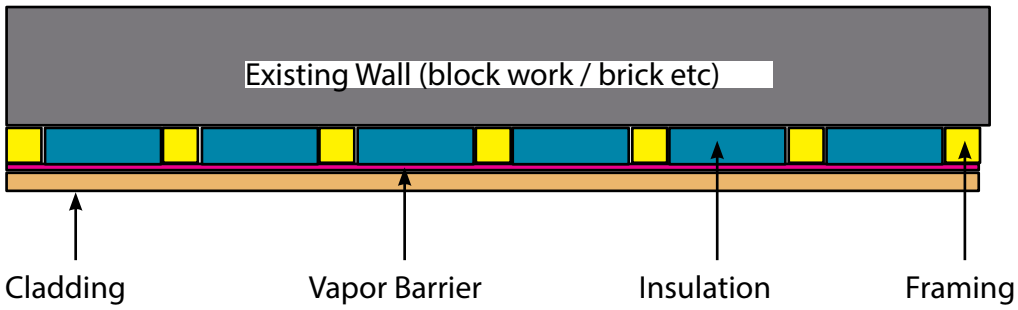
It is possible to clad directly onto existing walls using timber stud framework and simply affix insulation and internal cladding, this may necessitate the inclusion of a vent in the construction. The existing room could, depending upon it's construction cause condensation to form which is both undesirable to the cabin and the to property.

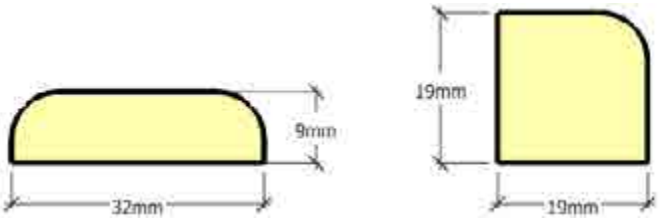
If cladding directly onto an existing wall it is worth considering the use of a vapor barrier with a foil lining between the cladding and the existing wall. For commercial saunas a vapor barrier is also required when building a free standing sauna as described on the previous page.

It is necessary to check if the room is square. If not square it is advisable to pack the battens to create square walls. When cladding directly to the wall the sames frames can be fixed to the wall or just use horizontal battens (vertical battens if horizontal cladding is preferred) similar to a stud wall construction.

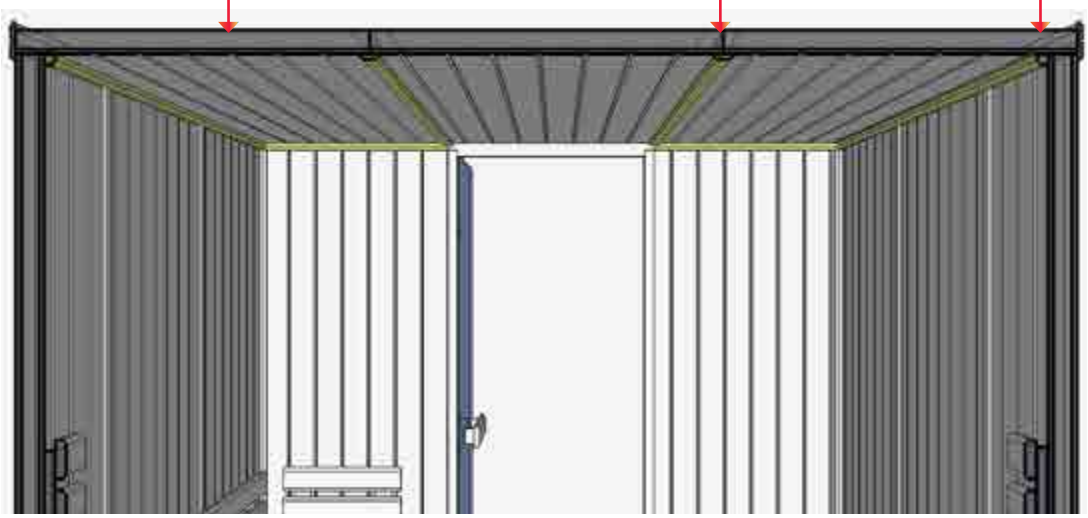


Ceiling

The ceiling will need to be made using frames as shown on the previous page. It may be necessary to clad the frames before installing, joint overlap mould can be used to cover the join between panels. Corner mould can be fitted where the walls meet the ceiling. A nail gun is the best method for fixing overlap and corner mould. Packs of joint overlap and corner mould are available from the website.



Ceiling Panel | Joint overlap mould | Corner mould



Sauna Cladding

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Cladding for walls and ceiling

We stock matchboard cladding in the following dimensions:

- Spruce cladding 9mm thickness
- Spruce cladding 18mm thickness for heavy duty sauna
- Knot free premium hemlock cladding 9mm thickness

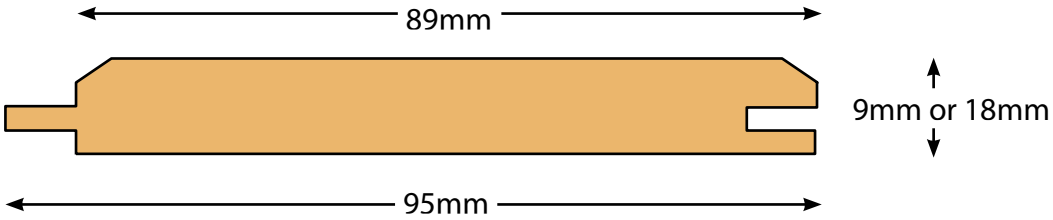
All our timber is kiln dried Grade A sustainably sourced from Finland

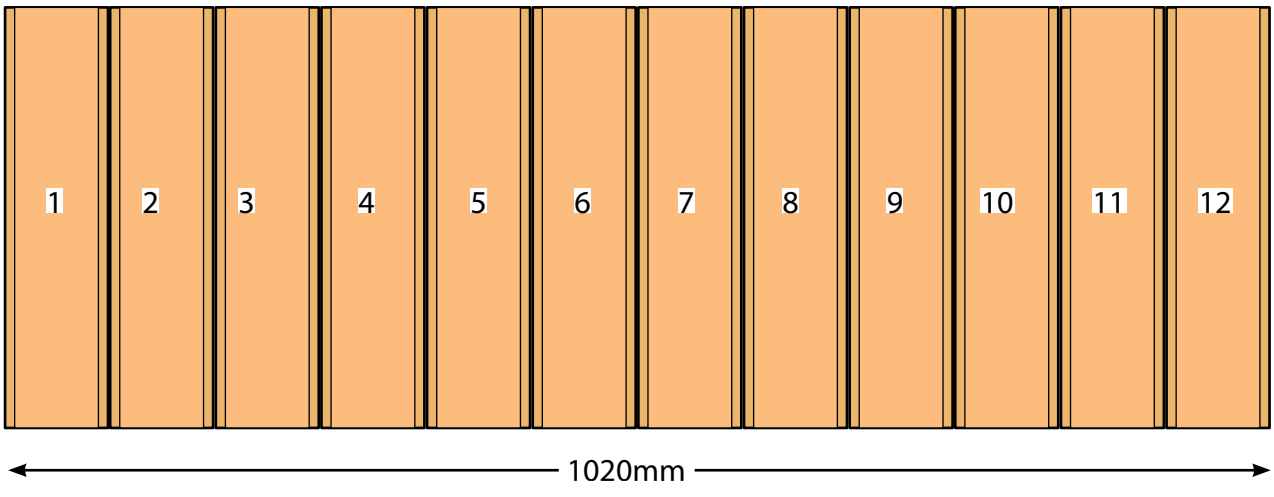
Spruce Cladding

Knot Free Hemlock§ Cladding

Cladding dimensions

9mm or 18mm thickness x 95mm width (including 6mm overlap)
12 lengths required per linear meter.
Available in packs of 12 x 1895mm or 12 x 2150mm





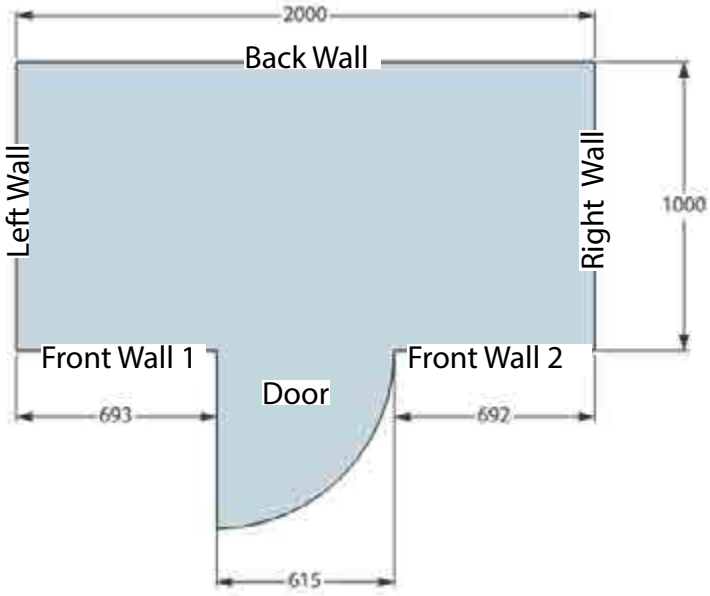
Calculating the number of lengths of cladding required

Work out the number of lengths for each wall and ceiling individually
Number of lengths of cladding = Wall length in meters x 12
Length of cladding for walls = Internal ceiling height

Ideal ceiling height
If using an Oceanic Sauna Door the external height of the door frame is 1875mm. If building a free standing structure with frames and a base a typical height for the cladding is 1865mm as shown on a previous page.

A lower ceiling height makes a more efficient sauna as heat rises. If you prefer a taller sauna you will need to consider the area above the door also needs cladding.

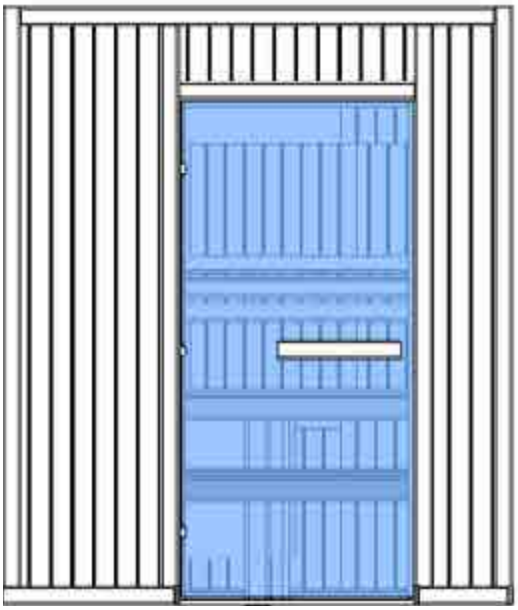
For the ceiling cladding work out which direction you want the cladding to be fitted, normally along the longer distance for fewer fixings. Note longest cladding length is 4.3m



Wall	Dimension (m)	Number of Lengths	Length of cladding (mm)
Left	1	12	1895
Back	2	24	1895
Right	1	12	1895
Front 1	0.693	9	1895
Front 2	0.692	9	1895
Ceiling	1000	12	2000

Cladding required (internal only):
6 packs / 66 lengths at 1895mm
1 packs / 12 lengths at 2150m

Standard height sauna, cladding to the left and right of door only



Taller sauna requires additional cladding above door

Benches

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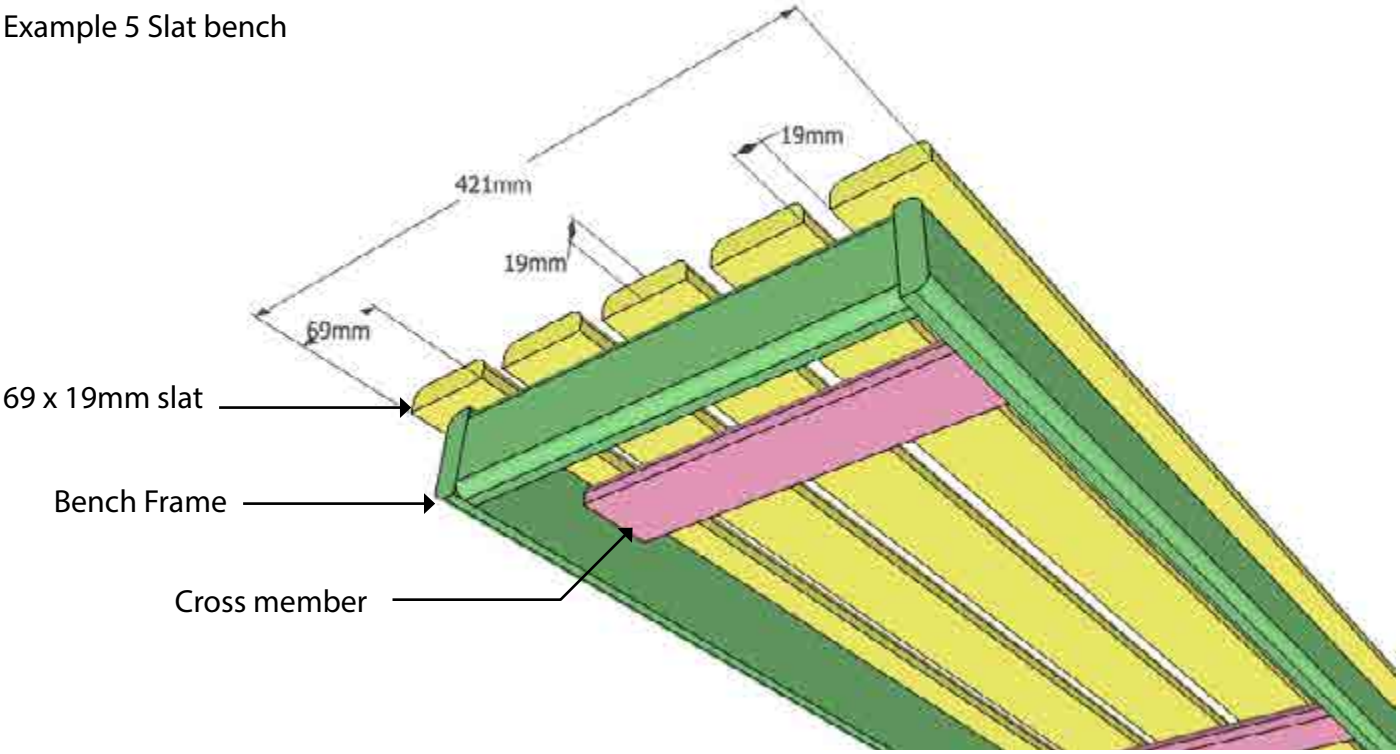
Oceanic Saunas can provide ready to assemble bench kits with everything you need to construct your sauna benches. The kits are available in a range of stock sizes and can be cut to size as required.

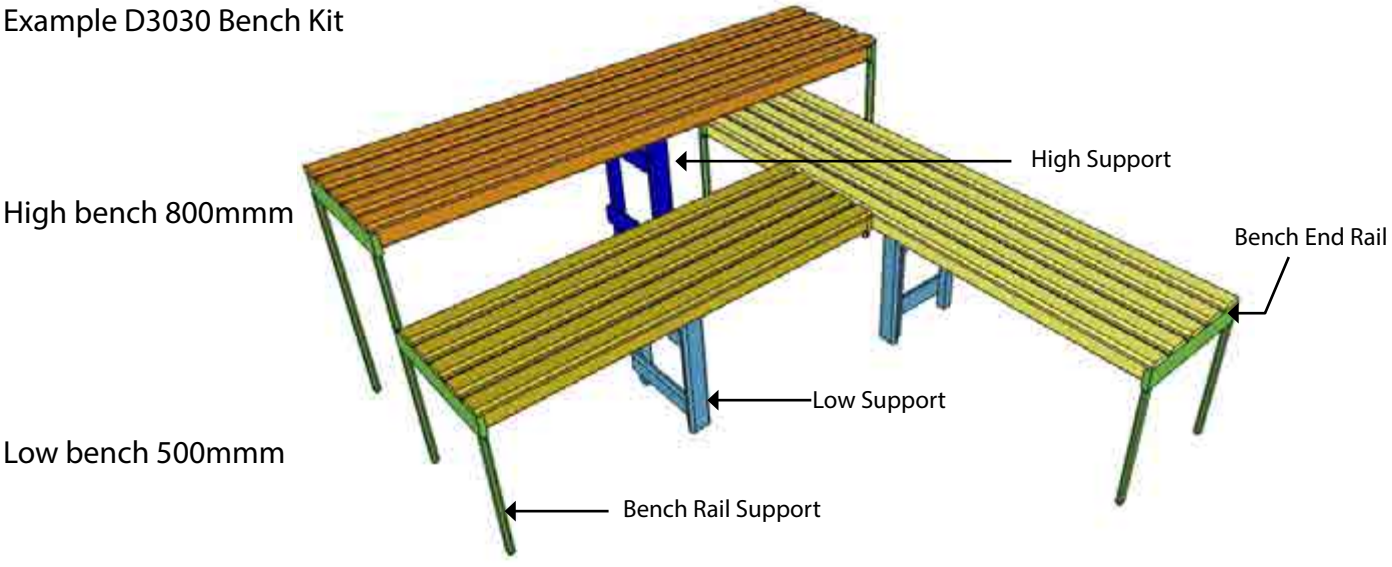
The bench itself is made up of a set of timber slats that are fixed onto a frame with right angled stainless steel brackets. Cross members add further strength and rigidity. This bench is then mounted to the wall via rails and is supported via either one or two high or low supports that fix under the bench. The rails are also supported via rail supports.

Bench kits are available as:
Domestic 5 slat bench kits made from 69 x 19mm spruce or abachi (421mm depth)
Vision 6 slat kits made from 69 x 19mm abachi (509mm depth)
Heavy Duty Commercial 5 slat bench kits made from 90 x 25mm (526mm depth)
See our website for full range of DIY sauna benches
https://www.oceanic-saunas.co.uk/sauna/sauna-diy-kits.html

Example 5 Slat bench



Example D3030 Bench Kit



Backrest

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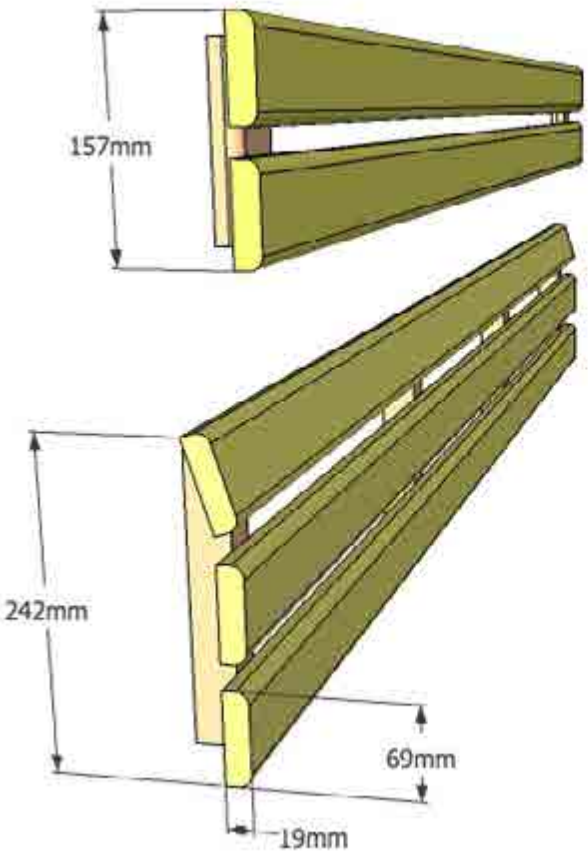
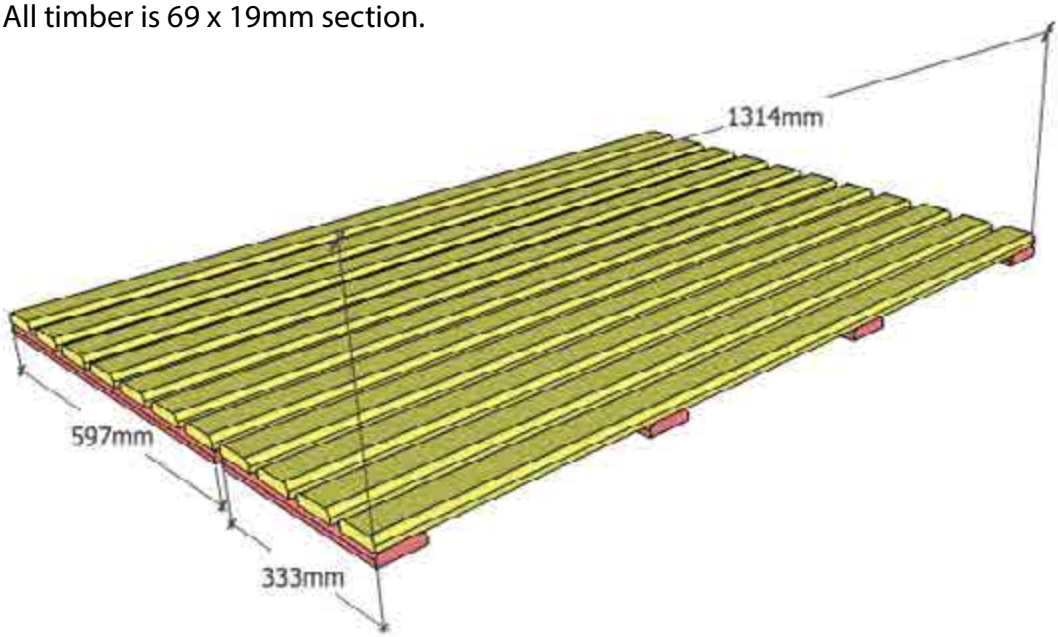
Similarly to the benches backrests are available in kits.

Celebration backrest 2 slat spruce 157mm height.
Deluxe backrest 3 slat abachi 242mm height



Floor Mats

Floor mats are also available in kits. Celebration is made from spruce and Deluxe version is made from knot free obeche timber. All timber is 69 x 19mm section.
D3030 Floor mat
11 No 1314 x 69 x 19mm
4No 597 x 69 x 19mm
4No 333x 69 x 19mm



Ventilation

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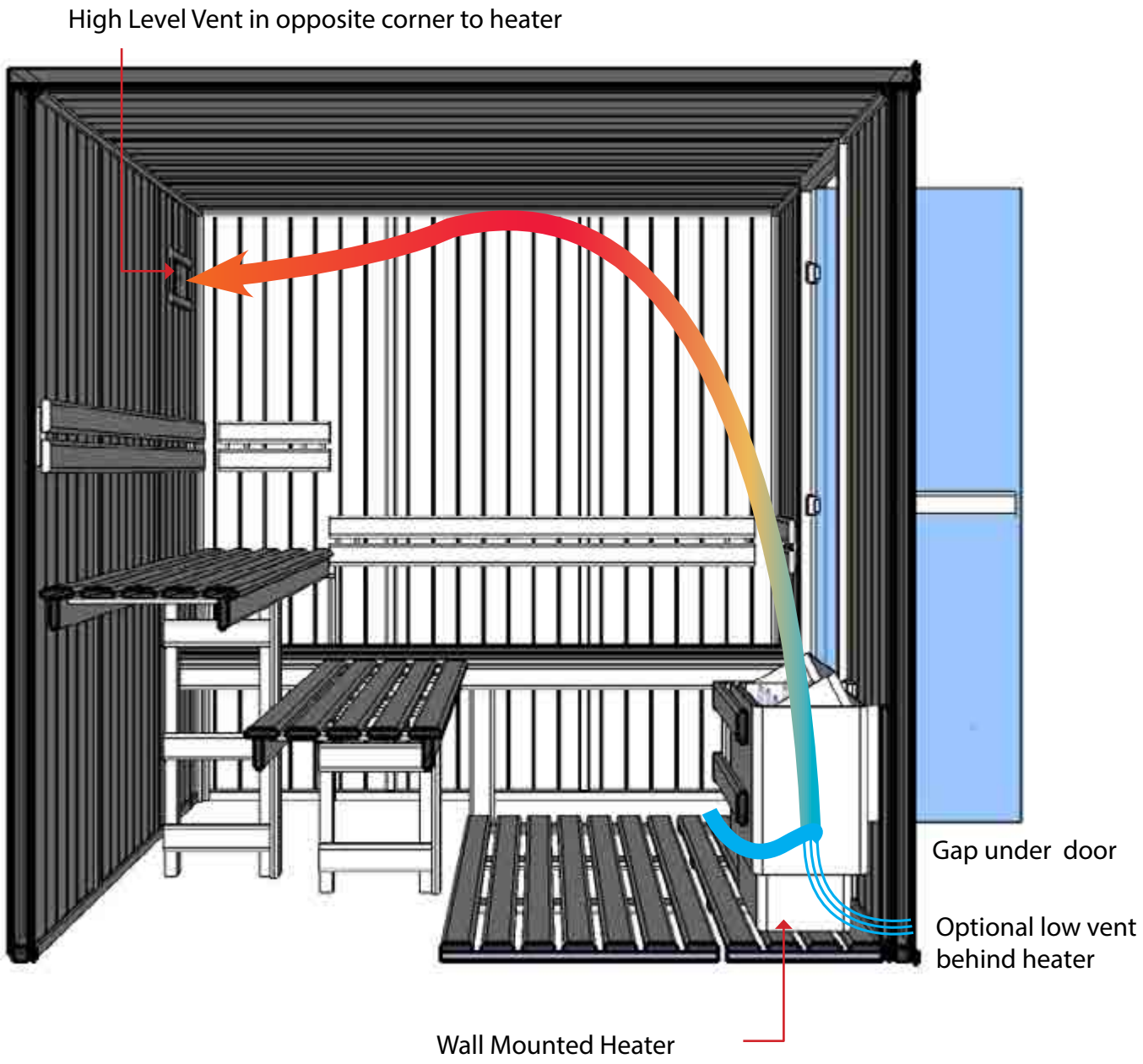
Correct positioning of vents is required for good airflow around the sauna. Fresh cool air can be pulled in via the gap underneath the door with a vent at high level in the opposite side of the room to the heater allowing warm air to escape. An additional vent at low level behind the heater are optional.



Note all vents are passive.

Vent kits are supplied with sauna kits