



CUSTOM CEDAR SAUNAS

Indoor Sauna Design & Order Form

Handcrafted in the Home of Cedar

250-842-8311

jforsyth.ent@gmail.com

Customer Name _____	Date _____
Phone _____	Email _____
Project / Installation Location _____	

Indoor saunas depend on the room around them. Accurate sizing, air movement, insulation and electrical planning matter as much as the cedar finish.

1. ROOM & SAUNA SIZE

Approximate measurements are fine to start. Final dimensions should be confirmed before construction.

Room width	Room length	Ceiling height	Finished sauna size
Existing room / renovation: ☐ Yes ☐ No	New construction: ☐ Yes ☐ No		

Anything affecting available space: windows, doors, plumbing, beams, sloped ceiling, floor drain, etc.

2. AIR CIRCULATION & VENTILATION

Good ventilation helps distribute heat and oxygen, supports better löyly, and helps the sauna dry after use.

- ☐ Fresh-air intake planned near / above the heater
- ☐ Exhaust vent planned on the opposite side of the sauna
- ☐ Drying / high vent considered for after-use ventilation
- ☐ Mechanical exhaust may be required depending on room / heater / installation
- ☐ Existing room ventilation needs to be reviewed

Proposed intake location: _____

Proposed exhaust location: _____

Notes / obstacles affecting airflow:

3. INSULATION & VAPOUR CONTROL

A properly insulated shell and reflective sauna vapour barrier help control heat, moisture and drying.

- ☐ Walls insulated
- ☐ Ceiling insulated
- ☐ Reflective sauna vapour barrier / foil layer
- ☐ Air gap / strapping behind interior cedar
- ☐ Existing wall or ceiling assembly needs inspection

Wall construction / insulation notes: _____

Ceiling construction / insulation notes: _____



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4. ELECTRICAL & HEATER

Electrical capacity and heater sizing should be confirmed before finalizing the room. Electrical work must follow local requirements and manufacturer instructions.

- ☐ Electric sauna heater
- ☐ Wall-mounted heater
- ☐ Floor-standing / high-stone-mass heater
- ☐ External control panel
- ☐ Wi-Fi / smart controls if available
- ☐ Dedicated electrical circuit required
- ☐ Electrician to confirm service, breaker size, wire size and heater connection

Preferred heater brand / model: _____

Known heater kW: _____

Electrical panel location / distance from sauna: _____

5. GLASS, DOOR & WINDOWS

Glass changes the heat load and privacy of the room. Large glass areas should be included when sizing the heater.

- ☐ Full glass sauna door
- ☐ Cedar door with glass
- ☐ Fixed glass panel
- ☐ Multiple glass panels / glass wall
- ☐ Interior window
- ☐ Exterior window

Approximate total glass size: _____

Glass tint / privacy preference: _____

6. BENCH HEIGHT & LAYOUT

Bench height is planned around the heater and ceiling so bathers sit in the hotter, more even part of the room.

- ☐ Upper bench
- ☐ Lower bench / step
- ☐ L-shaped bench
- ☐ Straight bench
- ☐ Custom curved / fitted bench
- ☐ Backrest

Preferred seating capacity: _____

Preferred bench depth / notes: _____

7. LIGHTING & CONTROLS

- ☐ Warm LED accent lighting
- ☐ Under-bench lighting
- ☐ Backrest lighting
- ☐ Ceiling / wall sauna-rated fixture
- ☐ Dimmer / scene control
- ☐ Switch / control location outside sauna