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# Custom-Cut Sauna Design Options

- Saunas built to fit any space; installed on your framed walls
- Helo Commercial **Custom-Cut** sauna packages are designed to meet your specifications and your designs.
- All Helo saunas are manufactured to infinitely customizable sizes and specifications.

For ease in planning, Helo offers three commercial room series: Premier, Supreme, and Classic:

## Helo “Premier” Series Commercial Custom-Cut Rooms

### Helo “Premier” Custom Cut Sauna rooms include:

- Deluxe bench system: Clear, vertical grain Western Red Cedar or Canadian Hemlock bench tops with Heat-treated European Alder bench face color accent
- Deluxe ergonomic 6-bar backrest (same wood as benches, including color accents), with integral LED lighting system
- Upper and lower bench skirts: easily removable, same woods as bench tops. Upper and lower bench skirts on Premiere sauna packages can be easily removed for cleaning under the bench
- Deluxe heater guard (with two-tone wood as on benches and backrests)
- Accessory package: Rent bucket and ladle, deluxe 7” thermometer/hygrometer, 2 headrests
- Adjustable foot system for H-legs and Heater guard for longer life and adjust to taper of floor



# Helo “Supreme” Series Commercial Custom-Cut Rooms



## Helo Supreme Custom Cut Sauna rooms include:

- Deluxe bench system: Clear, vertical grain Western Red Cedar or Canadian Hemlock benches
- 3-bar backrest (same wood as benches).
- Valance (same wood as bench tops) with bull-nose curved face and with integral LED lighting system.
- Upper bench skirts: easily removable, same wood as bench tops. Upper bench skirt on Supreme sauna packages can be easily removed for cleaning under the bench
- Deluxe 3-bar heater guard (same wood as on benches)
- Accessory package: Deluxe stainless steel pail and ladle, deluxe 7" thermometer/hygrometer, 2 headrests
- Adjustable foot system for H-Legs and Heater guard for longer life and adjust to taper of floor

# Helo “Classic” Series Commercial Custom-Cut Rooms



## Helo's “Classic” Commercial Custom Cut Sauna rooms include:

- Deluxe bench system: Clear, vertical grain Western Red Cedar or Canadian Hemlock benches
- 2-bar backrest (same wood as benches).
- 3-bar heater guard (same wood as on benches)
- Accessory package: One-gallon stainless steel bucket and ladle (or optional one gallon wood bucket and ladle), 5" thermometer, 2 headrests
- Standard wall light
- Adjustable foot system for H-Legs and Heater guard for longer life and adjust to taper of floor

# Construction Details/Planning

- The area where the sauna will be installed must be:
  - Framed (including a wood nailing surface to fasten the tongue and groove boards to)
  - Insulated (R-13 batt insulation in the walls and ceiling)
  - Wired or be prepared for wiring with conduit according to heater and control instructions
- Finish boards are generally installed horizontally in rooms where the length and depth of the room is less than 8 feet (the boards can be installed vertically, if preferred)



Free design assistance.



Installed on framing; vapor barrier between studs and T&G on warm side of wall.



All interior components are cut/built to fit your space.

## Construction Details/Planning (Cont.)

- In rooms longer than 8 feet or with odd shaped or curved walls, the tongue and groove (T&G) is applied vertically to minimize butt joints and to provide a more beautiful product
- When applying T&G vertically , furring strips should be applied horizontally at 24" on center to provide a nailing surface (1/2" plywood may also be used)
- In some areas, especially in public dwellings, one course of type "X" gypsum board may be required by local codes as a fire retardant
- Helo Commercial does not require gypsum board. It is recommended to include a nailing surface, as drywall often deteriorates in temperatures exceeding 150° F
- The rough ceiling height of the sauna should be 7'0" to keep the heat close to the sauna bathers. The maximum height allowed to maintain UL listing is 8'



## Framing Wood Studs

- With wood studs, plumb and level walls should be erected with dry 2x4 studs at 16" on center (o.c.)
- Ceiling joists should be 2x4 studs (or 2x6 when the span exceeds 10 feet)
- Joist direction should be chosen with a Helo Commercial representative to ensure the best use of materials and the most beautiful installation

## Framing Metal Studs:

- With metal studs, plumb and level walls should be erected with 3-5/8" galvanized metal studs at 16" o.c.
- Ceiling joists should be 4", 6", or 8" galvanized members according to the span
- The joist direction should be selected with a Helo Commercial representative to ensure the best use of materials and the most beautiful installation
- All metal studs MUST have a wood nailing surface to which the T&G can be fastened

## Door:

- For wood doors:
  - The door should be 2" wider and 2" taller than the door itself (generally 26" x 82" R.O.)
- For glass doors:
  - The R.O. for the door should be 3-1/2" wider and 2" taller than the door (generally 27-1/2" x 82" R.O.)
- Standard doors include a ball and catch for closure. Consult with your Helo Commercial representative to determine which door will best suit your needs

## Door Options Include:

Douglas Fir with grids: 15" x 64" double pane, tempered glass window



All-glass Door.



Douglas Fir: 15" x 64" double pane, tempered glass window



- See page 18 for Commercial Door specifications.

# Panel-Built Sauna Design Options

- Free-standing modular sauna rooms built to your design
- **Any of the exterior and interior design details shown below (and in the Custom-Cut section) can be incorporated into any Panel-Built or Custom-Cut sauna.**
- From Helo's classic "Panel-Built" sauna series to the more luxurious Helo "Prestige" series including upgraded interiors and addition of glass, Helo combines modern design with the highest quality wood and craftsmanship.
- Helo Commercial Panel-Built saunas help transform an open space into a fully functional sauna in a matter of hours, without the need for special tools or skills.
- Wall and ceiling panels, benches, guard rails, and duckboard flooring are pre-manufactured.
- Panel built saunas are freestanding, and they can be disassembled and moved from one location to another.





## Panel-Built Saunas (Cont.):



- The interior of every panel built sauna is lined with T&G. Many designs include a generous use of glass to provide an open airy feeling.
- The exterior material of the panel-built rooms varies by model. Though certain exteriors are standard design for rooms (for example T&G), other options may be available to better coordinate with your decor.
- Controls, wiring, and electrical boxes can be pre-installed in the panels for hookup by a qualified electrician after the room is assembled.
- Because the panel-built saunas are freestanding, the only preparation required is:
  - A level, water proof floor, clearance for assembly and use of the 7' 0" tall unit
  - Access to a proper electrical source (most residential saunas will require a 240 volt 1 phase electrical supply: commercial saunas typically require 208 volt 3 phase).
- Though panel-built rooms are excellent choices for many installations, you may need to consider a custom-cut sauna if there are constraints on space to construct the sauna or if there are odd shaped walls or cutouts to be included. For these situations, please consult with your Helo Commercial representative.
- The flexible design of our panel-built rooms allow for custom dimensions and layouts. They can be designed for large commercial installations by upgrading to the commercial package.

# Panel-Built Saunas (cont.)

- Free-standing and modular, but infinitely customizable.
- Any of the exterior and interior design details shown below can be incorporated into any Panel-Built sauna.
- Note: When used in Commercial Installations, refer to Helo Commercial Panel-Built specifications on page 17.



The Panel-Built saunas shown above and on the lower right are from the Helo Deco series. Benches are moveable for maximum seating flexibility and to allow use of the middle platform for warm yoga.



# Using the Bucket and Ladle

- A bucket and ladle are considered essential components for most sauna bathers.
- The long-handled ladle is used to gently sprinkle several ounces of water on the properly heated rocks.
- Care must be taken to keep hands and faces away from the steam's updraft.
- If bathing with others, be considerate of their preferences.
- Before sprinkling water over the rocks, make sure the rocks are fully heated.
  - Ladling water prematurely does not benefit the bather, and it *may damage the heater and electrical components*.
- In community, commercial, and institutional settings, a bucket and ladle are often not provided. The facility may choose to restrict the use of water to maintain a stable environment in the sauna for group use and to avoid misuse by unknowledgeable bathers.
- If the water is used improperly, the heater could be damaged and other bathers may become uncomfortable.



## Helo BWT Technology: automatically and safely introduce humidity into the sauna

For Commercial facilities that do not allow a water bucket and ladle in the sauna, Helo's BWT technology is an ideal way to safely introduce humidity into the sauna to make it a more pleasurable environment for the users, reduce energy costs, and prolong the life of the sauna room (see page 12).

# Helo BWT Technology:

- Patented technology with integral stainless steel tank, including fragrance reservoir
- Automatically add humidity to the sauna.
- For facilities not allowing a water bucket in the sauna, Helo's [BWT technology](#) is an ideal way to add humidity to the sauna environment—making it more pleasant to the users, extend the life of the sauna, and reduce energy costs.



Helo BWT technology is available in Helo Laava, Fonda, and Himalaya heater series. BWT is automatic water fill in Laava; manual fill in Fonda and Himalaya.

## Two Sauna Types From One Heater

- BWT makes it all possible

### Flexi-Sauna

Fill BWT water container and set temperature to:

140-175°F

More humidity

Lower temperature

A gentle sauna experience

Bio-aroma available

### Hot & Dry Sauna

Use BWT without water and set temperature to:

175-190°F

High temperature

Low humidity

Intense sauna sensation

# Maintenance and Care of Commercial Saunas:

## Regular Maintenance:

- Air out the sauna by keeping the door and vents open when the sauna is not in use
- Saunas that are in daily use should be washed/scrubbed down at least once a week to keep them clean and the air fresh (commercial venues should be cleaned daily)
- Duckboard should be removed from the sauna, the sauna floor mopped and dried in a conventional manner, and the duckboard thoroughly scrubbed and dried before returning to the sauna room
- To clean and remove perspiration stains, use soap or detergent in warm water, best applied with a scrub brush.

## Long-Term Maintenance:

- The sauna heater should be wiped down occasionally with a damp cloth to remove lint and dust
- The rocks should be removed once a year for cleaning and small or crumbled rocks should be replaced.
- Badly soiled surfaces may require sanding. Sand paper wrapped around a wooden block works well.
- Benches and supporting structures must be inspected annually for potential deterioration due to age, dry rot, or abuse
- Any boards with signs of deterioration should be replaced immediately to avoid possible injury.

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## Sauna Maintenance

The sauna, like a bathroom, should be kept clean and odor free. Sauna users should always sit on towels, otherwise perspiration will penetrate the soft wood.



For saunas with skirts, each skirt can be ordered as removable to make it easy for cleaning and ease of maintenance, giving you peace of mind and happy bathers.

# ADA Requirements and Sauna Safety

- Saunas can be a very important part of therapy and rehabilitation, but the nature of a sauna room can make access to the room a challenge. Because the sauna room will achieve temperatures ranging from 150° to 190°F, any metal or plastic in the room can become dangerously hot.
- Considering wheelchairs, walkers, crutches and other mobility aids are constructed of these materials, it is recommended that a bather be assisted into the room,
- A bather should be assisted with:
  - Entering the room
  - Comfortably sitting on the bench
  - Removing the mobility aid
  - Leaving the room/retrieving the mobility aid
- When designing a room requiring full ADA compliance, please consult your Helo Commercial representative early in the design stage to ensure the room is large enough to accommodate all requirements.

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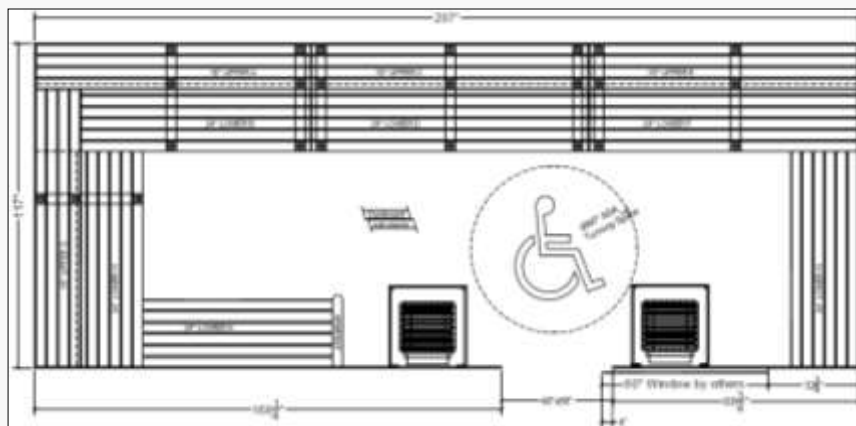
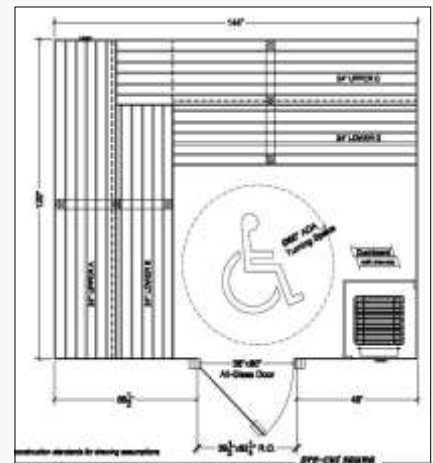
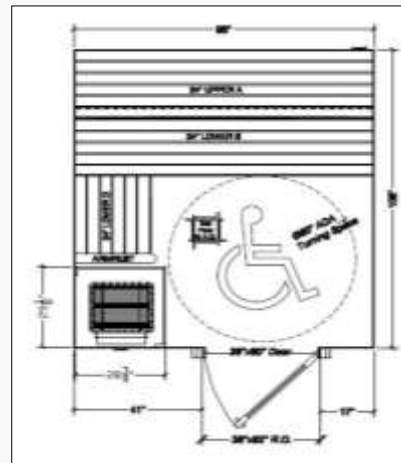
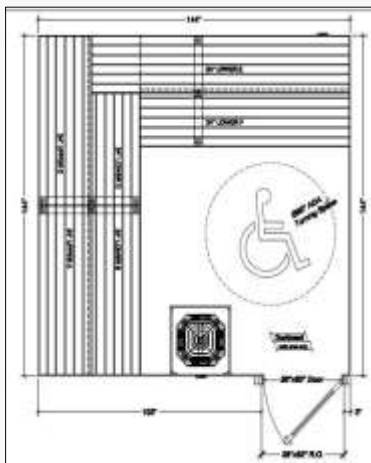
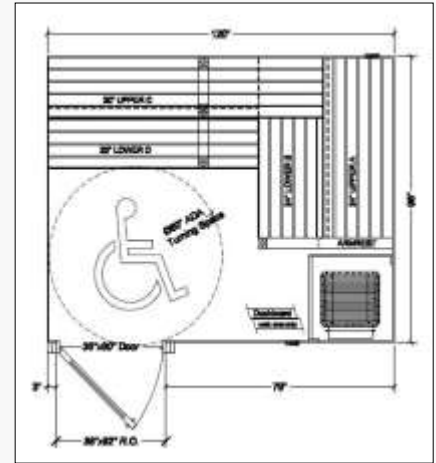
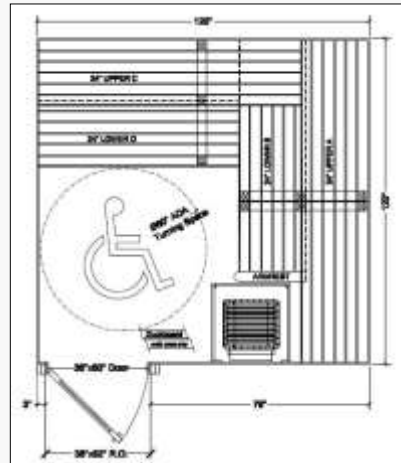
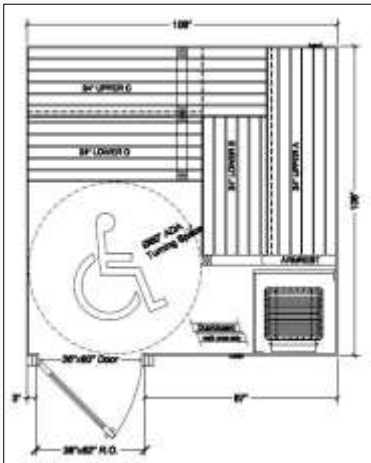
## For ADA compliance, a sauna room should meet the following requirements:

- The sauna door must provide a 32" clear opening. This is usually achieved through use of a 36" door and may not have a threshold.
- The sauna door must swing out and should have a 10" bottom kick-plate.
- The low sauna bench must be between 20" and 24" deep and a minimum of 42" wide and must be between 17" and 19" AFF.
- A backrest must be provided at this bench for support. This can be achieved by skirting the area between the low and high bench.
- A 60" turnaround should be provided.
  - Given the size of many sauna rooms, this may be the most difficult requirement to meet.
  - Removable benches may infringe upon this 60" space, if the benches are easily removed.
  - Because the wheelchair, walker, or crutches should be removed from the room to protect all bathers from the heated metal and plastic parts of these items, some jurisdictions are lenient on this requirement.

# ADA (Cont.)

- It is not uncommon for a room to be designed that allows for a 60" turnaround and for two tiers of 20-24" benches, but no space was left for the sauna heater, which is essential.
- When the heater is added to the room, the design no longer meets requirements.
- By contacting your Helo Commercial representative, these design issues may be avoided.

## CAD Drawings of ADA



# Technical Information

## Custom-Cut and Panel-Built Specifications

- The specifications provided are intended to be reproduced and used directly in construction documents. These specifications represent standard applications for both Custom-Cut and Panel-Built Sauna rooms. To avoid confusion when specifying, remove reference to whichever application is not being utilized.
- Some sections may need to be edited for a specific project, such as removing all heaters except the model you intend to use for your design. Other sections requiring modification may include: controls, accessories, and doors.

## Electrical Diagrams

- Electrical diagrams are provided in the heater and control installation instructions; however, a general heater electrical chart is included to help specify the appropriate heater. For specific questions regarding a heater or control, contact your Helo Commercial representative or you can speak to the factory at 1-800-225-7519.

## Sample Custom-Cut Plans

- The Custom Cut plans included are representations of standard sizes, with a couple of custom designs to show the design flexibility. Almost any size or shape can be designed.
- Typically, saunas with width and depth dimensions less than 8 feet will have the T&G boards mounted horizontally. For dimensions greater than 8 feet, most applications will mount the T&G boards vertically, to avoid butt joints and seams.

## Sample Panel-Built Plans

- The Panel-Built plans show traditional sauna designs. Though there remains some flexibility in Panel-Built rooms, there are more design restrictions than there are for Custom-Cut saunas.



# Helo Commercial Sauna Specifications

**GENERAL:** Sauna room(s) shall be manufactured by Helo Commercial, 575 East Cokato St. Cokato, MN 55321. The following specifications include design parameters for Helo Commercial panel built saunas, as well as for Helo Commercial Custom-Cut material packages.

**WORK TO BE DONE BY OTHERS:** All work set forth below will be included under other sections for the specifications:  
**For all Helo Commercial sauna types:**

Finish painting and/or staining of exterior surfaces.

Subfloor and/or foundation work.

All electrical work from supply, including connections to control, heater, and light.

**For Helo Commercial Custom-Cut saunas:**

Installation of stud walls (or furring strips) and ceiling joists.

Installation of insulation between wall studs and ceiling joists.

**CODE REQUIREMENTS:** All materials, components and work shall conform to all applicable local, state, and federal building and safety codes, ordinances, and regulations.

**TYPE CONSTRUCTION:** HELO COMMERCIAL CUSTOM-CUT MATERIAL PACKAGES (for installation on previously framed walls)

Wall framing shall be on 16" centers. Standard framed wall shall have 2"x4" studs, bottom base plate treated, and ceiling lowered to 84" I.D. from floor to framing. Existing masonry walls shall have furring strips on 16" centers; metal studs shall have furring strips - for nailing of T&G wall boards.

Walls and ceiling shall be insulated with R-11 rated fiberglass insulation, with foil vapor barrier (foil provided by Helo Commercial).

When ordering sauna material package, shall be Helo Commercial model CC \_\_\_\_ . Provide interior dimensions of the framed space, indicate direction of ceiling joists, and swing of door.

Walls and ceiling interior materials shall be 1"x4" (nominal) V-joint, kiln dried to 12% or less, T&G clear Western Red Cedar. Boards to be blind nailed using 5p galvanized nails, or comparable galvanized staples. Wallboards applied horizontally unless specified otherwise.

**TYPE CONSTRUCTION:** HELO COMMERCIAL PANEL-BUILT SAUNA PACKAGES (free-standing, modular units). No framed walls are required for Helo Commercial Panel-Built packages. Install on any level, waterproof floor.

Wall and ceiling panels shall be framed of 2"x2" framing, insulated with fiberglass batts, vapor barrier of Type C Reynolds Building Foil. Panel interior and exterior shall be lined with 1"x4" (nominal), V-joint, kiln dried, clear Western Red Cedar. Optional: panel exterior can be 1/4" smooth Luan Plywood on walls to be hidden or walls to be covered with drywall, tile, or wallpaper.

**TYPE CONSTRUCTION:** ALL TYPES - CUSTOM-CUT AND PANEL-BUILT BENCHES: Shall be preassembled by Helo Commercial. Standard top bench width equals 24" in saunas 5' deep or greater. Bench tops of kiln-dried, clear Western Red Cedar, 1"x4" nominal with 5/8" spacing. Internal framing of 2"x4" SPF (or 2"x4" cedar). Bench tops fastened from bottom with stainless steel screws. Bench supports of 2"x4" SPF or 2"x4" Western Red Cedar. Commercial Sauna Benches: Internal framing 2"x6" on benches over 6', and H-leg bench supports on benches 8' and longer.

BACKRESTS: S4S clear Cedar

INTERIOR AND EXTERIOR TRIM: Corner and cove molding of clear, kiln-dried Cedar. Panel-Built saunas also include fascia of same material.

HEATER GUARD RAIL: Shall be constructed of clear Cedar to surround heater. Dimensions shall match UL requirements for proper spacing between heater and guard rail.

DOOR: Shall be Helo Commercial Model AG standard all-glass door, with 1/4" bronze tinted/tempered glass, mounted on 1-1/2" thick clear, vertical grain Meronti or Mahogany door jamb. AG doors are available in five sizes. Standard door for Custom-Cut sauna rooms is AG 24/80 (24"x80"); standard door for panel-built rooms is AG 24/72 (24"x72"). Other sizes of AG doors include 20", 30" and 36" wide. Alternative doors are Helo Commercial Model DF (clear, all vertical grain Douglas Fir rails with sealed, double pane, tempered glass 15"x64" window, pre-hung on Mahogany jamb - available in 20", 24", 30" and 36" widths), or Helo Commercial Model CC (custom-made, hand-crafted, triple-layer Western Red Cedar door with sealed, double-pane, tempered glass 12"x60" or 16"x60" window, pre-hung on mahogany jamb).

HANDICAP ACCESSIBLE COMMERCIAL SAUNA DOORS AVAILABLE: All-glass doors (AG) or Douglas Fir doors (DF) are available in 36" widths. For Helo Commercial Custom-Cut saunas, handicap door is 36"x80".

SAUNA HEATER: Shall be Helo Commercial Model \_\_\_\_\_, sized according to the size room as indicated on the Heater Electrical Chart.

Heater shall be UL or ETL listed. Shall include olivine igneous rocks. Optional floor stand adaptable with SO-S/BE models.

CONTROLS: Shall be Helo Commercial Model \_\_\_\_\_, UL or ETL listed, and matched with heater according to the Heater Electrical Chart.

FLOOR: Floor shall be of cement, ceramic tile, or similar waterproof type (no carpeting). Removable duckboard of Cedar is provided for walk area in front of benches. Dri-Dek is available as an alternate and is preferred in commercial settings.

LIGHT: Shall be wall-mounted, UL listed, vapor-proof Progress P5511 or Hubbell B2s-Var. Frosted white globe with satin finish, neoprene gasket, brushed aluminum base. Ceiling mounted and low voltage lighting available.

ACCESSORIES: All sauna packages include standard accessories of thermometer, wood bucket, wood ladle, headrests, backrests, duckboards. A wide range of additional accessories are available.

WARRANTY: All Helo Commercial sauna rooms, sauna heaters, and controls have a five-year limited warranty (one year for commercial saunas) against defects in material and workmanship. For further information regarding the Helo Commercial warranty, please contact Helo Commercial.

DESIGN ASSISTANCE: Helo Commercial's design staff will gladly offer any assistance you may require when designing or specifying sauna rooms and heaters, steam baths, and steam generators. Free CAD design service available.

HANDICAP ACCESSIBILITY: Most of Helo Commercial's panel-built and custom-cut saunas can be made handicap accessible. Contact Helo Commercial for assistance.

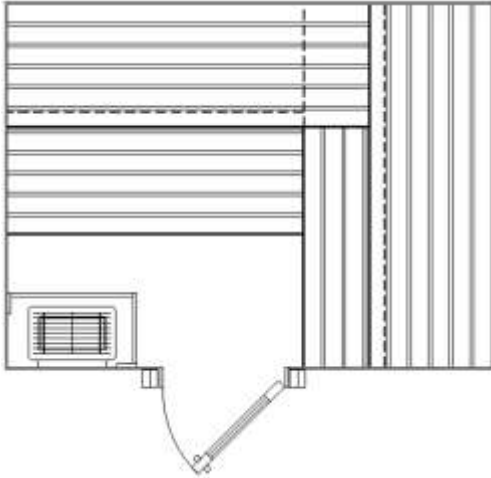
Helo Commercial reserves the right to change specifications and design without notice.

## Helo® Sauna Heater Sizing Chart 01-12-18

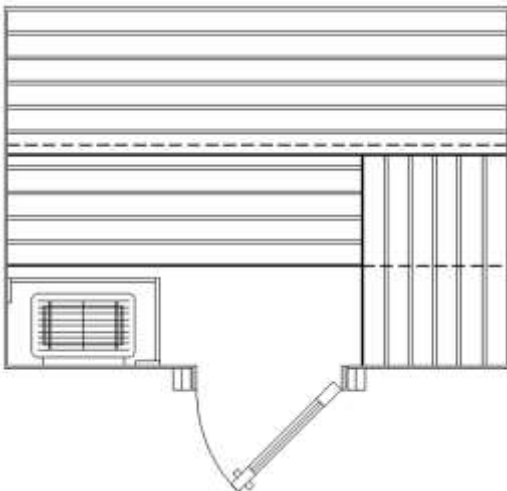
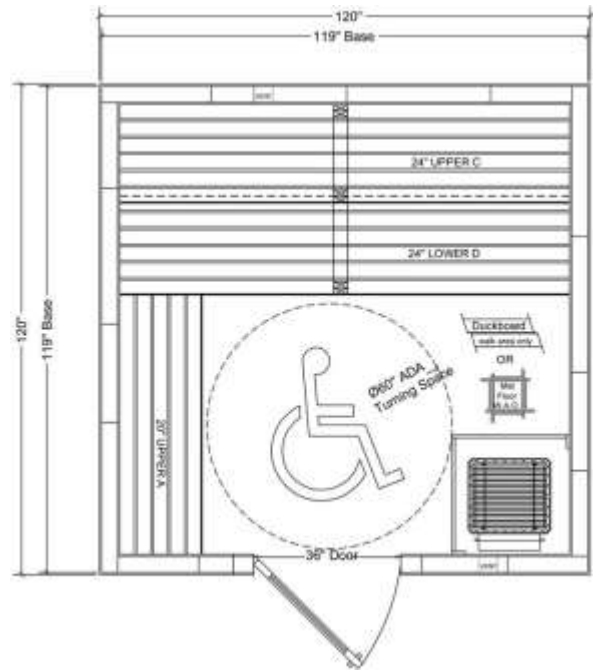
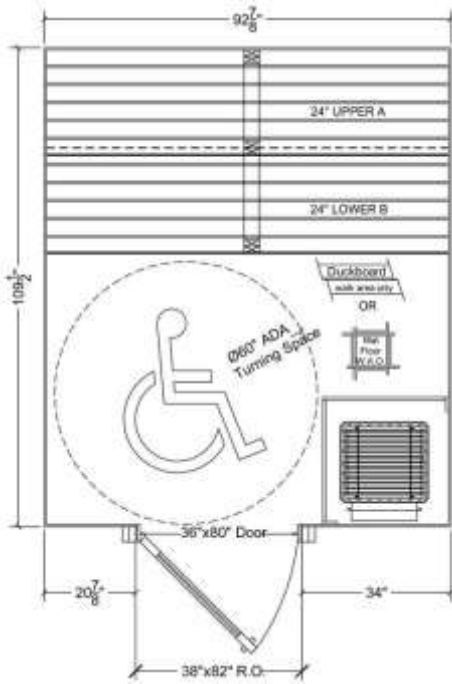
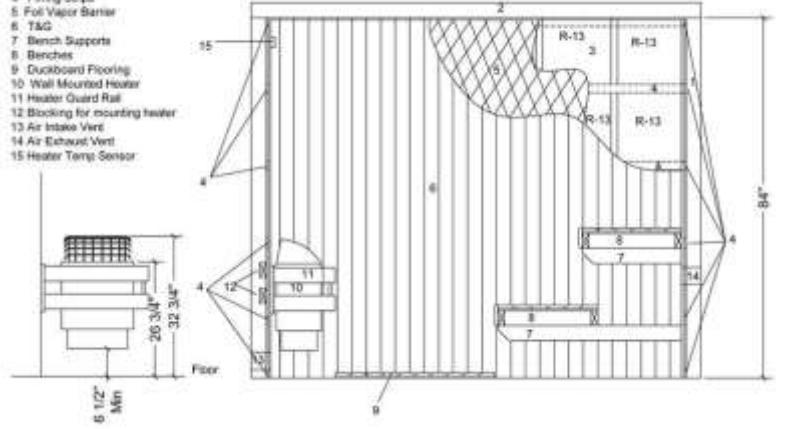
Heater Model Name	Min. cu. ft. Sauna Room	Max. cu. ft. Sauna Room	Watts	Voltage	Phase	Amps	208/240 Minimum wire size	Control Type	Heater Shipping Weight	Mounting Method(s)	Contactor Box Required	
Junior 21	45	100	2,100	120	1	17.5	12awg	SaunaLogic	38	Wall only	Yes	
Junior 21	45	100	2,100	240	1	8.8	12awg	SaunaLogic	38	Wall only	Yes	
Junior 30	70	150	3,000	120	1	25	10awg	SaunaLogic	41	Wall only	Yes	
Junior 30	70	150	3,000	240	1	12.5	12awg	SaunaLogic	41	Wall only	Yes	
Piccolo Trend 2.1	70	120	2,100	120	1	17.5	12 AWG	Trend	21.5	Wall only	No	
Piccolo Trend 3.5	100	120	3,500	240	1	14.6	12 AWG	Trend	21.5	Wall only	No	
Viki 45	100	210	4,500	240	1	18.8	10awg	SaunaLogic	35	Wall only	Yes	
Viki 60	175	310	6,000	240	1	25	10awg	SaunaLogic	36	Wall only	Yes	
Viki 80	250	425	8,000	240	1	33.3	8awg	SaunaLogic	37	Wall only	Yes	
Fonda 45B	100	210	4,500	240	1	18.8	10awg	On-board Side-mount	35	Floor or Wall	No	
Fonda 60B	175	310	6,000	240	1	25	10awg		36	Floor or Wall	No	
Fonda 80B	250	425	8,000	240	1	33.3	8awg		37	Floor or Wall	No	
Fona 80B/3	250	425	8,000	208	3	22.2	10awg	T-1 Residential	37	Floor or Wall	No	
Fonda 45T	100	210	4,500	240	1	18.8	10awg		33	Floor or Wall	No	
Fonda 60T	175	310	6,000	240	1	25	10awg		50	Floor or Wall	No	
Fonda 80T	250	425	8,000	240	1	33.3	8awg		50	Floor or Wall	No	
Fonda 80T/3	250	425	8,000	208	3	22.2	10awg		50	Floor or Wall	No	
Designer-Trend 45	100	210	4,500	240	1	18.8	10-2 w/g.n	Trend	35	Wall only	No	
Designer-Trend 60	175	310	6,000	240	1	25	8-2 w/g.n		36	Wall only	No	
Designer-Trend 80	250	425	8,000	240	1	33.3	8-2 w/g.n		37	Wall only	No	
Designer-Trend 80/3	250	425	8,000	208	3	22.2	10-3 w/g.n		37	Wall only	No	
Himalaya Trend 70	175	350	6,800	240	1	28.3	8-2 w/g.n		37	Floor only	No	
Himalaya Trend 70/3	175	350	6,800	208	3	18.9	10-3 w/g.n		37	Floor only	No	
Himalaya Trend 90	310	500	9,000	240	1	37.5	6-2 w/g.n		37	Floor only	No	
Himalaya Trend 90/3	310	500	9,000	208	3	25	8-3 w/g.n		37	Floor only	No	
Pikkutonntu 45	100	210	4,500	240	1	18.8	10-2 w/g.n		Dig I, Dig II, Dig VII	73	Floor only	No
Pikkutonntu 60	175	350	6,500	240	1	28.1	8-2 w/g.n			73	Floor only	No
Pikkutonntu 90	310	500	9,000	240	1	38.5	6-2 w/g.n	73		Floor only	No	
Pikkutonntu 45/3	100	210	4,500	208	3	12.5	12-3 w/g.n	73		Floor only	No	
Pikkutonntu 60/3	175	350	6,500	208	3	18.7	10-3 w/g.n	73		Floor only	No	
Pikkutonntu 90/3	310	500	9,000	208	3	25.6	8-3 w/g.n	73	Floor only	No		
Saunatonntu 4	175	310	4,600	240	1	19.2	10-2 w/g	Remote Control	120	Floor only	No	
Saunatonntu 6	250	425	6,000	240	1	25	10-2 w/g		120	Floor only	No	
Pro 105	390	600	10,500	240	1	43.8	4 #10,N,G	SC-60, SC-9	68	Floor only	Yes	
Pro 120	510	740	12,000	240	1	50	4 #10,N,G		70	Floor only	Yes	
Pro 144	630	950	14,400	240	1	60	4 #8,N,G	SC Club	75	Floor only	Yes	
Pro 105/3	390	600	10,500	208	3	29.2	3 #8,N,G		68	Floor only	Yes	
Pro 120/3	510	740	12,000	208	3	33.3	3 #8,N,G		70	Floor only	Yes	
Pro 144/3	630	950	14,400	208	3	40	3 #6,N,G	NOTE: SINGLE PHASE REQUIRE 2 CIRCUITS TO CB BOX.	75	Floor only	Yes	
Laava 105	390	600	10,500	240	1	43.8	4 #10,N,G		68	Floor only	Yes	
Laava 120	510	740	12,000	240	1	50	4 #10,N,G		70	Floor only	Yes	
Laava 144	630	950	14,400	240	1	60	4 #8,N,G		75	Floor only	Yes	
Laava 105/3	390	600	10,500	208	3	29.2	3 #8,N,G		68	Floor only	Yes	
Laava 120/3	510	740	12,000	208	3	33.3	3 #8,N,G		70	Floor only	Yes	
Laava 144/3	630	950	14,400	208	3	40	3 #6,N,G		75	Floor only	Yes	



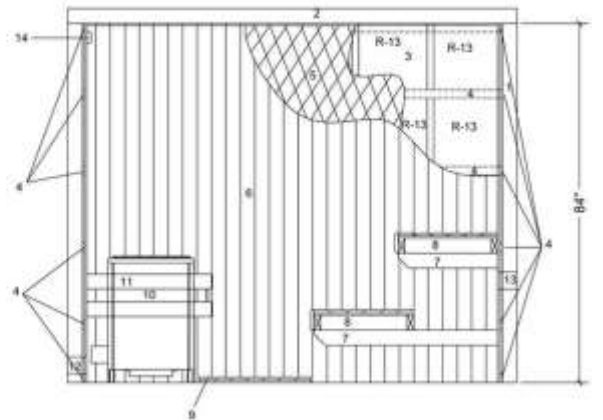
# Custom-Cut Sauna Sample Layouts



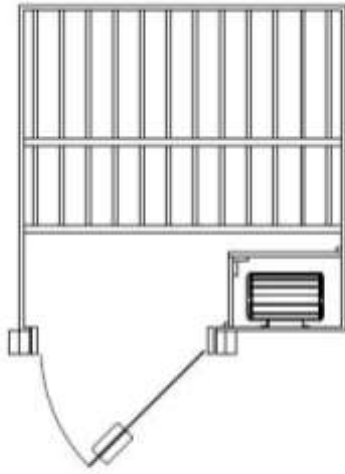
- 1 Framing (Metal or wood studs)
- 2 Joists (dimension dependent on run)
- 3 Insulation (R13 Walls/R19 Ceiling)
- 4 Firing Strips
- 5 Foil Vapor Barrier
- 6 TAG
- 7 Bench Supports
- 8 Benches
- 9 Duckboard Flooring
- 10 Wall Mounted Heater
- 11 Heater Guard Rail
- 12 Blocking for mounting heater
- 13 Air Intake Vent
- 14 Air Exhaust Vent
- 15 Heater Temp Sensor



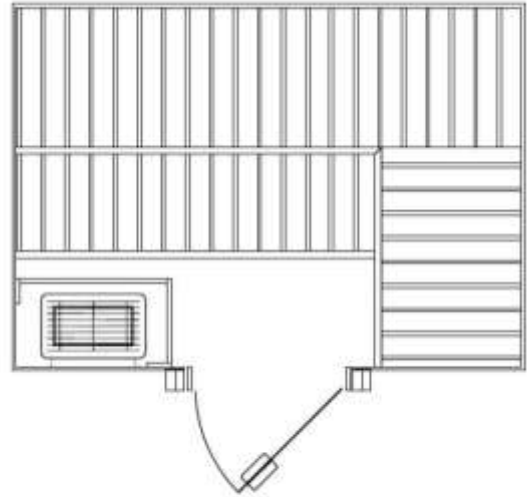
- 1 Framing (Metal or wood studs)
- 2 Joists (dimension dependent on run)
- 3 Insulation (R13 Walls/R19 Ceiling)
- 4 Firing Strips
- 5 Foil Vapor Barrier
- 6 TAG
- 7 Bench Supports
- 8 Benches
- 9 Duckboard Flooring
- 10 Floor Mounted Heater
- 11 Heater Guard Rail
- 12 Air Intake Vent
- 13 Air Exhaust Vent
- 14 Heater Temp Sensor



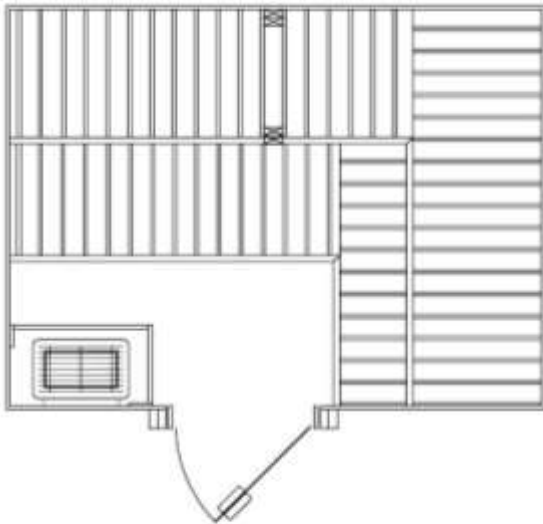
# CAD Sauna Layouts (non-ADA)



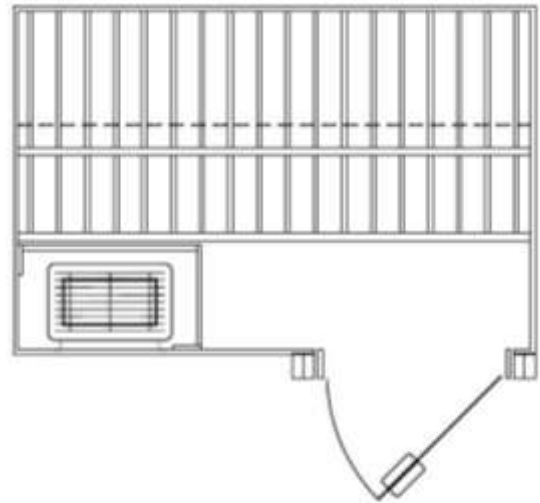
CC 4x4



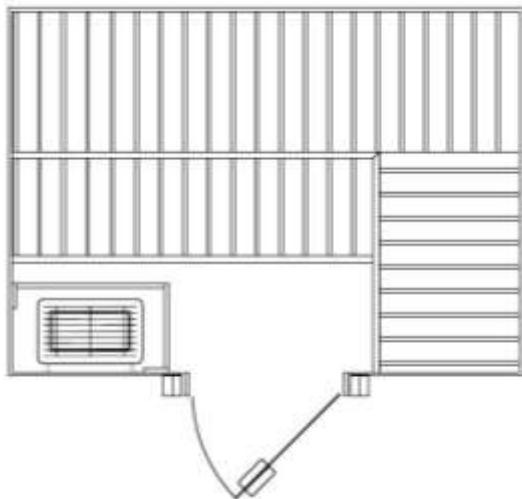
CC 5x7



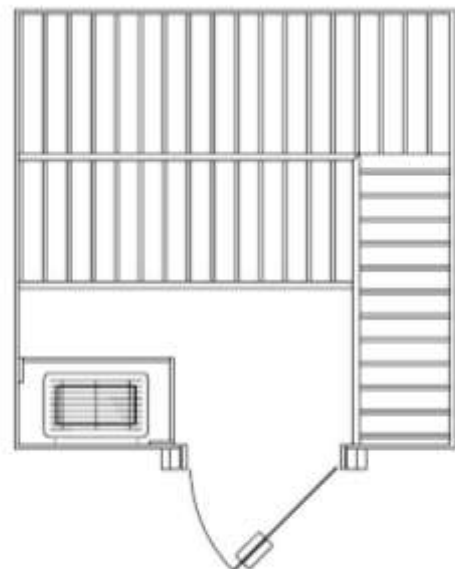
CC 6x8



CC 4x6

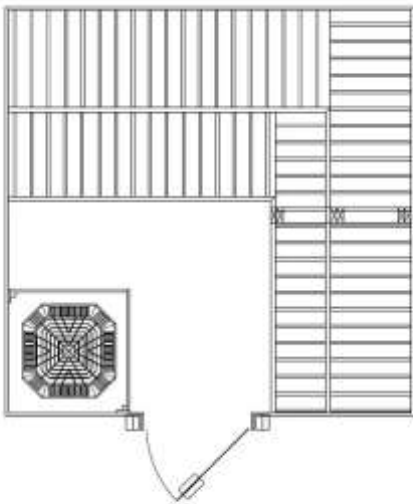
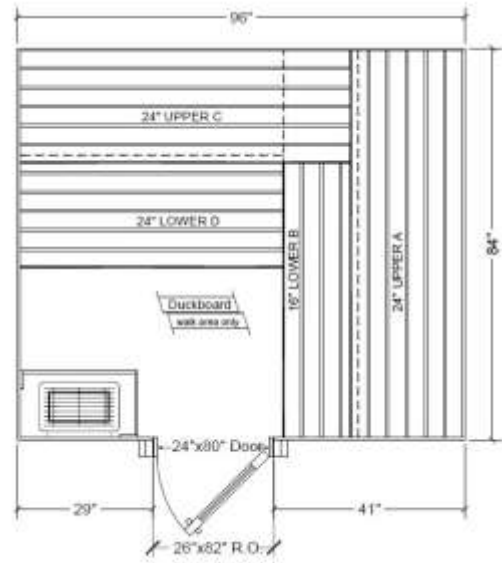
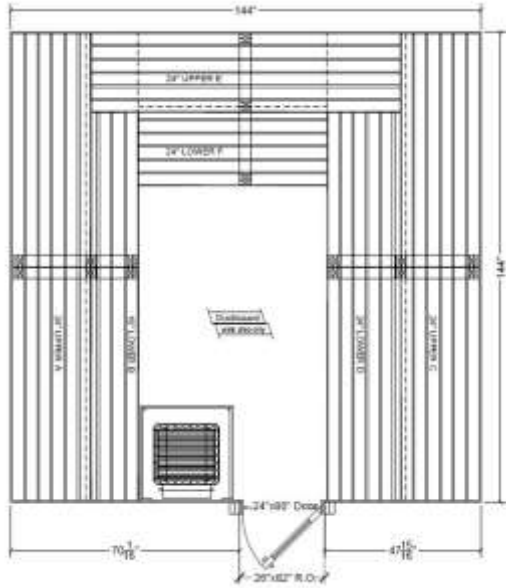


CC 5x7

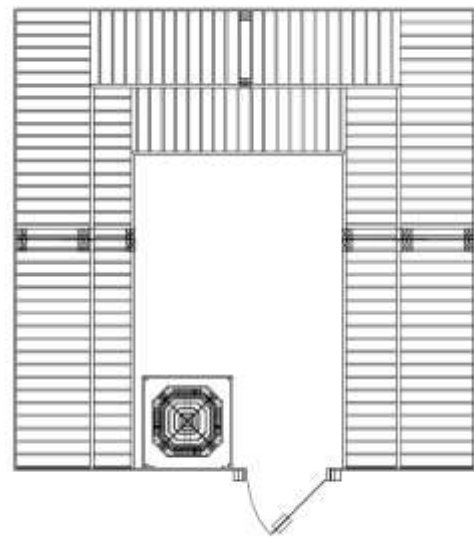
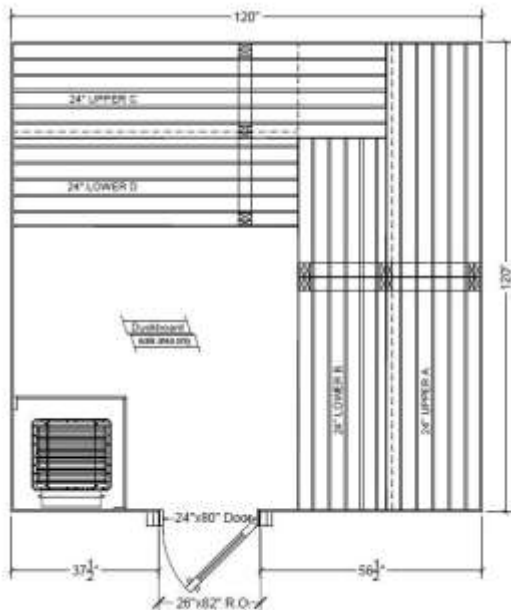
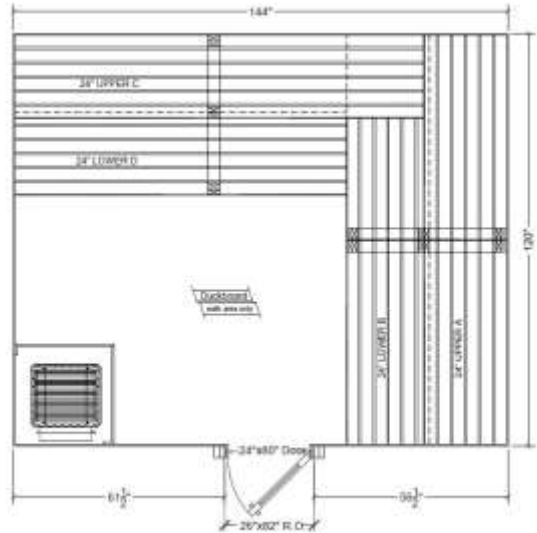


CC 6x6

# CAD Sauna Layouts (non-ADA)

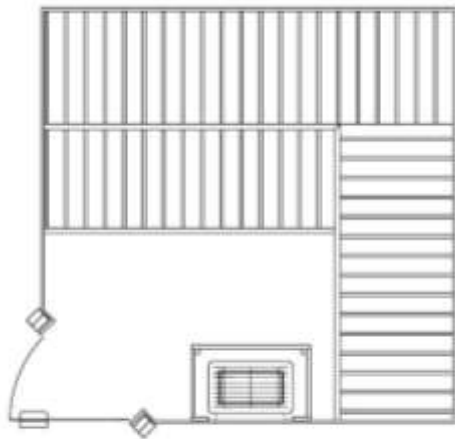
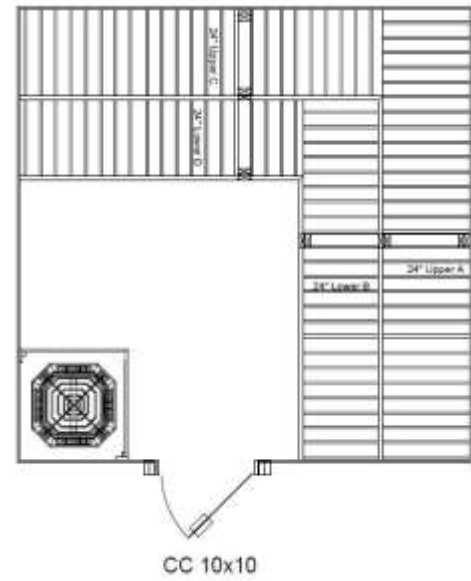
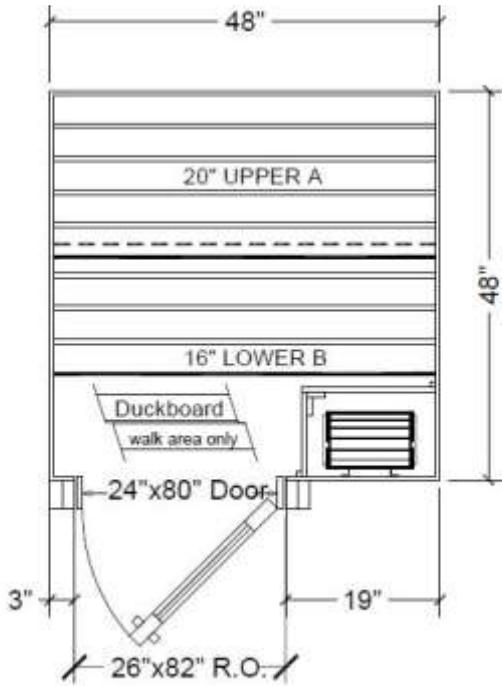
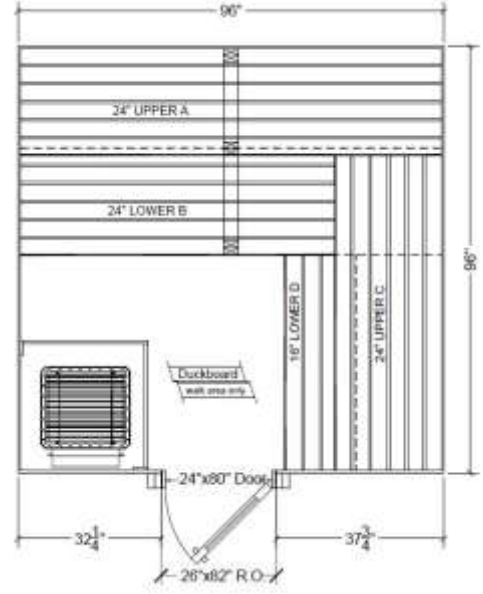
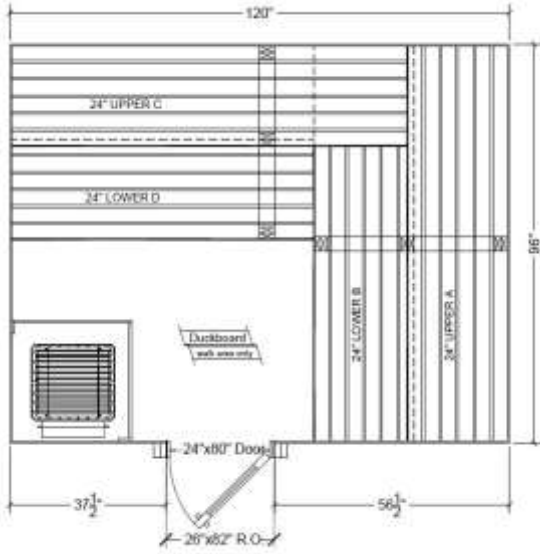


CC 8x8

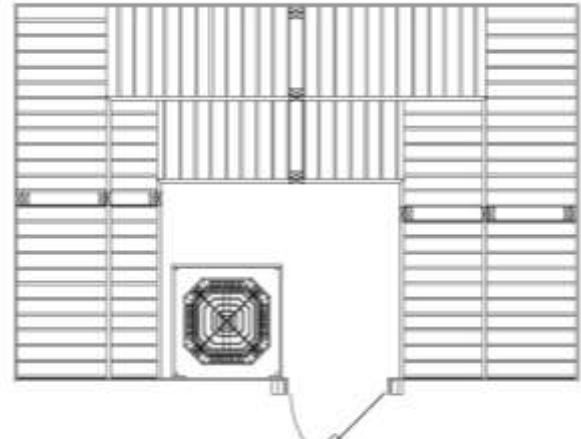


CC 12x12

# CAD Sauna Layouts



CC 7x7 - 5 Sided



CC 8x12



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