

Typical Ceiling 7' Height

Temperatures vary in a sauna room by height and distance from heater. Ventilation will help reduce it but will not eliminate temperature variations.

The hottest part of the room is always at the ceiling directly above the sauna heater and should not exceed 194°F (90°C). Air temperature will be 15°F (9°C) to 25°F (14°C) lower on the opposite side of the room from the heater close to the ceiling.

The temperatures in the elevated view are general numbers. Each sauna room is different due to construction variations and ventilation.

