

Type of sauna or steam room

- What type of sauna or steam room are you hoping to install?
 - a conventional sauna, Yes No
 - a far infrared (FIR) sauna Yes No
 - a steam room Yes No
 - a steam shower Yes No

Conventional sauna

- If you're installing a sauna, what type of sauna heater will you use?
 - an electric sauna heater Yes No
 - a gas sauna heater Yes No
 - a wood fired sauna heater Yes No
- Do you have access to gas piping in your area? Yes No
In many situations, gas is considered cleaner and cheaper than other options.
- If not, are you able to access LPG in your area? Yes No
- Do you have a ready supply of firewood? Yes No

Far Infrared (FIR) sauna

- Do you understand how a FIR (infra red) sauna differs from conventional saunas in terms of its 'feel'? Yes No
- What type of FIR sauna will you choose?
 - a small, tent-style FIR sauna Yes No
 - a small room-type sauna Yes No
- What type of heater panels are most appropriate for your needs?
 - carbon fibre heater panels Yes No
 - ceramic heater panels Yes No

Steam room or steam shower

- If you're installing a steam shower, will you buy one as a complete, prefabricated unit? Yes No
- Have you planned for sufficient waterproofing? Yes No
- What type of steam generator will you use?
 - a gas powered steam generator Yes No
 - an electric steam generator Yes No



Accessories

- What will your sauna contain?
 - a thermometer Yes No
 - a timer Yes No
 - a bucket Yes No
 - a ladle Yes No
- Have you arranged for the right types of sauna rocks? Yes No

Size and Location

- Have you allocated space for a sauna? Yes No
- Do you know where you will locate your sauna? Yes No
- How many tiers will your sauna have? _____
- How many people will your sauna need to accommodate? _____
- Would you like to be able to lie down in your sauna? Yes No
- Have you allowed for sufficient space between the lowest bench and the sauna heater? Yes No
You should allow for at least 1.2m clearance.
- If you're installing the sauna inside, can you adequately ventilate the sauna in your chosen location? Yes No
Most saunas require basic ventilation and gas saunas require a special flue to remove exhaust fumes.
- Have you taken into account how the sauna door will open, and whether it poses a risk or an inconvenience to other parts of the house or yard? Yes No

Who will use the sauna?

- Will anyone with special needs be using the sauna? Yes No
- If so, will you require wheel chair access? Yes No

Budget and cost

- What is your budget for your sauna or steam room? \$ _____
- How much have you allocated to spend on:
 - the sauna or steam room enclosure \$ _____
 - the sauna heater or steam generator \$ _____
 - accessories (thermometer, timer, bucket, ladle, stones) \$ _____
 - installation \$ _____
- Have you estimated the operating costs for the fuel you have chosen? Yes No





Other considerations

- Are the light fittings you plan to use in your sauna adequately weatherproofed? Yes No
- If you are constructing a sauna in your back yard, have you obtained the necessary permissions from the local building authority? Yes No
- Do you understand how saunas work, and how to properly use the sauna you intend to install? Yes No

