



Outdoor



Infrared



Glass Front



SAUNA ROOMS



Table of CONTENTS

Sauna Rooms	04	Customized Sauna Room	15
Health Benefits of the Sauna	05	Infrared Sauna Room	16
Glass Front Sauna Room	06	Optional Items	17
Standard Sauna Room	07	Materials	18
Sauna Room Interior Designs	08	Woods.....	19
Options (Windows and Walls)	09	Sauna Accessories	20
Standard Sauna Rooms Layouts	10	Sauna Heaters & Controls	21
Exploded Drawing	12	Steam Generators	22
Outdoor Sauna Room	14		



Sauna Rooms

Calm your nerves and relief your stress with the pleasant heat of the *authentic Finnish sauna*! Designed with Finnish know-how, each of the components of the SAWO sauna room is well-engineered in that they are heatproof, well-ventilated, and energy efficient.



Health Benefits of the Sauna



Medical research shows that regular sauna bathing has several health benefits for the body. These are:

- Increases energy levels
- Releases stress and tension
- Induces a deeper, more relaxing sleep
- Beneficial for mild cases of hypertension
- Relieves nasal, sinus, and chest congestion
- Flushes out harmful toxins through your pores
- Accelerates muscle recovery following heavy exercise
- Reduces aches and pains in joints by removing lactic acid
- Combined with exfoliating, it helps to remove accumulated dead skin
- Improves blood circulation by raising body temperatures and heart rate
- Increases your metabolic rate, which helps boost recovery after an illness
- Sauna bathing opens the pores on the skin and helps to remove harmful toxins and other impurities from the body.
- Temperatures between 70-90 helps to kill viruses and bacteria which cannot survive in higher-than-normal body temperatures.



Glass Front Sauna Room

Designed to capture the view of the lovely Finnish landscapes, glass front sauna rooms have clear tempered glasses on the front to enjoy the view.

- Reversible benches, heater location, and door opening
- Clear tempered glass front
- Vertical door handle
- Stainless metal legs as bench support
- Easy to assemble modular sauna room
- With wiring provisions

ⓘ Sauna rooms are sold as a set including heaters and accessories

Cedar (D)
 Aspen (A)
 Spruce (S)



Item Code: 1919RL-V Cedar



Item Code: 1313RS-V Aspen



Item Code: 1417RS-V Spruce

Standard Sauna Room

Standard sauna rooms are designed with a touch of Finnish traditions and know-how. Each material has its own distinctive characteristics which differentiates it from others.

The interior designs available for standard sauna rooms are Wave, Piano, and Classic designs.

Over 50 different layouts with recommended heaters; select your ideal sauna!

! Sauna rooms are sold as a set including heaters and accessories

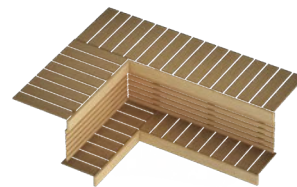
 Cedar (D)  Aspen (A)  Spruce (S)



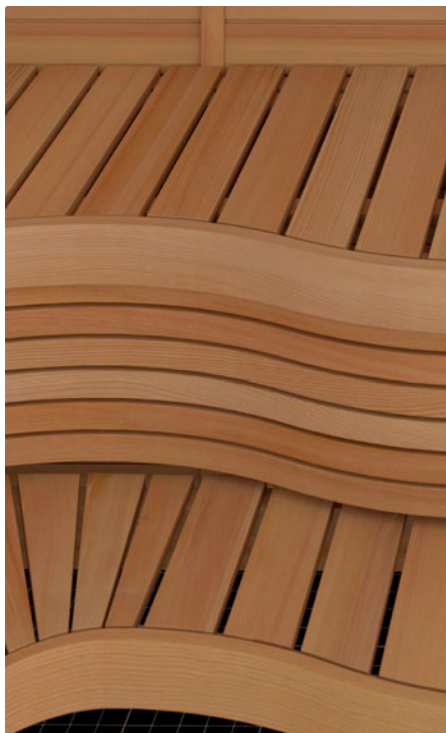
Wave



Piano



Classic



WAVE

Inspired by Finland's thousands of lakes, the fluid motion of the calm waters transpired into this sauna room interior.



PIANO

Piano benches give a neat and harmonious light effect using narrow-cut wood strips. Piano combines modern and traditional interiors.



CLASSIC

Classic benches are the original contemporary benches design. Each piece of wood is symmetrically and neatly arranged.

Options



Bronze Color



Glass with grille



Clear Glass

Extra Glass Windows

- Sizes
 - 600 x 1800mm
 - 600 x 900mm
 - 400 x 750mm
- Glass Window with Grille
- Bronze or Clear Glass



Soapstone Walls

- 1m or less

Corner Walls

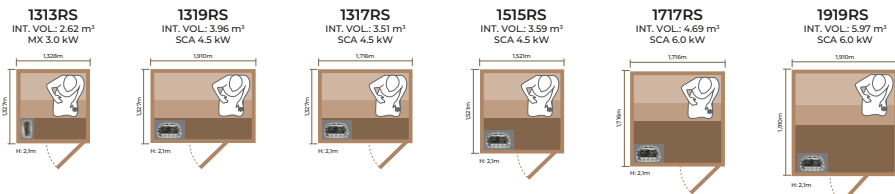
- 400 x 750mm



STANDARD SAUNA ROOMS

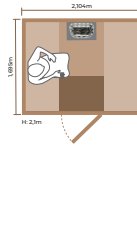
(applicable to both Vertical and Horizontal Paneling)

Right Door Straight Bench Design

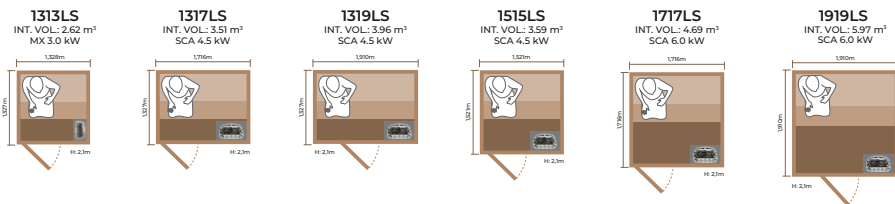


Middle Door Double Straight Bench Design

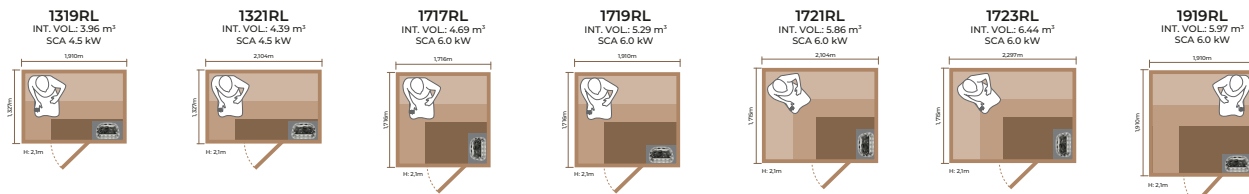
1721MD
INT. VOL.: 5.86 m³
SCA 6.0 kW



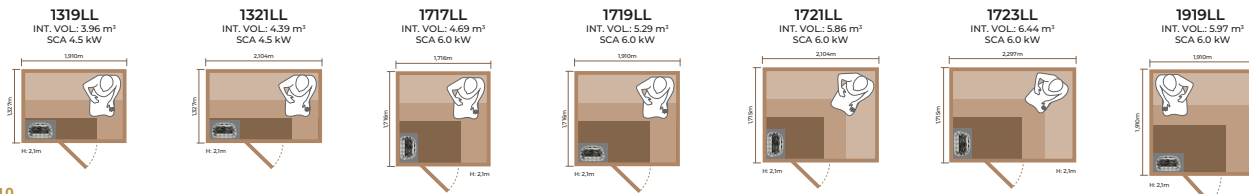
Left Door Straight Bench Design



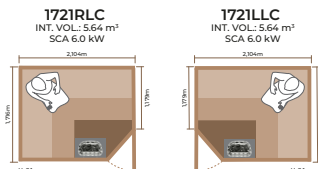
Right Door L-Type Bench Design



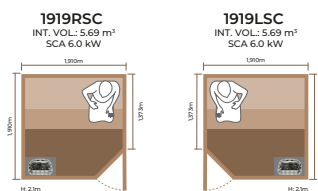
Left Door L-Type Bench Design



Right / Left Door L-Type Bench Corner Type Design



Right / Left Door Straight Bench Corner Type Design



SAUNA ROOM CODING STRUCTURE

0000	M	S	C
LENGTH	WIDTH	DOOR LOCATION	BENCH DESIGN
			ROOM TYPE

DOOR LOCATION

L = Left
M = Middle
R = Right

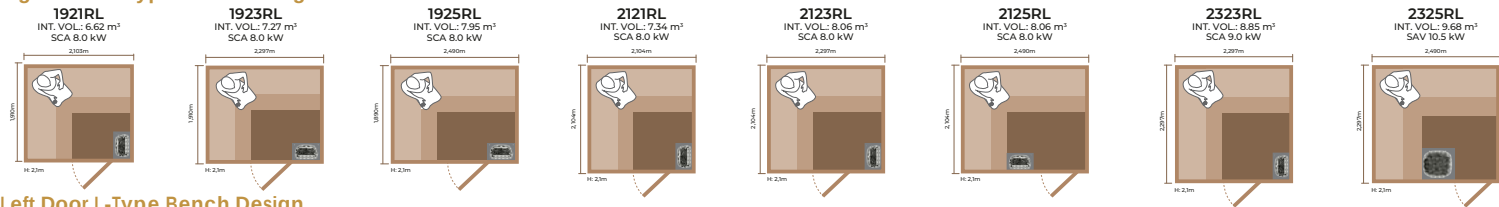
BENCH DESIGN

D = Double Straight
L = L-type
S = Straight

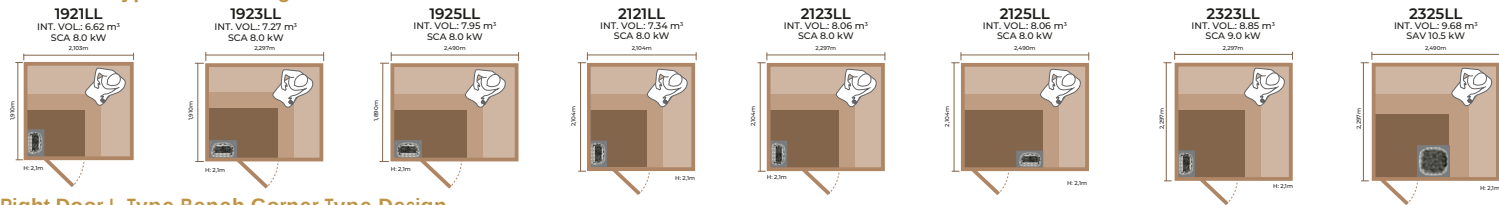
ROOM TYPE

C = Corner type

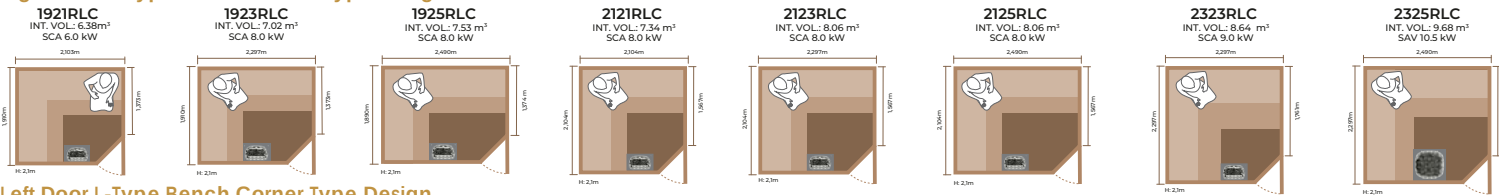
Right Door L-Type Bench Design



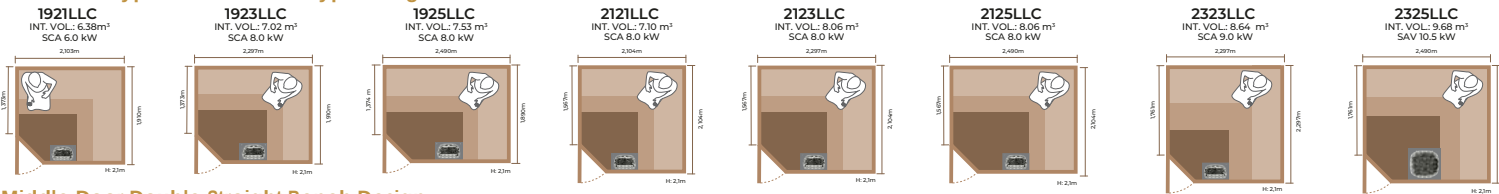
Left Door L-Type Bench Design



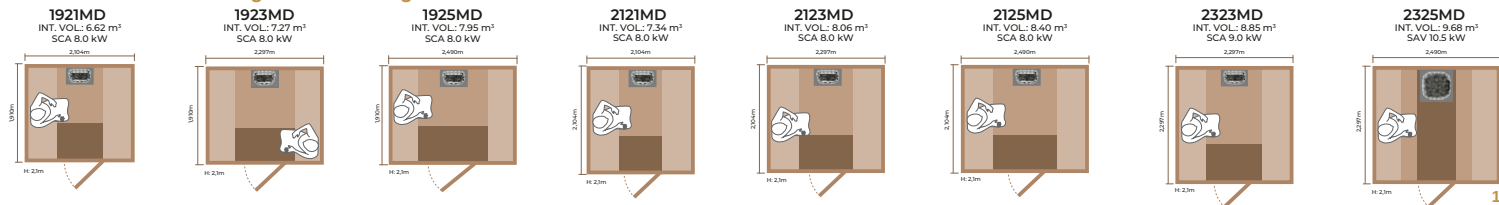
Right Door L-Type Bench Corner Type Design



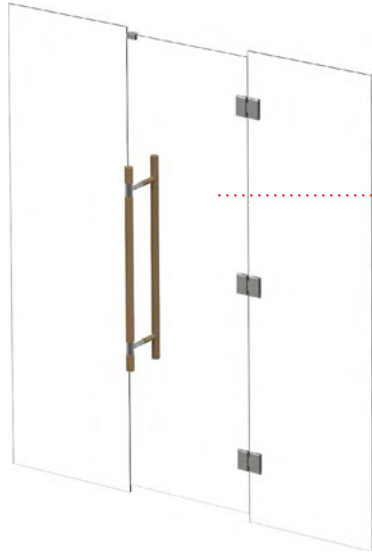
Left Door L-Type Bench Corner Type Design



Middle Door Double Straight Bench Design



Exploded Drawing



Vertical Handle (Metal Accent)

code: 560-D
size: 165 x 900mm
wood: Cedar / Aspen

Sauna Light Cover

code: 917-D
size: 207 x 280mm
wood: Cedar / Aspen



Sauna Light

code: 820
size: 135 x 75mm



Wooden Pail

code: 341-MD
capacity: 3L
wood: Cedar / Aspen / Pine



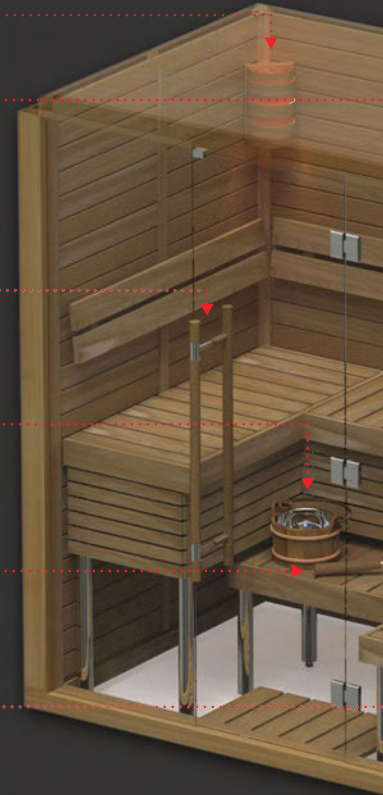
Stainless Steel Ladle

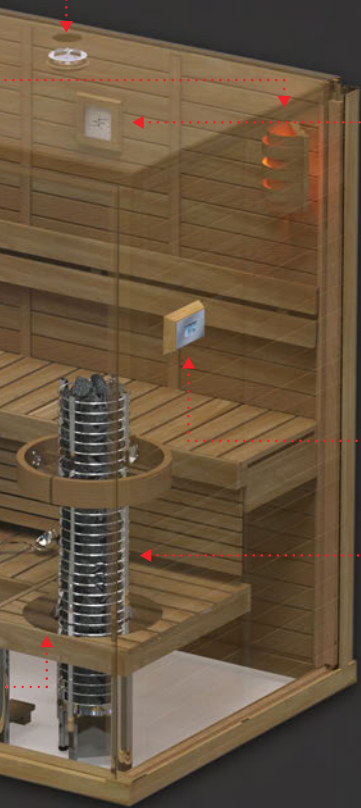
code: 442-MA
size: 40cm
wood: Cedar / Aspen / Pine



Stainless Steel Integration Collar

code: TH-COLLAR-ST2
size: (w)460 x (D)460 x (H)45mm





Ventilation Louver

code: 631-D
size: Ø 145mm
wood: Cedar / Aspen / Pine
ducting hole: 100mm



Thermo-Hygrometer

code: 225-THD
size: 180 x 180mm
wood: Cedar / Aspen / Pine



Rectangular Innova SST Interface Holder

code: INN-IH21-D
size: (W)25 x (D)215 x (H)140mm

Innova Stainless Steel Touch Control

code: INT-S-SST
size: (W)170 x (D)95 x (H)30mm



Wood Panels

Cedar Wood Panel
Aspen Wood Panel
Spruce Wood Panel



Tower Round Heater

code: TH3-60NB
size: 260 x 260 x 1300mm

Tower Round Heater Guard

code: TH-GUARD-W2-D
size: 510 x 270 x 210mm
wood: Cedar / Aspen



Outdoor Sauna Room

Outdoor saunas are designed to give you freedom of space, enjoy the surrounding scenery luxuriously, and withstand harsh weather conditions.

Top-coated walls and durable asphalt shingle roof protects from sun and rain, thus making the sauna long-lasting.

! Sauna rooms are sold as a set including heaters and accessories



Cedar (D)



Aspen (A)



Spruce (S)



Item Code: 1313LS-V CEDAR



Item Code: 2121RLC-V CEDAR



Asphalt shingles



With coat



Without coat

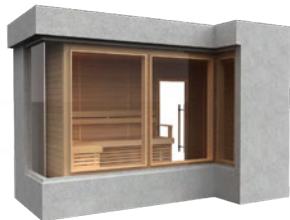
Customized Sauna Room

Can't find a suitable sauna from standard models? No worries! Our skillful and talented sauna specialists can help you design and fabricate the sauna of your dreams. Send us your plans or start sauna creation from the beginning with the SAWO team and be ready to be amazed!

SAWO sauna specialists will assist in designing your personalized or tailor-made sauna rooms from start to finish.

! Sauna rooms are sold as a set including heaters and accessories

 Cedar (D)  Aspen (A)  Spruce (S)



Item Code: 1933RL



Item Code: 1824 GOLDCOAST



Item Code: 2029RLC SPRUCE



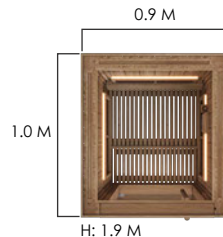
Infrared Sauna Room

Infrared sauna rooms are heated with fiber-coated infrared panels. Feel the fullness of well-being in gentle IR wave therapy.

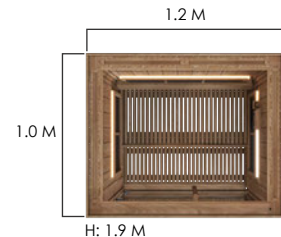
- Session time: 1-99min
- Packing: Wooden crate
- Adjustable base support
- Modern LED lights (12W)
- Pre-installed exhaust fan (18W)
- 230V 1N~ plug-and-play installation
- Control: temperature, session time, lights, and fan
- Fiber-coated far infrared panels (170W / panel)
- 2 different sizes: 1-person sauna (1200 W) or 2-person sauna (1400 W)



Cedar (D)



Item Code: 1009-IR CEDAR



Item Code: 1012-IR CEDAR

Optional Items



Infrared Panel

- Fiber-coated infrared panel
- Ready to connect
- Spare part for infrared sauna rooms



Infrared Control

- Simple and easy to use
- Temperature setting 35-75 °C
- Session time up to 99 mins
- Fan Control
- Light switch



Infrared Backrest

- Generates far-infrared heat, which penetrates deeper into your body to soothe muscles, burn fats, detoxifies and relaxes body
- Aspen or Cedar wood
- Adjustable headrest
- Strong Nylon Strap
- AC Power Plug
- On/Off Switch

Materials

Why use prefab sauna rooms from SAWO?

Only the finest wood material is considered when building a SAWO sauna room. These sauna rooms are energy efficient, well-ventilated, and especially comfortable to the bather. The sauna room walls are properly insulated to contain the heat inside the room. When a sauna room is well insulated, electric consumption and pre-heating time are greatly reduced.

The prefab sauna rooms are very easy to assemble. Wall elements are knockdown upon delivery. The walls are with wiring provisions for the heater, control, and lights.



Woods



Cedar, Aspen, and Spruce are the best woods used for sauna rooms.

Cedar

- Western Red Cedar from Canada
- High resistance to decay
- Strong laminated wood panels
- Good for house interiors, sauna wall paneling, and benches
- High-quality Cedar wood without knots
- Naturally highly termite resistant



Cedar Wood Panel

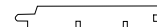


Cedar Bench Timbers

Technical Data

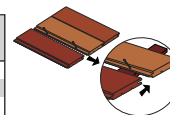
Cedar Wood Panel

PROFILE	WIDTH	THICKNESS	LENGTH (mm)
STV	106	13.8	1800/2100/2400



Cedar Bench Timber

WIDTH	THICKNESS	LENGTH (mm)
44	22/28	1800/2100/2400
70	22/28	1800/2100/2400
90	22/28	1800/2100/2400
90	44	1800/2100/2400



Aspen

- Creamy white appearance
- Low flammability
- Strong laminated wood panels
- Good for house interiors, sauna wall paneling, and benches
- High-quality Aspen wood without knots



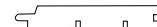
Aspen Wood Panel



Aspen Bench Timbers

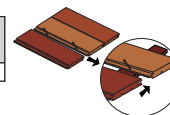
Aspen Wood Panel

PROFILE	WIDTH	THICKNESS	LENGTH (mm)
STV	106	13.8	1800/2100/2400



Aspen Bench Timber

WIDTH	THICKNESS	LENGTH (mm)
90	22	1800/2100/2400



Spruce

- Softwood with uniform grain
- Durable wood
- Solid wood panels
- Most commonly used for traditional sauna rooms
- With natural knots



Spruce Wood Panel



Spruce Bench Timbers

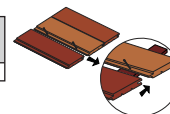
Spruce Wood Panel

PROFILE	WIDTH	THICKNESS	LENGTH (mm)
STV	95	13.8	2100



Spruce Bench Timber

WIDTH	THICKNESS	LENGTH (mm)
90	22	2100



Sauna Accessories

Compliment your sauna with the best accessories. SAWO has a wide range of sauna accessories including thermometers, hygrometers, pails, clocks, headrests, and many more.



Thermo-Hygrometer

code: 224-THP | THA | THD
size: 255 x 140mm
wood: Pine | Aspen | Cedar



Pails

code: 340-P | A | D
capacity: 4L
wood: Pine | Aspen | Cedar



Ladles

code: 445-MP | MA | MD
size: 465mm
wood: Pine | Aspen | Cedar



Sandtimers

code: 551-P | A | D
size: 65 x 340mm
wood: Pine | Aspen | Cedar



Headrests

code: 512-A | D
size: 180 x 230mm
wood: Aspen | Cedar



Sauna Heaters & Controls



A heater is the heart of the sauna.

A perfect sauna is a room that has a proper combination of steam and heat. This is achieved through a concise heater selection that corresponds to the volume of the sauna room. Arranged are SAWO's high-class heaters.

Heaters are operated by a built-in or a separate control. Built-in controls are attached to the heater's body with a timer and temperature setting command.

From the control selection, you will find stylish and practical choices for both residential and commercial sauna rooms.

Using a separate control with SAWO heaters will let you decide what type of sauna experience you will have. Control features such as temperature, humidity, time, use of fan and light dimmer, or even save energy with a power consumption counter. There is also a keypad lock to prevent children and unauthorized people from changing the settings.

Heaters



SAWO30 Round



Aries Wall



Scandia NS



Mini Fibercoated



Mini X NB

Controls

Built-in Control



Separate Controls



Saunova 2.0



Innova Classic 2.0



Innova Stainless Steel Touch

Steam Generators

Steam generators produce mild and soft steam for steam rooms. Steam bathing has the same health effect on the body similar to the sauna.

SAWO is also a producer of high-quality steam generators. STE-W is noted for its simple and on-the-go-to-use notion. STN-W steam generators can sustain long hours of operation. They are recommended for frequently used steam rooms such as commercial spas. Both steam generators have their own controls that are loaded with functions that bathers will enjoy.



STE-W Steam Generators



2 Heating Elements



3 Heating Elements



6 Heating Elements

STN-W Steam Generators



2 Heating Elements



3 Heating Elements



6 Heating Elements





www.sauna.ph

MANILA:

📍 La Huerta Village Center,
Multinational Avenue,
Multinational Village,
Parañaque City, Philippines 1704
☎ (02) 8550 1046
✉ sales@sawo.ph

CEBU:

📍 Mactan Economic Zone 2,
Lapu-Lapu City, Cebu Philippines 6015
☎ (032) 341 2233
✉ sales@sawo.ph

24/7 HOTLINE #: 0912 400 0000