

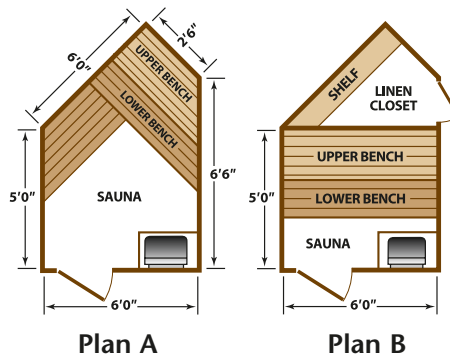
The Sauna should be planned for ultimate enjoyment and relaxation. If possible, the space should be large enough for adequate seating and reclining. As a guide, allow 2' of bench space per person, for seating. It is necessary to have a 6' long bench to accommodate a reclining bather. Bench widths should be 20" for upper and lower benches. Do not plan a Sauna with angles (which will cut bench space and add wasted cubic footage). Two levels of benches are very important in a good Sauna—the upper bench is necessary to make use of the heat (which rises to the ceiling level). The lower bench can be used as a step up to the upper bench, a footrest for upper bench bathers, or as a sitting bench. For complete relaxation, a small dressing room with cooling bench and shower should be located next to the Sauna. This room might also be used as a combination cooling/exercise area.

## SAUNA DOOR

The Sauna door must open out and it should have no lock. It should be 24" wide to prevent unnecessary loss of heat. We recommend that the door should not open directly into a spa area or shower, as humidity may rust the hinges and warp the door. Do not put a handicapped door (36") on a Sauna unless the room is large enough to accommodate the movement of a wheelchair, with proper ramp and grab bar. The metal wheelchair will get hot and cannot remain in the Sauna room. An attendant is necessary when a Sauna is intended for handicapped usage.

## THE IMPORTANCE OF A SHOWER

As a Sauna is a deep cleansing bath which opens pores and flushes out the body's impurities, it is necessary to use soap and water in a shower to rinse off this waste. For convenience, a shower should be located near the Sauna. However, do not put a shower head in the actual Sauna room as the humidity from the shower can harm the electric components in the Sauna heater. If a Sauna is located close to a pool or spa, a dressing room should be designed between the two areas to keep harmful vapors and humidity from damaging electrical and metal parts in the Sauna heater. Never pour pool or spa water on the heater.



## CORRECT USE OF SPACE

At left is an example of the importance of pre-planning when designing a Sauna. Plan A and B have exact shape and size. Plan A uses the entire space as a Sauna, resulting in benches with little seating space and no reclining area. There is too much walking area—with a waste of space, building material and efficiency. Plan B creates 2 useable rooms from the same space, allows a Sauna with a more comfortable bench area, and leaves necessary walking space. The linen closet is a bonus.

## CEILING HEIGHT SHOULD BE 7' TO ALLOW ENOUGH HEAT AT BENCH AND HEAD LEVELS

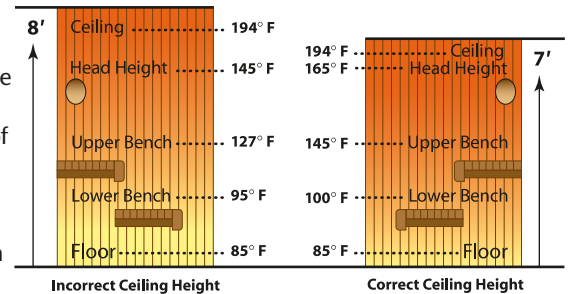
It's important to reduce Sauna room height from a standard ceiling height of 8' to the Sauna norm of 7' from the finished floor.

A Sauna ceiling can be as low as 6'2". An 8' ceiling wastes heat, energy and building material; and it increases the heating time. The diagram below shows the variance of temperature at various levels in the Sauna room.

## SAUNA TEMPERATURE COMPARISONS

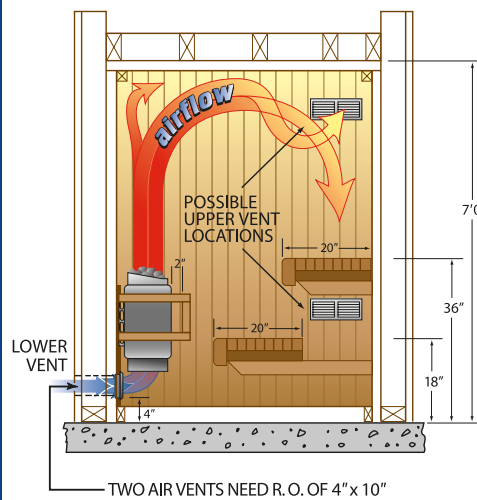
The importance of lowering the Sauna ceiling from 8' to 7' is shown in the temperature comparison chart. Notice that the Sauna room temperature is 20 degrees cooler at the upper bench level and at the bather's head level in the Sauna with the improper ceiling height of 8'. As the heat rises from floor to ceiling, there is too much wasted heat at the upper ceiling level and not enough heat at the bench levels where the bathers sit or lie.

Maximum 194° F Sauna temperature is measured at wall, above the heater, 6" below the ceiling per UL/ETL regulations.



## VENTILATION

It's recommended to have one lower (intake) vent and one upper (outlet) vent in a Sauna to provide for good air circulation. Vents are not a safety concern, they are only for the bather's comfort. The lower vent provides fresh air for a comfortable atmosphere, and the upper vent dispels used air. The lower vent should be placed about 4" from the floor, close to the Sauna heater if possible, to allow fresh air to flow through the heater and enable it to function better. The upper vent can be anywhere; as low as 24" from the floor or as high as 6" from the ceiling. Indoor Saunas usually vent directly to indoor air. For faster heating, the upper vent may be closed when the Sauna is heating.



The diagram shows typical vent placement only. Vent location may vary from room to room. We strongly suggest one upper and one lower vent for bather comfort and proper air circulation. Vents are recommended but not required for any health or safety reasons.