

dröm[®]
sauna steam spa



A WORLD OF WELLBEING

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Hints on building, installing and ventilating a sauna.

Building a sauna “plank by plank” with battens and panels, insulation, door, fittings and mouldings, etc. requires knowledge and experience as a carpenter. The alternative is to choose one of the prefabricated sauna rooms from the Tylö range. It’s a short-cut to success that compares favourably with the cost of a sauna built on site.

How long it takes to build a Tylö sauna depends, of course, on the model. But full step-by-step instructions and an ingenious design concept make the work straightforward. At the same time you can be sure of a sauna with the carefully crafted finish that is the hallmark of good quality and your guarantee of reliable service for many years to come.

The location of the sauna room

In principle you can install a sauna almost anywhere. The only requirement is that, for safety reasons, the minimum ceiling height is 1900 mm.

It’s an advantage to have a shower close by, so the bathroom often makes the ideal location for a home sauna. However, part of the patio or conservatory, spare room in the loft or cellar, or the children’s room once they have flown the nest, can also be the perfect place to create your own home spa.

Layout

The layouts of our prefabricated sauna rooms give you a few tips on how to position the benches in a sauna.

Split-level seating is a practical solution when you want to offer children – or anyone else for that matter – a choice of bathing temperatures. The lower the bench, the lower the temperature.

For the best air circulation in the sauna, the sauna heater and the door should both be placed on the same wall.

It is important to make sure that the sauna heater is at a safe distance from the side walls and any heater guards. The instructions supplied give the minimum safety distances for each respective heater.

Choosing and installing a sauna heater

The output of the sauna heater must be

suited to the size of the sauna room itself.

As a rule of thumb, you need a heater that produces approximately 1 kW for each 1.3 cubic metres. For a sauna room with large areas walled with glass, tiles or other dense materials, you will, however, require a heater with a greater output. The type of sauna that you prefer is also important when choosing the right sauna heater.

Remember, too, that electrical installations must be carried out by a qualified electrician.

Walls and ceiling

Inside the sauna, wooden panelling is the traditional choice – and the best as well. You may prefer timbers free from resin and knots, such as alder, aspen and lime. However, spruce and pine are also suitable for sauna panelling if you prefer a more rustic character with knots as a decorative element and the refreshing scent of resin.

Behind the wood panelling you will need to insulate walls and ceiling with a layer of mineral wool approximately 5 cm thick. If the sauna backs onto a cold outer wall it is a good idea to leave an air gap between the outer wall and the insulation in the sauna to prevent any condensation penetrating the sauna walls.

Choosing a stone finish on certain walls inside the sauna can add an attractive decorative touch, but do bear in mind that dense, solid materials on the walls mean that the sauna room takes longer to heat up.

Door

A sauna door must always open outwards and close with a magnetic strip, self-closing hinges or similar so that it is impossible for the door to become jammed or impossible to open. A professionally manufactured door specially designed for sauna use is always the best choice.

Interior fittings

Benches, backrests and decor panels can be designed in many different ways. The quality of the carpentry work, the durability of the construction and the standard of the finish are what give the sauna room its unique character. For quality that you can rely on under all conditions Tylö interior fittings are the obvious choice.

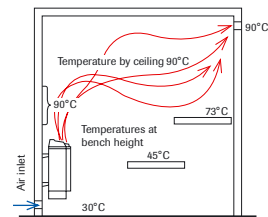
Sauna floors

The best solution is to have the same flooring inside the sauna as in the room outside.

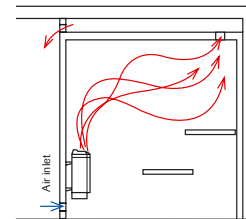
It is an advantage to have a floor drain in the sauna room. This is by no means a necessity, but it does make cleaning the sauna room easier.

Sauna ventilation

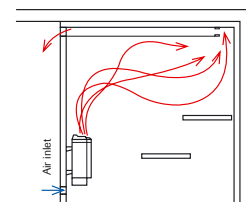
The best ventilation is the simplest. According to the traditional “natural draught” principle there should be an air inlet through the wall under the sauna heater and an air outlet on the wall in the top corner diagonally opposite. The air outlet must always lead into the same room from which the inlet air is drawn. The sketches below illustrate different solutions for different circumstances.



Outlet vent through wall. The outlet is placed high up, close to the ceiling.



Outlet vent discharges air via a cavity above the sauna ceiling.



Outlet vent via ducting below sauna ceiling. The duct is placed in the angle between the ceiling and wall, and is boxed in with wood. The cross-sectional area of the duct must be the same as that of the outlet vent.

Save energy

The energy used for a normal sauna bath, including heating-up time is no more than that required to run a washing machine for 4 hours. Moreover, it is worth noting in this respect, that all the heat generated by the sauna heater can be re-used.

Thermostatically controlled radiators in the rest of the building can take a rest as this heat is subsequently dispersed. The fact that sauna bathers usually shower in cooler water than normal is another energy-saving benefit.

Additional energy can be saved by installing a sauna room in a corner against one or more outside walls, a form of extra insulation that can save as much as 500 kWh a year.