

Traditional Electric Sauna Building Guide

From planning and framing through heater installation and first use

PHOTO PLACEHOLDER COVER

Future full-page image of a completed traditional electric sauna interior

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How to Use This Guide

This guide explains the sequence and decisions involved in building a residential traditional sauna heated by a listed electric sauna heater. It is written for homeowners, builders, and skilled do-it-yourselfers who want to understand the entire project before purchasing materials or closing a wall.

The guide is not a substitute for the installation instructions supplied with the heater, control system, lighting, door, glass, or other listed equipment. Product manuals control whenever their dimensions, clearances, wiring requirements, sensor locations, or ventilation instructions differ from the general practices described here.

Important safety boundary. Electrical design, branch-circuit sizing, disconnects, controls, sensors, grounding, and final connections must be completed or approved by a licensed electrician and inspected where required. Structural foundations, decks, roofs, glass, drainage, and exterior weather protection must comply with the rules enforced at the project location.

What This Edition Covers

- Residential traditional saunas using electric heaters and sauna stones
- Indoor conversions and purpose-built outdoor sauna structures
- Wood-framed rooms with insulated walls, sauna foil, an interior air space, and solid-wood paneling
- Planning for benches, ventilation, doors, controls, sensors, and lighting
- General construction sequencing, inspection checkpoints, and maintenance

This edition does not cover wood-burning stoves, chimneys, commercial occupancy requirements, steam rooms, infrared-only cabins, or structural engineering for a specific site.

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1 Plan the Sauna Before Buying Materials

A sauna performs best when the room, benches, heater, ventilation, and electrical service are planned as one system. Begin with the people who will use the room, then work outward to the finished interior dimensions, heater model, wall thickness, and exterior structure.

Start With the Bathers

Decide how many people should sit comfortably, whether anyone should be able to lie down, and whether the room needs an accessible entry or extra circulation space. A 5 × 6 foot finished room can serve one or two bathers when the bench and heater are arranged carefully. An 8 × 8 foot room gives a family more seating options and can support an L-shaped upper bench, provided the selected heater is rated for the calculated room volume.

- Allow roughly 24 inches of upper-bench length for each seated adult.
- Plan at least 72 inches of clear bench length if an adult should be able to lie down.
- Reserve the heater's full safety-clearance envelope before drawing benches or guardrails.
- Draw the outward door swing and the path to the heater before framing.
- Locate glass, masonry, or other uninsulated surfaces because they affect heater sizing.

PHOTO PLACEHOLDER 1.1

Plan-view sketch showing a 5 × 6 layout and an 8 × 8 family layout

Measure Finished Dimensions

Heater sizing is based on the finished heated space, not the rough framing. Record the finished interior width, depth, and ceiling height after accounting for framing, furring strips, paneling, and any sloped ceiling. Keep the ceiling reasonably compact so bathers sit in the useful heat zone rather than heating unused space above their heads. A finished height near 7 feet is common in North American residential saunas, but the heater manual and room design determine the acceptable final height.

Make a Coordination Drawing

Create a dimensioned plan and at least two wall elevations. Mark the finished walls, door, windows, upper and lower benches, heater, guardrail, vents, light fixtures, control panel, power unit, temperature sensor, and all required clearances. Give the same drawing to the carpenter and electrician so penetrations and blocking are agreed on before insulation begins.

- ☐ Finished room dimensions recorded
- ☐ Heater model and voltage selected
- ☐ Manufacturer clearance diagram attached to the plan
- ☐ Bench heights and depths shown
- ☐ Door swings outward and has no locking latch
- ☐ Ventilation method selected
- ☐ Sensor and control locations confirmed
- ☐ Lighting and low-voltage wiring routes confirmed

2 Select and Size the Electric Heater

Do not choose an electric sauna heater by floor area alone. Multiply the finished width, depth, and height to find the room volume, then account for heat-absorbing or uninsulated surfaces using the heater manufacturer's method. Glass doors and windows, tile, brick, stone, concrete, and exposed logs can increase the calculated heating load substantially.

Use the Manufacturer's Rating Table

1. Calculate the finished room volume in cubic feet.
2. Measure the area of glass and other uninsulated surfaces.
3. Apply the adjustment method stated by the selected heater manufacturer.
4. Choose a heater whose published minimum and maximum room-volume range includes the adjusted volume.
5. Confirm voltage, amperage, breaker, conductor, control, sensor, and power-unit requirements with the electrician.

Example only. A 5 × 6 × 7 foot room has a geometric volume of 210 cubic feet before adding any allowance for glass or masonry. The correct heater cannot be selected until the uninsulated surfaces and a specific manufacturer's rating table are considered.

Stone Capacity and Heat Character

Stone capacity affects the way the heater stores and releases heat. A larger stone mass can produce a softer, longer steam response when water is applied, while a smaller stone mass may heat more quickly. Stone capacity does not replace correct heater sizing. Compare warm-up expectations, room size, controls, clearances, and available electrical service before deciding.

Product-Specific Information That Must Remain Product-Specific

- Minimum clearances to walls, benches, guardrails, and ceilings
- Minimum and maximum mounting height
- Whether the heater can be embedded through a bench
- Required controller, power unit, contactor, or safety device
- Temperature and high-limit sensor location
- Permitted remote-start configuration
- Circuit, conductor, disconnect, and overcurrent requirements
- Stone type, size, quantity, and loading method

PHOTO PLACEHOLDER 2.1

Heater manual open to the clearance diagram beside a dimensioned room plan

3 Permits Codes and Project Responsibilities

Before construction, contact the local building department or authority having jurisdiction. Ask whether the project requires building, electrical, mechanical, plumbing, zoning, or septic approval. Outdoor structures may also be subject to setbacks, lot coverage, wind, snow, frost-depth, wildfire, floodplain, or homeowners-association rules.

Work That Usually Requires a Qualified Professional

Work area	Qualified party	What must be verified
Electrical	Licensed electrician	Service capacity, branch circuit, controls, disconnect, grounding, heat-rated wiring, and final connections
Foundation or deck	Builder or engineer as required	Soil, frost, drainage, total load, wind, snow, uplift, and anchorage
Glass	Qualified glass supplier or installer	Safety glazing, thickness, edge support, thermal movement, and local glazing rules
Roofing and exterior	Qualified builder	Water management, flashing, ventilation, cladding, and weather exposure

Keep copies of permits, approved drawings, inspection results, equipment manuals, and warranty documents with the final guide handed to the sauna owner.

4 Materials and Tools

Typical Material Categories

- Foundation, slab, piers, or deck components appropriate to the site
- Framing lumber and corrosion-resistant structural fasteners
- Blocking for benches, heater, guardrails, controls, backrests, and accessories
- Mineral-wool or other code-compliant insulation suited to the assembly
- Sauna-rated aluminum vapor-retarder material and compatible foil tape
- Furring strips for the interior drainage and drying space
- Solid-wood tongue-and-groove paneling suitable for sauna temperatures
- Clear, smooth bench and backrest material
- Sauna door, safety glass, trim, and non-locking hardware
- Listed electric sauna heater, required controls, sensors, safety devices, and approved stones
- Sauna-rated lighting and wiring components specified by the equipment manufacturer
- Vent grilles, duct components, screens, and dampers appropriate to the ventilation design

Typical Tools

- Tape measure, framing square, combination square, level, and chalk line
- Circular saw or miter saw; table saw where boards must be ripped
- Drill, impact driver, bits, countersink, and hole saws
- Framing nailer and finish or brad nailer appropriate to the work
- Stapler for foil installation, utility knife, and foil-tape roller
- Random-orbit sander, sanding blocks, and edge-rounding tools
- Personal protective equipment required for cutting, fastening, insulation, and electrical work

Use stainless-steel or properly coated fasteners where they may be exposed to moisture. Avoid exposed metal fasteners on seating surfaces because metal can become hot enough to burn skin.

5 Build the Foundation and Floor

The sauna must start on a level, stable base that carries the completed structure, heater, stones, benches, bathers, roof loads, and environmental loads. Do not rely on a universal weight estimate. Use the actual equipment weights and the structural requirements for the site.

Indoor Locations

A concrete, tile, or other durable nonabsorbent floor is practical for an indoor sauna. Protect adjacent construction from incidental water and provide a method for cleaning and drying. If a drain is included, coordinate the slope, waterproofing, trap, freeze protection, and local plumbing requirements before framing.

Outdoor Locations

Common outdoor bases include engineered slabs, frost-protected piers, properly prepared aggregate bases, or decks designed for the complete load. The base must drain water away, resist settlement, and provide anchorage appropriate to wind and weather exposure. Keep untreated wood away from soil and standing water.

PHOTO PLACEHOLDER 5.1

Level outdoor base with drainage path and perimeter dimensions marked

Floor Finish

Choose a floor that tolerates heat, water, cleaning, and bare feet. A removable wood duckboard can provide a comfortable walking surface while allowing the floor below to dry. Keep interior wall paneling above the finished floor so it does not wick water.

6 Frame the Walls and Ceiling

Standard 2 × 4 framing at 16 inches on center is common, but the structure must be designed for its actual loads and local requirements. Frame the room square, plumb, and level. A straight shell makes the door, glass, paneling, and benches easier to install.

Walls and Ceiling

6. Lay out the finished interior dimensions and confirm that the heater clearance envelope still fits.
7. Frame walls and ceiling using the approved structural plan.
8. Provide solid corner framing so paneling and trim have fastening surfaces.
9. Use a moisture-resistant or treated bottom plate where required by the floor assembly and local code, while keeping treated material isolated from exposed hot-room surfaces.
10. Add framing around doors and windows according to their verified rough openings.
11. Check both diagonals of each opening and correct out-of-square framing before proceeding.

Install Blocking Before the Walls Close

Photograph and dimension every concealed support. Add blocking for the upper and lower bench cleats, heater bracket or floor fasteners, guardrail, backrests, handrails, control panel, power unit, lights, and accessories. The heater manual determines the exact location and strength required for heater mounting.

PHOTO PLACEHOLDER 6.1*Open framing with bench, heater, guardrail, backrest, and control blocking labeled***Frame the Door for Safe Egress**

Use the door supplier's rough-opening dimensions. The finished door must open outward and must not use a permanent locking latch. Confirm the threshold, under-door ventilation path, handle height, glass clearance, and exterior landing before closing the wall.

7 Complete Electrical Lighting and Control Rough In

The electrician should review the framing before insulation. Provide the exact heater and controller manuals, not only a sales specification sheet. The manuals identify the permitted wiring method, connection points, conductor temperature ratings, sensor cable separation, overcurrent protection, disconnecting means, and control equipment locations.

Coordinate These Items

- ☐ Available service voltage and capacity confirmed
- ☐ Heater branch circuit and disconnect planned
- ☐ Control or power unit location confirmed
- ☐ Temperature and high-limit sensor locations marked from the manual
- ☐ Door-safety or remote-start device planned where required
- ☐ Sauna-rated lighting locations and switching planned
- ☐ Low-voltage and line-voltage routes separated as required
- ☐ All penetrations through foil identified before insulation

Do not install ordinary receptacles, switches, fixtures, cables, or controls in the hot room unless the product is specifically permitted for that location and the installation complies with the heater manual and local requirements.

PHOTO PLACEHOLDER 7.1*Open-wall electrical rough-in with heater, sensor, control, and lighting routes identified***8 Plan the Ventilation**

Ventilation supplies fresh air, helps distribute heat, supports heater operation, and allows the room to dry. Vent placement depends on whether the system relies on natural draft or mechanical exhaust, the heater design, the sensor position, and the adjacent room or exterior wall. Do not treat one vent diagram as universal.

Natural Ventilation

For many naturally ventilated electric-sauna layouts, the supply opening is placed low near the heater and the exhaust is located away from the heater. The exact height and area must follow the heater manufacturer's instructions. A separate high drying vent may be opened after bathing when the heater is off.

Mechanical Ventilation

Mechanically exhausted rooms often introduce supply air higher near or above the heater and draw exhaust air low beneath the benches on the opposite side. The supply stream must not cool the temperature sensor or cause false temperature readings. Coordinate fan capacity, duct route, backdraft control, condensation management, noise, and make-up air with the building's mechanical system.

Ventilation Checklist

- ☐ Ventilation method matches the heater manual
- ☐ Supply air will not interfere with the temperature sensor
- ☐ Exhaust terminates in an approved location
- ☐ Ducts and exterior grilles resist moisture, insects, and weather
- ☐ Drying method is provided after each sauna session
- ☐ Vent openings remain serviceable after benches and heater are installed

PHOTO PLACEHOLDER 8.1

Two original diagrams comparing natural and mechanical ventilation paths

9 Install Insulation and Sauna Foil

Fill each framed cavity evenly with the insulation specified for the assembly. Mineral wool is commonly selected because it fits tightly, tolerates heat, and does not readily absorb water. Do not compress batts, leave voids, or bury unapproved electrical connections.

Insulation

12. Complete required rough-in inspections before covering the framing.
13. Fit insulation around boxes, blocking, ducts, and cables without gaps.
14. Use the R-value required by the approved design, local energy rules, and selected equipment instructions.
15. Inspect corners, ceiling edges, headers, and narrow cavities where omissions are common.

Foil Vapor Retarder

Cover the warm side of the insulated walls and ceiling with a sauna-rated aluminum vapor-retarder system. Follow the foil manufacturer's overlap and taping instructions. Seal seams, staples, corners, and necessary penetrations with compatible foil tape. Work carefully around sensor and lighting cables so the final location remains correct.

The foil layer should be continuous, but the wall assembly must also be able to dry in the direction intended by the building design. In mixed or humid climates, confirm the complete assembly with a building professional before adding multiple low-permeance layers.

PHOTO PLACEHOLDER 9.1

Completed foil layer with taped seams and labeled sealed penetrations

10 Add Furring Strips and the Interior Air Space

Furring strips separate the hot-room paneling from the foil. This narrow space helps the back of the boards dry and gives paneling a predictable fastening surface. Vertical furring supports horizontal paneling. Vertical paneling generally requires a second horizontal fastening layer or another designed method that preserves drainage and airflow.

16. Mark the concealed framing and blocking before covering them.
17. Install straight furring strips over framing members using appropriate fasteners.
18. Maintain a continuous drying path rather than trapping isolated pockets behind the paneling.
19. Provide additional fastening surfaces at corners, trim, bench attachments, and panel ends.
20. Recheck heater and bench dimensions because the furring changes the finished room size.

PHOTO PLACEHOLDER 10.1

Furring strips installed over foil with the air space visible at an unfinished edge

11 Install Ceiling and Wall Paneling

Use solid wood suited to sauna temperatures. Common choices include clear cedar, aspen, alder, spruce, and hemlock. Select dry material, acclimate it as recommended by the supplier, and reject boards with loose knots, sharp defects, or resin pockets where bare skin may touch.

Install the Ceiling First

21. Establish a straight reference line and confirm board direction.
22. Install ceiling boards before wall boards so the wall finish can cover the ceiling edges.
23. Fasten into the planned nailers without puncturing hidden wiring.
24. Check width measurements every few boards to prevent the layout from drifting or fanning.
25. Rip the final board neatly and leave the movement clearance required by the paneling supplier.

Install the Walls

Horizontal paneling is commonly installed with the tongue facing upward so the joint does not form a water-catching groove. Blind-fasten where practical and use trim to cover necessary face fasteners. Maintain a small gap above the finished floor to prevent water from wicking into the ends of the boards. Keep rows aligned across door and window openings.

Vertical paneling requires horizontal fastening support while still preserving the drying space behind the boards. Do not fasten paneling only to another thin finish layer.

PHOTO PLACEHOLDER 11.1

Paneling sequence showing ceiling first, then back wall, side walls, and door wall

12 Build and Install the Benches

Bench design controls comfort as much as room temperature. Place the upper bench high enough for bathers to sit in the warm zone while preserving safe headroom. A useful planning range is approximately 43 to 51 inches between the upper bench and ceiling, subject to the users' height and heater design. Place the lower bench roughly 16 to 20 inches below the upper bench so it works as a comfortable step and foot platform.

Planning Dimensions

Element	Planning range	Design note
Upper bench depth	20-24 in	Use about 24 inches when lying down is a priority
Lower bench depth	16-20 in	May serve as a step, footrest, or occasional seat
Upper bench to ceiling	43-51 in	Adjust for the tallest expected bather and room proportions
Bench-board gaps	About 3/8-1/2 in	Keep spacing consistent for drainage, drying, and airflow
Bench length per seated adult	About 24 in	Increase for broad shoulders or extra personal space

Structure

Attach bench supports to documented structural blocking or studs, not only to the interior paneling. Size frames, cleats, fasteners, and legs for the full expected load and span. Long benches or unusual layouts may require center supports or structural review. Design removable sections where practical so the floor and wall can be cleaned.

Comfort and Finish

- Use clear, smooth lumber without exposed metal on contact surfaces.
- Round exposed edges and sand progressively until they are comfortable against bare skin.
- Fasten seat boards from below when practical and verify that screw tips cannot reach the surface.
- Leave air space behind backrests and beneath benches.
- Use only a finish specifically approved for sauna benches, and follow its instructions. Unfinished benches are also common.

PHOTO PLACEHOLDER 12.1

Exploded original diagram of a removable bench frame, cleats, cross supports, and seat boards

13 Install Door Glass Trim and Accessories

Door

Set the prehung sauna door plumb, level, and square in the verified rough opening. Shim at fastening points and maintain even clearances. The door must open outward and release without a locking action. Follow the door supplier's requirements for threshold clearance, handle installation, and exterior weather protection.

Glass

Use safety glazing selected for the opening, temperature exposure, and local requirements. Support the glass with the specified channels, blocks, gaskets, and sealants while allowing thermal movement. Do not substitute ordinary window glass or improvise attachment details.

Trim Backrests and Guardrails

Install trim without blocking the intended drying path. Attach backrests and heater guardrails to concealed supports. The heater guardrail must remain outside the manufacturer's clearance envelope unless the heater manual explicitly permits another arrangement.

PHOTO PLACEHOLDER 13.1

Outward-swinging sauna door, even reveal, non-locking catch, and finished trim

14 Install the Heater Controls Sensors and Stones

The final heater installation must follow the exact manual supplied with the unit. Small changes in mounting height, wall distance, guardrail spacing, sensor position, ventilation, or stone loading can cause overheating, nuisance shutdowns, poor performance, or a warranty problem.

Mechanical Installation

- ☐ Finished clearances match the heater manual
- ☐ Wall bracket or floor anchors engage structural support
- ☐ Heater is level and secure
- ☐ Guardrail maintains the required separation
- ☐ Temperature and high-limit sensors are in the exact specified locations
- ☐ Supply air will not cool the sensor
- ☐ Control and power equipment are in permitted locations

Electrical Completion

Have the licensed electrician complete and test all power, control, sensor, grounding, disconnect, and safety-device connections. Keep required warning labels visible. Do not energize the heater until the installation has been inspected, the room is clear of construction debris, and the stones have been loaded correctly.

Load the Stones

26. Use only the stone type and size permitted by the heater manufacturer.
27. Rinse loose dust from the stones and allow excess water to drain.
28. Place stones by hand rather than pouring or wedging them into the heater.
29. Support the stones so air can circulate and heating elements are covered as instructed.
30. Do not force every stone into the heater or bend heating elements.
31. Retain suitable extra stones for future replacement.

PHOTO PLACEHOLDER 14.1

Correct stone placement with airflow spaces and no exposed heating elements

15 Test the Sauna and Complete the First Heat Cycle

Before the first heat cycle, remove tools, fasteners, packaging, sawdust, and protective films. Vacuum the room and wipe surfaces with a clean damp cloth. Confirm that vents, sensors, guards, lights, and controls are unobstructed.

Pre-Start Inspection

- ☐ Permits and required inspections are complete
- ☐ Door opens outward freely and cannot lock a bather inside
- ☐ Heater and guardrail clearances are verified
- ☐ All stones are loaded according to the manual
- ☐ Temperature and safety sensors are secured
- ☐ Supply and exhaust paths are open
- ☐ Benches and handholds are stable
- ☐ No exposed sharp edges, screw tips, or hot metal contact points remain
- ☐ Lighting and controls operate normally
- ☐ Combustible construction debris has been removed

First Heat Cycle

Follow the heater manufacturer's commissioning procedure. New heaters and wood interiors may produce temporary odors during the first controlled heating cycle, so ventilate the surrounding area. Observe the heater throughout commissioning. Stop and disconnect power if there is smoke, arcing, repeated safety shutdown, unusual noise, or evidence that nearby material is overheating.

Record the warm-up time, room temperature, control settings, and any service observations. Do not defeat a high-limit control or relocate a sensor to make the sauna run hotter.

16 Care and Maintenance

A sauna lasts longer when it dries completely after use. Open the drying vent or operate the designed exhaust system after bathing, then leave the door open when appropriate. Wipe standing water, raise removable duckboards, and allow benches to dry on all sides.

- Sit or lie on washable towels to reduce sweat and body oils entering the wood.
- Clean with products and methods approved for unfinished sauna wood.
- Avoid household finishes, strong fragrances, and chemicals that are not intended for sauna temperatures.
- Inspect bench fasteners, cleats, guardrails, handles, and glass supports periodically.
- Re-stack or replace deteriorated heater stones at the interval recommended by the heater manufacturer.
- Keep vents, sensors, and the heater free of lint, towels, and stored objects.
- Retain manuals and record electrical or control service work.

17 Common Mistakes and How to Prevent Them

Mistake	Why it causes trouble	Prevention
Choosing the heater before calculating the room	Glass and masonry can push the room outside the heater's range	Calculate adjusted volume using the selected manufacturer's method
Treating one vent diagram as universal	Natural and mechanical systems use different air paths	Use the exact heater and sensor guidance for the chosen ventilation method
Missing concealed blocking	Benches, guards, and heaters may lack secure attachment	Mark every attachment on elevations and photograph framing before insulation
Placing the sensor by appearance	The heater may cycle incorrectly or overheat nearby material	Use the model-specific sensor dimensions
Installing a locking or inward-swinging door	A bather may not be able to exit quickly	Use an outward-swinging, non-locking sauna door
Closing damp materials into the wall	Trapped moisture can damage wood and insulation	Keep materials dry and create the intended drying path
Using ordinary fixtures in the hot room	Heat and moisture can damage unapproved components	Use equipment permitted for its exact location
Overfilling the heater with stones	Restricted airflow can overheat elements and slow performance	Load stones by hand according to the heater manual

18 Final Project Checklist

Planning and Approvals

- ☐ Finished dimensions and adjusted heater volume documented
- ☐ Heater and controller manuals retained
- ☐ Permits, setbacks, and inspections confirmed
- ☐ Foundation and structural design approved
- ☐ Electrical service capacity confirmed

Shell and Interior

- ☐ Framing is square, plumb, and fully supported
- ☐ Door and glass openings match supplier requirements
- ☐ Bench, heater, guardrail, and accessory blocking is documented
- ☐ Insulation is complete without gaps or compression
- ☐ Foil and compatible tape form a continuous warm-side layer
- ☐ Furring and paneling preserve the intended drying space
- ☐ Floor and wall bottoms can dry after cleaning

Equipment and Commissioning

- ☐ Heater clearances, anchors, guardrail, and stones are correct
- ☐ Sensors and controls are installed exactly as specified
- ☐ Ventilation path is complete and does not interfere with sensors
- ☐ Licensed electrician has completed required testing
- ☐ Door opens outward without a locking latch
- ☐ Benches and backrests are stable and smooth
- ☐ First heat cycle is complete and observations are recorded
- ☐ Owner received manuals, warranty information, and maintenance schedule

Sauna Planning Worksheet

Planning item	Project entry
Indoor or outdoor location	
Number of seated bathers	
Minimum lying-down bench length	
Finished width	
Finished depth	
Finished ceiling height	
Geometric room volume	
Glass area	
Other uninsulated surface area	
Manufacturer-adjusted volume	
Selected heater and output	
Published heater room range	
Supply voltage	
Ventilation method	
Door size and swing	
Upper bench height and depth	
Lower bench height and depth	

Product Manual Register

Component	Manufacturer and model	Manual date	Verified by
Heater			
Control or power unit			
Temperature or safety sensor			
Door			
Glass system			
Lighting			
Ventilation equipment			
Bench treatment if used			

Photo and Diagram Shot List

Photo or diagram	Photo or diagram
☐ Finished indoor traditional sauna	☐ Completed foil and taped penetrations
☐ Finished outdoor traditional sauna	☐ Furring strips and drying space
☐ 5 × 6 plan and elevations	☐ Ceiling-first paneling sequence
☐ 8 × 8 family plan and elevations	☐ Bench frame and removable bench assembly
☐ Level foundation or floor preparation	☐ Door installation and outward swing
☐ Open framing with every blocking location labeled	☐ Heater clearances and guardrail
☐ Electrical rough-in before insulation	☐ Correct sensor location
☐ Natural-ventilation diagram	☐ Correct heater-stone placement
☐ Mechanical-ventilation diagram	☐ Completed commissioning checklist

Technical References

These references support the general planning principles in this draft. Always use the current manual supplied with the exact product being installed. Website content and manuals may change after publication.

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9. SaunaLife. Technical Information and installation manual library. <https://saunalife.com/technical-information/>

Editorial Notes for the Next Draft

- Replace every photo placeholder with an original photograph or commissioned diagram.
- Confirm the preferred bench-height philosophy and include an original section drawing.
- Add one complete worked example for a 5 × 6 room after selecting an actual heater model.
- Add one complete worked example for an 8 × 8 room after selecting an actual heater model.
- Have a licensed electrician review the electrical chapter before publication.
- Have a qualified builder review the foundation, framing, and bench-support chapters before publication.
- Complete a final legal and product-liability review before selling the guide.