

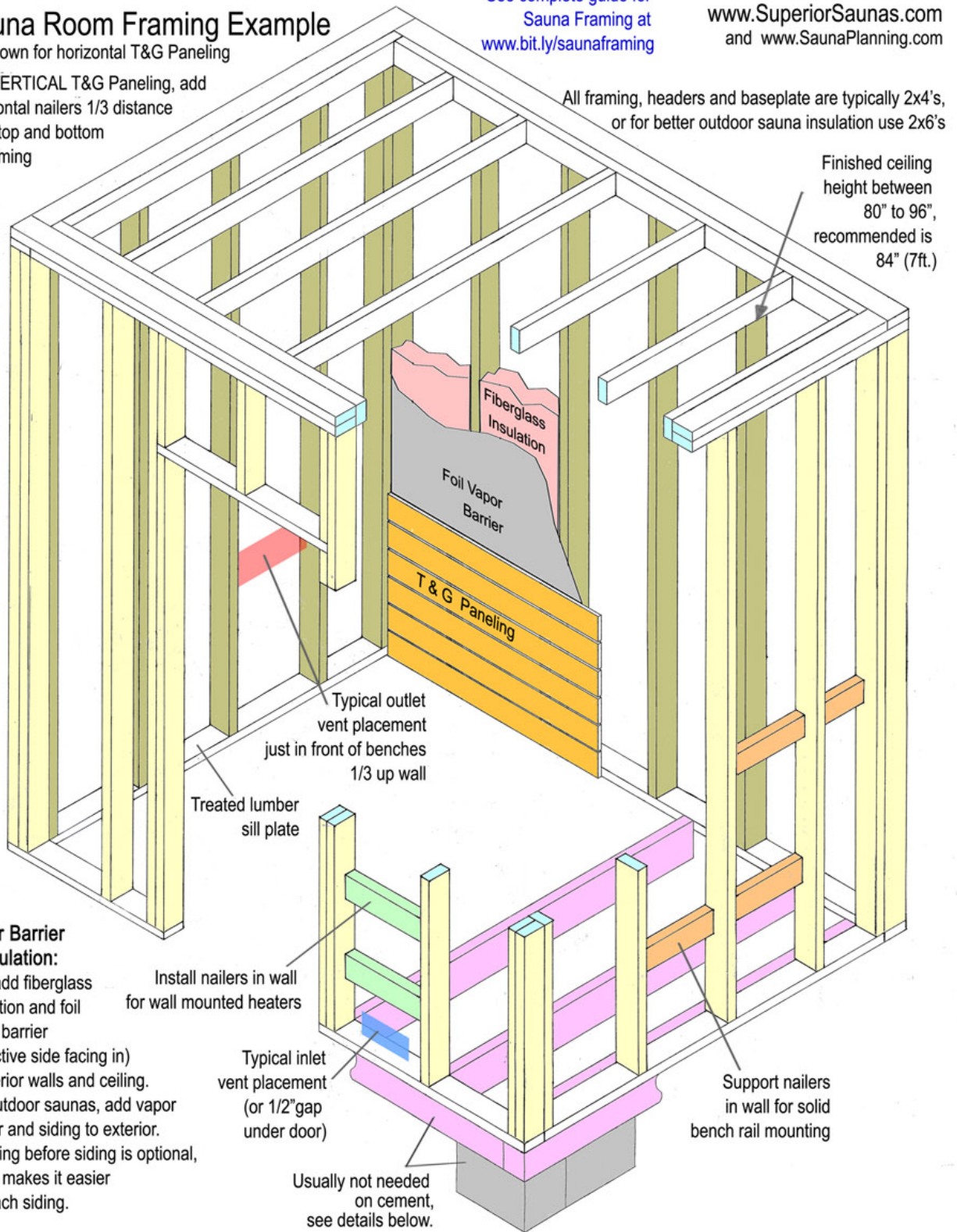
Sauna Room Framing Example

As shown for horizontal T&G Paneling

For VERTICAL T&G Paneling, add horizontal nailers 1/3 distance from top and bottom of framing

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

www.SuperiorSaunas.com
and www.SaunaPlanning.com



Vapor Barrier & Insulation:

First add fiberglass insulation and foil vapor barrier (reflective side facing in) to interior walls and ceiling. For outdoor saunas, add vapor barrier and siding to exterior. Sheeting before siding is optional, which makes it easier to attach siding.

Install nailers in wall for wall mounted heaters

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

Usually not needed on cement, see details below.

Outdoor Sauna foundation info: A concrete slab is an option for permanent Outdoor Sauna install. Insulate slab or underneath wood floor. ALTERNATIVE TO CONCRETE SLAB: Set 8" x 8" x 16" concrete blocks for corners. Build a 4x6" treated lumber base frame tied together with steel corner brackets, add 2x6" joist hangers, install treated 2x6 floor joists, and use 3/4" treated plywood for floor base board. Optional to add sauna floor drain kit with rubber sheeting over wood floor. For roof design ideas, see photos of Outdoor Saunas. www.SuperiorSaunas.com

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