



SPX

WELLNESS DESIGN

SPX FIT IS THE GLOBAL GYM & WELLNESS ADVISORY FIRM.

Partnering and designing luxury hospitality, residential, commercial facilities, and private residences. We have created and opened over 100 fitness & wellness spaces across 14 countries and 4 continents.

We believe that fitness is more than just a physical activity, it's about feeling good and being healthy both inside and out, regardless of your current fitness level or goals.

At SPX, we believe that form and function are not mutually exclusive. In fact, we believe that they can work together to create a truly unique and inspiring wellness experience.

We work with leading interior designers and the latest equipment to create immersive and interactive fitness & wellness experiences, that are both beautiful and functional. Our modern design approach fused with our extensive experience means you'll be left with an enticing wellness space that will motivate and inspire you.





THE ALMIGHTY SAUNA

A STARTER GUIDE TO TRADITIONAL SAUNA

01 THE OUTDOOR SAUNA

Let's clear the air right away: this guide is all about outdoor saunas, and there's a good reason for that. You might be tempted to put an outdoor sauna inside, but let's face it—that's like putting a convertible in your living room. Sure, you could do it, but why? Indoor saunas have their own set of rules, but today, we're focusing on saunas that can sit proudly in your backyard or on your patio. These beauties are built to handle the elements and provide you with the ultimate relaxation spot, whether nestled in your garden or perched on your deck. That said, much of what applies to outdoor saunas can be adapted for indoor use. If you're interested in infrared saunas or would prefer a warm electric blanket this isn't the guide for you.

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01 THE OUTDOOR SAUNA

Setting up a dry sauna requires patience and investment, but it's like comparing a stay at the Four Seasons to a night at Motel 8—you'll never want to go back to the "cheap and easy" options once you've experienced the real deal. Don't let this steer you towards a plug-and-play infrared sauna; that's like settling for fast food when you could have a gourmet meal. Now, let's dive into the good stuff—finding your perfect sauna.

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02 ESSENTIALS OF DRY SAUNA

- ▶ **VENTILATION:** Proper airflow is non-negotiable. A well-ventilated sauna maintains air quality and helps achieve that perfect, dry heat.
- ▶ **STEAM:** Tossing water on hot rocks isn't just for show. It's what creates that burst of steam, adding humidity and making the heat feel more intense.
- ▶ **HEAT:** The heart of the sauna. A good heater will get you sweating in no time, reaching temps that make your worries (and toxins) melt away.
- ▶ **BENCH HEIGHT:** The higher the bench, the hotter the experience. It's all about positioning—heat rises, and so should you.

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03 BEFORE YOU BUY

In this age of Amazon Prime and Netflix, a quality dry sauna is more like a trip to Blockbuster in 1999. It requires prep, planning, and organization. But trust me, it's worth every bead of sweat. Here's what you need to consider:

I'm team cabin sauna all the way. They're just better than barrels. Cube saunas are also a solid choice, but barrel saunas? Not my favorite. The feet are below the heaters, and the shape isn't great for even heating. Plus, I've seen too many barrels leak, and the lower-quality ones expand and contract like crazy. If you're stuck with a barrel, at least get the roof kit or shingles. Mold is not your friend, especially in humid environments.

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Some homework before your sauna arrives...

- ▶ **FOUNDATION:** Your sauna needs a solid, level base. Just like your partner but in this case think concrete slabs, gravel beds, or sturdy wood decking.
- ▶ **POWER:** Most saunas require 240V and between 30A-50A of dedicated power. Don't skimp on this—find out what your sauna needs and make sure you're set up to supply it. If you have a sexy front window, you'll need to account for this (and windows anywhere) as this will demand more kilowatts.
- ▶ **ELECTRICIAN:** Don't assume every electrician knows how to wire a sauna. They might need a crash course on sauna-specific setups, especially for the larger, more complex models.

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Incorporating a Shower & Plunge

Don't overlook the importance of a rinse station—a.k.a. a shower. If you're even thinking about contrast therapy, imagine how much you'll sweat in the sauna and then jump into a plunge pool. Now imagine five people doing the same and that water festering for days. Gross, right? Solution: incorporate a shower and maintain your plunge. Even without a plunge pool, a cold shower is a fantastic way to finish a sauna session.

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04 SAUNA SELECTION

Electric Heaters & WiFi

- ▶ **COACH LEVEL:** [Harvia](#)—economical, reliable, and will get the job done.
- ▶ **BUSINESS CLASS:** [Huum](#)—aesthetic, WiFi-enabled, and has excellent stone volume. If you go for the Drop or Hive models, don't forget the protective air tunnels; those heating elements bending and touching will ruin your day. These units can hit 230°F easily.
- ▶ **FIRST CLASS:** [IKI Heaters](#)—sleek, durable, and with a proven track record. I heard there's these heaters in Europe that are 30+ years old still fighting the good fight.

**For the tech-savvy, Huum offers a WiFi controller that lets you flip on your sauna from anywhere. With about a one-hour heat-up time (to around 175°F+), it's pretty sweet to come home to a sauna that's ready to go. It's an expensive upgrade, but Huum's WiFi is the most reliable and advanced out there for electric heaters.

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PREFAB PICKS

▶ NORTHERN SAUNAS: [Terra XXS Cabin Sauna](#)

This one's for the sauna nerds. It's open-source, so you can tweak it to your heart's content—raise the bench, choose your heater, and customize the ventilation. Available in multiple sizes.

▶ BSAUNA USA: [Round Cube Mini](#)

My daily go-to. The vibe is unbeatable, especially with the juniper accent wall and mirrored front. Just a heads up—ventilation could be better, so consider upgrading to a mechanical system.

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PREFAB PICKS

▶ **SISU SAUNA:** [The Crew Cabin](#)

My buddy Todd swears by this one, and it's easy to see why. Great bench height, solid heater, and ventilation that checks all the boxes. Plus, it's made in the USA—a nice blend of quality and price.

▶ **PLUNGE SAUNA:** [Plug and Play](#)

Simple to install, but you'll still need an electrician to set up a NEMA L14-30 outlet. Much easier for the electrician than other models. Not a fan of the bench width or foldable aspects, but it gets the job done.

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HIGH END, CUSTOM PICKS

▶ **TIMBER BROTHERS:** [Northman Sauna](#)

A flat-pack masterpiece that saves you tens of thousands without skimping on quality. Built by sauna enthusiasts for sauna enthusiasts. Starting at \$20,000.

▶ **VOYAGEUR SAUNA:** [Outdoor Sauna](#)

Custom saunas for those who want to bathe in style. Bart and his team will work with you and your builder to create the perfect indoor, outdoor, or even mobile sauna. Starting at \$20,000.

▶ **CEDAR AND STONE:** [Model 3](#)

The epitome of luxury, with a sustainable mission to match. If you're ready to splurge, this is the one to beat. Starting at \$50,000.

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BESPOKE

▶ ALPHA WELLNESS: [Outdoor Sauna](#)

For those who want something truly unique, Alpha Wellness crafts saunas that are as beautiful as they are functional. Be ready to invest.

▶ PERFECT WELLNESS GROUP: [Cabanon](#)

Full suite of offerings. For those who want the full spa experience—sauna, steam, and showers all under one roof.

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05 FINAL PICKS AND THOUGHTS

MY PERSONAL PICKS

1. [Round Cube Mini](#)
2. [Terra XXS Cabin Sauna](#)
3. [The Crew Cabin](#)

FINAL NOTES

If you're seriously considering a sauna, don't just "Amazon" this thing. I can't believe I'm saying this, but pick up the phone and call the vendor. Introduce yourself, tell them what you're looking for, and be upfront if you're considering other brands. Most of these vendors don't just want to sell you a sauna—they want to collaborate with you to create the best possible experience. And hey, they might even give you 5-10% off just for making that call. If that's not motivation enough... well, maybe you're an infrared sauna person. No offense.

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APPENDIX

MY BUDGET PICKS

Not everyone has a huge budget. These 3 saunas, have been purchased and owned by a few friends and have positive experiences with them. These are under \$10,000. I'd recommend roof kits and setting your expectations knowing these are on the entry/budget side of spectrum

Budget

1. [Thermowood Mini Cube Sauna 2 Person](#)
2. [Sisu Charlie Cabin Sauna](#)
3. [Scandinavian Eclipse 2 Person Outdoor Cube Sauna](#)

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