



SUPERIOR SAUNA & STEAM

www.SuperiorSaunas.com

The Superior Sauna Experience.™

WHOLESALE & RETAIL

Sauna Woods: Health & Ecology Information

Various sauna woods have been used to build saunas worldwide through the centuries. White Aspen and Western Red Cedar are among the most popular woods used for commercial and residential sauna building in the United States. Sauna builders consider traditions and overall look of the sauna room when deciding what sauna wood type to use.

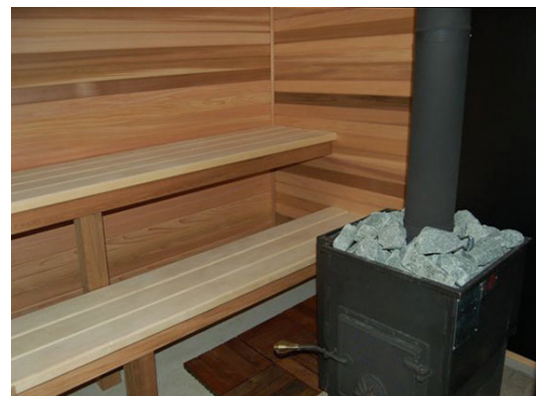
Aspen sauna wood is recommended by Doctors who prescribe saunas for patients to detoxify from heavy metals, etc. Aspen wood is non-allergenic wood, neutral with no odor which is good for certain respiratory conditions or for sensitive people.

Aspen & Basswood grows to maturity within 50 years and needs to be harvested or it will start to decay. These woods are a sustainable resource and produce a high percentage of clear furniture grade wood.



Cedar sauna wood has a strong odor which is not tolerated by all people, as the acids in it can cause respiratory irritation in some cases. It is especially important to wear a protective respirator filter to avoid breathing the fine dust when cutting or sanding Cedar woods.

Maturity for Cedar wood takes 100's of years so there is not much left in quality clear wood. The main source of old growth Cedar is British Columbia in Canada. Lower quality knotty Cedar less than 100 years old is more widely available. Clear Cedar wood is not sustainable and some areas in the United States have banned cutting of any Cedar.



Shared/docs/Lit-Library/helpful_info/edit/sauna woods.doc rev120310