FINLANDIA sauna

THE PACESETTER

The Sauna's
Natural Beauty
Begins in the
Renewable
Western Forest

Saunas Since 1964

Sauna The Natural Bath

FINLANDIA'S MANUFACTURING PLANT IS LOCATED IN THE MODERN 50,000 SQ. FT. FINLANDIA BUSINESS PARK IN PORTLAND, OREGON. FINLANDIA IS THE OLDEST PRIVATELY OWNED SAUNA COMPANY IN THE USA.

SAUNA, pronounced "sow (like how) nah," is the only Finnish word in the English dictionary, and it means "bath" and the "bathhouse." Sauna has been a way of life for over 2000 years in Finland, where it was invented. It was first brought to America by Finns who settled in Delaware in 1638, and one of their first Saunas was built where the Philadelphia City Hall now stands. The Sauna is more popular now than ever before, and it has become an established tradition for many Americans.

SAUNA—IT'S VERY UNIQUE

SAUNA is the only bath in the world in which both dry air and damp air are present at the same time.

SAUNA— WHAT ARE THE BENEFITS?

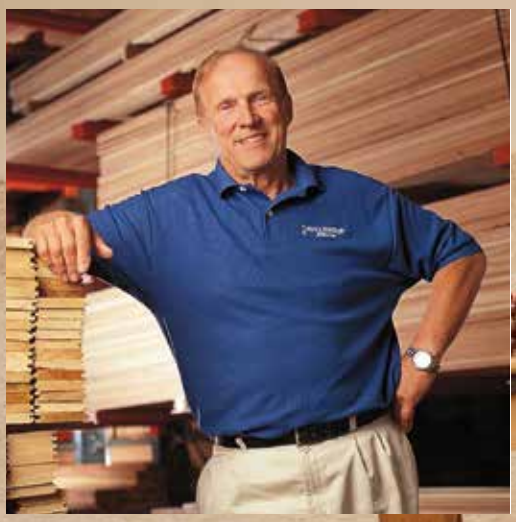
SAUNA is a process—pure and simple—a sensual pleasure. It is the body's natural way to cleanse itself through perspiration. The high heat (average of 160° to 180°F) and the low humidity (about 25%) create an environment which promotes over-all perspiration and the deepest cleansing of pores of any bath in the world. The body's impurities are flushed away (even nicotine from a smoker's body).

The special heat and humidity soothes and relaxes tired muscles, relieves stress, and promotes a wonderful feeling of satisfaction and well being. A Sauna helps to maintain clear, healthy skin and there is that afterglow of a rosy complexion —the aura of good health! During the Sauna process, the rate of blood circulation increases, the rate of breathing increases, and the pulse rate is faster. Ten minutes of sauna is like 10 minutes of exercise for the heart. Recent studies even found that Sauna usage helps increase endurance and can reduce the occurrence and shorten the duration of the common cold. An added benefit is that a Sauna is very inexpensive to operate, as it is on only when being used, and there is a short heat-up time (air is being heated rather than water such as in a hot tub). There is no major upkeep for a Sauna. There are no harmful chemicals being absorbed into the body (instead, the body's poisons are removed through perspiration), there are no plumbing parts to freeze or repair, and there are no moisture problems for other areas of the house or building (Sauna is not a steam bath). The Sauna is a self contained unit.

FINLANDIA—THE SAUNA

I AM A NATIVE OF FINLAND where Sauna is a national institution. I grew up taking Saunas and now enjoy my Sauna every day. My Finnish pride and my desire to represent the Finnish Sauna here in America, prompted me to start my own Sauna business in 1964. Now, after 50 years in business, I am on a mission—to protect THE SAUNA from misleading, false claims promoted by Infrared. Infrared claims to be "pure" Sauna but it is not a Sauna at all! Real Sauna is flexible—use it dry at your desired temperature or add soothing humidity by pouring water over the hot stones. Infrared is only dry—low heat and radiation directly on the body from heating panels in walls. The Sauna's electric heater heats stones which filter the hot air—free of radiation. Finlandia imports Sauna heaters from Harvia Oy in Finland, home of the Sauna. We proudly manufacture our Sauna rooms in the USA with American labor, superior quality, and craftsmanship.

We still use nominal 1″ x 4″ wallboards (true 11/16″ thickness) while our competitors' so called 1″ x 4″ is actually only ½″ thick.



My company is the only manufacturer dedicated solely to the Finnish Sauna. I will not compromise my Finnish heritage by selling infrared rooms (most come from China) as they are not Saunas. Sauna has been plagiarized by infrared. ***See page 21 for more details.***

With warm wishes,

Reino J. A. Tarkiainen

FPF66 WESTERN RED CEDAR SAUNA SHOWN WITH OPTIONAL CEDAR EXTERIOR,
12"X 30" SIDELIGHT WINDOWS, WOODEN LIGHT SHADES, EXTRA WALL LIGHT, AND H DESIGN BENCH LAYOUT.

Ask The Sauna Experts

HOW IS A SAUNA DIFFERENT FROM OTHER BATHS?

A Sauna must have a special, insulated room built of softwood, a heater which is designed and built to heat the room to a temperature of about 180° F (measured above heater, 6″ below ceiling), and stones which get hot (about 600° F) to produce a good steam when water is poured over them. Anything else is NOT A SAUNA!

IS A SAUNA A STEAMBATH?

No. A steambath has 100% humidity. While the humidity in the Sauna is flexible — it is controlled by the amount of water ladled over the hot stones. Sauna humidity can range from desert dry (12%) to about 40% with the use of water. A Sauna has wooden walls and seats, while a steambath has tile walls and seats. A Sauna is superior to a steambath for opening pores and ridding the body of impurities.

IS INFRARED A SAUNA?

No. See page 21 for a comparison of Finnish Sauna vs. Infrared rooms.

ARE VENTS REQUIRED IN THE SAUNA?

They are not required but we recommend them for proper air flow. You may vent directly into your house as the relatively dry air from the vents will not damage any surrounding areas. See page 20.

SHOULD THE SAUNA ROOM BE LINED WITH DRYWALL?

No, the Sauna does not need any drywall unless required by your local building code. Attach paneling directly to wood stud frame, or to ⅝″ plywood or 1″ x 2″ wood nailers over drywall if metal studs are used.

DO SAUNAS CAUSE MOISTURE ISSUES?

As the atmosphere in the Sauna is very dry there is no possibility of water condensation to cause damage to any areas outside the Sauna room, such as peeling of wallpaper or paint. Sauna usage does not result in dry rot, mold, or mildew.

ARE ROCKS NECESSARY IN A SAUNA?

Rocks are necessary to store heat and to produce steam when water is poured over them. Heaters that do not heat rocks (such as infrared heaters) are not Sauna heaters.

SHOULD ROCKS BE DIRECTLY HEATED?

Rocks must be placed between, around, and above the elements, to completely cover them. Rocks filter the harsh heat, keep water from direct contact with elements, and produce a soft steam. Rocks should be replaced every 5 years in heavy commercial use and every 8 to 10 years in residential use. They tend to break down, exposing bare elements, making it necessary to replace elements and other electrical parts in the heater.

WHY IS WATER NECESSARY IN A SAUNA?

Bathers can regulate their own humidity to create a more relaxing atmosphere and to aid perspiration and deep cleansing of the pores. One or two dipperfuls of water are ladled slowly over the hot stones as often as the bather chooses.

WHY MUST A SAUNA BE BUILT OF SOFTWOOD?

The humidity must be absorbed to keep the atmosphere dry. Softwoods have this property. Hardwoods become too hot to sit on or lean against. The wood must be kiln dried to within 6-11% moisture content to prevent shrinkage and warpage.

WHY IS THE THICKNESS OF THE WALL AND CEILING PANELING IMPORTANT IN THE SAUNA?

The thicker the lumber and the more growth rings per inch, the less chance there is of shrinkage. *FINLANDIA* uses kiln-dried 1″ x 4″ material (actual 1 1/16″ thick) because it will not shrink as much and has more stability than ½″ x 4″ material (see pg. 23 and last page). We do not use lower quality, cheaper woods such as ½″ knotty spruce or knotty pine.

SHOULD A SAUNA HAVE A WATERPROOF FLOOR?

A Sauna must have a waterproof floor so that it can be easily kept clean, sanitary, and free of odor by washing with a disinfectant. Best washable floors are cement, tile (strongly recommended), or vinyl. In new construction, we also recommend a drain, where possible (essential in commercial Saunas).

SHOULD A SAUNA BE INSULATED?

Yes, to prevent heat loss. We recommend R13 fiberglass batt type of insulation between the framing of the walls and ceiling.

HOW HIGH SHOULD A SAUNA CEILING BE?

Sauna ceiling height should be no higher than 7′ as it is important to bring the heat down to the bench levels. It is also more economical to heat, and the Sauna will heat faster. 8′ is maximum for a Sauna.

WHERE CAN A SAUNA BE INSTALLED?

Anywhere, but it is best to have it close to a shower for convenience. *FINLANDIA* Saunas are found everywhere — from the Arctic to the Antarctic and from Mt. Everest to Death Valley.

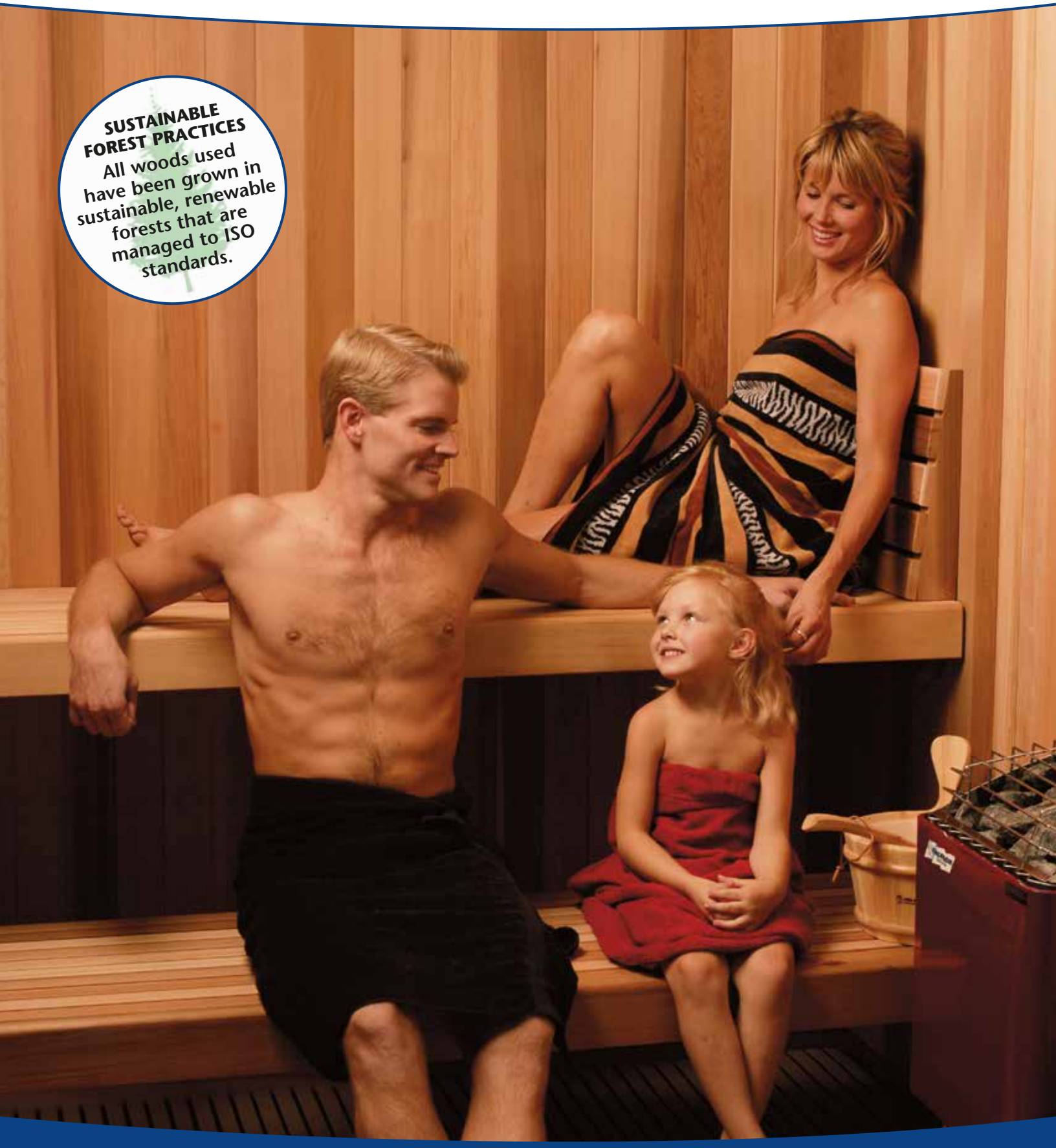
WHO CAN USE A SAUNA?

Any healthy person of any age can safely use a Sauna. People with health risks should consult their physician before using a Sauna.

IS A SAUNA EXPENSIVE TO OPERATE?

Heat up time is fast — about 25 to 30 minutes — and the Sauna is only on when being used. The average *FINLANDIA* home Sauna with 6KW heater costs as little as $7.50 per month to operate, when used 3 times a week.

TOP: FPF57 STANDARD WESTERN RED CEDAR WITH OPTIONAL 3-RAIL BACKREST, CEDAR VENT, AND STAINLESS STEEL HEATER.
BOTTOM: FPF46 WESTERN RED CEDAR SAUNA WITH OPTIONAL CEDAR EXTERIOR, 12"X 30" SIDELIGHT WINDOW, OUTDOOR LIGHT SWITCH, AND STARLINE SKYLIGHT ROOF. STARLINE ROOF AVAILABLE IN 4X4 TO 6X8 SIZES.



Our prefab modular Saunas are available in many standard sizes, or we can custom build them to suit your needs. See pages 8 and 9 for some of the standard sizes available. FPF56 Western Red Cedar room interior shown.

Proudly Made in the U.S.A.

OUR UNIQUE LOCKING SYSTEM GUARANTEES FASTEST AND EASIEST ASSEMBLY, STRONGEST INSTALLATION, AND MOST CUSTOM LOOK. FPF IS SHOWN WITH WESTERN RED CEDAR INTERIOR.

FPF Packages Include:

FRAMING: 2″x 2″ Oregon Douglas Fir to prevent warpage and dry rot. Frame fastened with galvanized fasteners.

INSULATION: R11 (3½″) Fiberglass with paper back—walls and ceiling.

VAPOR BARRIER: Type C Building Foil on walls and ceiling.

BASE: 2″x 4″.

EXTERIOR SIDING: 11/32″ ruff-sawn mahogany plywood. Option—½″x 4″ T&G Western Red Cedar.

INTERIOR PANELING: Walls and ceiling of 1″x 4″ clear, A Grade, kiln-dried, T&G small v joint for neat appearance—choice of clear Western Red Cedar (standard), clear Redwood, clear Alaska Yellow Cedar, and clear Western Hemlock.

EXCLUSIVE CONCEALED LOCKING SYSTEM: Locks walls together with greatest strength and neatest appearance (eliminates need for ugly interior moldings—used by others).

BENCHES: Constructed of S4S 2″x 2″ tops with ⅜″ spacing, S4S 2″x 4″ facing with eased edges to eliminate sharp angles and slivers; all fasteners are applied from bottom to eliminate ugly nail holes and the danger of nails popping up to burn bather.

HEAD/BACKREST(S): For upper bench(es); tapered 14⅝″x 18½″.

PREHUNG CLEAR GLASS DOOR: V.G. Oregon Douglas Fir rails to prevent warpage, tempered, ½″ thermopane glass unit for spacious open look, Hemlock jamb, stoppers, casing and threshold; hardware—(3) 4″x 4″ butt hinges (chrome plated), ball catch (keeps door securely closed), 2 wooden door pulls; door section slides into position and stays in place.

HEATER FENCE: For safety—2″x 4″ and 2″x 2″.

SUPER DEK or EURODEK: Removable flooring for walking area—washable, sanitary, synthetic material. Per specs page 22.

VENTS: Lower vent is neatly cut into room base; upper vent set (V10 white) supplied for precut space. Option—V5 cedar vent.

LIGHT: Vapor-proof, wall-mounted #P5511. Satin aluminum finish.

TRIM: For exterior and interior ceiling.

***FINLANDIA* HEATER:** Controls on heater standard up to 7′x 8′ room.

STONES: Peridotite, igneous type from Finland—best for heat retention and safety.

ACCESSORIES: Wooden bucket #102N with bucket liner, dipper #106/40, wooden thermometer #0301K, light switch, bronze plexiglass bathing sign.

INSTRUCTIONS: DVD for assembly.

Our prefab Saunas are engineered with effortless and fast installation in mind, and can be installed on any level, hard-surfaced, waterproof floor. Our unique interlocking design makes other modular systems obsolete by comparison. Electrical hookup is made easy because all electrical conduit is sealed within walls, and control box (where necessary) is premounted. Engineered for highest economy, with an R value of 13.5 (exceeding other modular Saunas on the market) our prefabs are also designed with 2 vents to allow a natural exchange of air, for comfort and fresh air supply for the bather. Our *FINLANDIA* prefabs are not only designed for best function and eye appeal, but are manufactured with "old country" craftsmanship—we craft each room like a fine piece of Scandinavian furniture.

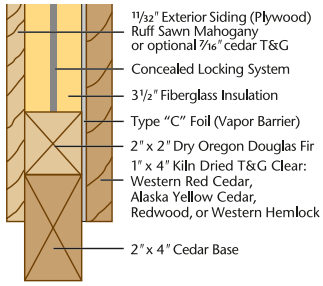
FPF Sauna Heights:

FPF34:	***Exterior 78″, Interior 75″***
FPF44 to FPF78:	***Exterior 84″, Interior 81″***
FPF88 & Larger:	***Exterior 86″, Interior 81″***

At least 3″ ceiling clearance and wall clearance is needed for assembly.

FPF CONSTRUCTION

FINLANDIA prefab Saunas are complete, freestanding, self-contained rooms. They can be put anywhere you have an open space. You must provide the waterproof floor (concrete, tile, or vinyl) and electrical wire. FPFs contain all interior and exterior parts. The locking system inside each panel connects without any screws, splices or bolts.



Note: Modifications to the Sauna room are possible for wheelchair accessibility.

FPF FINLANDIA PREFAB PACKAGE IN WESTERN RED CEDAR.

FPF wall panels are engineered with an internal locking system for easiest assembly. Panels, approximately 2′w x 7′h x 2½″d, are finished with wood on both sides. Metal conduit and rough in boxes are factory installed for the wall light, light switch, heater and control (if ordered). Electrical enters conduit from the top of the Sauna room.

Our *FINLANDIA* Outdoor Sauna is the best insulated outdoor Sauna on the market.

You provide the waterproof pad, and we supply the insulated modular room complete with roof package. The *FINLANDIA* Roof Package includes: wood plates, prefab rafters, nailers, facia, metal flashing, cedar shingles, ridge cap, and nails. The roof must be built from these package parts. Tar paper not included. The roof overhangs 12″ at the front and 6″ on all other sides.

The *FINLANDIA* Outdoor Sauna is available in sizes ranging from 4′x4′ to 8′x8′. Roof kit not available for 5-sided rooms. Peak height is 8′6″ to 9′8″ depending on room size.

FPF66 SHOWN WITH ASSEMBLED ROOF THAT YOU BUILD FROM OUR FRP66 PACKAGE. OPTIONS ARE NEGATIVE ETCHED GLASS SAUNA DOOR DESIGN AND CEDAR EXTERIOR.

FPF66 SHOWN WITH STANDARD EXTERIOR OF FINE-GRAIN RUFF-SAWN MAHOGANY WITH OPTIONAL TOWEL HANGER. EXTERIOR CAN BE PAINTED OR STAINED TO MATCH YOUR DECOR.

EXCLUSIVE PREFAB OPTION:
5-SIDED SAUNA—FPF66-5S

A popular product from our prefab department is the exclusive five-sided modular Sauna. Pictured is the 6′x6′ size with 7′ ceiling. This beautiful room is a showpiece for home or office. The full glass door and clear glass windows in the two side walls offer a spacious open feeling for the bather.

We offer a choice of one of our four clear Western woods for the interior and visible exterior walls. All other specs are as per page 7. Also available in 4′x4′ to 8′x8′ sizes.

FINLANDIA FPF66-5S FIVE-SIDED SAUNA WITH INTERIOR AND EXTERIOR OF CLEAR WESTERN RED CEDAR. TWO SIDELIGHTS, CEDAR VENT, TOWEL HANGER, AND WALL CONTROL ARE OPTIONS.

FINLANDIA SAUNA OFFERS A CHOICE OF THE WORLD'S BEST SAUNA WOODS:
All of our Sauna models can be specified with one of the softwoods shown below. We use only the finest clear, grade A, 1" x 4" tongue and groove boards available.

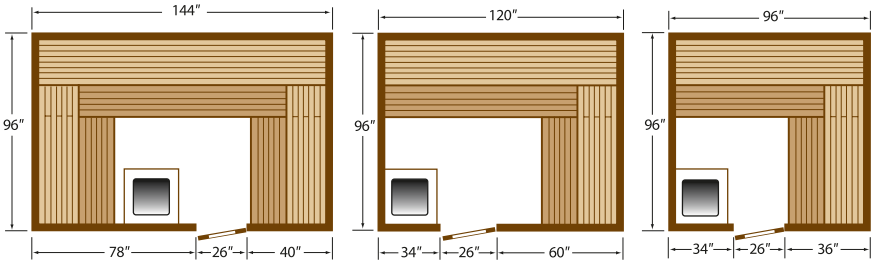
1"X4" CLEAR WESTERN RED CEDAR (STANDARD)

1"X4" CLEAR ALASKA YELLOW CEDAR

1"X4" CLEAR REDWOOD

1"X4" CLEAR WESTERN HEMLOCK

All paneling is actual 11/16" thickness.



FPF 812 Exterior Dimensions
Seats 12 people. K15G Heater.

FPF 810 Exterior Dimensions
Seats 8 to 9 people. K12.5G Heater.

FPF 88 Exterior Dimensions
Seats 7 to 8 people. K10G Htr.

FPF = Finlandia Prefab Modular Sauna

FPF66 SHOWN WITH OPTIONAL BENCH SKIRT, BACKREST, COPPER BUCKET, DIPPER AND STAINLESS STEEL HEATER.

FPF56 SHOWN WITH OPTIONAL WALL CONTROL, CEDAR VENT, 12"X60" CLEAR SIDELIGHT, BENCH SKIRT, AND CEDAR EXTERIOR.

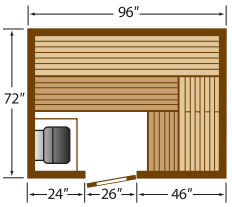
FPF44-5S 5-SIDED SAUNA WITH CEDAR EXTERIOR, 12"X30" WINDOW, AND OPTIONAL FINNISH ALL GLASS DOOR.

FPF46 WITH 1"X4" CLEAR REDWOOD INTERIOR. SHOWN WITH OPTIONAL COPPER ACCESSORIES.

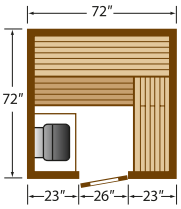
FPF68 SHOWN WITH OPTIONAL 12"X30" WINDOWS, MT. HOOD GLASS, AND CEDAR EXTERIOR.

INTERIOR LAYOUT OF FPF68 SAUNA ROOM

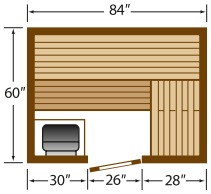
DIMENSIONS SHOWN IN DIAGRAMS ARE FINISHED EXTERIOR DIMENSIONS AND ARE EXAMPLES ONLY— CUSTOM SIZES ARE AVAILABLE. STANDARD HEATER MODELS ARE INDICATED FOR EACH ROOM.



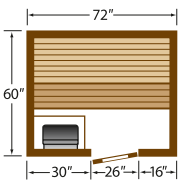
FPF 68 Exterior Dim.
Seats 6. FLB80 Heater.



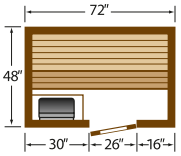
FPF 66 Exterior Dim.
Seats 4. FLB60 Heater.



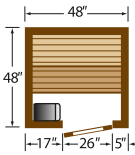
FPF 57 Exterior Dim.
Seats 4. FLB60 Heater.



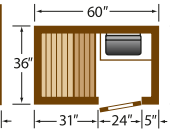
FPF 56 Exterior Dim.
Seats 2-3. FLB60 Heater.



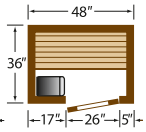
FPF 46 Exterior Dim.
Seats 2-3. FLB45 Heater.



FPF 44 Ext. Dim.
Seats 2.



FPF 35 Ext. Dim.
Seats 1. FLB30 Htr.



FPF 34 Ext. Dim.
Seats 1.

Our prefab modular saunas are available in many standard sizes, or we can build them to your custom dimensions.

We have built our reputation as "old country" Sauna builders since 1964, by believing that it takes individual attention to provide each customer with a quality piece of workmanship. Our *FINLANDIA* Sauna packages are custom cut with special care and experienced craftsmanship. It's the little extras that count — so we take the extra effort — such as nailing our benches from the bottom to make sure that our customers will have no worries (or burns) from protruding nails. We countersink any surface nails, and we fill any visible nail holes.

FPC Packages Include:

PRECUT WALL & CEILING BOARDS: 1″x 4″ clear, certified, kiln-dried, T&G boards, cut to full length of wall and ceiling for horizontal installation. Choice of 4 woods. Cedar is standard.

ASSEMBLED BENCHES: Clear V.G. S4S kiln-dried 2″x 2″ tops with ⅜″ spacing, and 2″x 4″ facing (much superior to standard 1″x 4″ light-weight benches, in design and strength). See page 22.

PREHUNG CLEAR GLASS DOOR: 2′0″x 6′8″ as per specs page 19. Interior casing ONLY.

ASSEMBLED HEATER FENCE

ASSEMBLED HEADREST/BACKRESTS: For upper bench(es).

TRIM AND BASE

SUPER DEK or EURODEK: Per specs page 22. (Enough for walking area of floor).

***FINLANDIA* HEATER:** Controls on heater standard up to 7′x 8′ room.

PERIDOTITE STONES

CONTROL/CONTACTOR: (if required by heater).

LIGHT: Wall mounted, vapor-proof.

VENTS: Two sets (V10 white); for installation in upper and lower wall areas. Option—V5 cedar vents.

ACCESSORIES: Wooden thermometer #0301K, wooden bucket #102N with bucket liner, wooden dipper #106/40, bathing sign.

TYPE C BUILDING FOIL

INSTRUCTIONS: DVD for building.

FASTENERS: Included. 5d galvanized nails for paneling per request only.

FPC BOARDS ARE CUT FOR HORIZONTAL INSTALLATION.
(Vertical available as an option.)

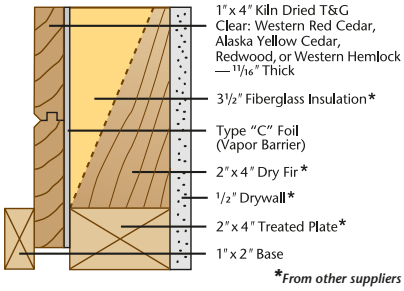
*FPC BOARDS ARE CUT FOR **HORIZONTAL** INSTALLATION. STANDARD WESTERN RED CEDAR INTERIOR WITH OPTIONAL BACKRESTS & LIGHT SHADE.*

In preparation for our FPC package, frame and insulate your space and follow general contractor specifications on the back cover. Only standard carpentry skills are needed for installation.

FPC FINLANDIA PRECUT PACKAGE IN STANDARD WESTERN RED CEDAR.

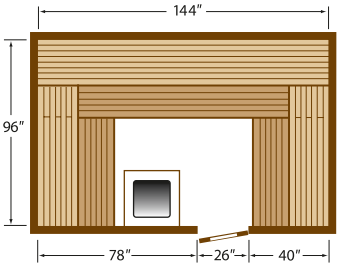
FPC CONSTRUCTION

All *FINLANDIA* material packages are made to order. Our precut packages are intended for use in a space that you have framed and insulated. Anyone with general carpentry experience can build a Sauna out of our FPC parts. Supply us with your interior stud to stud dimensions and we supply all the interior room parts. Nail our 1″x 4″ tongue and groove boards to your studs; our boards will run horizontally. We cut the material and build parts to fit your room; we don't just supply a pile of lumber and unassembled pieces.

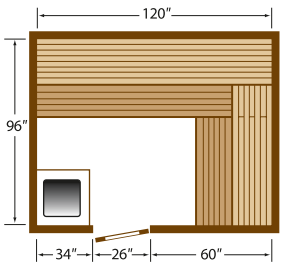


**From other suppliers*

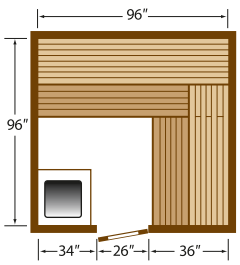
FPC OF WESTERN RED CEDAR.



FPC 812 Your Interior Framing Dimensions
Seats 12 people. K15G Heater.



FPC 810 Your Interior Framing Dim.
Seats 8 to 9 people. K12.5G Heater.



FPC 88 Your Int. Framing Dim.
Seats 7 to 8 people. K10G Htr.

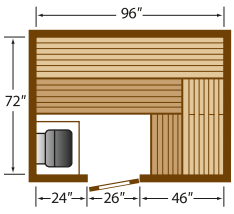
FPC = Finlandia Precut Sauna Package

Proudly Made in the U.S.A.

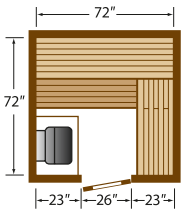
OPTIONAL CURVED WOODEN LIGHT SHADE FITS OVER P5511 WALL LIGHT.

ABOVE: PRECUT (FPC) WESTERN RED CEDAR SAUNA WITH CUSTOM PERMANENT BACKREST AND BENCH SKIRT.

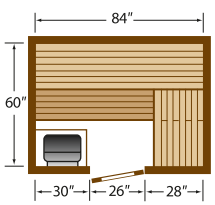
DIMENSIONS SHOWN IN DIAGRAMS ARE YOUR INTERIOR FRAME TO FRAME DIMENSIONS AND ARE EXAMPLES ONLY—WE CAN CUT TO ANY CUSTOM SIZE. STANDARD HEATER MODELS ARE INDICATED FOR EACH ROOM.



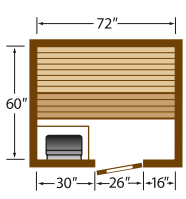
FPC 68 Your Interior Fr. Dim.
Seats 6. FLB80 Heater.



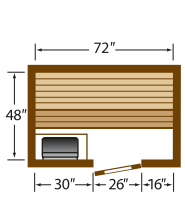
FPC 66 Interior Fr. Dim.
Seats 4. FLB60 Heater.



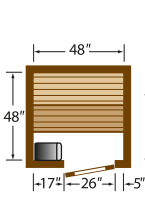
FPC 57 Your Interior Fr. Dim.
Seats 4. FLB60 Heater.



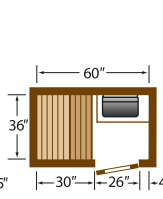
FPC 56 Your Int. Fr. Dim.
Seats 3. FLB60 Heater.



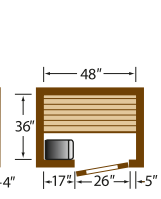
FPC 46 Your Int. Fr. Dim.
Seats 3. FLB45 Heater.



FPC 44 Int. Fr. Dim.
Seats 2.

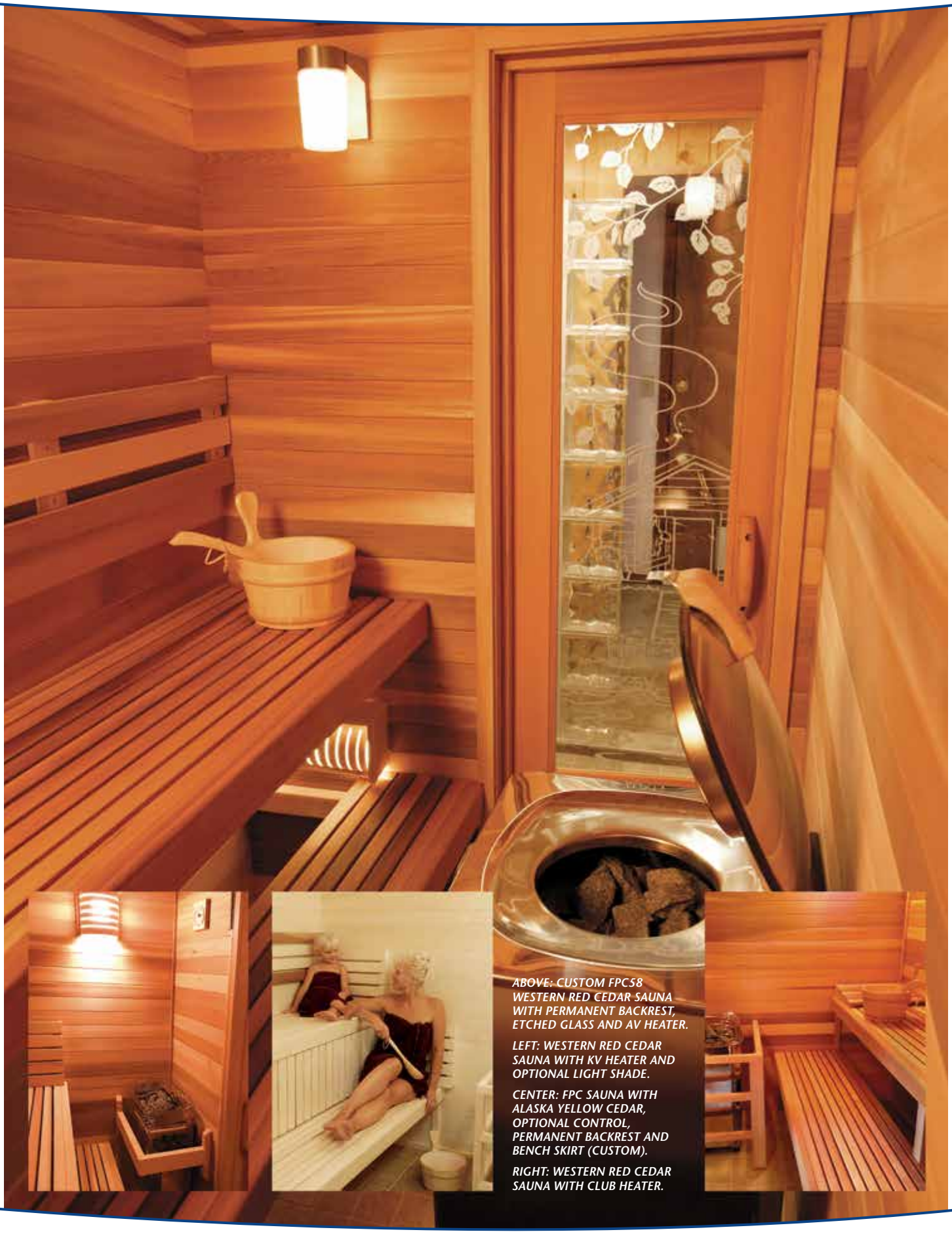


FPC 35 Int. Fr. Dim.
Seats 1. FLB30 Htr.



FPC 34 Int. Fr. Dim.
Seats 1.

You frame and insulate, we furnish interior parts only—precut to size per the standard sizes shown in the plans, or we will cut to fit your custom interior dimensions.



ABOVE: CUSTOM FPC58 WESTERN RED CEDAR SAUNA WITH PERMANENT BACKREST, ETCHED GLASS AND AV HEATER.

LEFT: WESTERN RED CEDAR SAUNA WITH KV HEATER AND OPTIONAL LIGHT SHADE.

CENTER: FPC SAUNA WITH ALASKA YELLOW CEDAR, OPTIONAL CONTROL, PERMANENT BACKREST AND BENCH SKIRT (CUSTOM).

RIGHT: WESTERN RED CEDAR SAUNA WITH CLUB HEATER.

and Prefab Saunas

FPF56 WESTERN RED CEDAR SAUNA WITH OPTIONAL CEDAR EXTERIOR, CEDAR VENT, AND COOLING BENCH WITH FREE-STANDING LEGS.

FPF77-7S PANORAMA SAUNA OF WESTERN RED CEDAR.

FPF56 WESTERN RED CEDAR SAUNA.

FPF66 OUTDOOR CEDAR SAUNA WITH FRP ROOF KIT.

LEFT: FPF66 WESTERN RED CEDAR.

CENTER: FPF46 WESTERN HEMLOCK SAUNA WITH OPTIONAL PERMANENT WESTERN RED CEDAR BACKREST AND BENCH SKIRT.

RIGHT: FPF68 WESTERN RED CEDAR SAUNA WITH SPECIAL FOREST SCENE ETCHED WINDOWS.

FINLANDIA prefab Sauna room electrical conduit installation is the only one in the industry that is ETL certified.

The heart of any Sauna is the Sauna heater, and *FINLANDIA* heaters are the "best of the best." These authentic Sauna heaters are noted for their superior quality and performance. *FINLANDIA* heaters also have:

STAINLESS STEEL ELEMENTS— for long life.

STAINLESS STEEL INTERIOR

LARGE ROCK CAPACITY— for heat storage.

DIRECT ROCK CONTACT WITH HEATING ELEMENTS— necessary to: filter the harsh heat radiating from the hot elements so the bather feels only pleasant, soft heat; produce the best steam when water is poured over them to create the proper Sauna climate; and, retain heat so there is less off/on cycling of the heater for heating efficiency and economy.

FREE AIR FLOW— for faster heating.

MAXIMUM STRENGTH AND DURABILITY

CX XENIO DIGITAL CONTROL IS AN OPTION FOR FIN HEATER MODELS. SEE PAGE 17 FOR INFORMATION.

Model FLB

Wall mounted. Size: 16″w x 11″d x 24″h. Built-in controls (60 min. timer, thermostat). **1–8 hr. programmable time clock** allows Sauna to be preset up to 8 hours in advance. Controls can also be side mounted. **Stainless steel** interior, top; baked enamel exterior. ***Not recommended for commercial use due to control location.***

MODEL FLB SPECIFICATIONS

HEATER MODEL	FLB30	FLB45	FLB60	FLB80
MIN-MAX CU FT SAUNA ROOM	84-130	100-210	170-300	250-425
WATTS	3,000	4,500	6,000	8,000
AMPS	12.5	18.8	25	33.3
BREAKER SIZE	20	30	30	40
VOLTAGE	240	240	240	240
PHASE	1	1	1	1
WIRE SIZE 90°C COPPER	12	10	10	8
CONTROL MODEL	Built-in	Built-in	Built-in	Built-in
CONTACTOR MODEL	None	None	None	None
SHIPPING WEIGHT	40 lbs.	40 lbs.	40 lbs.	40 lbs.

45# PERIDOTITE STONES SHIPPED IN SEPARATE BOX.

Model FIN

Wall mounted. Size: 16″w x 11″d x 24″h. Uses F-series wall control with FX contactor or CX Xenio digital control with power unit. **Stainless steel** interior, top; baked enamel exterior.

MODEL FIN SPECIFICATIONS

HEATER MODEL	FIN30	FIN45	FIN60	FIN80
MIN-MAX CU FT SAUNA ROOM	84-130	100-210	170-300	250-425
WATTS	3,000	4,500	6,000	8,000
AMPS	12.5	18.8	25	33.3
BREAKER SIZE	20	30	30	40
VOLTAGE	240	240	240	240
PHASE	1	1	1	1
WIRE SIZE 90°C COPPER	12	10	10	8
MANUAL CONTROL	F1T	F1T	F1T	F2T
CONTACTOR MODEL	None	None	None	FX402
XENIO DIGITAL CONTROL	CX170-U1-15	CX170-U1-15	CX170-U1-15	CX170-U1-15
SHIPPING WEIGHT	40 lbs.	40 lbs.	40 lbs.	40 lbs.

HEATER MODEL	FIN45-3	FIN60-3	FIN80-3
MIN-MAX CU FT SAUNA ROOM	100-210	170-300	250-425
WATTS	4,500	6,000	8,000
AMPS	12.5	16.7	22.2
BREAKER SIZE	20	20	30
VOLTAGE	208	208	208
PHASE	3	3	3
WIRE SIZE 90°C COPPER	14	12	10
MANUAL CONTROL	F2T	F2T	F2T
CONTACTOR MODEL	FX303	FX303	FX303
XENIO DIGITAL CONTROL	CX170-U3-15	CX170-U3-15	CX170-U3-15
SHIPPING WEIGHT	40 lbs.	40 lbs.	40 lbs.

45# PERIDOTITE STONES SHIPPED IN SEPARATE BOX.

Finlandia Stainless Option

Stainless steel interior and exterior. Available in FLB and FIN models. Recommended for commercial installations (health clubs, hospitals, military installations, coastal areas with salty air, etc.).

Electric Heaters from Finland

Club Model

Floor model. Size 19⅞"w x 17"d x 27½"h.
Deluxe stainless steel interior and exterior. Uses manual or digital wall control with contactor or power unit.

CLUB MODEL SPECIFICATIONS

HEATER MODEL	K10G-U1-NC	K12.5G-U1-NC	K15G-U1-NC
MIN-MAX CU FT SAUNA ROOM	388-600	494-742	600-989
WATTS	10,000	12,600	14,800
AMPS	41.7	52.7	61.7
MAIN BREAKER SIZE	50	60	70
LOAD CENTER SIZE	(2) 30	(2) 40	(2) 40
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	6	4	4
MANUAL CONTROL	F2T	F2T	F2T
CONTACTOR MODEL	FX404	FX404	FX404
XENIO DIGITAL CONTROL	CX30-U1-U3	CX45-U1-U3	CX45-U1-U3
SHIPPING WEIGHT	63 lbs.	63 lbs.	63 lbs.

HEATER MODEL	K10G-U3-NC	K12.5G-U3-NC	K15G-U3-NC
MIN-MAX CU FT SAUNA ROOM	388-600	494-742	600-989
WATTS	9,800	12,300	14,400
AMPS	27.3	34.1	40
BREAKER SIZE	40	40	50
VOLTAGE	208	208	208
PHASE	3	3	3
WIRE SIZE 90°C COPPER	8	8	8
MANUAL CONTROL	F2T	F2T	F2T
CONTACTOR MODEL	FX503	FX503	FX503
XENIO DIGITAL CONTROL	CX30-U1-U3	CX45-U1-U3	CX45-U1-U3
SHIPPING WEIGHT	63 lbs.	63 lbs.	63 lbs.

135# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES.

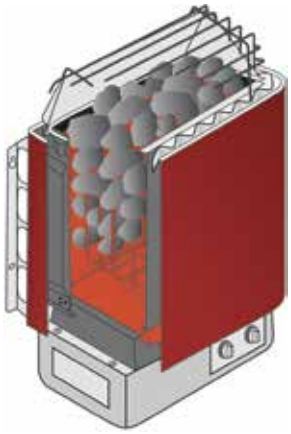
FINLANDIA Sauna heaters have multi-layer construction for cooler surface temperature and greater safety. FINLANDIA Sauna heaters are UL tested and listed.

Club Model heaters and all wall controls are ETL certified.

SAUNA HEATERS MUST BE ENGINEERED FOR DIRECT HEATING

FINLANDIA Sauna heaters have directly heated stones that completely cover the electric elements, to filter the harsh heat and eliminate the electromagnetic field for safe and therapeutic bathing.

Our heaters are tested and designed for that perfect combination of stone quantity, proper airflow, and steam output. Some heaters have too many stones in the heater cavity. This reduces the natural airflow and increases the heating time and cost of operation.



HEATER GUARD ASSEMBLY

For safety, each Sauna heater should have a 2- or 3-sided wood guardrail that is mounted on the wall 2" to 2½" from the heater. *FINLANDIA* wall mounted heaters need a 15" x 25" guardrail and Club models need a 30" x 30" guardrail. These dimensions satisfy the minimum requirements for heater clearance from wall surfaces.

DO NOT PUT ANY FLAMMABLE ITEMS ON TOP OF SAUNA HEATER AT ANY TIME.

F1T & F2T CONTROL

F2 CONTROL WITH COVER 3

F2 CONTROL SHOWN WITH OPTIONAL TAMPER RESISTANT ACRYLIC COVER FOR THERMOSTAT. FOR F-SERIES CONTROLS.

FINLANDIA STANDARD CONTROLS

F1T and F2T controls include: thermostat, 60 min. timer, light switch, and indicator light. Made in U.S.A.

F2 control has no 60 min. timer. Use with FIN or Club heater, proper contactor, and a 24 hr. time clock. Recommended for fitness clubs.

F1T 3¾"w x 9¼"h x 3½"d
F2T 3¾"w x 9¼"h x 2½"d
F2 3¾"w x 9¼"h x 2½"d

CONTACTOR

7 DAY TIME CLOCK

FINLANDIA CONTACTORS

See heater specification charts for use with proper heater and control. Made in U.S.A.

FX303, FX402, FX404, FX503
6"w x 8"h x 4"d

7 DAY DIGITAL TIME CLOCK

Use with F2 or Xenio controls for all day Sauna use (commercial use with attendant only).

24H7D 5"w x 7¾"h x 3"d

WARNING AND CAUTION SIGNS (PROVIDED IN HEATER CARTON) MUST BE INSTALLED ABOVE THE HEATER.

When ordering, specify the elevation above sea level at your location.
If a fire sprinkler is required, the head should be set at 285°F (or higher) and should not be located over the Sauna heater.

New Generation Heaters

Ever Ready AF (Forte)

The newly redesigned Ever Ready AF Heater is ready when you are. Thanks to superb insulation and an extremely large rock capacity, the Forte stores thermal energy and is ready to release soft heat as soon as you open the lid. Because this heater is always on, it requires no heat up time. You can add water immediately to experience abundant, soft steam. No planning is required. The Forte is ideal for those who take a Sauna 3 or more times a week. The digital control panel (included) to mount inside or outside the sauna room has 6 low power settings to save energy, or press the high power button to reach maximum temperature. Control cable length is 16 ft. long. Caution! This heater can be habit forming.

MODEL AF SPECIFICATIONS

HEATER MODEL	AF45	AF65	AF100
MIN-MAX CU FT SAUNA ROOM	177-283	247-424	353-530
WATTS	4,350	6,500	9,800
AMPS	18.3	27	40.8
BREAKER SIZE	30	40	50
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	12	8	6
CONTROL MODEL	Wall mount	Wall mount	Wall mount
CONTACTOR MODEL	Built-in	Built-in	Built-in
DIMENSIONS DxWxH	20⅞ x 19¼ x 34⅝		
SHIPPING WEIGHT	81 lbs.	84 lbs.	85 lbs.

225# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES.

COMFORT CONTROL UNIT

KV control unit has an illuminated panel.

Topclass KV

This top-of-the-line wall-mounted heater is engineered for the 21st century. The lighted control panel is designed for simplicity and ease of use and it is reversible—left or right side—with a **60 minute timer and an 8 hour delay time clock.** With beautiful stainless steel construction and high tech engineering, the Topclass is the most heavy duty of any wall mounted heater in the industry and it is manufactured for longest life. Stainless steel exterior.

MODEL KV SPECIFICATIONS

HEATER MODEL	KV 45	KV 60	KV 80
MIN-MAX CU FT SAUNA ROOM	100-210	170-300	250-425
WATTS	4,500	6,000	8,000
AMPS	18.8	25	33.3
BREAKER SIZE	30	30	40
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	10	10	8
CONTROL MODEL	Built-in	Built-in	Built-in
CONTACTOR MODEL	None	None	None
DIMENSIONS DxWxH	10x18x25	10x18x25	10x18x25
SHIPPING WEIGHT	46 lbs.	46 lbs.	46 lbs.

45# PERIDOTITE STONES AND 4# HEATER GRILL SHIPPED IN SEPARATE BOXES.

Cilindro HPC-HB

New floor model heater has stainless steel interior and exterior. Stones are visible on the front third of the heater for a rustic look. Plentiful, soft steam is produced by throwing water on the top or front of the heater. Heater can be placed at a side wall or in the corner of the room. Built-in controls with 60 min. timer (1-8 hr. delay feature) and thermostat.

HPC7-U1HB & HPC9-U1HB Size: 13⅜" d x 14" w x 39¾ h

MODEL HPC-HB SPECIFICATIONS

HEATER MODEL	HPC7-U1HB	HPC9-U1HB
MIN-MAX CU FT SAUNA ROOM	141-354	282-494
WATTS	6,800	9,000
AMPS	28.3	37.5
BREAKER SIZE	40	50
VOLTAGE	240	240
PHASE	1	1
WIRE SIZE 90°C COPPER	8	6
CONTROL MODEL	Built-in	Built-in
SHIPPING WEIGHT	45 lbs.	45 lbs.

180# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES

All of the heaters on this page are residential models only.

Cilindro HPC

Cilindro HPC heater has the same specs as the HPC-HB model except this one uses a separate wall control (either mechanical or digital). HPC comes in 3 different kilowatt sizes. Cilindro heaters take about 45 minutes to get up to temperature but stones maintain heat for longer period.

HPC7-U1H & HPC9-U1H Size:
13⅜"d x 14"w x 39¾ h

HPC11-U1H Size:
15"d x 15½"w x 45¼"h

MODEL HPC SPECIFICATIONS

HEATER MODEL	HPC7-U1H	HPC9-U1H	HPC11-U1H
MIN-MAX CU FT SAUNA ROOM	141-354	282-494	317-636
WATTS	6,800	9,000	10,500
AMPS	28.3	37.5	43.8
MAIN BREAKER SIZE	40	50	50
LOAD CENTER SIZE	N/A	(2) 30	(2) 40
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	8	6	6
MANUAL CONTROL	F2T	F2T	F2T
CONTACTOR MODEL	FX402	FX404	FX404
XENIO DIGITAL CONTROL	CX30-U1-U3	CX30-U1-U3	CX30-U1-U3
SHIPPING WEIGHT	40 lbs.	40 lbs.	50 lbs.

180# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES FOR HPC7 & HPC9
270# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES FOR HPC11

Virta HL

Virta floor model heater has a modern design with stainless steel interior and exterior. It is great for mid-size Sauna rooms. This heater is very easy for maintenance as the elements and electrical components slide out on a tray. The stones do not have to be removed when the heater is worked on. This heater was approved to use without an upper rock grill.

HL7-U1H & HL9-U1H Size:
13¼"d x 16¼"w x 33"h

HL11-U1H Size:
16⅛"d x 16¼"w x 33"h

MODEL HL SPECIFICATIONS

HEATER MODEL	HL7-U1	HL9-U1	HL11-U1
MIN-MAX CU FT SAUNA ROOM	176-354	282-494	317-636
WATTS	6,800	9,000	10,500
AMPS	28.3	37.5	43.8
MAIN BREAKER SIZE	40	50	50
LOAD CENTER SIZE	N/A	(2) 30	(2) 40
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	8	6	6
MANUAL CONTROL	F2T	F2T	F2T
CONTACTOR MODEL	FX402	FX404	FX404
XENIO DIGITAL CONTROL	CX30-U1-U3	CX30-U1-U3	CX30-U1-U3
SHIPPING WEIGHT	57 lbs.	59 lbs.	65 lbs.

HL

HLS

Virta Combi HLS

The Virta Combi heater is the same as the standard Virta but has a built-in 2100 watt steam generator to create a soft, pleasantly humid environment. Both heat (120°-194°F) and humidity level (20-95% rH) may be adjusted. The steamer reservoir is manually filled through a grate at the top of the heater and holds 1.3 gallons of water. A soapstone cup is included to place in the grate to add your favorite aroma.

HL7-U1S & HL9-U1S Size: 16⅛"d x 16¼"w x 33"h

HL11-U1S Size: 19"d x 16¼"w x 33"h

MODEL HLS COMBI SPECIFICATIONS

HEATER MODEL	HL7-U1S	HL9-U1S	HL11-U1S
MIN-MAX CU FT SAUNA ROOM	176-354	282-494	317-636
WATTS	6,800 + 2,100	9,000 + 2,100	10,500 + 2,100
AMPS	37.1	46.3	52.5
MAIN BREAKER SIZE	50	60	60
LOAD CENTER SIZE	(2) 30	(2) 40	(2) 40
VOLTAGE	240	240	240
PHASE	1	1	1
WIRE SIZE 90°C COPPER	6	6	4
MANUAL CONTROL	N/A	N/A	N/A
CONTACTOR MODEL	N/A	N/A	N/A
XENIO DIGITAL CONTROL	CX30C-U1	CX30C-U1	CX30C-U1
SHIPPING WEIGHT	68 lbs.	69 lbs.	77 lbs.

135# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES FOR HL7, HL9, HL7S & HL9S
180# PERIDOTITE STONES SHIPPED IN SEPARATE BOXES FOR HL11 & HL11S

CX XENIO CONTROL
3⅜"X 4⅜"X 1"

POWER UNIT—
10½"w X 10½"h X 3"d (CX170)
14¼"w X 10½"h X 3"d (CX30, CX30C, CX45)

XENIO DIGITAL CONTROL

Use with FIN, Club, Virta and Cilindro heaters. Includes surface/flush mount control pad with time (60 min. plus 12 hr. delay function), temperature display (°F/°C readings), light control, 16.4 ft. data cable, temperature sensor with 13 ft. cable, and Power Unit with built-in contactor. Longer cable lengths are available. Data cable can be extended but sensor cable must run in one non-spliced length (82 ft. max.) Sauna heater, control pad, and temperature sensor all hook up to Power Unit.

CX170-U1-15 for FIN 240v, 1ph heaters

CX170-U3-15 for FIN 208v, 3ph heaters

CX30-U1-U3 for all Virta, Cilindro, and Club K10G-NC heaters

CX30C-U1 for Virta Combi 240v, 1ph heaters

CX45-U1-U3 for Club K12.5G-NC and K15G-NC heaters

Locate Xenio Digital Control in dry, climate controlled area (not inside Sauna).
Not recommended for commercial use.

Woodburning Stoves from Finland

Ideal for remote areas with no adequate electricity, these stoves are manufactured by the largest woodburning Sauna stove factory in Finland. Woodburning stoves provide a very soft, soothing heat and a wonderful atmosphere. Each stove includes an adaptor for converting metric pipe size to standard 6″ pipe size.

WOODBURNING SAUNA STOVES CAN BE USED IN REMOTE SETTINGS LIKE THIS RUSTIC CABIN BY A LAKE.

HARVIA M3 SHOWN WITH WL450 PROTECTIVE SHIELDS.

WL300 SMOKE PIPE COVER

LEGEND WITH WL100 FLOOR, WL200 SHIELDS, & WL300 SMOKE PIPE COVER.

WOOD STOVE SAFETY SHIELDS

Allows for proper safety distances from wood stove to wooden surfaces without using tile or brick walls. Shields greatly reduce the safety distance required from the wood stove to the benches.

Floor dimensions:
WL100 18½″ w x 26¼″ d x 2″ h
(With adjustable leg leveler.)

Legend curved wall panels:
WL200 39″ h x 23½″ w

See website for other wood stove shields and accessories.

M3

HARVIA M3
Size: 15⅜″w x 17″d x 28″h
Color: Galv. Metal–Black with Stainless
Min-Max Cubic Feet: 159-459
Weight: 100 lbs.
Stone capacity: 90 lbs.

HARVIA 20SL (Exterior wood feed)
Size: 17″w x 20⅛″d + 8⅝″d
(28¾″ total d) x 30″h
Color: Galv. Metal–Black with Stainless
Min-Max Cubic Feet: 282-706
Weight: 153 lbs.
Stone capacity: 90 lbs.

20SL

22ST

20

HARVIA 20 & 22ST
Size 20: 17″w x 20⅛″d x 30″h
Size 22ST: 17¾″w x 20⅛″d x 30⅜″h
Color: 20–Black/SS, 22ST–Stainless
Min-Max Cubic Feet: 20=282-706,
22ST=282-770
Weight: 133 lbs.
Stone capacity: 90 lbs.

HARVIA 20DUO
(Adds Fireplace in Dressing Room)
Size: 17″w x 20⅛″d + 11″d
(31⅛″ total d) x 30″h
Color: Stainless
Min-Max Cubic Feet: 282-706
Weight: 166 lbs.
Stone capacity: 90 lbs

20DUO

HARVIA 20ES (Built-in water tank)
Size: 17″w x 25⅝″d x 30″h
Color: Galv. Metal–Black with Stainless
Water Tank: 5.28 gallons
Min-Max Cubic Feet: 282-706
Weight: 155 lbs.
Stone capacity: 90 lbs.

20ES

HARVIA 36
Size: 20⅛″w x 20⅛″d x 32″h
Min-Max Cubic Feet: 494-1271
Weight: 177 lbs.
Stone capacity: 135 lbs.

36

HARVIA 26
Size: 17″w x 20⅛″d x 32″h
Color: Galv. Metal–Black with Stainless
Min-Max Cubic Feet: 353-918
Weight: 155 lbs.
Stone capacity: 135 lbs.

26

LEGEND 150 & 240
Size 150: 20⅞″diam. x 29⅛″h
Size 240: 23⅝″diam. x 32¾″h
Min-Max Cubic Feet: 150=177-530
Min-Max Cubic Feet: 240=353-848
Weight: 150=128 lbs., 240=165 lbs.
Stones: 150=270 lbs., 240=450 lbs.

LEGEND 150SL (Exterior wood feed)
Size: 20⅞″w x 28¾″d x 29⅛″h
(20⅞″d+7⅞″d = 28¾″ total depth)
Min-Max Cubic Feet: 177-530
Weight: 137 lbs.
Stone capacity: 270 lbs.

Maximum firewood length is 15⅜″ except M3 which is 13¾″.

LEGEND 150 & 240

LEGEND 150 SL

NOTE: Wood stoves must have proper venting. Use two 4"x10" or larger vents. All of our wood fired Sauna stoves are intended for installation in rural areas. They are not certified to meet city emissions standards.

Exclusive Door Options

SAUNA DESIGN — ETCHED GLASS NEGATIVE IMAGE. (POSITIVE IMAGE ALSO AVAILABLE.)

P1 DOOR — FIR PANELING WITH 13"X16" CLEAR GLASS WINDOW.

RUSTIC SAUNA — ETCHED GLASS POSITIVE IMAGE. (NEGATIVE IMAGE ALSO AVAILABLE.)

P2 DOOR — DOOR WITH FIR PANELING.

PALM TREE — ETCHED GLASS NEGATIVE IMAGE. (POSITIVE IMAGE ALSO AVAILABLE.)

Our custom glass door designs are hand etched by an artist. Each is a unique piece of artwork, no two designs are exactly the same.

OBSCURE GLASS — TOTALLY FROSTED FOR PRIVACY.

SCENIC DESIGN — ETCHED GLASS MULTNOMAH FALLS IMAGE

SCENIC DESIGN — ETCHED GLASS MT. HOOD IMAGE

SCENIC DESIGN — ETCHED GLASS LIGHTHOUSE IMAGE

FINNISH CLEAR ALL GLASS DOOR. RIGHT HINGE. 3⅜" JAMB 27½" X 82½" RO.

LEFT HINGE
WHILE STANDING OUTSIDE OF THE SAUNA FACING THE DOOR, THE HINGES ARE ON YOUR LEFT.

DOOR HINGE PLACEMENT

RIGHT HINGE
WHILE STANDING OUTSIDE OF THE SAUNA FACING THE DOOR, THE HINGES ARE ON YOUR RIGHT.

Premium Doors Are Standard

STANDARD DOORS

FINLANDIA Sauna wood doors are manufactured from the highest quality vertical grain Douglas fir available from the Pacific Northwest. Engineered door stiles and solid rails ensure long-term stability. All our wood doors are fitted with hermetically sealed, tempered, ½" insulated glass, which provides superior insulation and heat retention.

Our standard FINLANDIA Sauna door is 24"x 80" and is fitted with clear insulated glass measuring 16"x 60". Standard rough opening (RO) is 26"x 82". Standard jamb is made of Hemlock with jamb width of 4¾". Larger jambs can be made to order. All doors are available with left or right hinge. See below for important ordering information.

EXCLUSIVE GLASS OPTION

Our exclusive glass options have been custom designed and etched by an artist. When ordering this option, you have a choice of two unique Sauna designs in positive or negative image, a choice of our beautiful scenic designs — the Mt. Hood image, the Multnomah Falls image, or the lighthouse image. Etchings are available for the 24" door size, but custom sizes may be special ordered. The etched glass artwork is sealed inside the insulated glass unit to protect it from scratches.

WHEN ORDERING SPECIFY:

FGD Door only, no jamb, handles or hardware.
FGD-R Prehung with right hinge.
FGD-L Prehung with left hinge.

Hinge placement is determined by standing outside the Sauna room, facing the door. Order FGD-R if door will open out to the right. Order FGD-L if door will open out to the left. Prehung doors come complete with jamb, threshold, chrome hinges, ball catch, and 2 #8513 wooden door pulls. Standard jamb is 4¾" and there is an extra charge for jambs over 5¼". Standard Sauna doors are 24" x 80" with RO of 26" x 82".

ADA door is 36"x 82" with RO of 38½"x 82". Also available are 28", 30", 32", and 34" wide doors, 80" high.

See www.finlandiasauna.com for more glass design options.

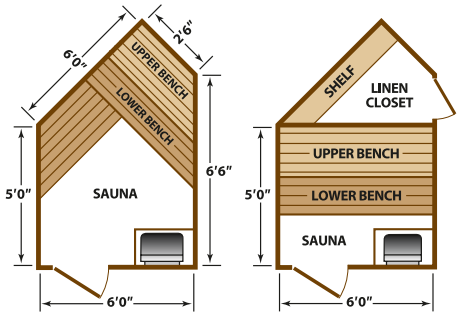
The Sauna should be planned for ultimate enjoyment and relaxation. If possible, the space should be large enough for adequate seating and reclining. As a guide, allow 2′ of bench space per person, for seating. It is necessary to have a 6′ long bench to accommodate a reclining bather. Bench widths should be 20″ for upper and lower benches. Do not plan a Sauna with angles (which will cut bench space and add wasted cubic footage). Two levels of benches are very important in a good Sauna—the upper bench is necessary to make use of the heat (which rises to the ceiling level). The lower bench can be used as a step up to the upper bench, a footrest for upper bench bathers, or as a sitting bench. For complete relaxation, a small dressing room with cooling bench and shower should be located next to the Sauna. This room might also be used as a combination cooling/exercise area.

SAUNA DOOR

The Sauna door must open out and it should have no lock. It should be 24″ wide to prevent unnecessary loss of heat. We recommend that the door should not open directly into a spa area or shower, as humidity may rust the hinges and warp the door. Do not put a handicapped door (36″) on a Sauna unless the room is large enough to accommodate the movement of a wheelchair, with proper ramp and grab bar. The metal wheelchair will get hot and cannot remain in the Sauna room. An attendant is necessary when a Sauna is intended for handicapped usage.

THE IMPORTANCE OF A SHOWER

As a Sauna is a deep cleansing bath which opens pores and flushes out the body's impurities, it is necessary to use soap and water in a shower to rinse off this waste. For convenience, a shower should be located near the Sauna. However, do not put a shower head in the actual Sauna room as the humidity from the shower can harm the electric components in the Sauna heater. If a Sauna is located close to a pool or spa, a dressing room should be designed between the two areas to keep harmful vapors and humidity from damaging electrical and metal parts in the Sauna heater. Never pour pool or spa water on the heater.



Plan A Plan B

CORRECT USE OF SPACE

At left is an example of the importance of pre-planning when designing a Sauna. Plan A and B have exact shape and size. Plan A uses the entire space as a Sauna, resulting in benches with little seating space and no reclining area. There is too much walking area—with a waste of space, building material and efficiency. Plan B creates 2 useable rooms from the same space, allows a Sauna with a more comfortable bench area, and leaves necessary walking space. The linen closet is a bonus.

CEILING HEIGHT SHOULD BE 7′ TO ALLOW ENOUGH HEAT AT BENCH AND HEAD LEVELS

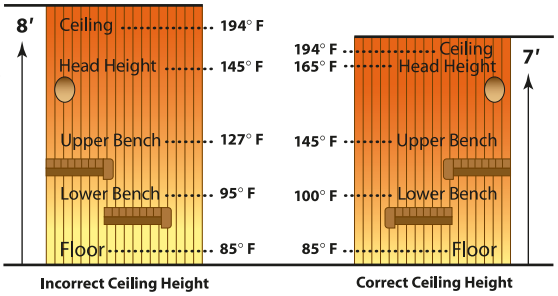
It's important to reduce Sauna room height from a standard ceiling height of 8′ to the Sauna norm of 7′ from the finished floor.

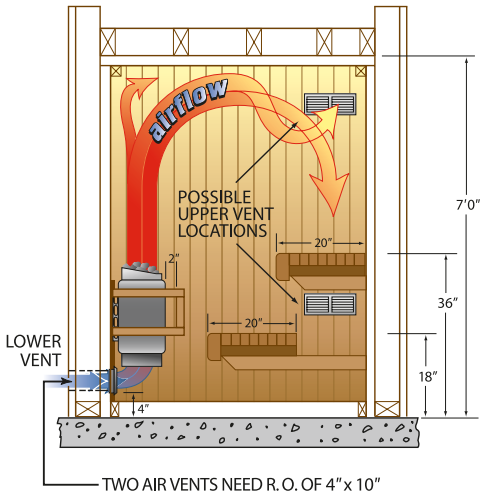
A Sauna ceiling can be as low as 6′2″. An 8′ ceiling wastes heat, energy and building material; and it increases the heating time. The diagram below shows the variance of temperature at various levels in the Sauna room.

SAUNA TEMPERATURE COMPARISONS

The importance of lowering the Sauna ceiling from 8′ to 7′ is shown in the temperature comparison chart. Notice that the Sauna room temperature is 20 degrees cooler at the upper bench level and at the bather's head level in the Sauna with the improper ceiling height of 8′. As the heat rises from floor to ceiling, there is too much wasted heat at the upper ceiling level and not enough heat at the bench levels where the bathers sit or lie.

Maximum 194° F Sauna temperature is measured at wall, above the heater, 6″ below the ceiling per UL/ETL regulations.



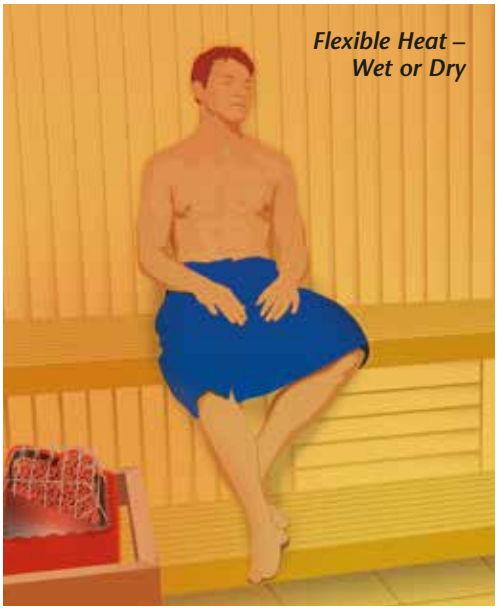


VENTILATION

It's recommended to have one lower (intake) vent and one upper (outlet) vent in a Sauna to provide for good air circulation. Vents are not a safety concern, they are only for the bather's comfort. The lower vent provides fresh air for a comfortable atmosphere, and the upper vent dispels used air. The lower vent should be placed about 4″ from the floor, close to the Sauna heater if possible, to allow fresh air to flow through the heater and enable it to function better. The upper vent can be anywhere; as low as 24″ from the floor or as high as 6″ from the ceiling. Indoor Saunas usually vent directly to indoor air. For faster heating, the upper vent may be closed when the Sauna is heating.

The diagram shows typical vent placement only. Vent location may vary from room to room. We strongly suggest one upper and one lower vent for bather comfort and proper air circulation. Vents are recommended but not required for any health or safety reasons.

Finnish Sauna vs. Infrared



IN A SAUNA THE BATHER EXPERIENCES AN EVEN, CONSTANT TEMPERATURE FOR THE ENTIRE BODY, WITH A CHOICE BETWEEN UPPER BENCH (WARMER) AND LOWER BENCH (COOLER).

WHAT IS A SAUNA?

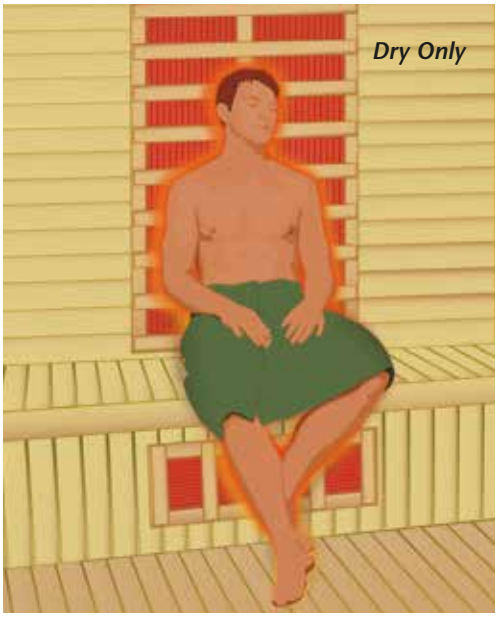
Sauna is a type of bath in which steam is provided by pouring water over hot stones. A Sauna can also be used dry, if one chooses not to use water. The Sauna room is built from softwood, it is insulated and an electric Sauna heater filled with stones provides heat. Humidity is regulated by the amount of water, which is poured by dipperfulls over the hot stones. The temperature ranges from 165° F to 194° F, when measured with a Sauna thermometer placed on the wall 6″ down from the ceiling directly over the Sauna heater after at least 30 min. of heat-up time. The Sauna temperature varies from about 85° F at floor level to 194° F at ceiling level, as heat naturally rises. The humidity level can range from 12% in a completely dry Sauna room to 30-40% when water is used.

INFRARED IS NOT A SAUNA

The claims made by infrared companies sound too good to be true. Remember, if something sounds too good to be true, it usually is.

WHAT IS INFRARED?

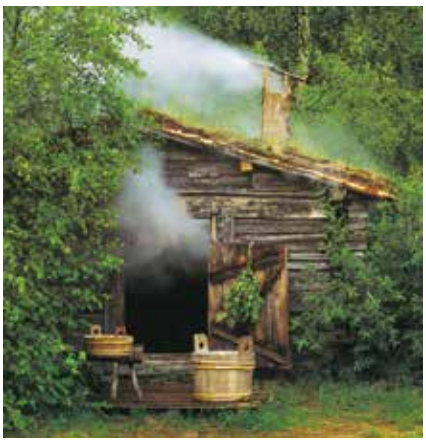
Infrared heat is described by one of the manufacturers as "a form of energy that heats objects without heating the air and which penetrates 1½″ into the body," similar to microwaves. The same literature states that room temperature measures 110° to 130° F after about 20-30 minutes heat-up time. Infrared companies have termed Sauna as "wet" Sauna and infrared rooms as "dry" Sauna. That is false! The Sauna has always been flexible — the bather can use it dry or with the desired humidity by pouring water over hot stones. Infrared rooms are dry only as there is no means of using water, so the humidity level is not adjustable. Infrared cabins are made out of ¼″ wood paneling, with no insulation, and the heating method is a series of ceramic, Calrod or carbon panels/elements built into the walls in various places. Infrared should be called what it really is — an infrared cabin, not a Sauna. In fact, in Germany, a ruling states that infrared cabins cannot use the name "Sauna." Just calling an infrared cabin a Sauna does not make it a Sauna. Investigate before you purchase.



IN AN INFRARED ROOM, PARTS OF THE BODY DIRECTLY NEXT TO THE HEATING ELEMENTS GET MOST OF THE HEAT. HEATING ELEMENTS CREATE AN ELECTROMAGNETIC FIELD OF RADIATION WHICH MAY BE HARMFUL. THIS CAN EASILY BE TESTED WITH AN INEXPENSIVE ELECTROMAGNETIC FIELD RADIATION TESTER.

There is plenty of confusion today among consumers who are shopping for Saunas. In the US, many products have been called Saunas — steam baths, body suits, heat lamps, heated domes, etc. have all been called Saunas. Most of the confusion has been created by infrared products which originate in China. The companies who market them capitalize on the well-advertised name and popularity of Sauna and sell the products here in America as Saunas. The infrared products make many claims, including medical claims and cure-alls, which sound great for the customer, but which are very misleading, can not be substantiated, and might even be harmful for the user. The infrared manufacturers have plagiarized the real Sauna research and benefits to their own advantage; and they promote their products as superior to Saunas, with much negative and false information.

We manufacture authentic Finnish Saunas exclusively, based on traditions developed over 2,000 years ago. The heater is the "heart" of the Sauna. It is the key component that creates a soothing, comfortable bathing experience; heating the Sauna to an even, constant temperature range throughout. Water poured over the heater's stones creates steam — known as "löyly" — which creates a comfortable atmosphere and helps open the bather's pores for deep cleansing. **This tradition of Sauna has existed for centuries and cannot be duplicated or replaced with an infrared product.**



ALL SAUNAS ARE NOT MANUFACTURED EQUALLY!

An architect, designer, or contractor is entrusted by his client to make the best selection of product. As many specifiers may not be Sauna users or experts, they need to make an informed comparison among Sauna manufacturers.

FINLANDIA Sauna Products, created in 1964, is the oldest Sauna manufacturer under original ownership and the only major supplier to manufacture Saunas exclusively. As Saunas are not a sideline with our company, we fully focus on production and improvement of Sauna products for our customers. Throughout the years, *FINLANDIA* has manufactured only one quality — the very best — and we have been the pacesetter because of our superior products, choicest raw materials, and careful craftsmanship. Since 1964, we have set the standard for Sauna specification.

FINLANDIA's standard of 1"x 4" paneling for the Sauna interior does not require additional backing, provides greater heat retention and R value, and will not shrink like the ½"x 4" or ½"x 6" material supplied by other manufacturers. Other manufacturers do not specify the thickness of their wall and ceiling paneling because they use ½" material instead of 1"x 4" material. ½" material is substandard for the hot Sauna environment.

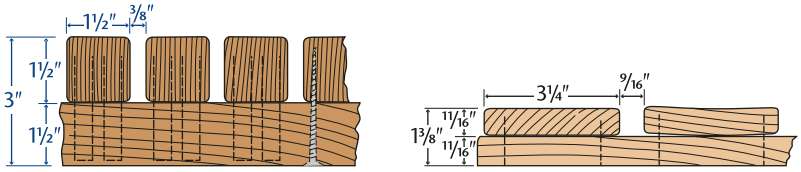
For consumer protection, thickness of material should be specified, to prevent manufacturer from supplying thinner and cheaper boards.

Note to architect, designer, or spec writer: you should not overlook the basic Sauna properties of construction and function, in lieu of decorative options such as lighting, windows, sound systems, etc. offered by manufacturers who are not strong in quality and performance. FINLANDIA builds Saunas — to last.

Finlandia Builds Better Benches

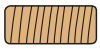
There's no comparison! Our benches have the greatest strength and durability and are made from the finest materials.

FINLANDIA's standard benches are preconstructed for strength and durability out of 2"x 2" tops with ⅜" spacing and 2"x 4" facing. Others use 1"x 3" or 1"x 4" bench tops and some do not even pre-build their benches, but provide a pile of boards with a "How to build" plan.



	FINLANDIA'S 2"x 2" BENCH TOPS	COMPETITOR'S 1"x 4" BENCH TOPS
Fastening Ability:	1⅜" penetration for greatest strength and durability	Minimal; only ⅝" penetration
Tendency to Cup:	None	Moderate; elevates with flat grain
Water Retention: (Perspiration)	Virtually none; narrower tops will not retain perspiration	High; due to width of boards and tendency to cup
Vertical Grain:	Always	Occasionally
Air Circulation:	Excellent; narrower boards allow greater air circulation and less water retention	Less, due to width of boards
Advantages:	Greater durability, better holding strength, neater look. No slivers. Fastened from the bottom, leaving no exposed metal to burn bather.	All advantages are to the manufacturer. Cheaper to make, lower cost of materials, takes less time to manufacture!
Disadvantages:	None for purchaser. Better materials, higher costs for manufacturer.	Questionable durability, will not support heavy weight, tends to sag with use, high tendency for flat grain boards to cup and splinter. Less air circulation.
Maximum Load Strength:	902# sq. in. (S4S Western Red Cedar tested by Louisiana Pacific Lab.)	605# sq. in. (S4S Western Red Cedar tested by Louisiana Pacific Lab.)

Wood key:

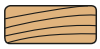


TIGHT GRAIN—will not lift, sliver or warp.

100% VERTICAL GRAIN

Can feather and warp.

WIDE GRAIN



Can lift, sliver and warp.

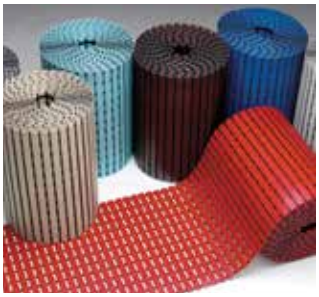
FLAT GRAIN

Finlandia's Flooring is Superior

FINLANDIA uses sanitary Super Dek flooring as standard. We also offer Eurodek flexible slatted flooring. Unlike wood slats, they are easy to remove and clean. Wood slats are awkward and heavy so they are seldom removed and the floor underneath becomes an odor and bacteria collector. Super Dek and Eurodek are especially superior for commercial use.

FINLANDIA'S SUPER DEK FLOORING. 12"X 12"X ½" thick SQUARES.

Sanitary
Does not stain or discolor
Resists odor & bacteria
Comfortable for walking
Safety grid for secure footing
Durable & flexible
Lightweight
Water runs through
Easy to install — snaps together
Easy to remove for cleaning
Brick Red or Tan



FINLANDIA'S EURODEK FLOORING. AVAILABLE IN 2' AND 3' WIDTH ROLLS.

Flexible — 5/16" thickness
Sanitary & Odorless
Comfortable to walk on
Easy installation
Lightweight, easy to pick up for cleaning
Withstands temperatures from -58° F to 302° F
Choice of several designer colors

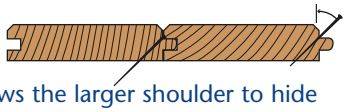
COMPETITOR'S WOOD SLAT FLOORING. (HAS THIS FLOOR EVER BEEN CLEANED?)

Unsanitary
Stains & discolors
Absorbs perspiration and odors
Rigid — rocks on uneven floor
Heavy and clumsy to remove for cleaning
Breakable
Fasteners corrode
Hard to clean

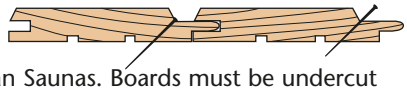
Finlandia's Paneling Exceeds the Industry's Standards

***FINLANDIA's* 1″x 4″ (Actual 1 1/16″) T&G paneling makes a difference!**

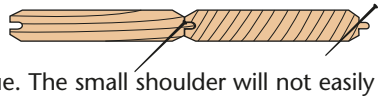
Unlike our competitors, we advertise our wood thickness and we deliver what we advertise. We exceed the industry's standard of ½″x 4″—we have used 1″x 4″ since 1964.



FINLANDIA'S 1″x 4″ BOARD has a small v joint pattern. The 3/32″ v joint gives a neat appearance and allows the larger shoulder to hide nails or fasteners. The ¼″ tongue allows fastening without splitting. Our 1″x 4″ board has the highest R value, greatest heat retention, and does not require plywood backing for added strength. Our material is 50% to 100% vertical grain. Maximum load strength 572# sq. in. (T & G Western Red Cedar tested by Louisiana Pacific Lab).



COMPETITOR'S ⅝″x 4″ BOARD has a profile pattern which is common in knotty spruce European Saunas. Boards must be undercut with grooves to help prevent cupping and warping. This pattern leaves a valley between boards which cannot hide nails—there is also lower R value. Boards are almost 100% flat grain.

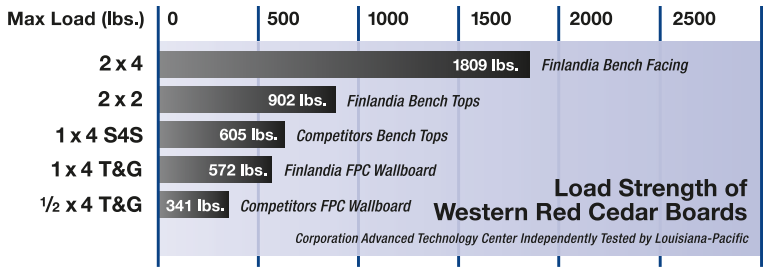


COMPETITOR'S ½″x 4″ BOARD has a reverse v pattern (v on both sides) which creates a small ⅛″ tongue. The small shoulder will not easily hide nails or fasteners and the tongue and shoulder can split when nailing. The thinner board has a lower R value and natural shrinkage at the groove will allow some heat loss. ½″x 4″ boards can be flat or wide grain with some vertical grain and should be backed with plywood for additional strength and R value. Maximum load strength 341# sq. in. (T & G Western Red Cedar tested by Louisiana Pacific Lab).

All wood shrinks in the hot Sauna environment, so the thickness of the wood used is very important! The thicker the wood, the less shrinkage.

EXAMPLE OF SHRINKAGE IN A ½″ THIN BOARD.

This photo shows ½″ cedar with ⅛″ tongue after a few month's exposure in the Sauna. The wood has shrunk exposing unsightly nails and allowing cracks for heat to escape. This is why *FINLANDIA* Sauna still uses our old standard of 1″x 4″ material instead of the industry standard of ½″x 4″.



FINLANDIA STANDARD VS. INDUSTRY STANDARD WESTERN RED CEDAR BOARD STRENGTH

Sauna Size Is Important

The modern trend for commercial Saunas seems to be larger and larger rooms. Larger is not necessarily better, as a very large room requires the use of two commercial Sauna heaters, and the installation and operation can become costly. Large groups of people do not normally gather in the Sauna at one time, and as a 10′x 12′ room can seat about 15 people, it is large enough for even a sports team. A 12′x 12′ room is an example of oversize! Sauna heater placement in a large room is very important—to prevent cold spots and to allow even heating.

HINTS FOR NAILING T&G: Use 5d galvanized small head siding nails and nail at a 45 degree angle for the best holding power. Use a nail punch to hide the nail. Or, use 1½″ galvanized staples in an air gun.

FPF66 WESTERN RED CEDAR SAUNA WITH OPTIONAL CURVED WOODEN LIGHT SHADE.

FINLANDIA Specifications for Architects & Contractors

FINLANDIA Sauna is the only U.S. company which offers a choice of the world's best Sauna woods: clear Western Red Cedar, clear California Redwood, clear Alaska Yellow Cedar, and clear Western Hemlock (all are 1″x 4″). *FINLANDIA's* nominal 1″x 4″ is a true 11⁄16″ thick. Competitor's so called 1″x 4″ is only ½″ thick.

The best known and most widely used of the West Coast cedars is ***Western Red Cedar***. It has the most beautiful color variation, has a refreshing aroma, and is dry-rot resistant. Because it's the softest wood, it is least hot to sit on or lean against. We use Grade A—Export Grade.

California Redwood (our darkest wood) A Grade and better, mixed grain, is the most fire resistant, dry-rot resistant, and termite resistant. Boards are from 2nd growth forests so color is red mixed with white.

Alaska Yellow Cedar (our lightest wood) is an exclusive aromatic white cedar. It feels almost silky to the touch, and has a beautiful appearance.

Clear ***Western Hemlock*** is an excellent wood for people who are chemically sensitive—it has no aroma and no resins. Some boards have natural dark lines which is a normal characteristic of Hemlock.

***FINLANDIA* Sauna does not use inexpensive woods** such as thin knotty spruce which has a tendency to cup, shrink, warp and crack; (and some knots come loose when the pitch and resin around them dries in the high heat of the Sauna). Many European Saunas, however, are built from knotty spruce as it has been the available wood for centuries. Knotty spruce cannot be used for benches as it gets too hot, and the knots and pitch can burn the bather; so African Abachi is imported for benches. Abachi is a clear wood and it's comfortable for sitting; but it has a peculiar, unpleasant odor. *FINLANDIA* uses only clear Western softwoods with the proper matching softwood for benches and other wood parts.

To be sure that your customer gets the best wood, ask for lumber samples from Sauna suppliers to compare wood qualities and thickness. Finlandia is happy to supply samples upon request.

GENERAL CONTRACTOR SPECIFICATIONS:

Framing: Walls and ceiling shall be of dry Douglas Fir, construction grade no.1 or 2, 16″ center. Use pressure treated plates (against concrete). For metal studs line room with ⅝″ plywood or 1x 2 wood nailers over ⅝″ drywall.

Ceiling: 7′0″ from finished floor to bottom of ceiling joists (16″ center).

Door: Roughed in at 26″x 82″ and must open out. ADA 38½″x 82″ RO.

Insulation: Walls and ceiling shall be of R13 fiberglass batts (for 2x4 stud wall).

Drywall: ⅝″ firewall (use interior drywall only if required by local building codes).

Added Vapor Barrier: Type C construction foil over insulation or drywall—walls and ceiling. Foil is included in FPC kit.

Flooring: Hard surfaced, waterproof—concrete, ceramic tile, or seamless vinyl.

Floor Drain: Recommended for new construction and is essential for commercial and public Saunas.

Exterior Walls: Drywall, paneling, tile, etc. and exterior painting, door finishing, etc. shall be included.

ELECTRICAL CONTRACTOR SPECIFICATIONS: (Must be licensed and bonded)

Rough-in: Sauna controls, heater, and room light shall be as per *FINLANDIA* wiring diagram (provided with control box or in heater box).

Hookup: Controls, heater, and light shall be as per *FINLANDIA* wiring diagram (see pages 14-17 for wire size, amperage, etc.) COPPER WIRE ONLY; NO GFI.

FINLANDIA SAUNA CONTRACTOR SPECIFICATIONS:

Walls and Ceiling: 1″x 4″ select, certified, kiln-dried (moisture content not exceeding 11%) T&G, v joint, clear 1″x 4″ Western Red Cedar, clear 1″x 4″ Redwood, clear 1″x 4″ Alaska Yellow Cedar, or clear 1″x 4″ Western Hemlock. All boards shall be blind nailed with 5d galvanized, hot dipped siding nails, or power stapled with ¼″ crown, 1½″ galvanized 18 ga. staples.

The following specs shall include and match one of the four woods chosen above:

Benches: Clear S4S kiln-dried 2″x 2″ tops with ⅜″ spacing and 2″x 4″ facing; glued and fastened with exposed nails countersunk. Bench tops shall be fastened from bottom to eliminate exposed metal.

Door: FGD 2′0″x 6′8″ of vertical grain Douglas Fir rails and clear hermetically sealed, double glass, tempered (16″x 60″) with casing, jamb, and threshold of fir or Hemlock. ADA 3′0″x 6′8″ *(*28″x 60″ glass*).*

Door Hardware: (3) 4″x 4″ chrome butt hinges, ball catch. (2) wooden door pulls.

Vents: (2) louvered V10 for upper wall placement and lower wall placement. RO = 4″x 10″. See diagram page 20.

Removable Flooring: Super Dek interlocking 12″ squares—sanitary, non-skid surface in terra cotta or tan color—over walking area of base floor. Eurodek—2′ or 3′ wide by any length in various colors.

Light: Wall-mounted, vapor-proof P5511, satin finish cast aluminum, rated for 100 watts. Use halogen, non-LED bulb.

Sauna Heater: *FINLANDIA* model… as per cubic room footage and voltage requirements (see chart pages 14-17).

Heater Fence: 2″x 2″ & 2″x 4″ and shall be placed 2″ to 2½″ away from Sauna heater.

Temperature: Control/Contactor Panel shall be model… from pages 15 & 17.

Accessories: Shall be… from pages 7&10.

Stones: Peridotite, heat tested, igneous type from Finland.

Precut and Prefab Saunas: Per specifications pages 7&10.

Warranty: 1 year on Sauna heaters, parts, room materials, and workmanship, when installed according to *FINLANDIA* specifications and wiring requirements. All heaters and controls are UL/ETL listed. *FINLANDIA* is not liable for alterations to products, misuse, abuse, or miswiring.

Maintenance: Minimum maintenance is required. It is important to wash the floor on a regular basis with any liquid cleaner. Bathers should sit on towels for hygiene and to reduce perspiration stains on benches. Light sanding with 100 grit sandpaper will help restore beautiful appearance of walls and benches. Do not seal Sauna wood paneling; however, wood on Sauna door should be sealed on both sides.

Safety: DO NOT PUT ANYTHING ON TOP OF THE SAUNA HEATER AT ANY TIME! Metal warning signs are furnished and must be posted according to code.

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FINLANDIA sauna

NOTE: *When figuring room capacities for number of bathers, allow 2′ of bench space per person.*

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