



# Simple Sauna Sizing

## Sizing Your Finlandia

### One - Measure Area

$$L \text{ _____ } \times W \text{ _____ } \times H \text{ _____ } = \text{ _____ } \text{ Cubic Feet}$$

### Two - Calculate Cold Surface\* Adder

$$\text{Cold Surface Square Feet: } \text{ _____ } \times 2^* = \text{ _____ } \text{ Cold Surface Adder}$$

### Three - Finlandia Size

$$\text{Sauna Cubic Feet } \text{ _____ } + \text{ Cold Surface Adder } \text{ _____ } = \text{ _____ } \text{ Finlandia Heater Size}$$

\*Cold surface materials include glass, tile walls, brick, concrete, and stone. These materials affect sauna heater sizing. For each square foot of cold surface materials (excluding door), an additional 2 cubic feet must be added to the total room volume calculation.