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(54) **ADJUSTABLE BACKREST**

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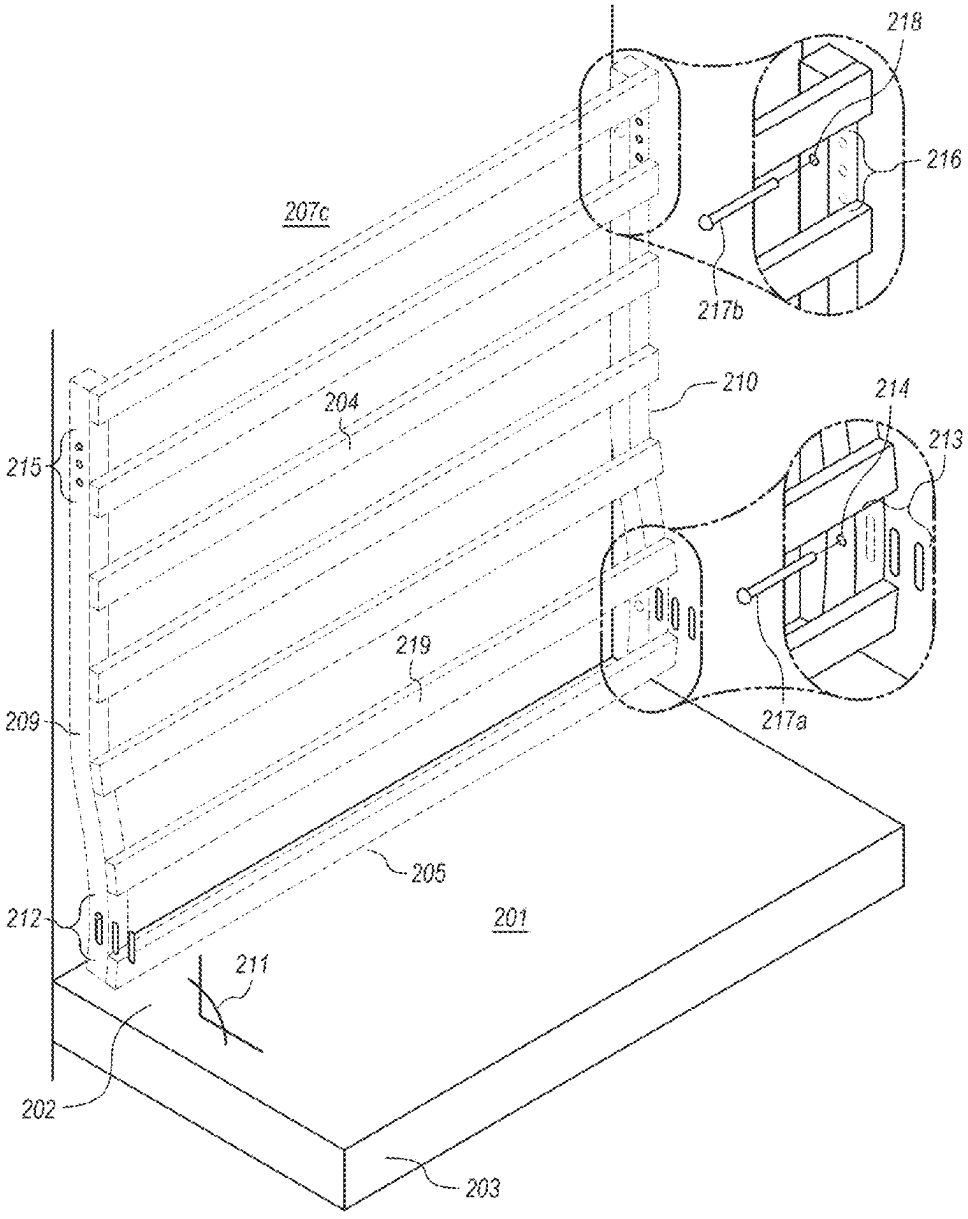
CPC ***A47C 1/032*** (2013.01); ***A47C 7/402*** (2013.01)

(57) **ABSTRACT**

Embodiments of the present disclosure include an adjustable backrest. Embodiments include a seat and a backrest. The backrest is adjustable and supported by pins that engage a plurality of holes arranged vertically to set a height of the backrest and a plurality of grooves arranged horizontally to set an angle of the backrest relative to the seat. The adjustable backrest is particularly advantageous for use in a sauna.



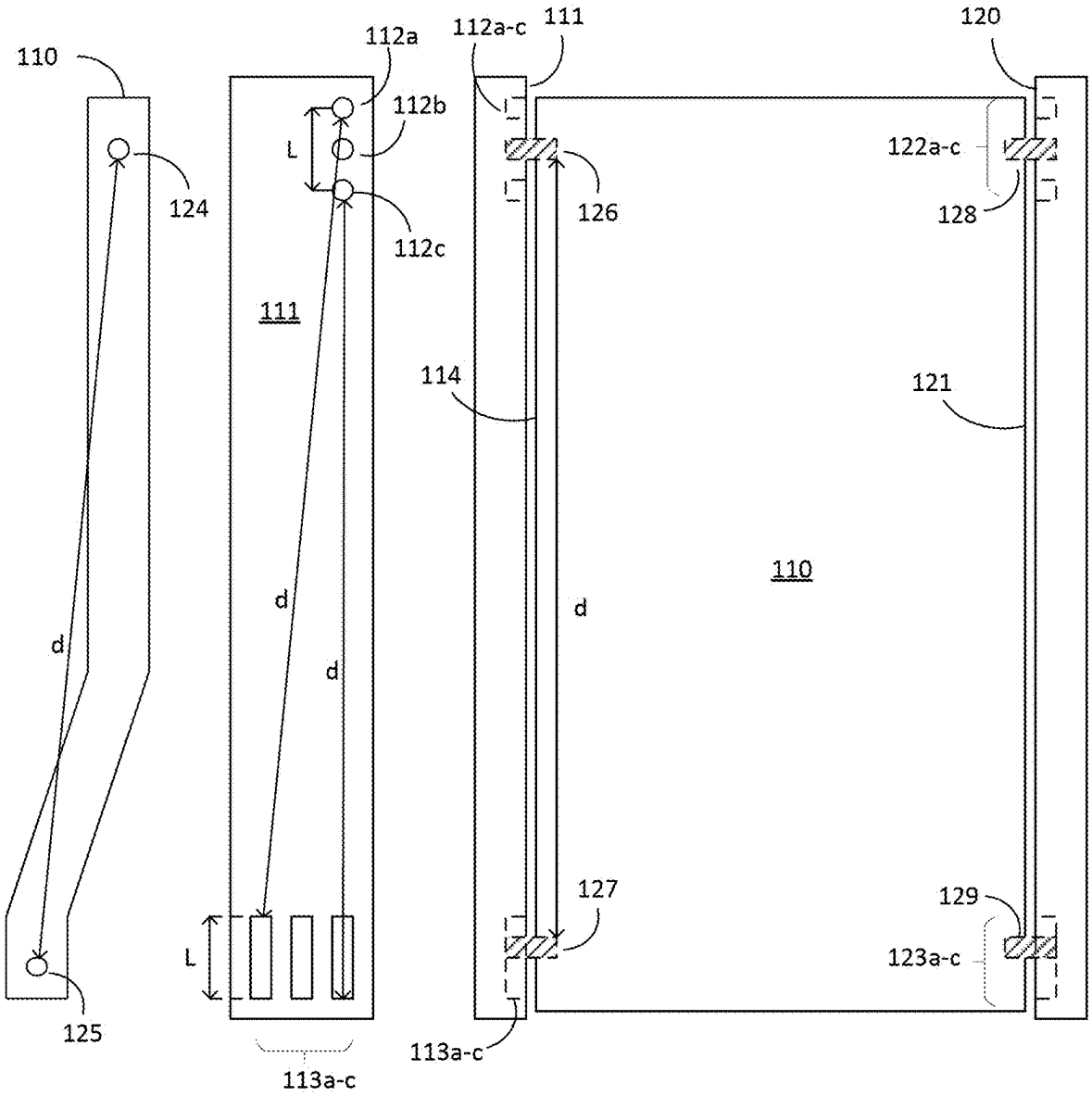

110
112a
112a-c
111
120
112b
L
124
122a-c
126
128
112c
111
114
121
d
d
d
110
d
127
129
L
123a-c
125
113a-c
113a-c

FIG. 1A FIG. 1B

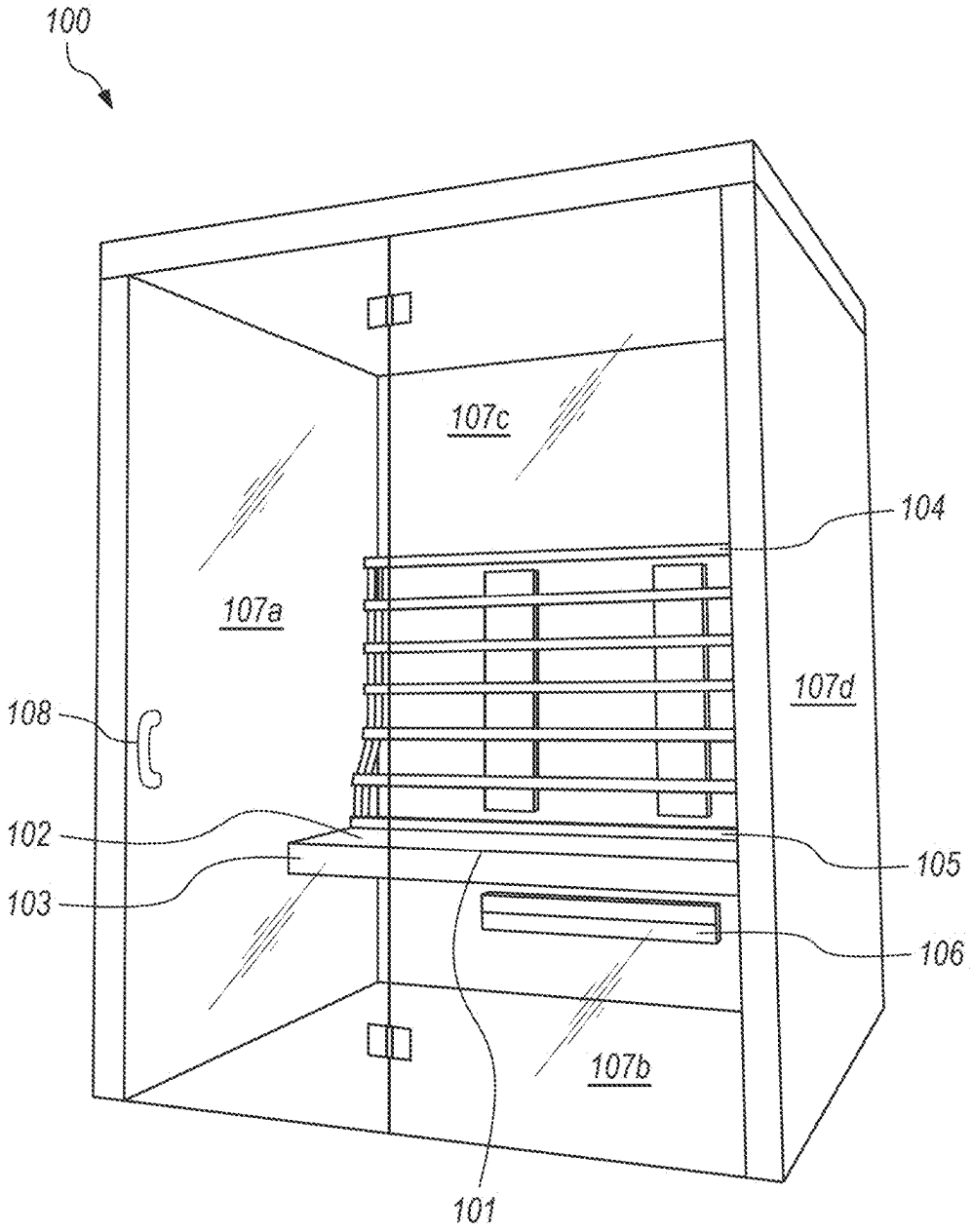


FIG. 1C

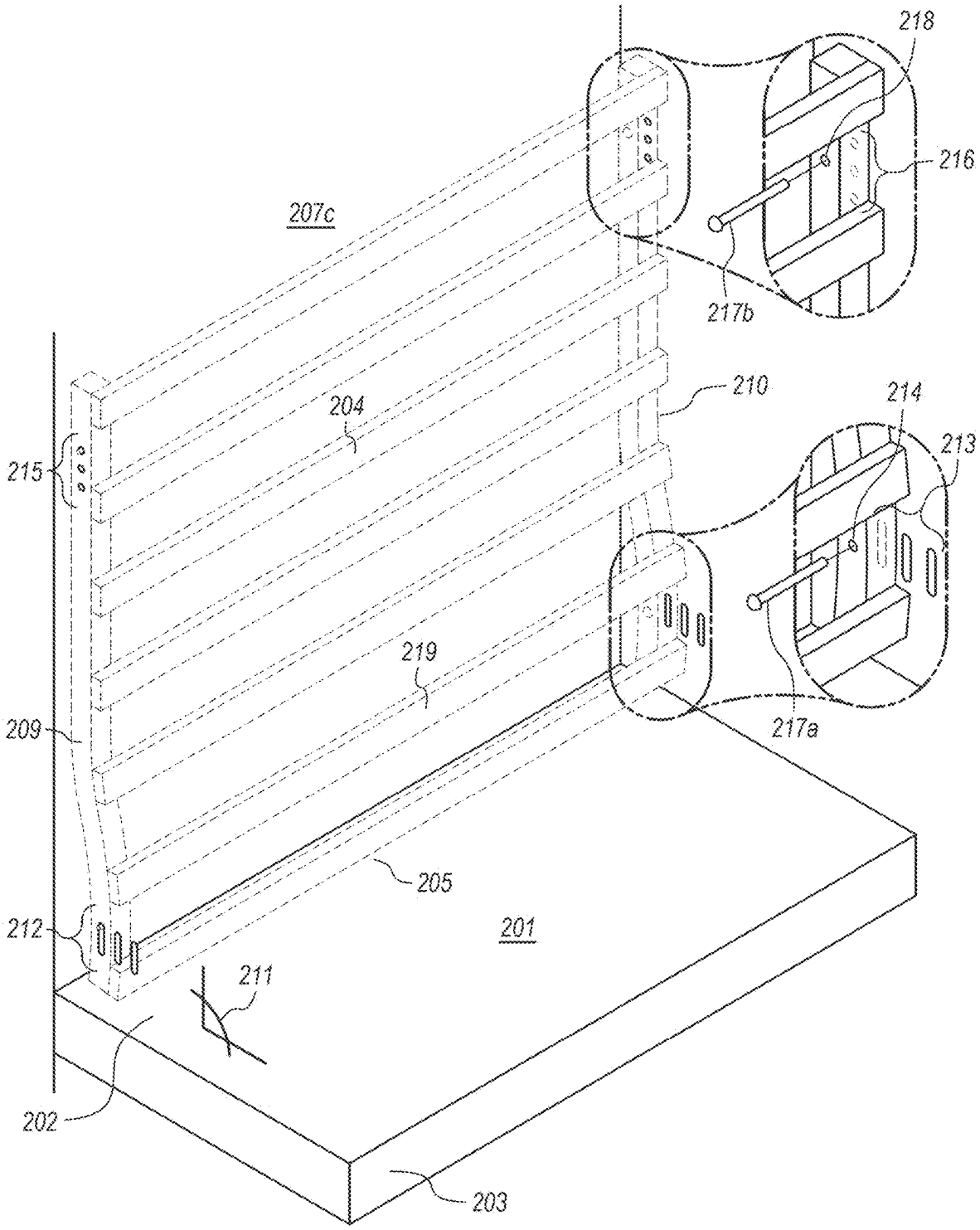
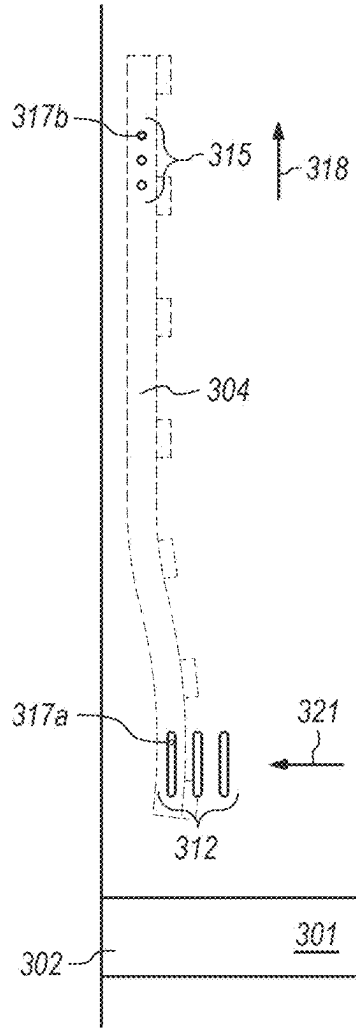

218
216
207c
217b
210
214
213
204
215
219
209
217a
205
212
201
211
202
203

FIG. 2


317b
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318
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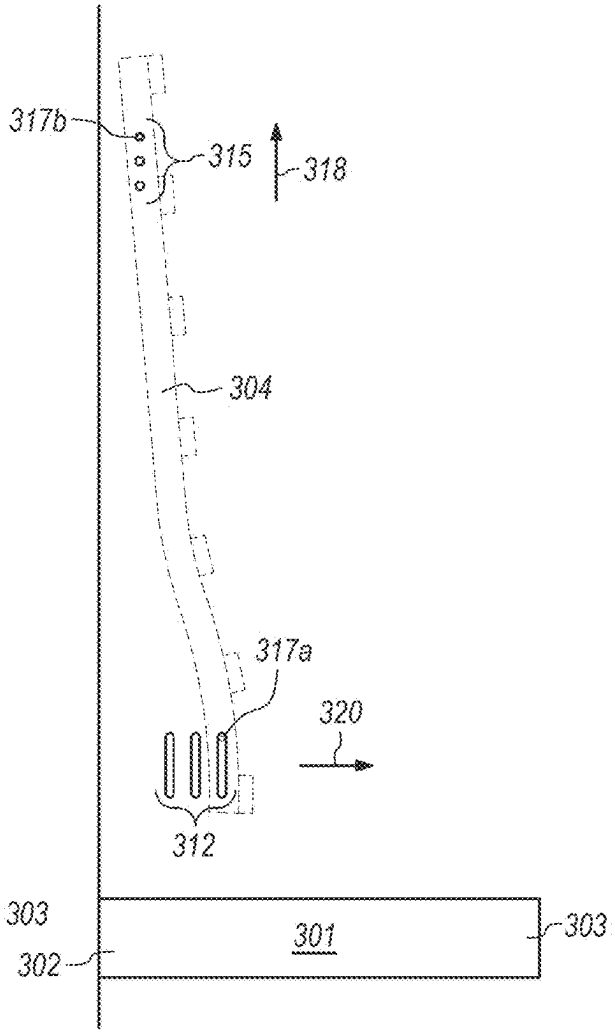
317a
321
312
303
301
302

FIG. 3A


317b
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318
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317a
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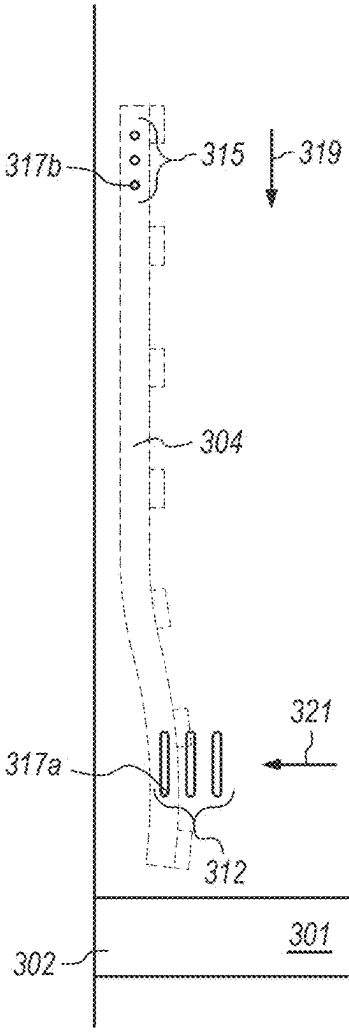
312
303
301
302

FIG. 3B


317b
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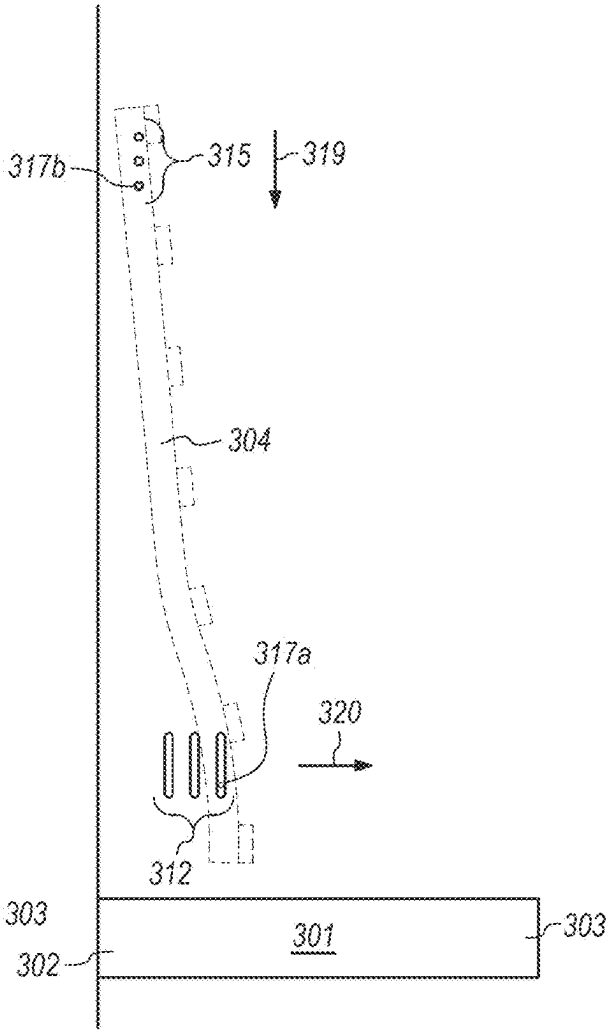
319
304
321
317a
312
303
301
302

FIG. 3C


317b
315
319
304
317a
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312
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301
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FIG. 3D

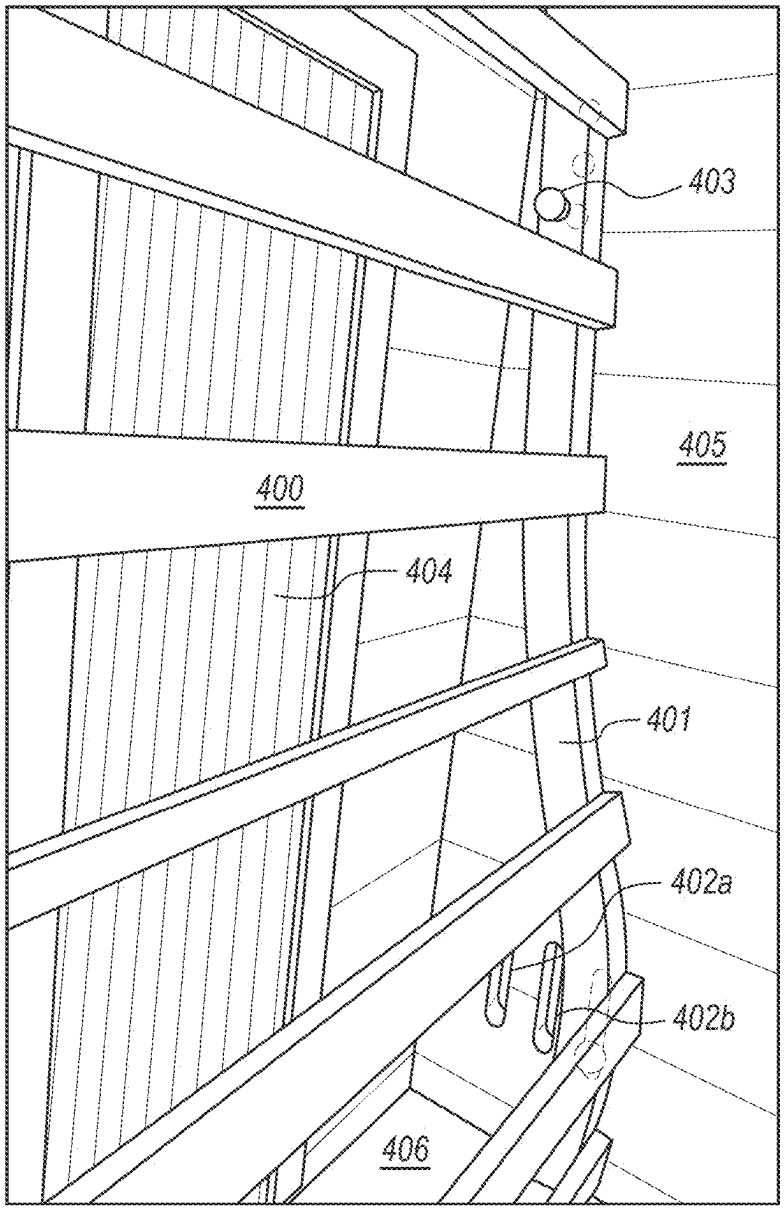

FIG. 4

ADJUSTABLE BACKREST

CROSS REFERENCE TO RELATED APPLICATIONS

[0001] This application claims the benefit of priority to U.S. Provisional Patent Application No. 63/552,621, filed Feb. 12, 2024, the contents of which are hereby incorporated herein by reference.

BACKGROUND

[0002] The present disclosure relates generally to a backrest, and in particular, to an adjustable backrest that may be used in a sauna, for example.

[0003] A backrest is a portion of a seat providing support for a person's back and upper torso. It is often desirable to change the height and/or angle of the backrest relative to the seat to allow a person to be more or less in a reclining position.

[0004] A sauna, or sudatory, is a small room or building designed as a place to experience dry or wet heat sessions. Purported advantages of using a sauna include stress and tension reduction, weight loss, toxin removal, and increased beneficial circulation, for example.

[0005] Typically, saunas are found at spas and similar commercial establishments, but more consumers are purchasing home saunas for their individual private use. Traditionally, saunas include fixed seating on a bench or chair. However, some people find it challenging to find a comfortable position to adequately enjoy a sauna session. Others prefer to change their body position during a sauna session to provide stabilizing support, fatigue reduction, and comfort while promoting a healthy posture, for example.

[0006] Features, aspects, and advantages of various embodiments of the disclosure will become better understood with regard to the following description, appended claims, accompanying drawings and abstract.

BRIEF DESCRIPTION OF THE DRAWINGS

[0007] FIG. **1**A illustrates a side view of an adjustable backrest according to an embodiment.

[0008] FIG. **1**B illustrates another view of an adjustable backrest according to an embodiment.

[0009] FIG. **1**C illustrates a sauna according to an embodiment.

[0010] FIG. **2** illustrates backrest adjustments according to an embodiment.

[0011] FIG. **3**A illustrates a perspective view of a backrest adjusted at a maximum height and smallest angle relative to a seat according to an embodiment.

[0012] FIG. **3**B illustrates a perspective view of a backrest adjusted at a maximum height and largest angle relative to a seat according to an embodiment.

[0013] FIG. **3**C illustrates a perspective view of a backrest adjusted at a lowest height and smallest angle relative to a seat according to an embodiment.

[0014] FIG. **3**D illustrates a perspective view of a backrest adjusted at a lowest height and largest angle relative to a seat according to an embodiment.

[0015] FIG. **4** illustrates a perspective view of a backrest positioned along a wall of a sauna according to an embodiment.

DETAILED DESCRIPTION

[0016] Described herein are adjustable backrests. In the following description, for purposes of explanation, numerous examples and specific details are set forth in order to provide a thorough understanding of some embodiments. Various embodiments as defined by the claims may include some or all of the features in these examples alone or in combination with other features described below and may further include modifications and equivalents of the features and concepts described herein.

[0017] FIG. **1**A illustrates a side view of an adjustable backrest **110** according to an embodiment. Embodiments of the present disclosure include an apparatus including an adjustable backrest. Adjustable backrest **110** may be supported by at least one surface **111** configured proximate to a side **114** of the backrest **110** to support the backrest. FIG. **1**A includes both side views of the backrest **110** and surface **111**. In this example, surface **111** includes a plurality of first holes **112***a-c* configured above a plurality of first grooves **113***a-c*. In this embodiment, holes **112***a-c* are configured at different heights (e.g., vertically) and grooves **113***a-c* are configured at different horizontal positions (e.g., horizontally in parallel). Holes **112***a-c* may be used to set a height of the backrest and grooves **113***a-c* may be used to set an angle of the backrest relative to a seat (shown below). Holes **112***a-c* and grooves **113***a-c* are one example means for adjustably mounting backrest **110**. In some embodiments, the number of holes **112***a-c* may be equal to the number of grooves **113***a-c*, although in other embodiments different numbers of holes and grooves may be used.

[0018] FIG. **1**B illustrates another view of an adjustable backrest according to an embodiment. FIG. **1**B illustrates that surface **111** may be configured proximate to the side **114** to support the backrest **110**. In this example, backrest is supported by a second surface **120** proximate to a second side **121** of the backrest, the second side being opposite side **114**. Either of the surfaces **111** and **120** may be a wall, such as a wall of a sauna or other structure, for example. Similar to surface **111**, surface **120** includes a plurality of holes **122***a-c* configured at different heights and a plurality of grooves **123***a-c* configured at different horizontal positions.

[0019] In this example, side **114** of backrest **110** includes hole **124** and hole **125**. A pin **126** may be used to engage hole **124** and one of the holes **112***a-c* to set a height of the backrest. Similarly, another pin **127** may be used to engage hole **125** and one of the grooves **113***a-c* to set an angle between a seat and the backrest. In this example, side **121** includes similar holes, and pins **128** and **129** are used engage holes **122***a-c* and grooves **123***a-c*, for example. Pins are one example means for engaging the adjustable mounting coupled between the side **114** and surface **111** and/or the side **121** and surface **120**.

[0020] FIG. **1**A also illustrates some example dimensional relations between the holes and grooves according to some embodiments. In this example, a distance between the top hole **124** is a distance, d, from the bottom hole **125**. Accordingly, as hole **124** engages with different holes **112***a-c* to set the height, bottom hole **125** moves vertically. The vertical movement is also impacted by the engagement of bottle hole **125** with different grooves. Advantageously, in this example, the distance, d, between hole **124** and hole **125** is greater than a distance between a uppermost hole **112***a* and an uppermost end of a forwardmost groove **113***a* of grooves **113***a-c*. This ensures pin **127** can engage both hole **125** and

the forwardmost groove **113***a* when pin **126** engages the uppermost hole **112***a*. Similarly, the distance, d, between hole **124** and hole **125** is less than a second distance between a lowermost hole **112***c* and a lowermost end of a rearmost groove **113***c*. This ensures pin **127** can engage both hole **125** and the rearmost groove **113***c* when pin **126** engages the lowermost hole **112***c*. Similarly, in some embodiments, a length, L, of each the plurality of first grooves is greater than a distance between an uppermost hole and lowermost hole of the plurality of first holes.

[0021] Features and advantages of the present disclosure are particularly innovative and advantageous for use in a sauna, such as a home sauna, for example. FIG. **1**C illustrates a sauna according to an embodiment. As depicted in FIG. **1**C, a sauna **100** comprises a seat **101** with a proximate side **103** and a top **102** configured horizontally. The sauna **100** also comprises a backrest **104**. As shown in FIG. **2**, the backrest **204** (**104** in FIG. **1**C) comprises a first side **209**, a second side **210**, and a bottom side **205** adjacent to the seat **201** (**101** in FIG. **1**C). The backrest **204** is configured at an angle **211** to the seat **201** and between a first mount adjacent to the first side **209** and a second mount adjacent to the second side **210**. In FIG. **1**C, the first and second mounts are interior walls **107***a-d* of the sauna, for example. The angle **211** can be adjusted. The first mount comprises a plurality of first holes **215** (e.g., in a surface of a wall adjacent to the backrest **104**) configured vertically, the plurality of first holes **215** configured above a plurality of first vertical grooves **212** (e.g., also in a surface of the wall) configured in parallel. Similarly, the second mount comprises a plurality of second holes **216** configured vertically, the plurality of second holes **216** configured above a plurality of second vertical grooves **213** configured in parallel. The first side **209** is configured to engage one of the plurality of first holes **215** and the second side **210** is configured to engage one of the plurality of second holes **216** to set a height of the backrest **204**. The first side **209** is configured to engage one of the plurality first vertical grooves **212** and the second side **210** is configured to engage one of the plurality of second vertical grooves **213** to set the angle **211** between the seat **201** and the backrest **204**. Per FIG. **1**C, the first mount may be a first wall **107***a* of the sauna **100** and the second mount may be a second wall **107***d* of the sauna **100**, for example. Of course, the first and second mounts may also be in other locations with the backrest **204** positioned between the first and second mounts. The number of the plurality of first holes **215** may be equal to a number of the plurality of second holes **216** and the number of the plurality of first vertical grooves **212** may be equal to a number of the plurality of second vertical grooves **213**. For example, FIG. **2** shows a total of three second holes **216** and three vertical grooves **213**. Of course, this number may vary to provide more or less configurations in which the backrest **204** may be optionally adjusted.

[0022] The first side **209** comprises a first hole proximate on an upper portion of the first side and the second side **210** comprises a second hole **218** proximate to an upper portion of the second side **210**. In this example, the sauna further comprises a first dowel pin extending through the first hole in the first side **209** to one of the plurality of first holes **215** in the first mount and a second dowel pin **217***b* extending through the second hole **218** in the second side **210** to one of the plurality of second holes **216** in the second mount. Due to the perspective of FIG. **2**, the first and second holes and dowel pins in the first side **209** are not visible; however, the first side **209** is similar to the configuration shown in the magnified views of the second side **210**. The first side **209** comprises a second hole proximate on a lower portion of the first side **209** and the second side comprises a second hole proximate to a lower portion of the second side **210**. The sauna further comprises a dowel pin extending through the second hole in the first side **209** to one of the plurality of first vertical grooves **212** in the first mount and a second dowel pin **217***a* extending through the second hole **214** in the second side **210** to one of the plurality of second vertical grooves **213** in the second mount. The first dowel pin **217***a* and the second dowel pin **217***b* may be slip-fitted wooden dowel pins, for example. Other pins commonly known to those of skill in the art may also be utilized in a similar manner.

[0023] The first side **209** of the backrest **204** is parallel to the first mount along a first surface, the second side **210** is parallel to the second mount along a second surface. The first side **209** and second side **210** are curved along corresponding third surface **219**. The corresponding third surface **219** is configured to engage a lower region of a spinal column (e.g., lumbar spine) of a sauna user. Thus, adjusting the height and angle of the backrest may advantageously provide more optimum lumbar support for different users. In this example, the backrest **204** further comprises a plurality of wooden slats configured between the first side **209** and the second side **210** of the backrest **204**. The walls, sides, and seat may also be made of wood according to some embodiments.

[0024] As shown in FIG. **3**A, a backrest may comprise a hole **317***b* in a side of the backrest for engaging one of the plurality of first holes **315** in a supporting surface and a hole **317***a* on the same side of the backrest for engaging one of the plurality first vertical grooves **312** in the supporting surface. In a similar fashion, the opposite side of the backrest comprises a hole for engaging one of the plurality of holes in the opposite surface and a hole for engaging one of the plurality of second vertical grooves in the opposite surface. FIG. **3**A illustrates a side view of a backrest **304** at a maximum height **318** and smallest angle **321** relative to a seat **301** according to an embodiment. Note the position of the first side hole **317***b* engages the highest hole of the plurality of holes **315** and the hole **317***a* engages a rearmost groove (relative to the seat) of the plurality of vertical grooves **312** to adjust the backrest **304** at a maximum height **318** and smallest angle **321** relative to the seat **301**. In this example configuration, the backrest is in more of an upright position forming an angle closer to about 90° relative to the seat.

[0025] Turning now to FIG. **3**B, the first side comprises a hole **317***b* (e.g., on the backrest) for engaging one of the plurality of first holes **315** and a hole **317***a* for engaging one of the plurality first vertical grooves **312**. In a similar fashion, the second side comprises a hole for engaging one of the plurality of second holes and a hole for engaging one of the plurality of second vertical grooves. FIG. **3**B illustrates a side view of a backrest **304** at a maximum height **318** and largest angle **321** relative to a seat **301** according to an embodiment. Note the position of the first side hole **317***b* engages the highest hole of the plurality of holes **315** and the hole **317***a* engages the forwardmost groove (relative to the seat) of the plurality of vertical grooves **312** to adjust the backrest **304** at a maximum height **318** and largest angle **320** relative to the seat **301** according to an embodiment. In this

configuration, the backrest is reclined back at an inclination generally more than about 90° relative to the seat.

[0026] Per FIG. **3**C, the first side comprises hole **317***b* for engaging one of the plurality of first holes **315** and hole **317***a* for engaging one of the plurality first vertical grooves **312**. In a similar fashion, the second side comprises a hole for engaging one of the plurality of second holes and a hole for engaging one of the plurality of second vertical grooves. FIG. **3**C illustrates a side view of a backrest **304** at a minimum height **319** and smallest angle **321** relative to a seat **301** according to an embodiment. Note the position of the first side hole **317***b* engages the lowest hole of the plurality of holes **315** and the hole **317***a* engages the rearmost groove (relative to the seat) of the plurality of vertical grooves **312** to adjust the backrest **304** at minimum height **319** and smallest angle **321** relative to the seat **301**. In this configuration, the backrest is in more of an upright position forming an angle closer to about 90° relative to the seat with the lumbar support being lower toward the seat.

[0027] As shown in FIG. **3**D, the first side comprises hole **317***b* for engaging one of the plurality of first holes **315** and hole **317***a* for engaging one of the plurality first vertical grooves **312**. In a similar fashion, the second side comprises hole for engaging one of the plurality of second holes and hole for engaging one of the plurality of second vertical grooves. FIG. **3**D illustrates a side view of a backrest **304** at a minimum height **319** and largest angle **320** relative to a seat **301**. Note the position of the first side hole **317***b* engages the lowest hole of the plurality of holes **315** and the hole **317***a* engages the forwardmost groove of the plurality of vertical grooves **312** to adjust the backrest **304** at minimum height **319** and largest angle **320** relative to the seat **301** according to an embodiment. In this configuration, the backrest is reclined back at an inclination generally more than about 90° relative to the seat with a lower lumbar support.

[0028] As the example embodiments in FIGS. **3**A-D illustrate, holes **315** set a height of the backrest while the grooves **312** set an angle of the backrest.

[0029] FIG. **4** illustrates a perspective view of an adjustable backrest **400** positioned along a wall **405** of a sauna according to an embodiment. In this drawing, a heating unit **404** is positioned behind the backrest **400**; however, any number of heating units may be placed in a variety of locations. A dowel pin **403** engages through a side of the backrest into one of a plurality of holes arranged vertically to adjust the height of the backrest **400**. Note that another lower dowel pin is obscured and shown in dashed lines behind backrest **400**. The lower dowel pin engages one of a plurality of grooves **402***a,* **402***b* (partially obscured by backrest **400**). The position of the backrest **400** in FIG. **4** is similar to the configuration shown as a side view in FIG. **3**D in that dowel pin **403** engages the lowest hole of the plurality of holes (arranged vertically) and the lower dowel pin engages the furthest groove of the plurality of vertical grooves toward a front of the seat **406** to adjust the backrest **400** at minimum height and largest angle (most reclined) relative to the seat **406** according to an embodiment. Alternatively, if the plurality of grooves and the plurality of holes each equaled three holes and grooves and the first and second dowel pins engaged the middle hole and the middle groove, the backrest would be adjusted at an intermediate height and an intermediate angle of reclination relative to the seat.

FURTHER EXAMPLES

[0030] The following paragraphs contain non-limiting example combinations of various embodiments.

[0031] In one embodiment, the present disclosure includes an apparatus comprising: a seat comprising a surface configured horizontally; a backrest comprising a side and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat; and at least one surface configured proximate to the side to support the backrest, wherein the at least one surface comprises a plurality of first holes configured at different heights, the plurality of first holes configured above a plurality of first grooves configured at different horizontal positions, wherein the side comprises a second hole and a third hole, wherein a first pin engages the second hole and one of the plurality of first holes to set a height of the backrest, and wherein a second pin engages the third hole and one of the plurality of grooves to set the angle between the seat and the backrest.

[0032] In one embodiment, the apparatus is a sauna.

[0033] In one embodiment, the at least one surface is a first wall.

[0034] In one embodiment, a number of the plurality of first holes is equal to a number of the plurality of first grooves.

[0035] In one embodiment, a distance between the second hole and the third hole is greater than a first distance between a uppermost hole of the first plurality of first holes and an uppermost end of a forwardmost groove of the plurality of first grooves, and wherein the distance between the second hole and the third hole is less than a second distance between a lowermost hole of the plurality of first holes and an lowermost end of a rearmost groove of the plurality of first grooves.

[0036] In one embodiment, a length of each the plurality of first grooves is greater than a distance between an uppermost hole and lowermost hole of the plurality of first holes.

[0037] In one embodiment, the at least one surface is a first surface configured proximate to the first side and a second surface configured proximate to a second side the second side of the backrest to support the backrest.

[0038] In one embodiment, the plurality of first holes are configured vertically and the plurality of first grooves are vertical grooves configured in parallel.

[0039] In one embodiment, the present disclosure includes a sauna comprising: a seat configured horizontally; a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and between a first mount adjacent to the first side and a second mount adjacent to the second side, wherein the first mount comprises a plurality of first holes configured vertically, the plurality of first holes configured above a plurality of first vertical grooves configured in parallel, and the second mount comprises a plurality of second holes configured vertically, the plurality of second holes configured above a plurality of second vertical grooves configured in parallel; wherein the first side is configured to engage one of the plurality of first holes and the second side is configured to engage one of the plurality of second holes to set a height of the backrest, and wherein the first side is configured to engage one of the plurality first vertical grooves and the second side is configured to engage one of the plurality of second vertical grooves to set the angle between the seat and the backrest.

[0040] In one embodiment, the first mount is a first wall of the sauna and wherein the second mount is a second wall of the sauna.

[0041] In one embodiment, a number of the plurality of first holes is equal to a number of the plurality of second holes, and wherein a number of the plurality of first vertical grooves is equal to a number of the plurality of second vertical grooves.

[0042] In one embodiment, the first side comprises a first hole proximate on an upper portion of the first side and the second side comprises a second hole proximate to an upper portion of the second side, the sauna further comprising: a first dowel pin extending through the first hole in the first side to one of the plurality of first holes in the first mount; and a second dowel pin extending through the second hole in the second side to one of the plurality of second holes in the second mount.

[0043] In one embodiment, the first side comprises a first hole proximate on a lower portion of the first side and the second side comprises a second hole proximate to a lower portion of the second side, the sauna further comprising: a first dowel pin extending through the first hole in the first side to one of the plurality of first vertical grooves in the first mount; and a second dowel pin extending through the second hole in the second side to one of the plurality of second vertical grooves in the second mount.

[0044] In one embodiment, the first dowel pin and the second dowel pin are wooden dowel pins.

[0045] In one embodiment, the first side is parallel to the first mount along a first surface, the second side is parallel to the second mount along a second surface, and the first side and second side are coupled together to form a curved third surface.

[0046] In one embodiment, the third surface is configured to engage a lower region of a spinal column of a user.

[0047] In one embodiment, further comprising a plurality of wooden slats configured between the first side and the second side.

[0048] In one embodiment, the present disclosure includes a sauna comprising: a seat configured horizontally; a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and supported by one or more adjustable mounting means for setting a height and angle configured on one or more walls of the sauna and adjacent to one or more of the first side and the second side; and means for engaging the adjustable mounting means coupled between at least one of the first side and a first surface or the second side and a second surface.

[0049] In one embodiment, the adjustable mounting means comprises a plurality of holes set a height of the backrest and a plurality of grooves set an angle of the backrest.

[0050] In one embodiment, the means for engaging comprises a plurality of dowel pins for engaging the plurality of holes and the plurality of grooves.

[0051] In one embodiment, the seat, the backrest, the one or more walls, the adjustable mounting means, and the means for engaging are wood, the sauna further comprising a plurality of wooden slats configured between the first side and the second side.

[0052] In another embodiment the present disclosure includes a sauna comprising: a seat comprising configured horizontally; a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and between a first mount adjacent to the first side and a second mount adjacent to the second side, wherein the first mount comprises a plurality of first holes configured vertically, the plurality of first holes configured above a plurality of first vertical grooves configured in parallel, and the second mount comprises a plurality of second holes configured vertically, the plurality of second holes configured above a plurality of second vertical grooves configured in parallel; wherein the first side is configured to engage one of the plurality of first holes and the second side is configured to engage one of the plurality of second holes to set a height of the backrest, and wherein the first side is configured to engage one of the plurality first vertical grooves and the second side is configured to engage one of the plurality of second vertical grooves to set the angle between the seat and the backrest.

[0053] In one embodiment, the first mount is a first wall of the sauna and wherein the second mount is a second wall of the sauna.

[0054] In one embodiment, a number of the plurality of first holes is equal to a number of the plurality of second holes, and wherein a number of the plurality of first vertical grooves is equal to a number of the plurality of second vertical grooves.

[0055] In one embodiment, the first side comprises a first hole proximate on an upper portion of the first side and the second side comprises a second hole proximate to an upper portion of the second side, the sauna further comprising: a first dowel pin extending through the first hole in the first side to one of the plurality of first holes in the first mount; and a second dowel pin extending through the second hole in the second side to one of the plurality of second holes in the second mount.

[0056] In one embodiment, the first side comprises a first hole proximate on a lower portion of the first side and the second side comprises a second hole proximate to a lower portion of the second side, the sauna further comprising: a first dowel pin extending through the first hole in the first side to one of the plurality of first vertical grooves in the first mount; and a second dowel pin extending through the second hole in the second side to one of the plurality of second vertical grooves in the second mount.

[0057] In one embodiment, the first dowel pin and the second dowel pin are wooden dowel pins.

[0058] In one embodiment, first side is parallel to the first mount along a first surface, the second side is parallel to the second mount along a second surface, and the first side and second side are coupled together to form a curved third surface.

[0059] In one embodiment, third surface is configured to engage a lower region of a spinal column of a user.

[0060] In one embodiment, the sauna further comprising a plurality of wooden slats configured between the first side and the second side.

[0061] In another embodiment, the present disclosure includes a sauna comprising: a seat comprising configured horizontally; a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and supported by one or more adjustable mounting means configured on one or more walls of the sauna and adjacent to one or more of the first side and the second side; wherein the first side

comprises means for engaging adjustable mounting means and means for engaging one of the plurality first vertical grooves and the second side comprises means for engaging one of the plurality of second holes and means for engaging one of the plurality of second vertical grooves.

[0062] In one embodiment, the adjustable mounting means comprises a plurality of holes set a height of the backrest and a plurality of grooves set an angle of the backrest.

[0063] In one embodiment, the means for engaging comprises a plurality of pins for engaging the plurality of holes and the plurality of grooves.

[0064] In one embodiment, the seat, the backrest, the one or more walls, the adjustable mounting means, and the means for engaging are wood, the sauna further comprising a plurality of wooden slats configured between the first side and the second side.

[0065] The above description illustrates various embodiments along with examples of how aspects of some embodiments may be implemented. The above examples and embodiments should not be deemed to be the only embodiments and are presented to illustrate the flexibility and advantages of some embodiments as defined by the following claims. Based on the above disclosure and the following claims, other arrangements, embodiments, implementations, and equivalents may be employed without departing from the scope hereof as defined by the claims.

[0066] Although embodiments of the disclosure have been described in considerable detail with reference to certain preferred versions thereof, other embodiments are possible. Therefore, the spirit and scope of the appended claims should not be limited to the description of the embodiments above.

What is claimed is:

1. An apparatus comprising:

a seat comprising a surface configured horizontally;

a backrest comprising a side and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat; and

at least one surface configured proximate to the side to support the backrest,

wherein the at least one surface comprises a plurality of first holes configured at different heights, the plurality of first holes configured above a plurality of first grooves configured at different horizontal positions,

wherein the side comprises a second hole and a third hole,

wherein a first pin engages the second hole and one of the plurality of first holes to set a height of the backrest, and wherein a second pin engages the third hole and one of the plurality of grooves to set the angle between the seat and the backrest.

2. The apparatus of claim **1**, wherein the at least one surfaces is a first wall.

3. The apparatus of claim **1**, wherein a number of the plurality of first holes is equal to a number of the plurality of first grooves.

4. The apparatus of claim **1**, wherein a distance between the second hole and the third hole is greater than a first distance between a uppermost hole of the first plurality of first holes and an uppermost end of a forwardmost groove of the plurality of first grooves, and wherein the distance between the second hole and the third hole is less than a second distance between a lowermost hole of the plurality of first holes and an lowermost end of a rearmost groove of the plurality of first grooves.

5. The apparatus of claim **1**, wherein a length of each the plurality of first grooves is greater than a distance between an uppermost hole and lowermost hole of the plurality of first holes.

6. The apparatus of claim **1**, wherein the at least one surface is a first surface configured proximate to the first side and a second surface configured proximate to a second side the second side of the backrest to support the backrest.

7. The apparatus of claim **1**, wherein the plurality of first holes are configured vertically and the plurality of first grooves are vertical grooves configured in parallel.

8. The apparatus of claim **1**, wherein the apparatus is a sauna.

9. A sauna comprising:

a seat configured horizontally;

a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and between a first mount adjacent to the first side and a second mount adjacent to the second side, wherein the first mount comprises a plurality of first holes configured vertically, the plurality of first holes configured above a plurality of first vertical grooves configured in parallel, and the second mount comprises a plurality of second holes configured vertically, the plurality of second holes configured above a plurality of second vertical grooves configured in parallel;

wherein the first side is configured to engage one of the plurality of first holes and the second side is configured to engage one of the plurality of second holes to set a height of the backrest, and

wherein the first side is configured to engage one of the plurality first vertical grooves and the second side is configured to engage one of the plurality of second vertical grooves to set the angle between the seat and the backrest.

10. The sauna of claim **9**, wherein the first mount is a first wall of the sauna and wherein the second mount is a second wall of the sauna.

11. The sauna of claim **9**, wherein a number of the plurality of first holes is equal to a number of the plurality of second holes, and wherein a number of the plurality of first vertical grooves is equal to a number of the plurality of second vertical grooves.

12. The sauna of claim **9**, wherein the first side comprises a first hole proximate on an upper portion of the first side and the second side comprises a second hole proximate to an upper portion of the second side, the sauna further comprising:

a first dowel pin extending through the first hole in the first side to one of the plurality of first holes in the first mount; and

a second dowel pin extending through the second hole in the second side to one of the plurality of second holes in the second mount.

13. The sauna of claim **12**, wherein the first side comprises a first hole proximate on a lower portion of the first side and the second side comprises a second hole proximate to a lower portion of the second side, the sauna further comprising:

a first dowel pin extending through the first hole in the first side to one of the plurality of first vertical grooves in the first mount; and

a second dowel pin extending through the second hole in the second side to one of the plurality of second vertical grooves in the second mount.

14. The sauna of claim **13**, wherein the first dowel pin and the second dowel pin are wooden dowel pins.

15. The sauna of claim **9**, wherein the first side is parallel to the first mount along a first surface, the second side is parallel to the second mount along a second surface, and the first side and second side are coupled together to form a curved third surface.

16. The sauna of claim **15**, wherein the third surface is configured to engage a lower region of a spinal column of a user.

17. The sauna of claim **9**, further comprising a plurality of wooden slats configured between the first side and the second side.

18. A sauna comprising:

a seat configured horizontally;

a backrest comprising a first side, a second side, and a bottom side adjacent to the seat, wherein the backrest is configured at an angle to the seat and supported by one or more adjustable mounting means for setting a height and angle configured on one or more walls of the sauna and adjacent to one or more of the first side and the second side; and

means for engaging the adjustable mounting means coupled between at least one of the first side and a first surface or the second side and a second surface.

19. The sauna of claim **18**, wherein the adjustable mounting means comprises a plurality of holes set a height of the backrest and a plurality of grooves set an angle of the backrest.

20. The sauna of claim **19**, wherein the means for engaging comprises a plurality of dowel pins for engaging the plurality of holes and the plurality of grooves.

21. The sauna of claim **18**, wherein the seat, the backrest, the one or more walls, the adjustable mounting means, and the means for engaging are wood, the sauna further comprising a plurality of wooden slats configured between the first side and the second side.

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