

# CUSTOM SAUNAS

EXCLUSIVELY DESIGNED FOR PERMANENT INSTALLATION

**finnleo**  
PURE SAUNA



**Customize your sauna style, size, and heat type to fit your unique life.**

**Finnleo® custom sauna interior packages are handcrafted for permanent installation within**

**framed wall applications. The design possibilities are endless, yet they all share a genuine Finnish sauna experience. Craft your unique traditional sauna, infrared sauna, or combine both with an InfraSauna.**



# DISCOVER WELL-BEING THAT COMES NATURALLY.

## There's only one you, and your one life.

We know how important it is to connect to what's genuine in you. To find well-being from the inside out. We know because we, too, are original – the genuine Finnish sauna. And what matters genuinely for us is helping people discover well-being that comes naturally.

## PURE SAUNA

### Genuine Finnish sauna is a living practice, naturally one of well-being.

It's value and practice are instilled across generations as intuitively as eating and sleeping. Our joy is in sharing this ancient wisdom and applying it in relevant ways to help more people experience sauna and make it a natural part of life.

### QUALITY CONSTRUCTION

Built to last and perform exceedingly well year after year. Finnleo custom sauna interiors are proudly manufactured in the USA. Heaters are designed and built in Finland. Combined they provide you an authentic and true sauna experience you can rely on day-in and day-out.

### SCANDINAVIAN DESIGN

Clean lines, natural wood tones, and subtle light create the beautiful simplicity of Scandinavian design. This graceful elegance enables a pure sauna experience. Share a few precious moments with those closest to you. Let conversation flow freely. Or simply give yourself a chance to breathe, to slow down and reflect; help yourself be better by feeling better.

### SUSTAINABLY SOURCED WOOD

Our timber is sourced from verified sustainably-managed forests, from countries known for their responsible forestry management. We work mill-direct (Baltic Region & Pacific Northwest), using only the highest quality, hand-selected wood for our saunas. European Grade A Nordic White Spruce, Clear Vertical Grain Hemlock, Western Red Cedar, and more are used to construct your personalized, authentic sauna.

### AUTHENTIC HEATER ENGINEERING

Established in 1919 in Wyborg, Finland, our saunas originally used genuine Finnish heaters designed to generate the soft heat and löyly required for sauna bathing. Today we do the same. We stay true to our roots and rely on ancient wisdom to inform our sauna innovation, design, and construction.

### GENUINE SAUNA EXPERIENCE

Within your sauna walls, a gentle persistent heat makes its way to your core. The day's stresses melt away as you let yourself relax. As you bathe, the heat works to heal, restore, cleanse, and revive you – physically, mentally, and emotionally. You emerge ready to take on whatever life brings you. This is pure sauna. We are proud to be the market leader with the most comprehensive, authentic product line available. Traditional, infrared, and hybrid InfraSauna options come in many shapes and sizes, giving you access to a sauna that perfectly suits you.



A new in-home gym included a fitness area, shower room, and custom Finnleo sauna. Designed to fit the new home's aesthetic and accommodate an entire family (and occasionally friends), the sauna features wrap-around benches that form a semi-circle around the Himalaya heater in the center of the room. The windows and all glass door look out into the shower room, creating a comforting, open feel.

**SAUNA TYPE** Traditional Indoor, Residential

**HEATER** Himalaya    **DOOR** Standard All-Glass (Clear) Door

**INTERIOR** Nordic White Spruce Walls, Upgraded Bench Fronts

**BACKREST** 6-Bar Curved Heat Treated

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# YOUR SAUNA, YOUR WAY.

Custom Designed  
Sauna Interior Kits for  
Permanent Installation



finnleo

**Uniquely and luxuriously designed** for permanent installation within framed wall applications. Perfect for homes, cabins, hotels, corporate fitness centers, health clubs, spas, and more. Whenever the sauna needs are unique – in terms of design choices, aesthetics, space requirements, or otherwise – then a custom sauna interior kit, by Finnleo, is the perfect solution. The design possibilities are endless, yet every custom sauna shares a genuine Finnish sauna experience.



IN YOUR OUTDOOR  
BUILDING



INDOOR



TRADITIONAL



INFRARED



INFRA SAUNA



RESIDENTIAL



COMMERCIAL



INSPIRATION SPOTLIGHT



**SAUNA TYPE**

Traditional Indoor, Commercial

The Anda Spa, in the historic Hotel Ivy, downtown Minneapolis, includes a Finnleo sauna in their total wellness retreat. Comfortable two-level benches for sitting or lying down and walls of Western Red Cedar create a cozy, peaceful escape. The architects uniquely added a gorgeous piece of black Cambria quartz with white "heatwave" behind the Finnleo heater.

# CUSTOM SAUNA DESIGN PROCESS

In partnership with Finnleo dealers we design, manufacture, and install your custom sauna to perfectly fit your space. It'll become a permanent wellness treat and retreat, **ready to be enjoyed for years to come.**

## 1. PLAN & DESIGN YOUR SAUNA WITH YOUR LOCAL FINNLEO DEALER

Review your options and make your selections (see pages 9-24) to fit your unique design preferences and soon-to-be-sauna space. Your Finnleo Dealer can help you determine what is both possible and what is required to build a beautiful, functional, and genuine Finnish sauna in your available space and budget.

## 2. CAD DRAWING & PRICE PROVIDED BY FINNLEO

Your dealer will submit your design specifications to us so we can build a blueprint (CAD drawing) and price quote for your custom sauna.

## 3. REVIEW & REQUEST MODIFICATIONS IF NEEDED, THROUGH YOUR DEALER

Working with your dealer you can review the CAD drawing and price and determine if you're ready to move forward or if modifications need to be made. If modifications are needed, your dealer will work with Finnleo until an approved CAD and price are achieved.

## 4. APPROVE YOUR CUSTOM SAUNA DESIGN & PLACE YOUR ORDER WITH YOUR DEALER

Final approval of your custom sauna design and cost is done with your dealer. When you're ready to move forward, place your order with your dealer for your custom sauna interior package.

## 5. FINNLEO MANUFACTURES YOUR CUSTOM SAUNA TO EXACT SPECIFICATIONS

Order receipt initiates construction in our Minnesota factory, where quality and trained craftsman select your chosen materials, cut to specified size, fabricate what can be pre-assembled and package everything securely to deliver to your dealer.

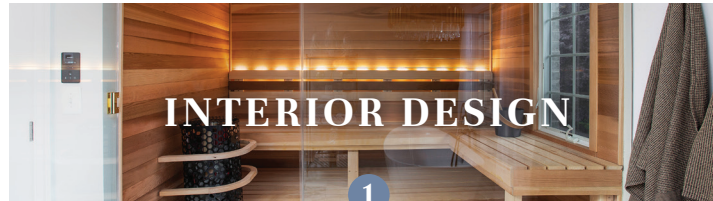
## 6. CUSTOM SAUNA SHIPS TO YOUR DEALER THE INSTALLATION PROCESS BEGINS

Upon delivery, installation can begin! Your dealer can help coordinate and manage the contractors necessary to bring your custom sauna to life.



# Your Custom Sauna Creation STARTS HERE

Your design preferences and our sauna expertise pair perfectly to create a totally unique, genuine Finnish sauna. The handcrafted and carefully curated design options that follow are yours to choose, mix, match, and merge together to **craft your custom, authentic sauna.**



## INTERIOR DESIGN

Select wood species, bench configuration, backrest design, and more for the interior of your sauna.



## INTERIOR WALL BOARD DIRECTION & OPT. EXTERIOR WOOD

Choose the direction of your interior tongue & groove panels, if exterior wood is part of your plan, choose that orientation too.



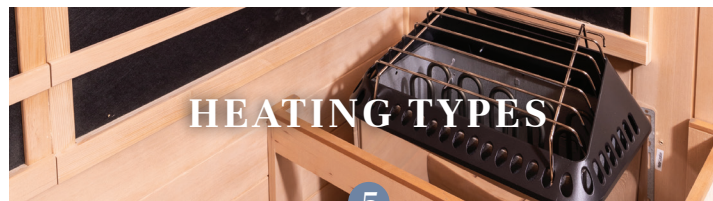
## BACKREST DESIGN

Choose from a handful of backrest designs to layer on top your interior walls.



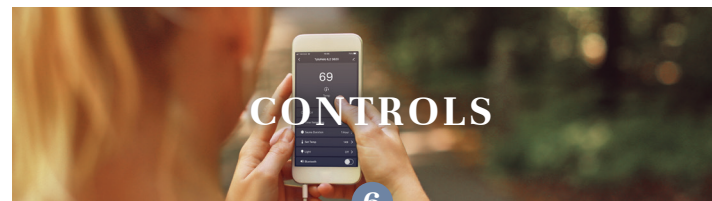
## DOOR & WINDOW LOCATION & SIZE

Determine the size, style, and location of your sauna door and window(s).



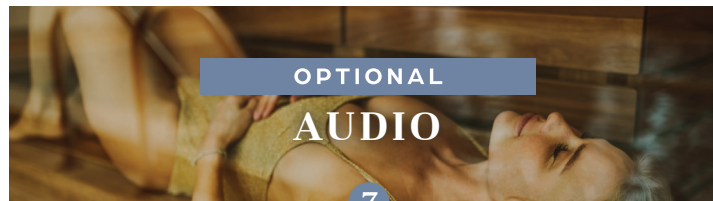
## HEATING TYPES

Traditional, infrared, or a combination of both heat types are your options to create your ideal home sauna experience



## CONTROLS

Learn more about the SaunaLogic2® control and mobile app. Commercial options available, too.



## OPTIONAL AUDIO

Decide if you want to elevate your sauna experience with an audio soundbar.

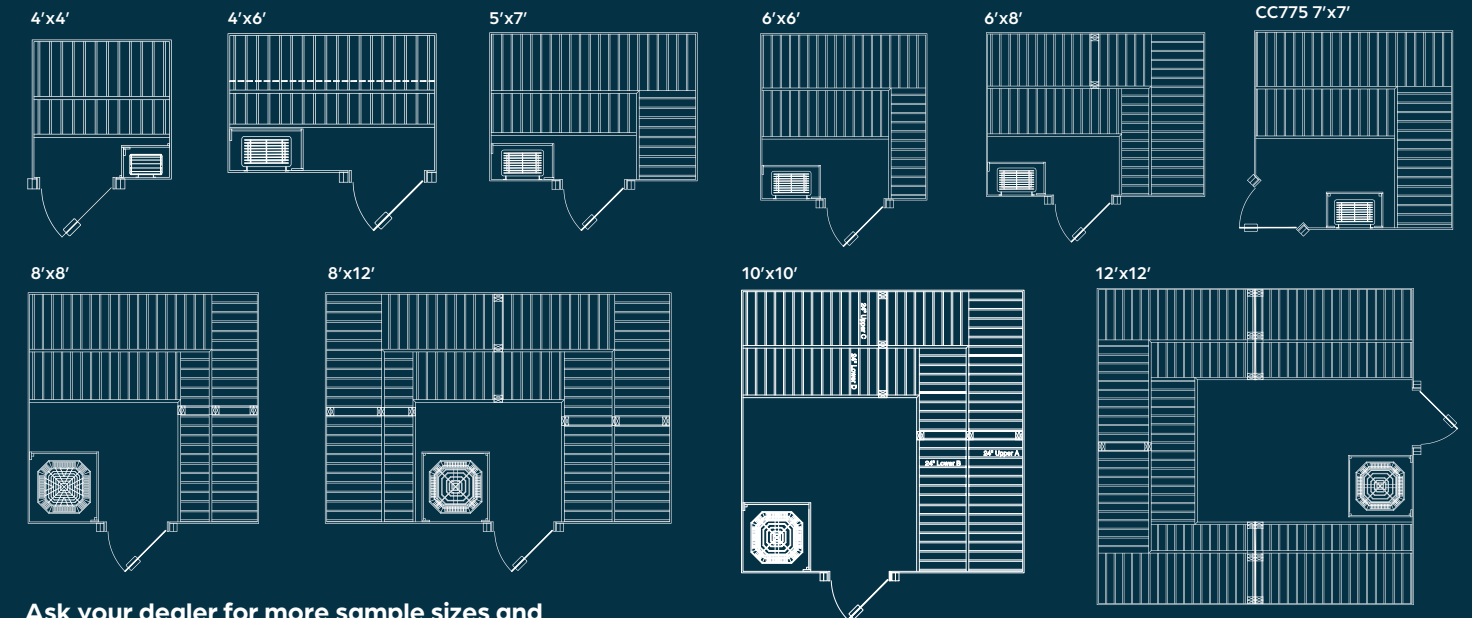
# Your only limit is your imagination.

In partnership with our dealers, their brilliant contractors, your personal designers, or any combination of craftsman, we can bring a custom sauna to any home, gym, hotel, spa, or other destination. **No space is too big, too small, too unique, or too outlandish to explore.**

# Sample Sizes for Inspiration

Here are some popular sizes and layouts to inspire and guide you in your design process.

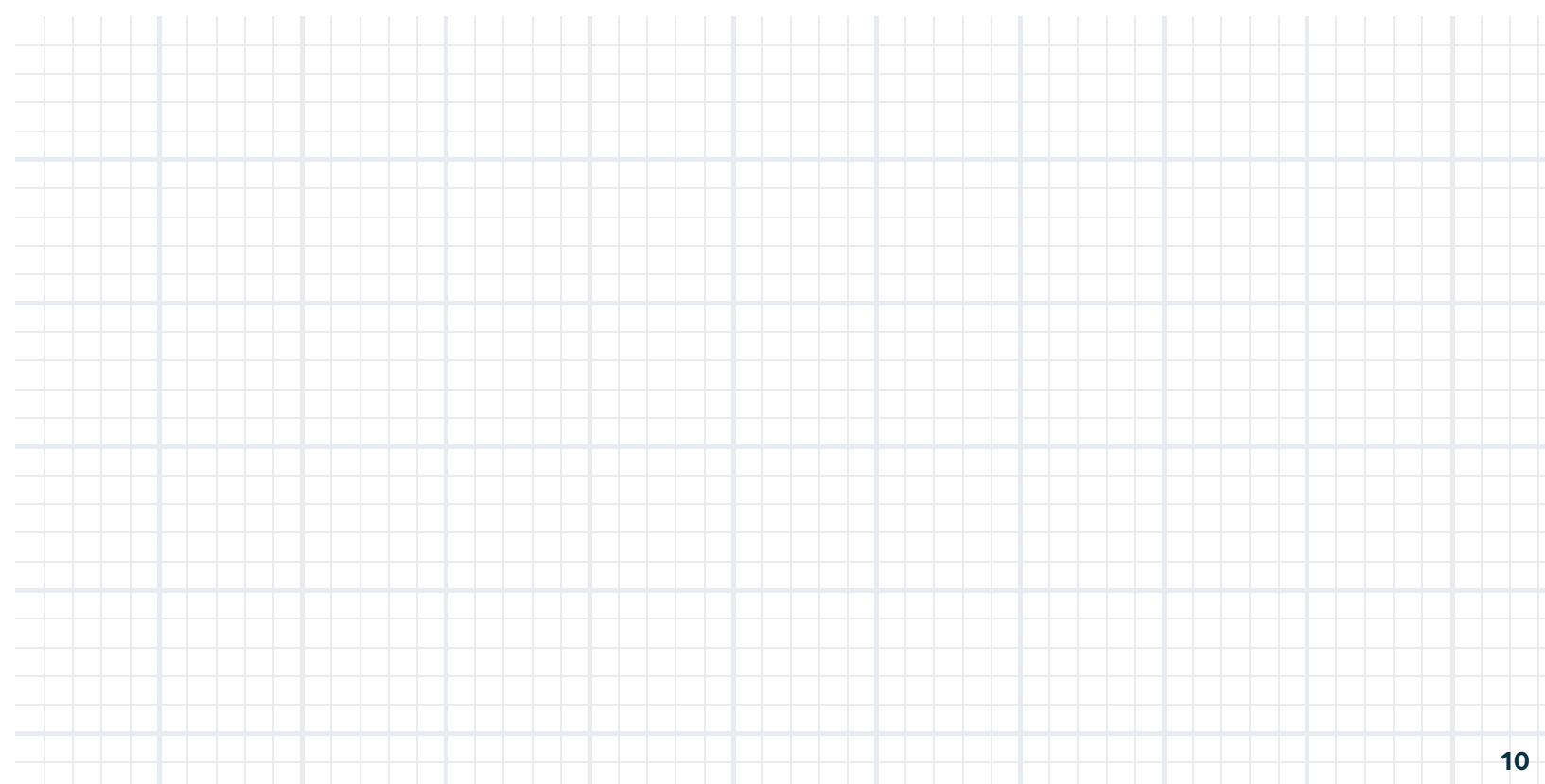
Measurements shown are approximate interior dimensions of sauna room. Our standard benches are 24" wide in saunas 5' deep or greater; additionally, plan to allow 2 feet of bench per person.



Ask your dealer for more sample sizes and CAD drawings for further inspiration.

# DRAW & DREAM.

Sketch your custom sauna ideas below.





# 1 Interior Design

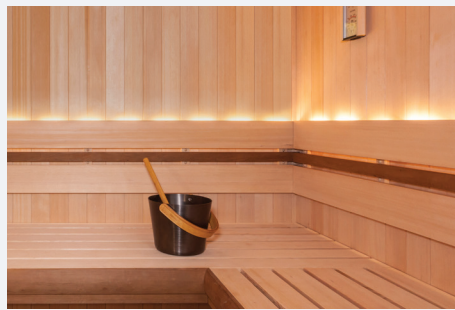
There are two ways to approach this decision; you can (A) choose one of our three pre-set, proven interior designs, or (B) mix-and-match individual design elements to craft your own interior design.

## OPTION A: Choose a Preset Design



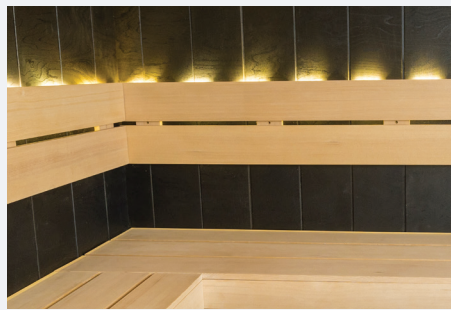
### TWILIGHT INTERIOR

- Walls & Ceiling Wood:** Western Red Cedar
- Long Board Benching:** Abachi
- Backrest:** 5-bar heat treated
- Bench Skirts:** 5-bar heat treated
- Bench Front:** Heat-treated Alder
- Lighting:** In-backrest and bench front LED lighting



### DECO INTERIOR

- Walls & Ceiling Wood:** Canadian Hemlock
- Long Board Benching:** Canadian Hemlock
- Backrest:** 3-bar heat treated
- Bullnose Bench Front:** Heat-treated Alder
- Lighting:** In-backrest LED lighting



### CENTURION INTERIOR

- Wall / Ceiling Wood:** Taika / Canadian Hemlock
- Wide Board Benching:** Canadian Hemlock
- Backrest:** 2-bar wide Canadian Hemlock
- Bullnose Bench Front:** Canadian Hemlock
- Lighting:** In-backrest LED lighting

## OPTION B: Mix & Match to Build Your Own Interior Design

The base, or standard, interior design includes the following, and then you can upgrade each component as you desire.



Nordic White Spruce

### STANDARD INTERIOR

- Walls & Ceiling Wood:** Nordic White Spruce
- Benching:** Abachi
- Backrest:** 2-bar Standard

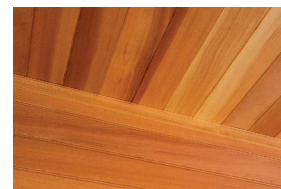
- Bench Skirts:** N/A
- Bullnose Bench Front:** Abachi
- Lighting:** In-backrest LED lighting (additional info on pages 18-19)

### Alternative Options

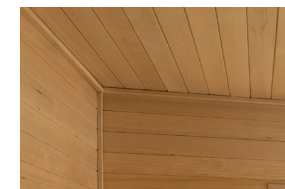
Choose from different interior wood options, add a bench skirt, or select from various backrest designs to make this sauna your own.

#### WOOD UPGRADE OPTIONS

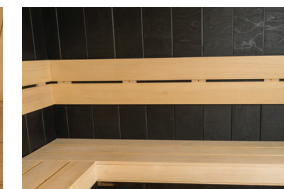
Additional wood options for walls, ceilings, and benches.



Western Red Cedar



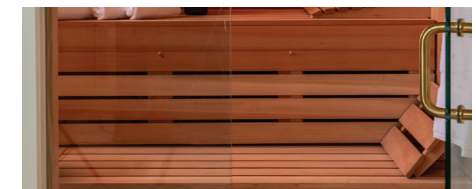
Canadian Hemlock



Taika Walls w/Hemlock Ceiling & Benches

#### BENCH SKIRT

Add the elegance of a bench skirt. Design will match your chosen backrest design.



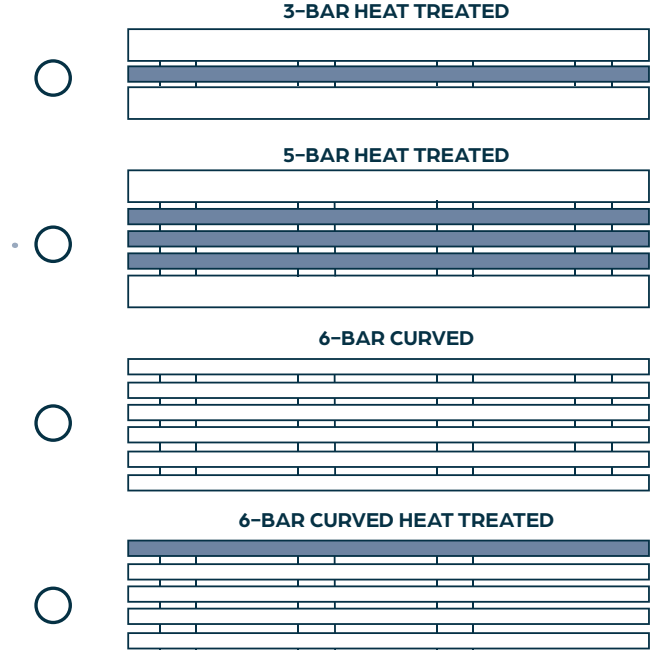
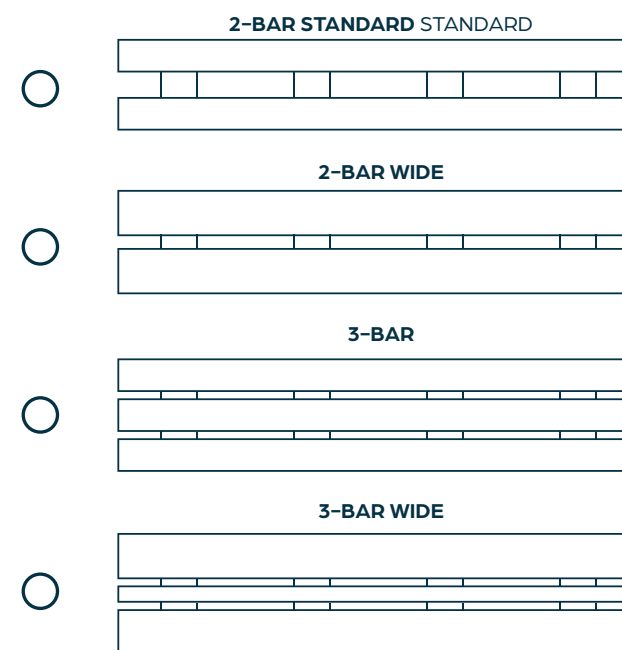
YES



NO

#### BACKREST DESIGN

INDICATES HEAT-TREATED



#### SAUNA DETAILS

Upgraded Standard Interior

**WALL WOOD:** Canadian Hemlock

**BACKREST:** 5-bar heat treated







**SAUNA TYPE**  
Traditional Indoor, Residential

**Heater:** Himalaya, not shown

**Interior:** Upgraded Standard Interior with Canadian Hemlock Walls (Horizontal), with bench skirt

**Backrest:** 6-bar curved heat treated

**Exterior Wood:** Canadian Hemlock (Horizontal)

**Door:** All Glass, Bronze-Tinted, with Wood Handle

INSPIRATION SPOTLIGHT

## 2 Interior Wall Board Orientation

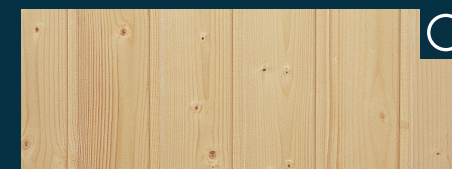
Select the direction of your interior tongue-and-groove panels that encircle your sauna and create the foundation of your welcoming, relaxing retreat.



## 2 Exterior Wood (OPTIONAL)

### EXTERIOR WOOD WALL OPTIONS

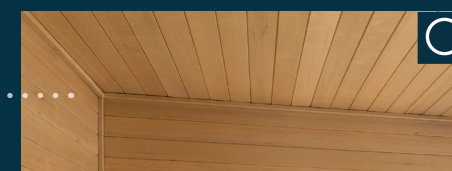
Create visual interest outside your sauna by creating an entrance and unique feature wall with tongue-and-groove panels that complement your interior design.



Nordic White Spruce



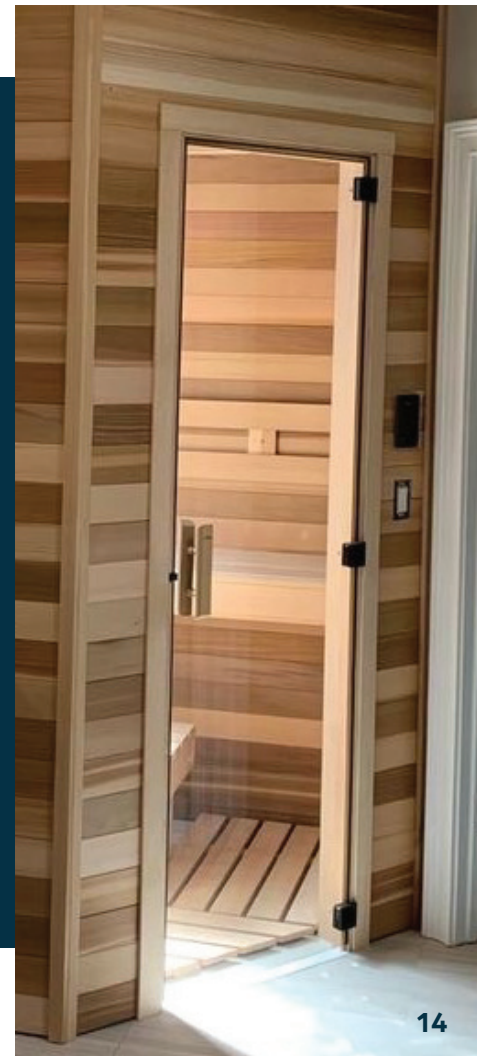
Western Red Cedar



Canadian Hemlock

### EXTERIOR WOOD ORIENTATION

HORIZONTAL  VERTICAL





### 3 Door Design

Multiple door design options give you the power of choice. Choose how to invite, greet, and define your sauna room - from the inside and out.



**ALL-GLASS**  
Available in Bronze-Tinted, Clear, or Satin

**AVAILABLE SIZES**

**All Glass Bronze-Tinted**

24" x 72" | 24" x 80"  
30" x 80" | 36" x 80"

**All Glass Clear**

24" x 72" | 24" x 80"

**All Glass Satin**

24" x 72"

**DOOR HANDLE**

Standard Wood Handle



**DOUGLAS FIR**  
Clear glass pane only

**AVAILABLE SIZES**

**Douglas Fir**

24" x 72" | 24" x 80"  
30" x 80" | 36" x 80"

**DOOR HANDLE**

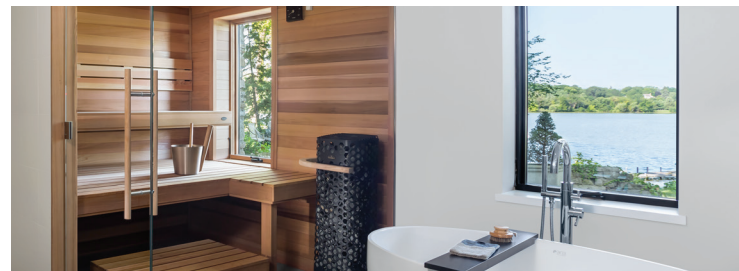
Standard Wood Handle



#### Alternative Option

**WHITE OAK HANDLE**

Optional upgrade for an all-glass door; requires a special order door to accommodate the White Oak Handle's installation requirements.



### 4 Window Design

Add beauty and function with windows. You select the glass type (options below), quantity, and location to enhance the light and visibility in and out of your sauna.us.

#### WINDOW SIZE & ORIENTATION

**AVAILABLE SIZES**

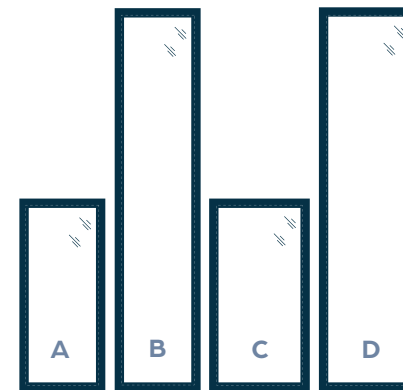
**12" X 30"**  
Figures A

**12" X 60"**  
Figures B

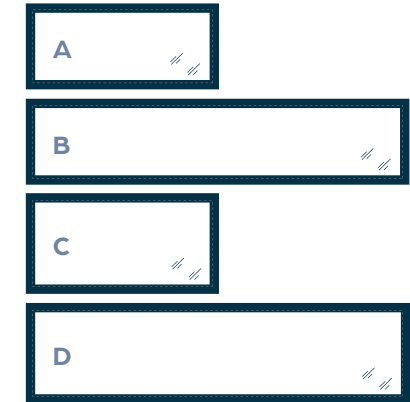
**16" X 30"**  
Figure C

**16" X 60"**  
Figures D

**VERTICAL INSTALL**



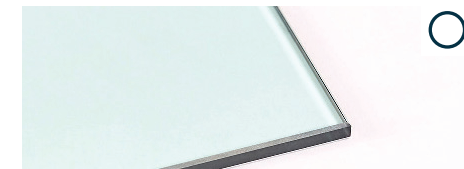
**HORIZONTAL INSTALL**



#### GLASS TYPE



Bronze



Clear

**HAVE A DIFFERENT LOOK IN MIND?**

#### Externally Sourced Door & Window Glass

If we don't offer a door or window option that fits your dream design, you can elect to source your door, window or glass front from a local vendor. This has worked very successfully and resulted in beautiful saunas. For optimal heat retention we recommend saunas have **no more than 25% glass**; additionally, opt for an insulated glass.



## 5 Heating Type

Set up your sauna to produce the heat experience you enjoy most. Follow Finnish-tradition with a sauna heater or pursue the newer path featuring Infrared technology to power your heat bath. If you can't choose just one – then don't! Take advantage of the InfraSauna, which combines both heat types into one room.



### TRADITIONAL SAUNA HEAT

#### Electric or Wood Burning

Authentic Finnish sauna starts here. Featuring high temperatures and low humidity, this intense sauna sensation is a powerful, nourishing experience.

**Application:** Residential & Commercial

**Sauna Size Range:** 70 cu. ft. or larger

**Ceiling Height:** max. 96"; min. 75-78"

**Heater Options:** See Pages 19-20



### INFRARED HEAT CarbonFlex® Emitter Panels

Our patented CarbonFlex® emitter panels produce a safe, deeply penetrating infrared heat at the perfect wavelength for your body to absorb.

**Application:** Residential only

**Sauna Size Range:** 100-425 cu. ft.

**Ceiling Height:** 78-84"

**Heater Technology:**  
CarbonFlex® Emitter Panel Kit  
Learn More on Pages 21-22



### INFRA SAUNA Traditional and Infrared Combination

Bring both heat types together into the same room and enjoy the luxury of choice, selecting the perfect heat bath for you in that exact moment.

**Application:** Residential only

**Sauna Size Range:** 100-425 cu. ft.

**Ceiling Height:** 78-84"

**Heater Options:** Electric Heater (pgs 19-20) + CarbonFlex® Emitter Panel Kit (pgs 21-22)

*Custom Infrared Sauna and InfraSauna interior packages are not available for commercial installation.*

## Interior Lighting

### Lighting is dictated by the heat type you select, generally speaking.

Standard traditional saunas place LED Light Strips in the backrests and/or under benches for a soft, relaxing ambience. Alternatively, in a traditional sauna you can opt for ceiling puck lights. Infrared saunas only utilize ceiling puck lights. Both lighting options offer white and RGBW (colored) light to illuminate your sauna.



TRADITIONAL



INFRARED

# CHROMOTHERAPY IN YOUR SAUNA

Also known as color therapy, chromotherapy uses certain colors to aid in healing and well-being – physical, psychological, and emotional. Elevate your sauna experience by basking in the color best suited to your wellness and relaxation.



### RED

Red is the symbol of love and life itself. With its penetration power, which is the highest of all colors, it is recommended for treatment of impeded circulation, benefiting muscles and heart. It generates enthusiasm, arouses passion, and has a cheering effect.



### GREEN

Green is a cool, serene color, which is known to help reduce swelling of joints and tissues. It calms the body and helps reduce inflammation.



### TURQUOISE

The color for mental relaxation and tackling embedded psychological barriers. It can help regulate imbalances in the lung and large intestines. It is a color that facilitates spiritual growth.



### MAGENTA

Promoting awareness and consciousness, magenta increases the effects of meditation. It also promotes proper functioning of the lymphatic system and is very helpful in times of menopause. Magenta is the color for neutralizing emotional wounds and for spiritual growth.



### BLUE

Another cool color with a calming effect, blue is helpful in treating sleep disorders and headaches. It helps in all kinds of cramps and can have an anti-bacterial effect.



### YELLOW

Yellow is a clear, purifying color, which stimulates clarity of intellect, as well as toxin processing and elimination. It can help with learning disabilities and endocrine function strengthening.





# Traditional Sauna Heaters

## Quality craftsmanship and Finnish design set Finnleo heaters apart.

Function comes first; we put more rocks in direct contact with our elements for a constant, deep heat that steams powerfully when water is introduced. An open-air flow design creates circulation for effective heating and efficient energy consumption.

Our heaters are built to last and provide **reliable heat every time you sauna**. Aesthetically there are options for a modest or bold sauna design, without sacrificing the heaters' high performance.

### ELECTRIC HEATERS



**Designer-SL2**

The Designer-SL2 is a workhorse heater, proven to perform day-in and day-out. It's reliability paired with its price point make it a great value. Mount its SaunaLogic2 (SL2) control near the sauna for ease of use, or take control on the go with the SaunaLogic Mobile app.



**Himalaya**

Like it's mountainous namesake, the Himalaya rock tower heater is spectacular both in beauty and performance. With 210 pounds of rock and our BioWater Technique technology, this sauna heater is changing the industry.

### ELECTRIC HEATERS



**Laava**

Sleek and unobtrusive, trust the Laava to effectively heat a large sauna room for a pleasant and enjoyable experience. This heater works hard and heats powerfully, without requiring much sauna space.



**Magma**

The largest electric heater in our line-up is the Magma, designed to heat extra-large, most commonly commercial, sauna rooms. Like all Finnleo heaters, it efficiently produces penetrating heat and steam that envelopes guests, creating a relaxing and beneficial heat bath.

### WOODBURNING

*For Outdoor Application Only*

The crackle of the fire, the dancing flames, and the unique heat generated by a wood burning sauna heater is unlike any electric heater sauna experience. It transforms sauna into a practice – a wellness regimen if you will. Chop the wood, stoke the fire, clean the firebox, extinguish the flame – all to power a one-of-a-kind sauna experience.

*Finnleo does not supply heat shield, chimney, or cap. Will need to be sourced separately.*



**Karhu 20 "Home"**

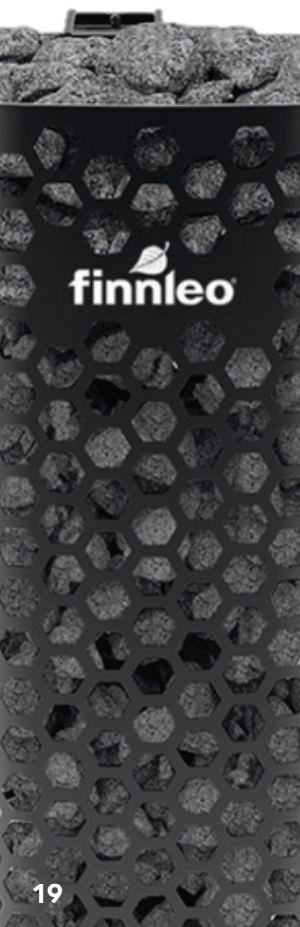
The Karhu 20 "Home" is a great stove for smaller footprints, consuming less space in comparison to the Saga 22.



**Saga 22**

The Saga 22 features a ton of exposed rocks – which is a showstopper inside your sauna, but more importantly creates incredibly comfortable heat and steam.

<b>SAUNA SIZE</b>	100–425 cu ft	175–500 cu ft	390–950 cu ft	720–2000 cu ft	282–702 cu ft	423–777 cu ft
<b>APPLICATION</b>	Residential	Residential	Commercial	Commercial	Residential	Residential
<b>HEATING POWER</b>	4.5 kW 6.0 kW 8.0 kW	6.8 kW 9.0 kW	10.5 kW 12.0 kW 14.4 kW	21.0 kW 24.0 kW 28.8 kW	N/A	N/A
<b>ROCK CAPACITY</b>	33 lbs (4.5 kW only) 50 lbs	210 lbs	132 lbs	198 lbs	70 lbs	205 lbs
<b>KW / AMPS / VOLTAGE / PHASE</b>	4.5 / 18.8 / 240 / 1 6.0 / 25.0 / 240 / 1 8.0 / 33.3 / 240 / 1 8.0 / 22.2 / 208 / 3	6.8 / 28.3 / 240 / 1 6.8 / 18.9 / 208 / 3 9.0 / 37.5 / 240 / 1 9.0 / 25.0 / 208 / 3	10.5 / 43.8 / 240 / 1 10.5 / 29.2 / 208 / 3 12.0 / 50.0 / 240 / 1 12.0 / 33.3 / 208 / 3 14.4 / 60.0 / 240 / 1 14.4 / 40.1 / 208 / 3	21.0 / 29.1 / 208 / 3* 21.0 / 25.3 / 480 / 3 24.0 / 33.3 / 208 / 3* 24.0 / 28.9 / 480 / 3 28.8 / 40.0 / 208 / 3* 28.8 / 34.6 / 480 / 3	<b>SAFETY DISTANCE:</b> Front: 19.6" Side: 11.8" Back: 11.8" Ceiling: 51.2"	<b>SAFETY DISTANCE:</b> Front: 19.6" Side: 9.8" Back: 9.8" Ceiling: 55"
<b>DIMENSIONS (W X D X H)</b>	16 1/2" x 11" x 23"	12" x 15" x 40 1/2"	22" x 22" x 35"	35" x 28" x 24"	17" x 18" x 28 3/4"	23 3/5" x 32 2/5" x 23"
<b>CONTROL</b>	SL2 Optional: On/Off Switch	SL2 Optional: On/Off Switch	SL2-C Optional: On/Off Switch	SL2-C Optional: On/Off Switch	N/A	N/A
<b>INSTALLATION</b>	Wall-mounted	Floor-standing	Floor-standing	Floor-standing	Floor-standing	Floor-standing
<b>MISC</b>	BioWater Technique Tank Optional for 6.0 and 8.0 kW	BioWater Technique Tank Included	BioWater Technique Tank Optional	BioWater Technique Tank Optional	4.5" Flue Opening	4.5" Flue Opening
<b>SAFETY LISTED</b>						



\*2 Circuits



# Infrared Heat Technology



**PRO TIP:** As you browse infrared sauna options, test each with a TriField EMF Meter to verify their claims and ensure your sauna is safe.

## HEALTHIEST, SAFEST, PUREST FAR-INFRARED SAUNA

Treat yourself to worry-free relaxation and detoxification. Through multiple innovations we've designed an infrared sauna experience that minimizes risk and maximizes your well-being.

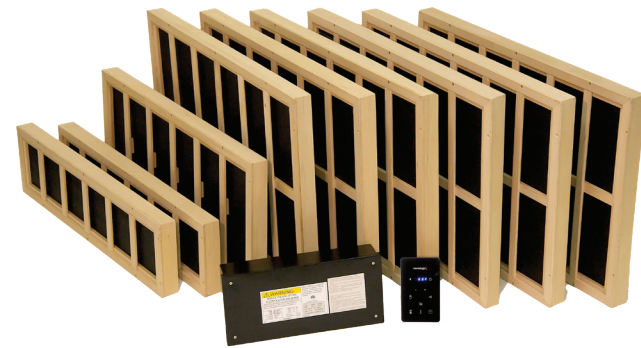


## YOUR CUSTOM FAR-INFRARED SAUNA

Layer on CarbonFlex emitter panels in your custom sauna and get ready to enjoy soothing infrared heat. Make it your sole heat source, or pair it with a traditional sauna heater to create a tailored best-of-both-worlds wellness retreat in your home. A set of infrared emitter panels will be curated based on the size of your custom sauna (up to 425 cu ft), for the best full-body coverage.

Experience True Luxury, Safely. Finnleo Far-Infrared Saunas Include:

- 1. Lowest EMR/EF Exposure Available:** Our PureInfra™ infrared technology nearly eliminates the minimal radiation present in all infrared saunas. At low levels EMR and EF radiation isn't considered harmful, but we wanted to make the safest solution possible. Our patented PureInfra™ technology reduces the EMR level throughout the entire sauna room (no radiation spikes, ever) to below 2 mG and EF below 1 Vm; this is measured at the point of body contact.
- 2. Even Heat Distribution:** Hot and cold spots are eliminated with our CarbonFlex® emitters. Always-on technology and full-coverage installation techniques combine to create the most soothing, full-body heat exposure. Maximize your wellness time in a sauna with the tech that produces heat that safely heals, relaxes, detoxifies, and purifies.
- 3. Safety Tested & Approved:** Don't take our word for it, trust Intertek's verification process and approval. Finnleo's far-infrared emitter panels are ETL safety listed in the US and Canada. So, you can rest and relax peacefully because you're in a verified safe infrared sauna.



INSPIRATION SPOTLIGHT



### SAUNA TYPE

Infrared Indoor, Residential

**HEAT TYPE** CarbonFlex Emitter Panels

**INTERIOR** Horizontal Cedar Walls, 2-Tier Cedar Benches

**LIGHTING** Puck Lighting

**DOOR & GLASS** Full glass front, door, and hardware sourced separately

## How to Enjoy Infrared Heat & Maximize Benefits

### ☑ INFRARED ENERGY & ROOM TEMP

In an infrared sauna, light energy is emitted; this is your source of healing and heat. As you heat bathe, this energy will **raise your core body temperature - which is the goal in an infrared sauna.** In order to do this, the emitter panels must remain 'on' which happens as your sauna works toward your set temperature. All that being said, the room temperature will rise as a side effect of the light energy filling the space, and your heat bath is more enjoyable if your room is warm - a general recommended room temperature is **120°-130°.**

### ☑ PROXIMITY TO EMITTER PANELS

**6" or closer;** the closer you are to emitter panels, the better, so that the infrared energy can penetrate your skin. For this reason we line as many surfaces as thoroughly as possible to bring the emitters close to you.

### ☑ SKIN EXPOSURE

Infrared wavelengths penetrate only when skin is directly exposed. Layers of clothing, towels, or otherwise interfere with these wavelengths and prevent absorption, and therefore many potential benefits.

### ☑ OPTIMAL WAVELENGTH

Far-infrared wavelengths align well with what the body naturally emits (7-14 microns), so this energy is well-received by the body. Any wavelengths outside this range are difficult or impossible for our bodies to absorb, so provide little to no wellness benefits. Finnleo infrared panels emit energy between 8.4-9.4 microns, perfectly within range for natural bodily absorption - where therapeutic benefits and detoxification are possible.

### ☑ SAFETY LISTED

Protect your health and longevity and choose an infrared sauna that is tested and proven safe by a third party. Invest in a wellness product that prioritizes your well-being. Our infrared solutions are the only available on the market with 3rd party verification of the entire sauna room in ACTUAL use with all connections and electrical distribution points in place.





## 6 Controls

### SaunaLogic2®

**Simply convenient.** Control your sauna room settings and preferences at the touch of a button – time, temperature, lighting, heating type (if applicable) and audio. This wall-mounted control is sleek and intuitive, simplifying your saunas' operation.



#### SL2

- ✓ Traditional Saunas
- ✓ Residential
- ✓ Wi-Fi (Non Wi-Fi Option Available)
- ✓ On-Off Switch (Option Available)

#### SL2-IS

- ✓ Infrared or InfraSauna
- ✓ Residential
- ✓ Wi-Fi (Non Wi-Fi Option Available)

#### SL2-C

- ✓ Traditional Saunas
- ✓ Commercial
- ✓ Wi-Fi
- ✓ Timer: 60-minute or 24-hour
- ✓ On-Off Switch (Option Available)

## Control On The Go

Expand your control capabilities by pairing with the SaunaLogic Mobile app. Extend your standard sauna controls to your mobile device so you can operate your sauna from wherever you are. Additional functionality available in the app allows you to set timers, create schedules, and add users to customize and personalize sauna sessions. Available on iOS and Android operating systems; compatible with Google Home, Alexa, and Siri.



#### OPTIONAL ON-OFF SWITCH

##### Compatible with the SL2 and SL2-C Controls

This one-touch button simplifies operation and control at the sauna. It creates separation from in-depth sauna settings between the sauna user and the sauna owner. The power button illuminates blue when turned 'On', and will run at the pre-set time (60 min or 24 hr) and temperature.



This brushed stainless steel control mounts in a standard single-gang electrical rough-in box. It's plug-and-play operation makes this an easy addition for any commercial sauna.

## 7 Audio (OPTIONAL)



#### Elevate your sauna experience with audio

by adding an SL2 Bluetooth SoundBar. Listen to music, follow a guided meditation, catch up on your favorite podcasts, and more. If added, it installs below a bench so the sound penetrates the room but the system gets tucked out of the way. TheSaunaLogic2 control facilitates the Bluetooth connection to your device and adjusts volume as needed.

# YOUR CUSTOM, AUTHENTIC FINNISH SAUNA IS

# WITHIN REACH





INSPIRATION SPOTLIGHT



#### SAUNA TYPE

Traditional Indoor, Residential

**Heater:** Himalaya, not shown

**Interior:** Vertical Cedar Walls, 3-bar backrest, bench skirts

**Lighting:** In-backrest LED light strips

**Door & Glass:** Glass panel, door, handle, and hardware sourced separately

## Quick Tips OPTIMIZING YOUR SPACE BEFORE INSTALLATION

### 💡 CEILING HEIGHT

We recommend 7' ceilings to maximize heater efficiency and sauna bather comfort. Heat stratification allows the warmest temperatures at the highest point in the room, so ceiling heights >7' negatively impact temperature at bench level.

### 💡 WALL FRAMING

16" on center. Standard framed walls should have 2"x4" studs, bottom base plate treated, and ceiling lowered to 84" I.D. from floor to framing. Existing masonry walls should have furring strips 16" on center, metal studs need furring strips for nailing of tongue-and-groove wall boards.

### 💡 FLOORING

Cement, ceramic tile, or similar waterproof flooring required. (No carpet.)

### 💡 POWER

Reference owner's manual for selected heater/panels for specific power requirements.

# CUSTOM SAUNA DELIVERABLES

**Expect quality craftsmanship, expert design, and a ready-to-install custom sauna kit,** complete with all the components noted below. There are a few additional elements that your Finnleo dealer will help you navigate to prepare your home for reliable sauna operation and any final design finishes.

## WHAT'S INCLUDED

### In Your Custom Sauna Interior Package

#### Finnleo will deliver the following:

- Interior Walls & Ceiling Tongue-&-Groove Wood, Cut to Length
- Interior Trim
- Foil Vapor Barrier
- Heater (Electric / Woodburning / CarbonFlex® IR Panels) w/ Control + Rocks & Heater Guard as Needed
- Wood Benches & Backrests Preassembled
- Door, Pre-Hung with Handle, Casing, Jamb, & Threshold
- Room Lights
- Vent Valve & Grills
- Headrest(s)
- Duckboard Flooring for Walk Area
- Bucket & Ladle, as Needed
- Hardware Package
- Bluetooth® Soundbar, Optional

## WORK DONE BY OTHERS

### On-Site Sauna Elements to Plan For

#### Sauna installation and finishing touches require some additional planning and preparation:

- Framed & Prepped Space for Sauna (Indoor or Outdoor), including subfloor & foundation work
- Installation of: stud walls (or furring strips), ceiling joists, and insulation.
- Finish Painting / Staining of Exterior Surfaces (Primarily Outdoor)
- Electrical Wiring, including connections to control
- Materials & Construction of Design Elements Outside Finnleo's Expertise (I.e. All-Glass Walls)

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

### 💡 INSULATION

R11 rated fiberglass insulation recommended.

### 💡 WARRANTY

All sauna room components are fully warranted for 1 year. Heaters & controls have a 5-year limited warranty (1-year for Commercial) against defects in material and workmanship. See your dealer for more information.





# Home Fitness Center

Bring the gym home with an exercise room and sauna for convenient daily use.  
**Builder:** Ador Homes  
**Designer:** Kari Campbell Interiors

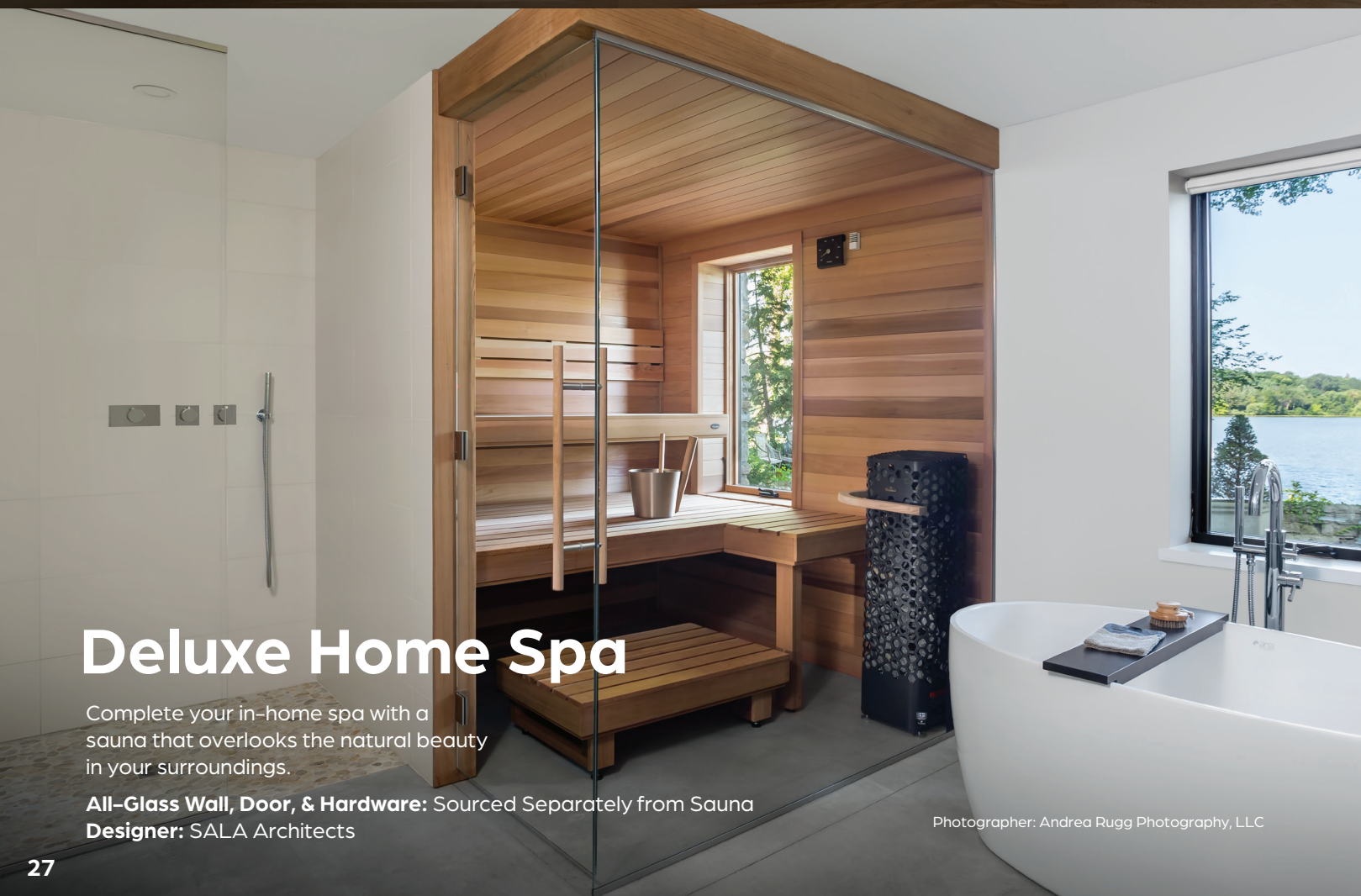
Photographer: Spacecrafting Photography

INSPIRATION SPOTLIGHTS



# Luxurious Master Bath

Prioritize your personal wellness with an elegant master bath retreat. Put relaxation within your reach.  
**Interior:** Standard Interior with Upgraded Western Red Cedar Walls, Ceiling, & Benches  
**All-Glass Wall, Door, & Hardware:** Sourced Separately from Sauna



# Deluxe Home Spa

Complete your in-home spa with a sauna that overlooks the natural beauty in your surroundings.  
**All-Glass Wall, Door, & Hardware:** Sourced Separately from Sauna  
**Designer:** SALA Architects

Photographer: Andrea Rugg Photography, LLC



# Glorious Guest Retreat

Hotels, spas, apartments, gyms, training facilities, health clubs, and more; give your guests' space for wellness.  
**Location:** Lakeside Apartments in Minneapolis, MN



ANCIENT ROOTS

# NATURAL EVOLUTION



## THE MANY BENEFITS

# OF SAUNA



### OVERALL WELL-BEING



### BRAIN HEALTH

A 20+ year study conducted by Dr. Jari Laukkanen and his colleagues at the University of Eastern Finland revealed regular sauna use lowered the risk for both Alzheimer's and Dementia by upwards of 65 percent. Scan the code to view the study.



### CARDIOVASCULAR HEALTH



### INCREASED CALORIE BURN



### SKIN CARE ENHANCEMENT



### STRESS REDUCTION



### FITNESS SUPPORT



### SLEEP IMPROVEMENT



### RESPIRATORY HEALTH IMPROVEMENT



### TOXIN RELEASE



### ILLNESS PREVENTION

German sauna medical research shows that saunas were able to significantly reduce incidences of colds and influenza among study participants. As the body is exposed to heat, it produces white blood cells more rapidly, which in turn helps to fight illnesses and kill viruses.



### SOCIAL CONNECTION



### RELAXATION & REJUVENATION



# Custom Sauna PROJECT NOTES

START A WISH LIST. SKETCH AN IDEA. NOTE MEASUREMENTS. JOT DOWN QUESTIONS.

**Get your custom sauna project started!**

**finnleo**  
PURE SAUNA  
A PART OF SAUNA360

Scan code to discover more  
sauna options from Finnleo.

