CUSTOM SAUNA LINER KITS & PREFABRICATED SAUNAS

CLEANSE | RELAX | RELIEVE STRESS

CHOOSE YOUR...
- Tongue & Groove Paneling
- Heater
- Benches
- Door
- Lighting
- Flooring
- Hardware
- Accessories

SUPERIORSAUNAS.COM
877-872-2806
68670 STATE FARM RD
ASHLAND, WI 54806
Thank you for your Custom Sauna inquiry!

We offer assistance in design and planning throughout the process until your sauna is finished. For your convenience, sauna layout drawings, heater installation guides and other helpful resources are in the Literature Library at SuperiorSaunas.com

Our complete Sample Pack of sauna building materials includes samples of:

- **Tongue & Groove Paneling**: White Aspen, Western Red Cedar & Finnish Spruce
- **Foil Vapor Barrier**: Specially made for saunas w/ aluminum foil & craft paper
- **Bench stock**: White Basswood and Western Red Cedar woods
- **Flooring Tiles**: Samples of 1 foot square easy snap together tiles, available in Red Cedar (good) and hardwood Ipe (best, lasts for generations)
- **Cove Molding & Door Trim**: Basswood and Cedar samples of Interior Trim Pkg.
- **Nails**: Stainless Steel finishing nails for easy paneling install, fits finish nailer guns, will never corrode or leave stains on sauna walls

With our FACTORY DIRECT Do-It-Yourself Custom Sauna Room Liner Kit, you have top quality materials at an affordable price.

Superior Sauna manufactures indoor & outdoor saunas for your residential home sauna and commercial sauna needs. We currently ship sauna kits to all of U.S. and many International locations. Most wood sauna components which are distributed worldwide, are made right here at our factory location. See our complete sauna store online at SuperiorSaunas.com or stop and visit us at our retail location in Northern Wisconsin.

We love building saunas and their many components and can’t wait to hear from you!

Sincerely,

Chuck Porter
Design Consultant/Managing Partner
Sauna Room Framing Example

As shown for horizontal T&G Panelling
For VERTICAL T&G Panelling, add horizontal nailers 1/3 distance from top and bottom of framing

All framing, headers and baseplate are typically 2x4’s, or for better outdoor sauna insulation use 2x6’s

Finished ceiling height between 80” to 96”, recommended is 84” (7ft.)

Vapor Barrier & Insulation:
First add fiberglass insulation and foil vapor barrier (reflective side facing in) to interior walls and ceiling. For outdoor saunas, add vapor barrier and siding to exterior. Sheeting before siding is optional, which makes it easier to attach siding.

Typical outlet vent placement just in front of benches 1/3 up wall

Treated lumber sill plate

Foil Vapor Barrier

Typical inlet vent placement (or 1/2”gap under door)

Support nailers in wall for solid bench rail mounting

Usually not needed on cement, see details below.

Outdoor Sauna foundation info: A concrete slab is an option for permanent Outdoor Sauna install. Insulate slab or underneath wood floor.

ALTERNATIVE TO CONCRETE SLAB: Set 6” x 8” x 16” concrete blocks for corners. Build a 4x6” treated lumber base frame tied together with steel corner brackets, add 2x6” joist hangers, install treated 2x6 floor joists and use 3/4” treated plywood for floor base board. Optional to add sauna floor drain kit with rubber sheeting over wood floor. For roof design ideas, see photos of Outdoor Saunas.

www.SuperiorSaunas.com
Proper ceiling height will allow your sauna to have a more consistent heat. It will also allow your heater to work more efficiently, helping to prevent element burnout and save on electricity.
**Custom Sauna Planner** for all sauna projects: Residential or Commercial facilities like Hotels, Gyms, Health Clubs, Military Bases, etc. Print out, then return this completed form by Email, Fax or Mail to receive a quote for a Custom Sauna Kit. Use this form for new sauna construction or sauna remodeling jobs. Sauna construction starts with a framed and insulated room, so remove any existing interior wall paneling, drywall etc. to prepare space for sauna kit installation.

It is important to have exact Rough Opening dimensions (stud to stud measurements) of planned or existing framed room.

**Custom Sauna Floor Plan sketch guidelines:**
Study this example drawing of a custom sauna design. On next page, draw in your Custom Sauna design of any size. Please do your best to follow this format. The suggested scale is each grid square equals 1 foot.

**Please Include:**
- Overall Rough Opening dimensions: width, depth and ceiling height.
- Measurements on both sides of Door Rough Opening
- Show door swing direction (door can’t swing into sauna, for safety)
- You may draw desired bench & heater locations which a Sauna Design Consultant will review for you
- See website or call for actual Door Rough Opening Size if custom
- Draw desired bench depths & tiers
- Hints: Standard bench depths are: 12”, 18” and 24”. 24” benches allow enough depth to lay down if wall is longer than 6 feet. Ceiling height is typically 84” (7’)

Our expert design consulting is available to assist in creating the sauna for your needs and budget. Typical lead time for delivery is 2-4 weeks. Ask about Rush Order Custom Saunas, call for details 1-877-872-2806

**NOTES:**
Custom Sauna Planner

Drawing Scale: each square equals 1 foot. Use a straight edge and a pencil for best results.

NOTES:

Ceiling Height
Rough Opening:
Build Your Sauna

Contact Info Name: ______________________________________ Email: ____________________________________________
Phone: ____________________________    Fax: _____________________________    Cell:______________________________

'Ship to' Address: ____________________________________ City, State, Zip: _____________________________________
Already a customer? ____Yes ____No    Design Consultant’s Name__________________________

I plan to buy a Sauna Kit or Components: ___within a month     by this date ___/___/___     ___not sure when

Sauna Room Details - Framed Rough Opening Size: width______” x depth______” x height______”

Framing Details: ___Wood ___Steel ___Concrete ___2x4 ___2x6 ___Other

Insulation: ___Fiberglass (recommended) ___Other

T&G Paneling: ___White Aspen ___Red Cedar ___Finnish Spruce ___Mixed Direction: ___Horizontal OR ___Vertical

Ceiling Paneling Direction: (from door opening) ___Front to Back OR ___Left to Right

___Int. Trim Package    NOTE: Matching White Aspen/Basswood or Cedar Parts, wood sauna components (benches, trim, etc.) match T&G wood

Sauna Heater: ___Electric ___Wood Burning

Heater Brand:___________________ Model:_______________ Voltage: 240v OR 208v (Circle one) 1 phase OR 3 phase (Circle one)

Preferred Controls: ___Dials on heater ___Dials on wall ___Digital Touch Pad ___60min. or 9hr preset timer

___Heater Guard (allows airflow and prevents accidently bumping into hot stove)

Bench Details: Common bench depths are 18”, 24”, 30”, 36” or Custom (please note Depth & Width below)

D____” x W____” Top Bench

D____” x W____” Bottom Bench

D____” x W____” 3rd Tier Bench (optional w/ 7’ 6” min. ceiling ht.)

Bench Skirting

Portable Headrest/Backrest: ____Cedar or ____Basswood Notes:_______________________

Comfortable Backrests for top tier benches (helps keep walls clean): ___Standard 4 bar ___Deluxe Curved

All Glass Panel Door: ____24 x 72” ____36 x 80” Handicap Accessible (see website for Rough Openings)

Choice of: ___bronze tint ___clear Glass panel is tempered and pre-hung in jamb with hardware

Door: ____24 x 77” ____24 x 80” ____36 x 80” OR Any size: __________________

Options: ___‘Full Glass’ ___‘1/2 Glass’ ___Wood T&G door to match wall paneling wood

Required Door Info: Door hinges walking in pulling door (see right): ___LH ___RH (door can’t swing into sauna)

Standard jamb depth (wall thickness) is 4 7/8” Note if custom jamb depth needed:___________

Available rough opening: D____” x W____”    Threshold needed?______

Sauna Window: Tempered glass unit _18x32” _26x38” _Aspen _Cedar _Clear _Bronze

Flooring: 1’ square wood tiles for walking area with plastic easy snap-together base, lets water drain away

___Ipe hardwood 12x12 ___Western Red Cedar 11x11 ___Aspen 11x11 ___Hardwood 11x11 ___Vinyl 12x12

(see website for edging pieces)

D.I.Y. Parts: ___Foil Vapor Barrier (required) ___Foil Tape ___Wall Light ___Wood Diffuser Shade 90° or 180°

___Recessed Lighting Kit (LED) ___Vent Kit ___Paraffin Oil Kit (protects sauna woods)

___Stainless Steel Nails for paneling/trim: 15, 16 or 18 gauge, specify your brad nailer gun size ________

Accessories: ____1 Gal. Bucket & Ladle (choice of wood or copper), Hygrometer and Eucalyptus Oil

(10% off w/sauna) Standard or Deluxe Complete Accessory Pack details available online

Sauna Woods Sample Pack: ____Send me Sample Pack of Sauna Wood Choices (T&G paneling, benches, flooring, trim, SS nails) for only $9.95 + shipping & handling (Sample Pack charge is refunded with Sauna Kit purchase)