

# Sauna Materials Spec

## Sauna Materials Spec (Traditional Sauna Only)

### Engineered wood (structure/backing + floor = engineered wood only)

- **Plywood (exterior/WBP-grade)** — METROPLY (producer):  
<https://www.metroply.com/plywood>
- **OSB (Oriented Strand Board)** — Vanachai Group (producer):  
<https://www.vanachai.com/>

### Wood studs (framing)

- **Kiln-dried structural timber for studs** — Thaweephan (reference):  
<https://www.thaweephanwood.com/>

### Insulation (glass wool)

- **Glass mineral wool insulation** — Knauf Insulation:  
<https://www.knaufinsulation.com/what-we-do/insulation-range/glass-mineral-wool>

### Vapor barrier (aluminum foil sauna barrier) — 2 choices

- **Aluminum foil + kraft sauna vapor barrier (roll)** — Sun Valley Saunas:  
<https://sunvalleysaunas.com/products/steam-sauna-living-vapor-barrier>
- **Heat-proof aluminum vapor barrier paper (sauna use; Finland-made)** — Oceanic Saunas: <https://www.oceanicsaunas.com/product/vapour-barrier-paper/>

## **Real wood (final interior lining layer: walls/ceiling/benches) — 5 choices**

1. **Hinoki (Japanese cypress)** — species reference: <https://www.j-wood.org/en/tree-species/hinoki/>
2. **Western Red Cedar** — species reference: <https://www.wood-database.com/western-red-cedar/>
3. **Aspen** — species reference: <https://www.wood-database.com/european-aspen/>
4. **Nordic Spruce (Norway spruce)** — species reference: <https://www.wood-database.com/norway-spruce/>
5. **ThermoWood (thermally modified wood)** — ThermoWood Association: <https://www.thermowood.fi/>