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Lunawood Sauna Guide



Getting Started with Sauna Construction Using Lunawood ThermoWood®

Lunawood ThermoWood® is an ideal material for saunas thanks to its resin-free and chemical-free composition, excellent dimensional stability, and low heat conductivity—ensuring a safe and comfortable sauna environment. To ensure the best sauna experience, it's important to follow key construction principles before installing Lunawood ThermoWood® products.

DESIGN PHASE

- Ensure that the sauna wall and ceiling structures are properly insulated and equipped with a vapour barrier before installing Lunawood ThermoWood® products.
- Follow fire safety guidelines and observe safety distances around the stove.
- Design proper floor slopes to direct water to the drain.
- Consider ease of cleaning and maintenance in daily use.

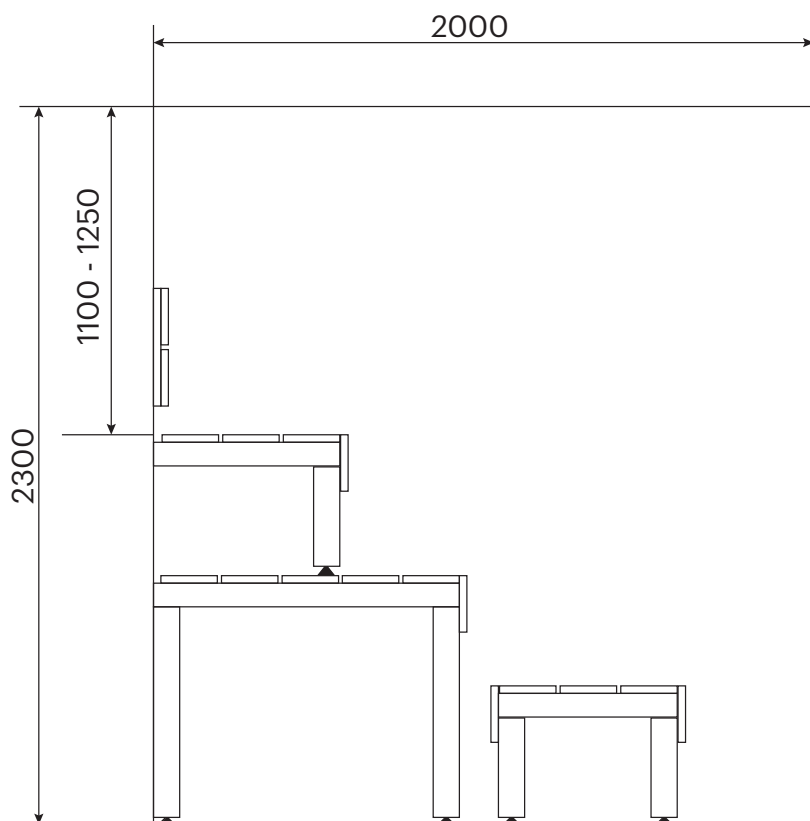
Commonly used sauna dimensions

To optimize both comfort and energy efficiency in a sauna, proper interior dimensions are essential.

The height of the sauna should be between 2100 mm and 2300 mm, so that no unnecessary space is heated. The ideal bench height is when there is 1100 mm to 1250 mm of space between the ceiling and the top bench. Outside these dimensions, the sauna is too cold or too hot.*

Lunawood ThermoWood® products can be used on all decorative surfaces of the sauna, including the substructures of benches and decks. Plugs between sauna floor and bench frame are recommended to ensure capillary break.

(*Source: Tähtisaunat Oy)



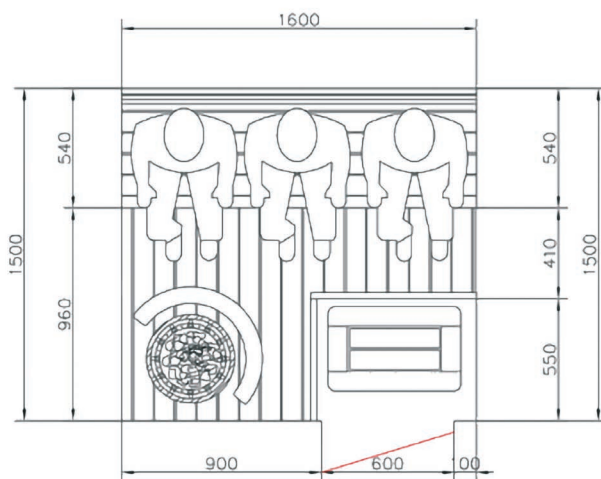
Sauna layout ideas

When designing a sauna, it's recommended to start by determining the location of the stove, sauna door, and any windows. It's also important to consider how many people should be able to use the upper bench at the same time. For planning purposes, allocate approximately 550–600 mm of space per person on the upper bench.*

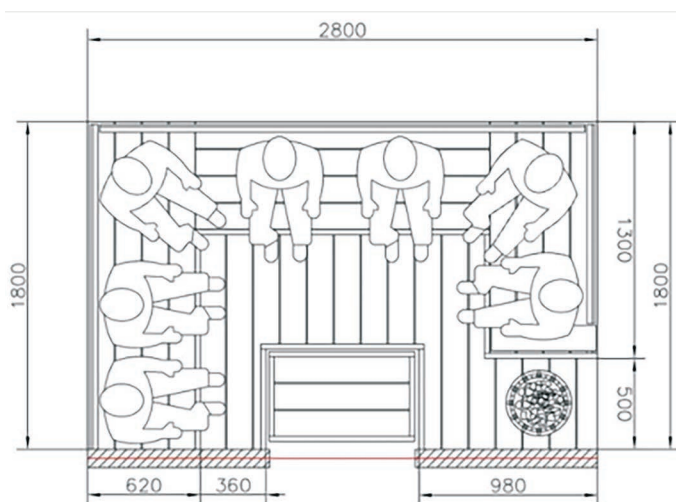
The image below illustrates typical user spacing in a sauna of this size.

Note: Different stove models require different safety distances. Always follow the manufacturer's instructions.

(*Source and pictures: Tähtisaunat Oy)



Straight shaped benches

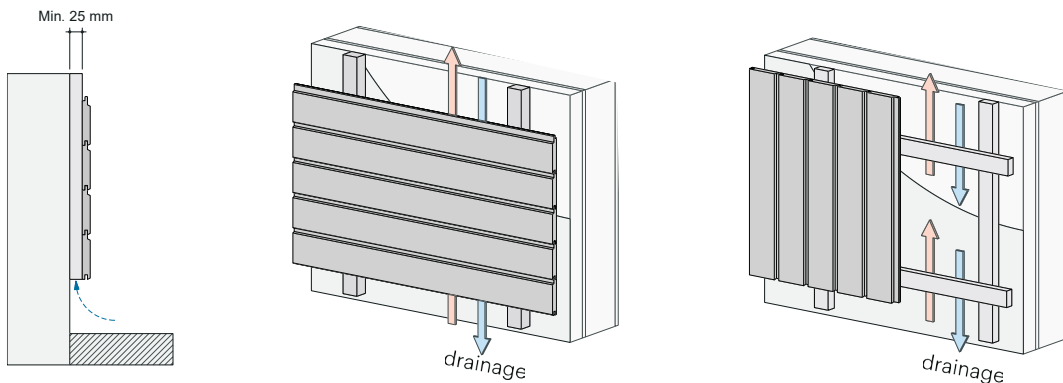


U-shaped benches

Installation Guidelines for Lunawood Walls and Ceiling

Proper installation is key to ensuring both the performance and aesthetics of Lunawood in sauna applications. Follow these guidelines for best practices when installing wall and ceiling panels.

- Ensure ventilation behind the wall panels and ceiling with a minimum ventilation gap of 25 mm
- Maintain joist spacing of 600 mm
- Use stainless steel screws for installation
- Install panels with the grooved edge facing downward
- Plan the installation order of the ceiling and walls to achieve a visually clean finish
- No corner trims are required for a seamless appearance



Maintenance and care of Lunawood in Sauna

For hygienic reasons we recommend treating all decorative surfaces featured in Lunawood (walls, benches, decks and ceilings) in sauna with paraffine oil. It will protect against dirt and moisture, facilitate cleaning and enliven the wood surface.

- Wipe the wooden parts clean of dust, clean them with a sauna detergent or other detergent suitable for wooden surfaces, and allow to dry
- For paraffine oil, the surface must be clean and dry
- Follow the paraffine oil manufacture's instructions

Allow the surfaces to dry after sauna session by ensuring good ventilation in the sauna room. We recommend leaving the stove on for at least half an hour with the air vent open and the door and windows closed

If self-selected shade is required, Lunawood Thermowood can be surface treated with all high-quality sauna finishes. It should be noted that the color patterns tinted to bright wood do not correspond to the final color tone due to the specific characteristic brown tone of the Thermowood. We recommend test painting. Follow the manufacture's instructions.



Suunnitteluhuone Oy, Visionary Design Partners
Helsinki Oy. Photo: Reino Hartikainen

Why Lunawood is a perfect solution for Saunas

Lunawood is perfect material to all decorative surfaces of sauna including understructure of the benches and decks. Here are the main technical benefits of Lunawood in Sauna areas and facilities.

Resin free

Lunawood contains no resin, meaning there are no hot resin pockets—on either walls or benches—for a safer and more pleasant sauna experience.

Low thermal conductivity

Thanks to the patented ThermoWood® process, Lunawood products have exceptionally low thermal conductivity, resulting in a more comfortable sauna experience with pleasantly cool surfaces.

High durability

Sauna conditions set high demands on materials due to constant fluctuations in humidity and temperature. The ThermoWood® process significantly enhances the wood's durability, making Lunawood an ideal solution for these challenging environments.

Low maintenance

Lunawood does not require any maintenance, even in sauna facilities. To ensure high level of hygiene, paraffine oil is recommended.

Dimensional stability

Thanks to the ThermoWood® process, the chemical structure of the wood is permanently altered, making Lunawood exceptionally dimensionally stable. This stability enables precise designs, such as mitred corners and detailed finishing in sauna interiors.

Resistance against bacteria

Lunawood has an excellent resistance against moisture and dirt.