Sauna Room Framing Example
As shown for horizontal T&G Paneling
For VERTICAL T&G Paneling, add horizontal nailers 1/3 distance from top and bottom of framing

See complete guide for Sauna Framing at www.bit.ly/saunaframing


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.)

Fiberglass Insulation
Foil Vapor Barrier
T & G Paneling

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

Treated lumber sill plate
Install nailers in wall for wall mounted heaters

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

Support nailers in wall for solid bench rail mounting

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.

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 8" 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 sheathing over wood floor. For roof design ideas, see photos of Outdoor Saunas. www.SuperiorSaunas.com