

Notes on installation, construction saunas for families

Does the construction and installation of saunas for families need to note anything? Join us in the details of this article.

Sauna is a method of relaxation is no stranger to many people, especially when today, more and more types of steam generators and saunas are being launched at an affordable price. Regarding the construction and installation of saunas for families, do you need to pay attention to anything? Join us in the details of this article.

Benefits of steam

Saunas are divided into two types, sauna and wet sauna, each of which has different uses if you know how to steam properly.

Benefits of sauna



Dry sauna is a method of using stone heated on resistors or infrared lights to increase the temperature in the sauna to more than 50°C, but the humidity is only about 10%. This method has many practical benefits for health such as:

1. Detoxify the body, rejuvenate and brighten skin cells.

2. Create an 'artificial fever' that stimulates and strengthens the body's immune system, improves blood circulation, eliminates toxins, prevents acne.
3. Reduce stress, fatigue, relax, improve mental state.
4. When the heat rises, the excess fat in the thighs, buttocks, abdomen . will be burned through the sweat glands, making the muscles and other fat hunt, keeping certain fat necessary for The body has two functions: to provide energy for the body and to keep body temperature at 37°C.
5. Sauna sauna is also considered as an effective analgesic, many people suffer from joint pain, back pain after a period of sauna this feeling has decreased.

The effect of steam bath



Wet saunas use heat source provided by steam which is boiled and then pumped directly into the room, causing the temperature to reach about 45°C and humidity up to nearly 100%.Just like a sauna, wet steam is also beneficial for your health, especially your skin and respiratory system.

1. To unclog pores, eliminate toxins in the body not only by the outside heat and steam, but also from the sweat from the inside resulting in smoother skin.
2. Reduce acne, the body becomes more relaxed, more relaxed
3. Reduce joint pain, muscle aches.Reduce stress fatigue.
4. Improve blood vessels to help blood circulation, strengthen the body's immune system.
5. Steam can help alleviate sinusitis, asthma, allergies and bronchitis.
6. The heat of the steam in the room will expand the hair, so when you step out of the room, you not only relax your body but also have a smoother hair.

>>> See more: Distinguishing dry sauna and steam room

With these practical benefits, you will want to install a steam system at home for yourself and the whole family to relax after a hard day of studying and working.Then follow the article to see what you need to note when installing a steam room for your family.

Notes when installing saunas for families

Calculate the area of ??the sauna



In general, when installing a sauna at home, how big or small the area is often designed by the design unit to meet customer requirements. However, the installation price depends in part on the size and size of the family sauna, so you should not build a room too large compared to demand, not only do not use up the area but also cost money to buy materials, equipment for saunas. On the contrary, you should not make the room too tight because it will make you feel uncomfortable in the sauna, not promoting the maximum effectiveness of the method.

Normally, according to the standards and recommendations of the manufacturer, the family steam room should have a size of: 1m (length) x 1m (width) x 2m (height), about 2m^3 . Or if you want to be wider, you can make rooms with dimensions: 1.2m (length) x 1.2m (width) x 2m (height). This is the standard steam room for 2-3 people with full standards and amenities.

Locate the sauna room



Choosing the appropriate area to install the sauna is also something that you need to pay special attention, especially for wet saunas. Wet steam generators should be installed outside the steam room, close to where there is a plumbing system to provide sufficient water for the steam tank.

The steam piping system of the steam generator should be inclined so that the steam can easily escape. You should also install steam pipes on flat terrain, avoid bends and never mount valves on steam pipes. Steam pipe when coming into the sauna should be 15 - 30cm away from the floor. In addition, if you have a standing bathroom in your home, you can make full use of it as a steam room, both convenient and space-saving.

For saunas, electrical lines need to be neat and safe for users, as well as ensure power for the sauna. Control panel outside the sauna should be mounted at a height of 1.2m to suit all subjects. Sauna room should choose a convenient location so that when the room door design can be opened in the direction of ejection. With just a light force, you can push the door to the outside to ensure safety for users if in the process of an unexpected accident.

Choose the right steam machine



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The steam machine is a device that plays a crucial role in making the home sauna room work. Currently, there are two types of steam generators for you to choose from: dry steam generators and steam saunas. If your family already has a standing bathroom, you should choose a steam sauna to save space as well as the cost of constructing a separate sauna. If your family is crowded but has a lot of spare space in your house, you can choose to install a sauna to have a comfortable space and designed to your liking.

Choosing a sauna that suits your needs and the right price will be the optimal choice for your home sauna. With the home steam room, we often advise customers to choose the popular steam generators such as: Amazon, Homesteam, Coasts . because these models have a reasonable price. Reasonable and also easy to fix.

When choosing a steam machine, you also need to consider the capacity of the machine to match the size of the sauna. Choosing the right device will help the machine operate at full capacity, bring high efficiency to the user as well as save monthly electricity costs.

Choose to buy accessories



Accessories are also one of the issues you need to keep in mind when installing and constructing a steam generator at home. Because these accessories will help the sauna become more modern, more comfortable, help you get the most relaxing feeling when steaming.

Temperature and humidity gauges are instrumental for saunas. When the temperature is too high or not enough, the hygrometer will help you balance these two factors. In addition, other types of accessories such as: Essential oils steam, ladles, water containers, towels . must choose the type of compact size, suitable, does not affect the installation of steam machines .

Search for reputable construction units

Installing a sauna for your family is a difficult job, requiring expertise so not everyone can do it themselves. If the installation itself is not the right technique, you may encounter conditions such as: Non-airtight room, steam machine cannot work, steam efficiency is not high . even, if more serious can occur. Fire and explosion endanger your life and the whole family.



So if you do not have experience, not knowledgeable about this field then look for a reputable unit to help you install. Doing this will help you get a quality sauna facility. In addition, you can be completely assured to use without worrying about any problems.

Family saunas are a costly product, so a small mistake will cost you a lot to fix. Hopefully the notes that we have summarized will help you somewhat solve the anxiety when preparing to install a sauna for the family. Wish you will have a satisfactory project to enjoy the relaxing moments in the sauna with family.

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