



PREPARING YOUR OUTDOOR SPACE FOR YOUR SAUNA

Prepping your yard for an outdoor sauna is less about “clearing a spot” and more about setting up for the best use. A good setup makes the sauna feel intentional—not like something was just dropped into your yard.

Here’s how to think about it step by step:

1. Choose the Right Location

First, you do want a fairly flat part of the yard. You will want to avoid low spots where water might collect. You also might want to think about how you will position the sauna so that you give it the most privacy for your use, like perhaps behind greenery or a fenced in area. You will also want it close enough to your house to have easy access (especially in winter), but far enough to feel like an “escape”. Putting your sauna in partial shade is ideal—too much direct sun can overheat the exterior and age the wood faster.

2. Create a Solid Foundation

This is where most people cut corners—and regret it. Here are a few good options for you to consider:

- **Gravel pad (most common)**
 - Excavate ~4–6 inches
 - Add a landscape fabric then fill with compacted crushed stone
 - Pros: affordable, drains well
 - Cons: slightly less “premium” feel
- **Concrete pad**
 - Best for permanent installs when you know you won’t be moving the location
 - Ideal if you’re running electrical underground so you can hide wires
 - Gives you a clean, modern look and surface area
- **Pavers**
 - Great for a luxury aesthetic with all of the same benefits as concrete
- **Wood Deck**
 - Must be checked for weight capacity first (including the people using it!)
 - Recommended for a deck closer to the ground only (around 6 inches or so) , to help the weight issue or you might need to reinforce the deck.
 - Avoid trapping heat between the sauna and the deck – there should be airflow
 - Overall, if you are using a wood deck, have the potential heat exposure checked by your local fire department first.

3. Plan Electrical Early (if applicable)

If you're using an electric heater:

- Most require **220–240V**
- You'll likely need a dedicated circuit
- Run conduit before finalizing your base
- Use a licensed electrician to help you with this, as it is very important to get it right. We recommend checking on the electrical needs prior to installation.

4. Water + Drainage Strategy

Even if you don't have plumbing, you need to plan where water goes when people:

- rinse off
- dump water on rocks
- cool down outside

You might consider a French drain or gravel run off. Also, if you have an outdoor shower nearby, you will need this run off area as well.

5. Ground Prep & Surroundings

Think beyond the just sauna spot. This is the lead up and surrounding area. You might want to:

- Add stepping stones or a path leading from your house to your sauna
- Use gravel or mulch perimeter to keep mud away
- Keep at least 2–3 feet clearance around the sauna for airflow and maintenance

6. Create the “Experience Zone”

This is what separates a basic sauna installation from something fantastic, that you will want to use all of the time.

Consider adding:

- Bench or lounge seating
- Cold plunge tub or outdoor shower
- Towel hooks or storage
- Soft lighting (low voltage or solar)
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8. Check Local Codes & HOA Rules

This part is necessary to avoid headaches and problems later, so don't forget:

- Check on any permits or Home Owners Association documents and permissions needed for:
 - Electrical work or restrictions on wood burning stoves (depending on your model)

- Detached structures in your yard
- Set back distance in your yard

9. Access + Delivery Logistics

Before your delivery date, you should also:

- Check that the sauna can fit, as you move it into the right spot.
 - Gate width
 - Any hills you might have to go over
 - Any fenced in areas

A surprising number of installs get delayed here.

Now, go enjoy your sauna!