



Free 12'x22' Sauna Plan



Free vs. Premium Plan: What's the Difference?

We offer both free and premium versions of our detailed shed plans, designed to fit your needs and budget. Check out the table below to see the key differences and choose the plan that's right for you:

Features	Free Plan	Premium Plan
Steps Count	10	28
Illustrations per Step	Limited	Every Step
Print Ready Format	X	✓
Step-by-Step Instructions	Basic	Comprehensive
Full Materials & Cutting List	X	✓
Additional Illustrations	X	✓
Additional Blueprints	X	✓
Tools List	X	✓
Fastening Elements List	X	✓
Technical Support	X	✓

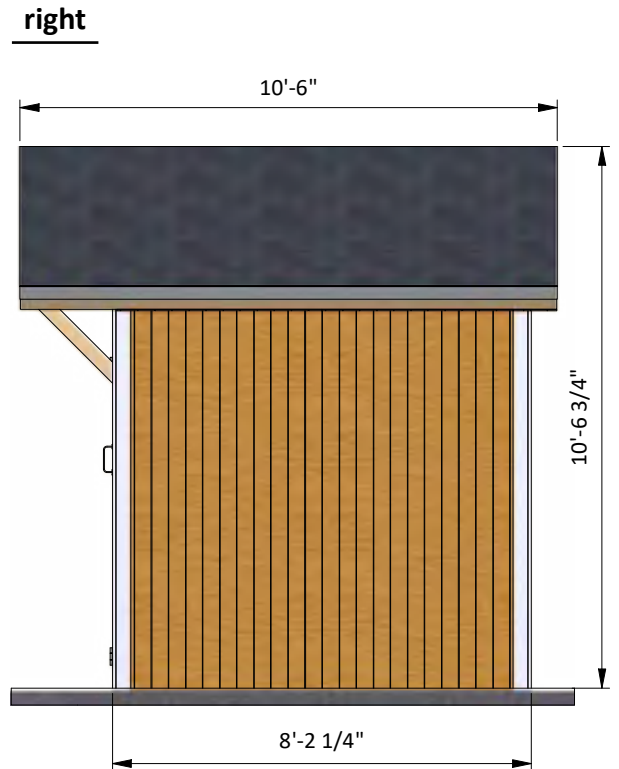
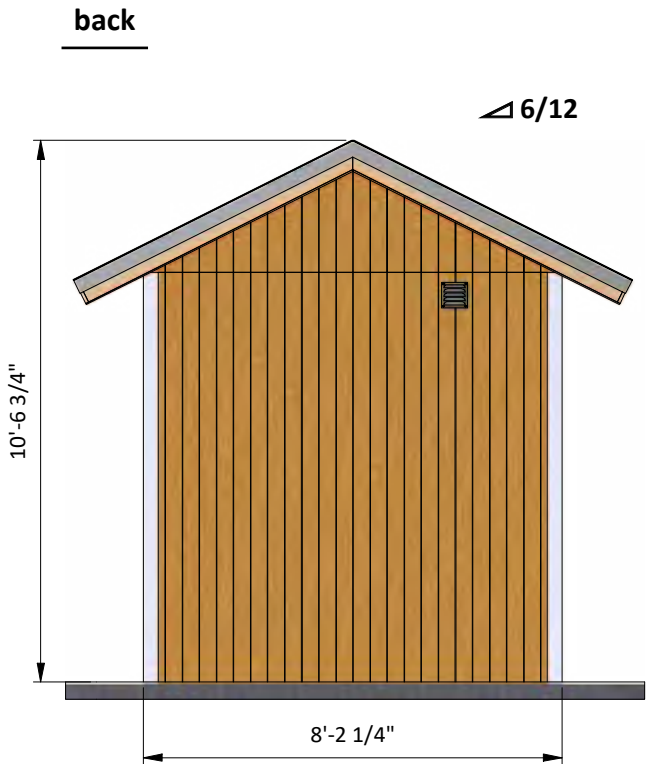
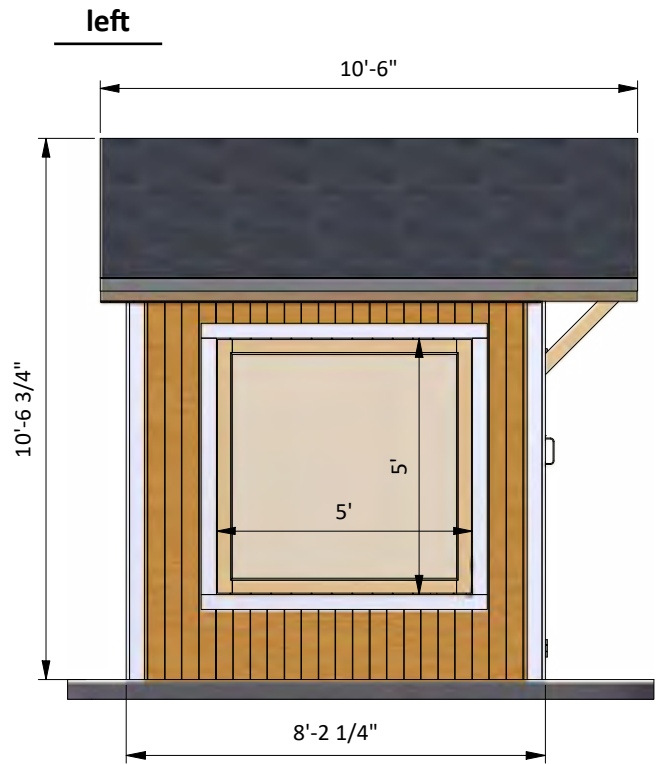
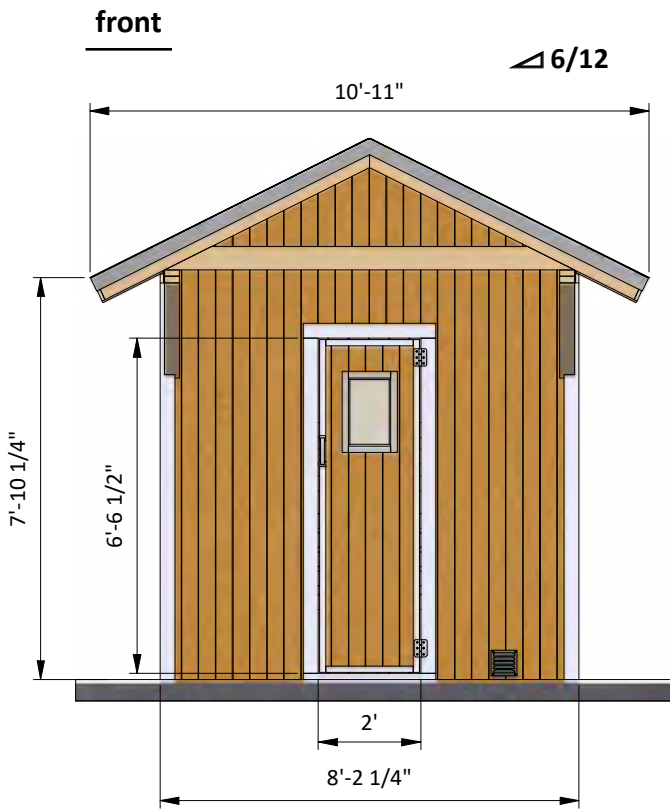
[Try Premium Risk-Free](#)

60-day refund policy with no questions asked.

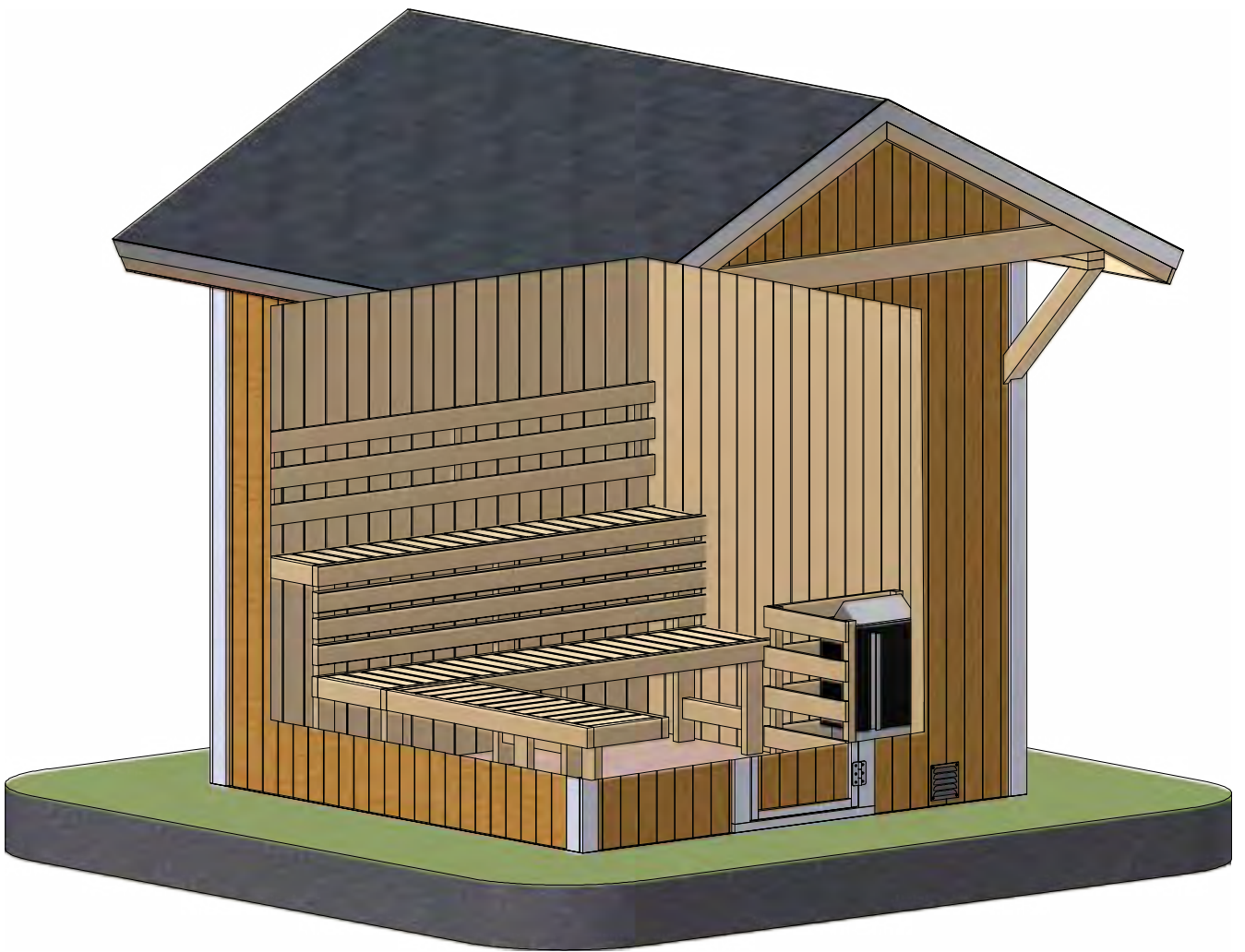
12' x 22' Sauna shopping list

Materials	Unit	Qty	Size
Lumber (1 x 2)	pcs	8	6'
Lumber (1 x 2)	pcs	43	8'
Lumber (1 x 4)	pcs	4	6'
Lumber (1 x 4)	pcs	19	8'
Lumber (1 x 6)	pcs	2	6'
Lumber (1 x 6)	pcs	2	12'
Lumber (2 x 2)	pcs	1	8'
Lumber (2 x 4)	pcs	85	8'
Lumber (2 x 4)	pcs	4	10'
Lumber (2 x 6)	pcs	14	6'
Lumber (2 x 6)	pcs	3	8'
Lumber (4 x 4)	pcs	1	6'
Cedar lumber (1 x 6)	square ft	285	
Window beading	ft	20	
Asphalt shingles	square ft	130	
OSB (1/2")	pcs	6	4' x 8'
Plywood siding (11/32")	pcs	12	4' x 8'

Size & Dimensions



Interior view



STEP 1

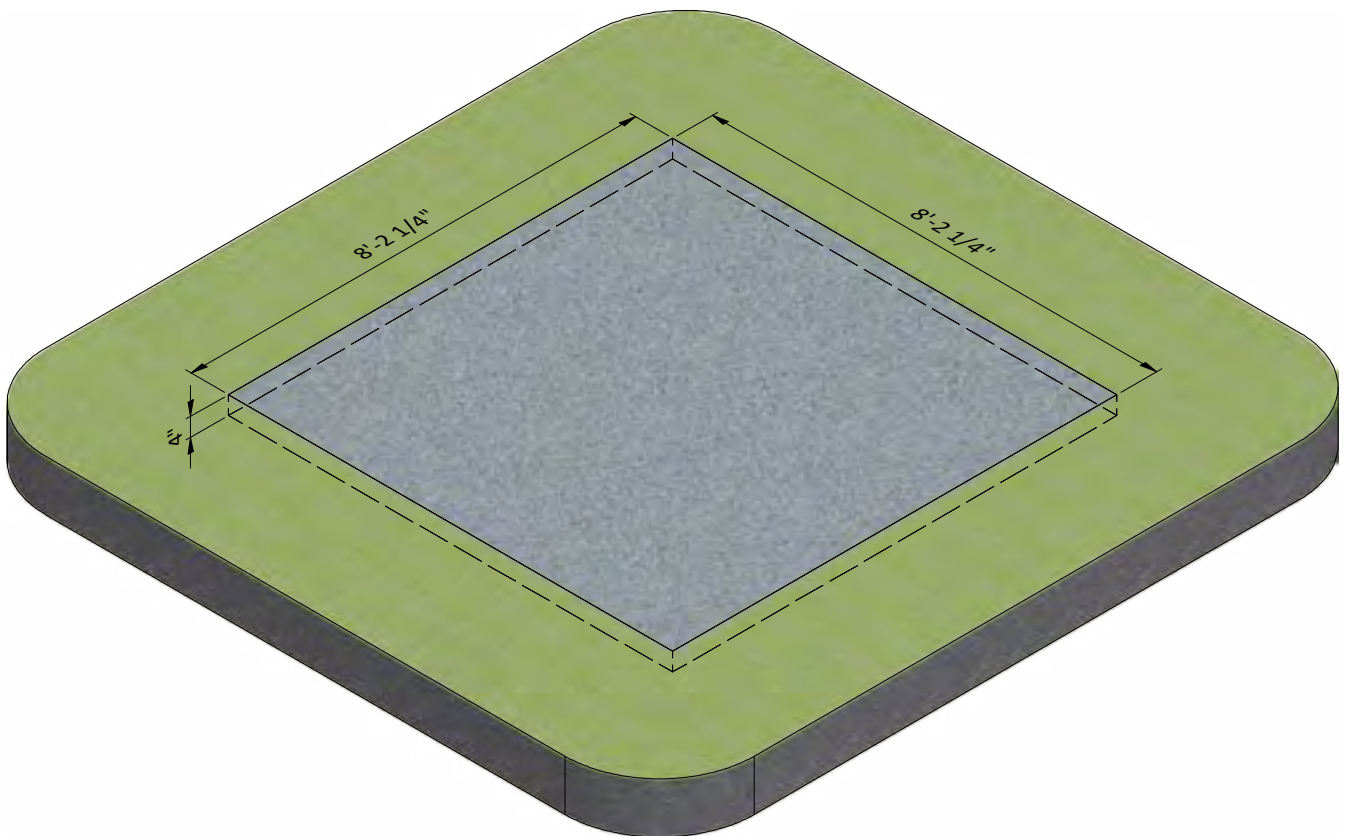
Foundation Preparation

1.1 Clear the area where you want to build the sauna and layout for the foundation. Use the illustration below as a guide.

1.2 For the slab, take off 4 inches of soil according to the drawings.

1.3 To reinforce the concrete slab, place number 4 reinforcement at 16 inch spacing and tie with binding wire at the intersection points of the resulting reinforcement mesh.

1.4 Fill the pit to ground level with concrete and let cure, or harden. Since curing times vary between brands, read the packaging for recommended curing times.



STEP 2

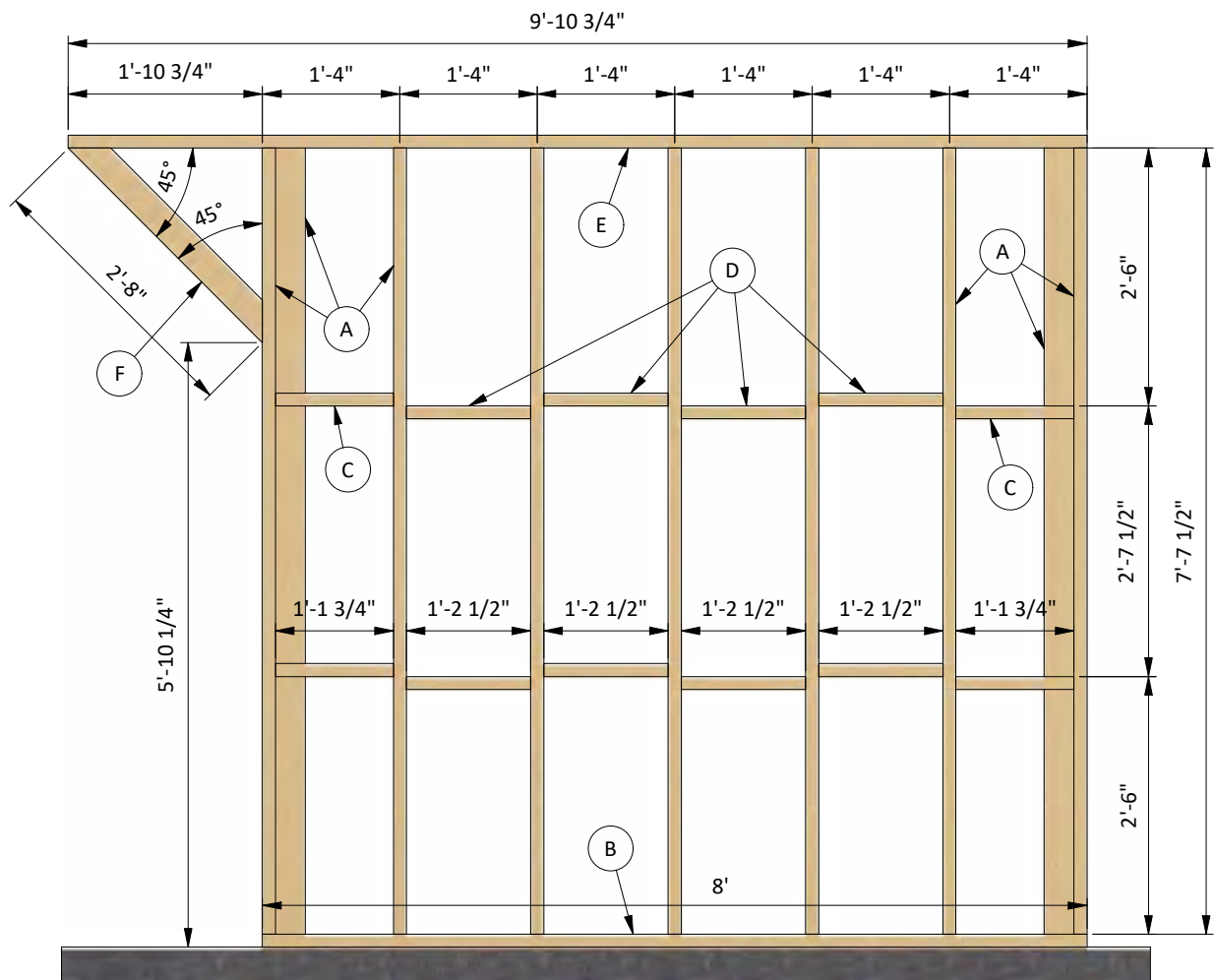
Assemble Right Wall Frame

2.1 Using 2x4 and 4x4 lumber, construct right wall frame using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

2.2 Connect the beams with 3" structural screws.

2.3 Using a speed square or carpenter's square, check the corners to make sure they are 90°.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	7'-7 1/2"	9
B	Bottom beam	2x4	8'	1
C	Blocking board	2x4	1'-1 3/4"	4
D	Blocking board	2x4	1'-2 1/2"	8
E	Top beam	2x4	9'-10 3/4"	1
F	Cross brace	4x4	2'-8"	1



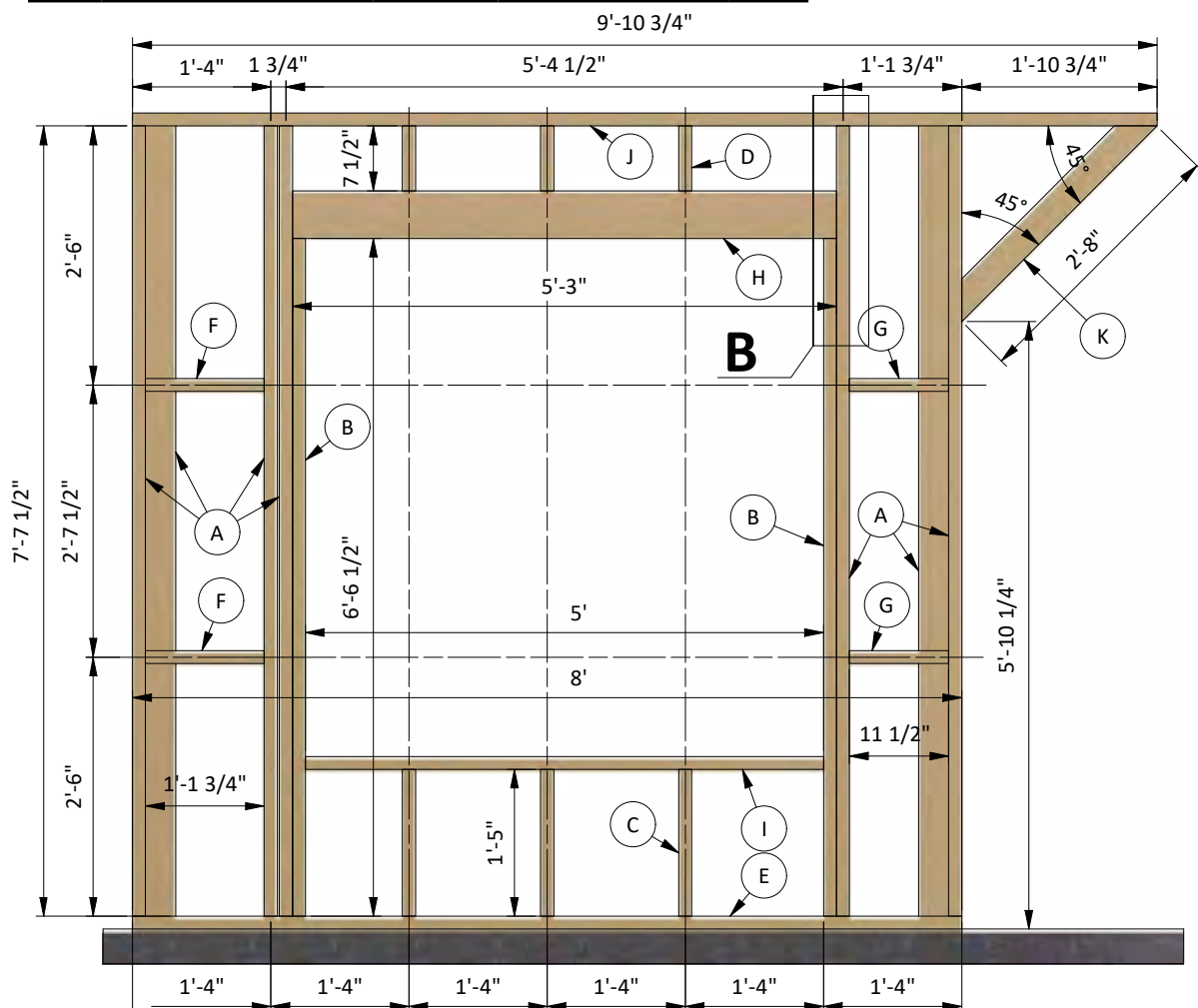
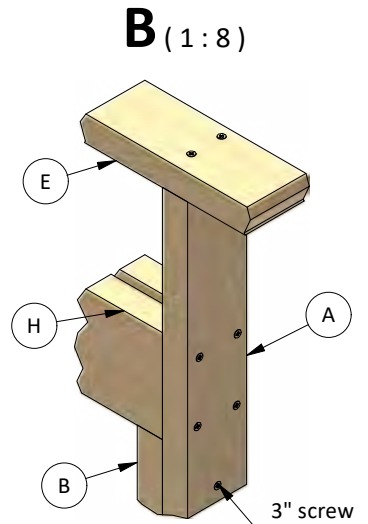
STEP 3

Assemble Left Wall Frame

3.1 Using 2x4 and 2x6 lumber, construct left wall frame using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

3.2 Connect the beams with 3" structural screws.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	7'-7 1/2"	7
B	Stud	2x4	6'-6 1/2"	2
C	Stud	2x4	1'-5"	3
D	Cripple stud	2x4	7 1/2"	3
E	Bottom beam	2x4	8'	1
F	Blocking board	2x4	1'-1 3/4"	2
G	Blocking board	2x4	11 1/2"	2
H	Window header	2x6	5'-3"	2
I	Rough sill	2x4	5'	1
J	Top beam	2x4	9'-10 3/4"	1
K	Cross brace	4x4	2'-8"	1



STEP 4

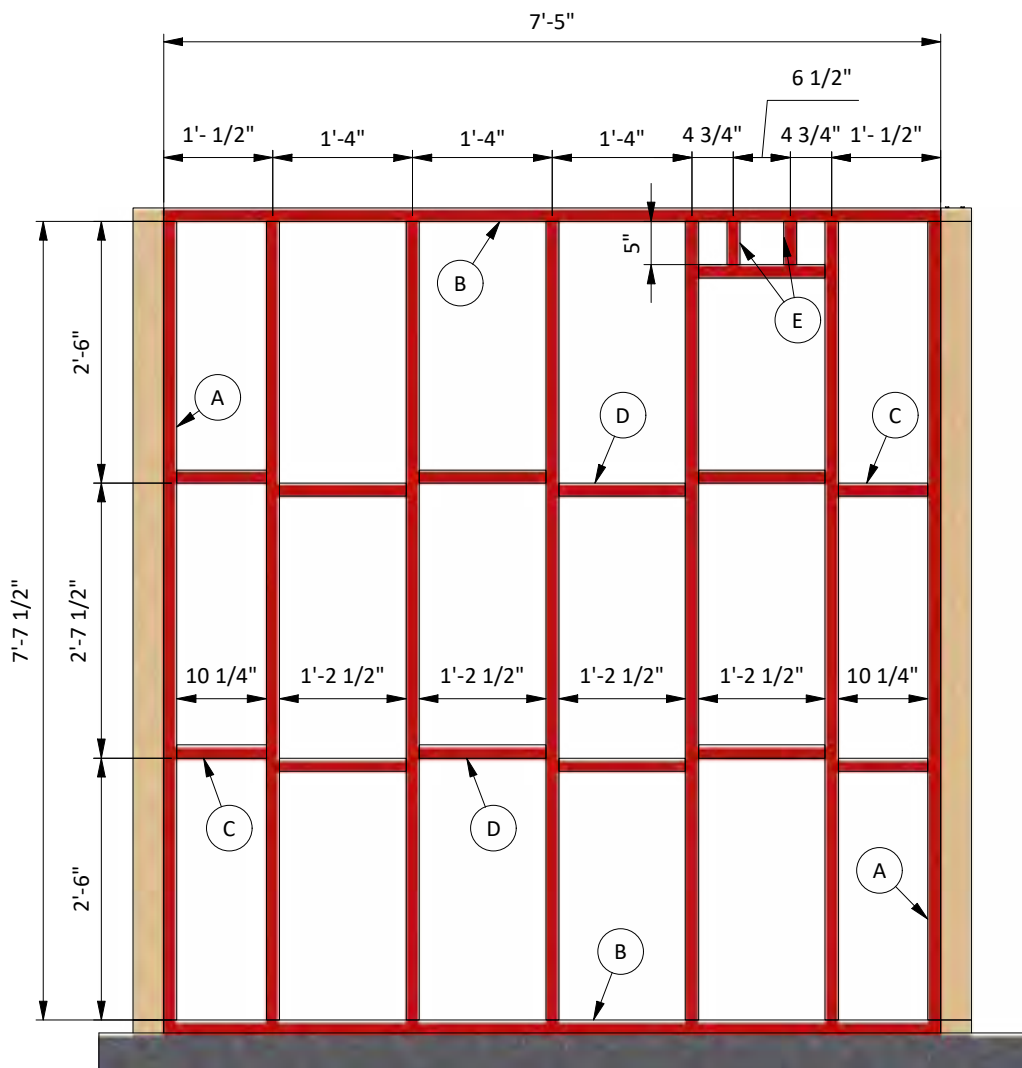
Assemble Back Wall Frame

4.1 Using 2x4 lumber, construct back wall frame using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

4.2 Connect the beams with 3" structural screws.

4.3 Using a speed square or carpenter's square, check the corners to make sure they are 90°.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	7'-7 1/2"	7
B	Top/ Bottom beam	2x4	7'-5"	2
C	Blocking board	2x4	10 1/4"	4
D	Blocking board	2x4	1'-2 1/2"	9
E	Blocking board	2x4	5"	2



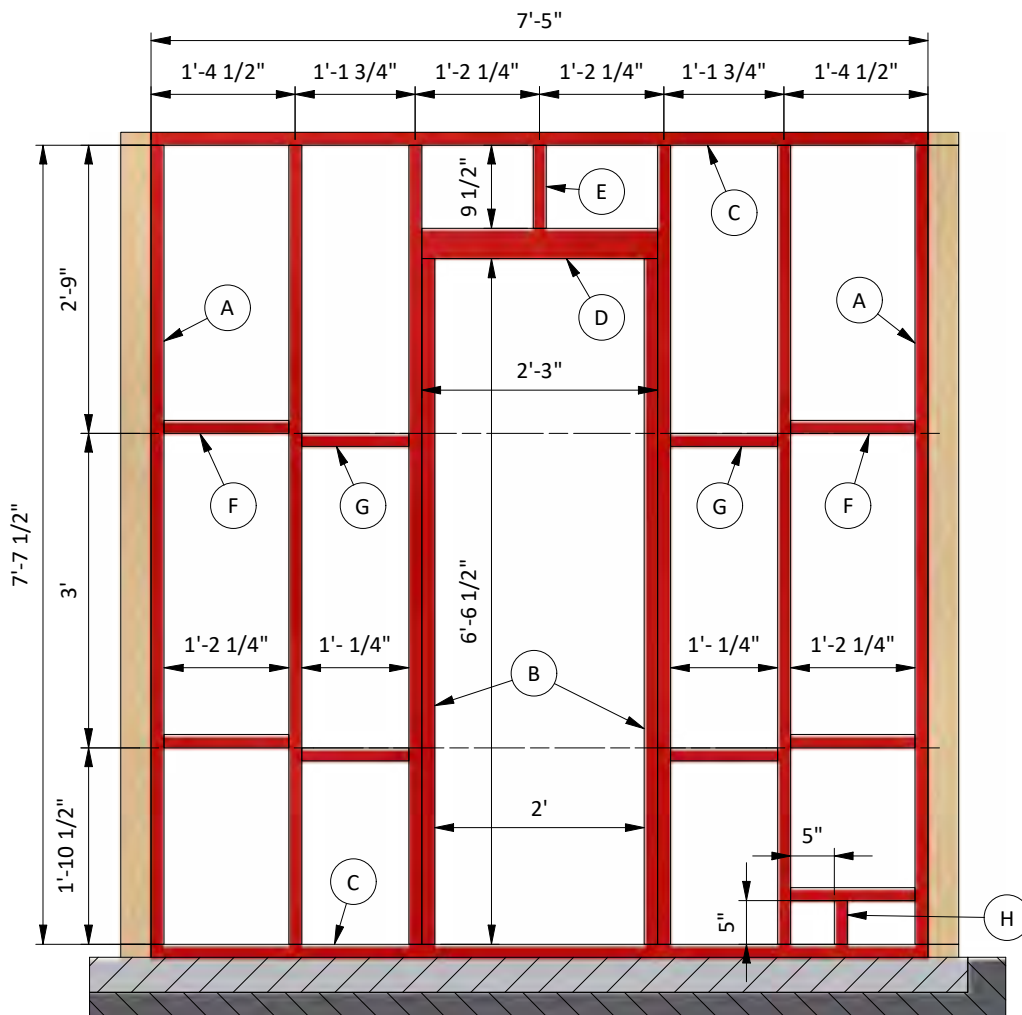
STEP 5

Assemble Front Wall Frame

5.1 Using 2x4 lumber, construct front wall frame using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

5.2 Connect the beams with 3" structural screws.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	7'-7 1/2"	6
B	Stud	2x4	6'-6 1/2"	2
C	Top/Bottom beam	2x4	7'-5"	2
D	Door header	2x4	2'-3"	2
E	Cripple stud	2x4	9 1/2"	1
F	Blocking board	2x4	1'-2 1/4"	5
G	Blocking board	2x4	1'-1/4"	4
H	Blocking board	2x4	5"	1



STEP 6

Assemble the Roof Frame

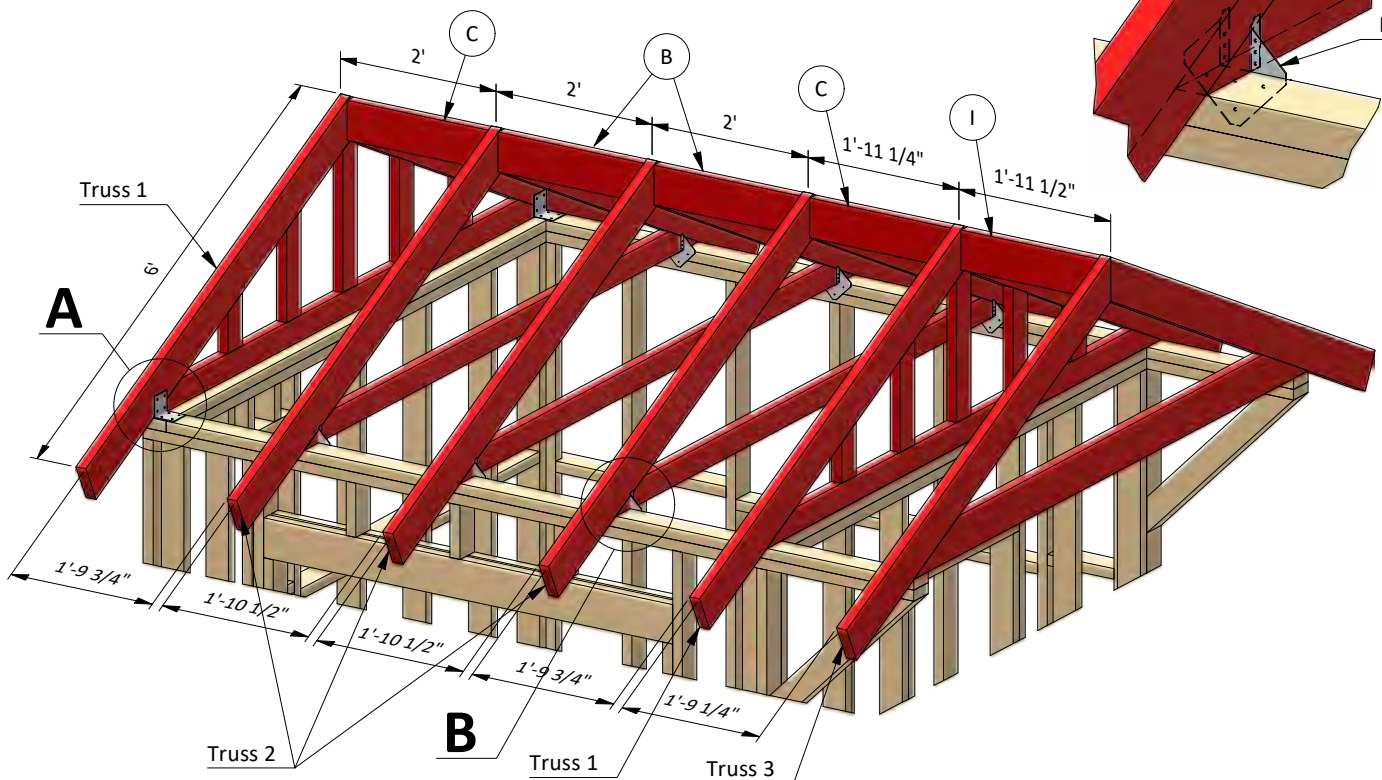
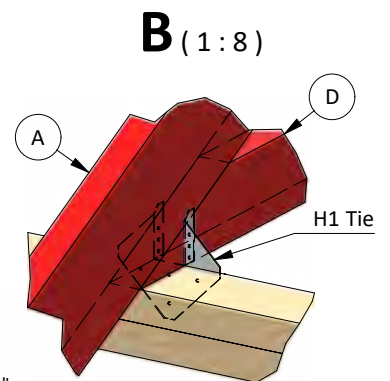
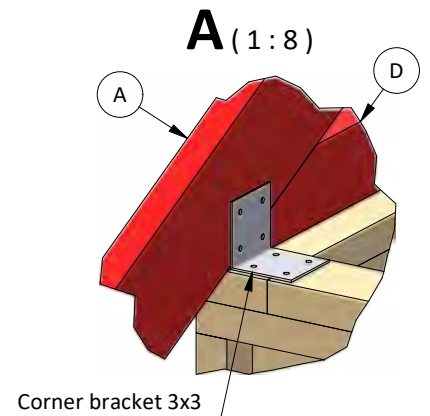
6.1 Using 2x6 lumber, cut twelve rafters 6' long according to the dimensions in drawings below.

6.2 Using 2x4 and 2x6 lumber, prepare six collar ties 8' long and assemble six trusses of three types.

6.3 Using 2x6 board cut two boards 1'-9 3/4" long, two boards cut to 1'-10 1/2" long and one board cut to 1'-9 1/4" long that will be ridge boards.

6.4 Secure the rafters to the walls using H1 ties and 3x3 corner brackets.

Pos	Description	Material	Dimension	Qty
A	Rafters	2x6	6'	12
B	Ridge board	2x6	1'-10 1/2"	2
C	Ridge board	2x6	1'-9 3/4"	2
D	Collar tie	2x4	8'	5
E	Gable stud	2x4	7 1/2"	4
F	Gable stud	2x4	1'-2 1/2"	4
G	Gable stud	2x4	1'-8 1/2"	2
H	Collar tie	2x6	8'	1
I	Ridge board	2x6	1'-9 1/4"	1



STEP 7

Window Installation for the Left Wall

7.1 Using 2x4 lumber, assemble the outer frame for the window as shown in the drawing below. You will need four boards cut to 4'-11 1/2" that will be the vertical and horizontal girts. Cut the recesses in each beam for splicing connection and mill a recess for the glass.

7.2 Prepare and install glass into inner frame groove and fasten it by window beading from four sides. Use 1/2" galvanized nails.

7.3 Insert window into side wall openings and connect them with 2" structural screws to the wall beams.

Pos	Description	Material	Dimension	Qty
A	Vertical girts	2x4	4'-11 1/2"	2
B	Top/bottom beam	2x4	4'-11 1/2"	2
C	Glass	1/8"	4'-5 1/4" x 4'-5 1/4"	1
D	Window beading			20ft



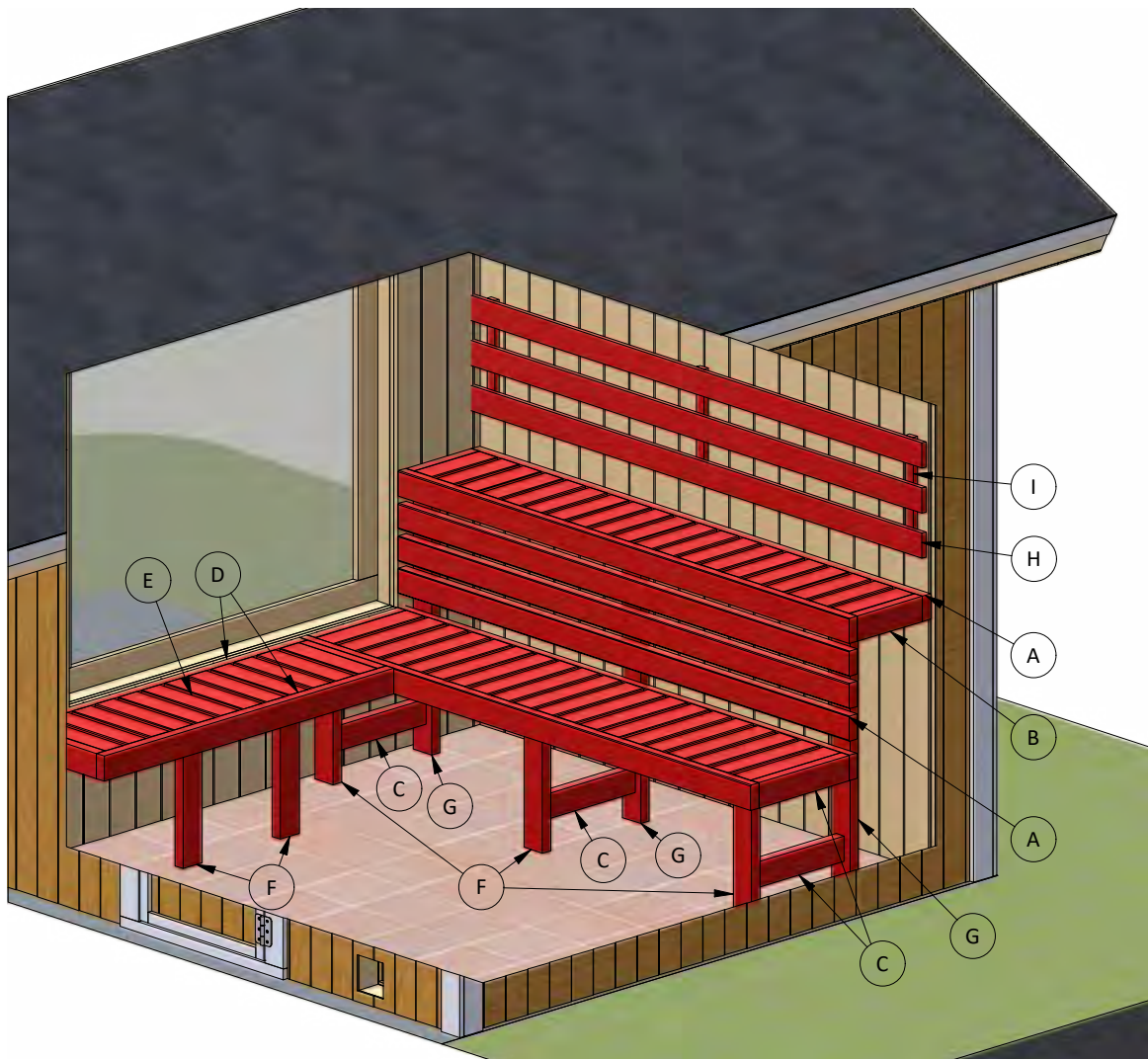
STEP 8

Assemble the Bench

8.1 Using 1x4 and 2x4 lumber, assemble the bench using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

8.2 Connect the beams with 2" and 3" structural screws.

Pos	Description	Material	Dimension	Qty
A	Bench rails / Backrest spalts	2x4	7'-1 3/4"	7
B	Seat splat	2x4	1'	22
C	Seat splat / Girt	2x4	1'-4 1/2"	25
D	Bench rails	2x4	4'-5"	2
E	Seat splat	2x4	1'-3"	14
F	Support stud	2x4	1'-6 1/4"	5
G	Support stud	2x4	3'-1 1/4"	3
H	Backrest spalts	1x4	7'-1 3/4"	3
I	Girt	1x4	1'-4"	3



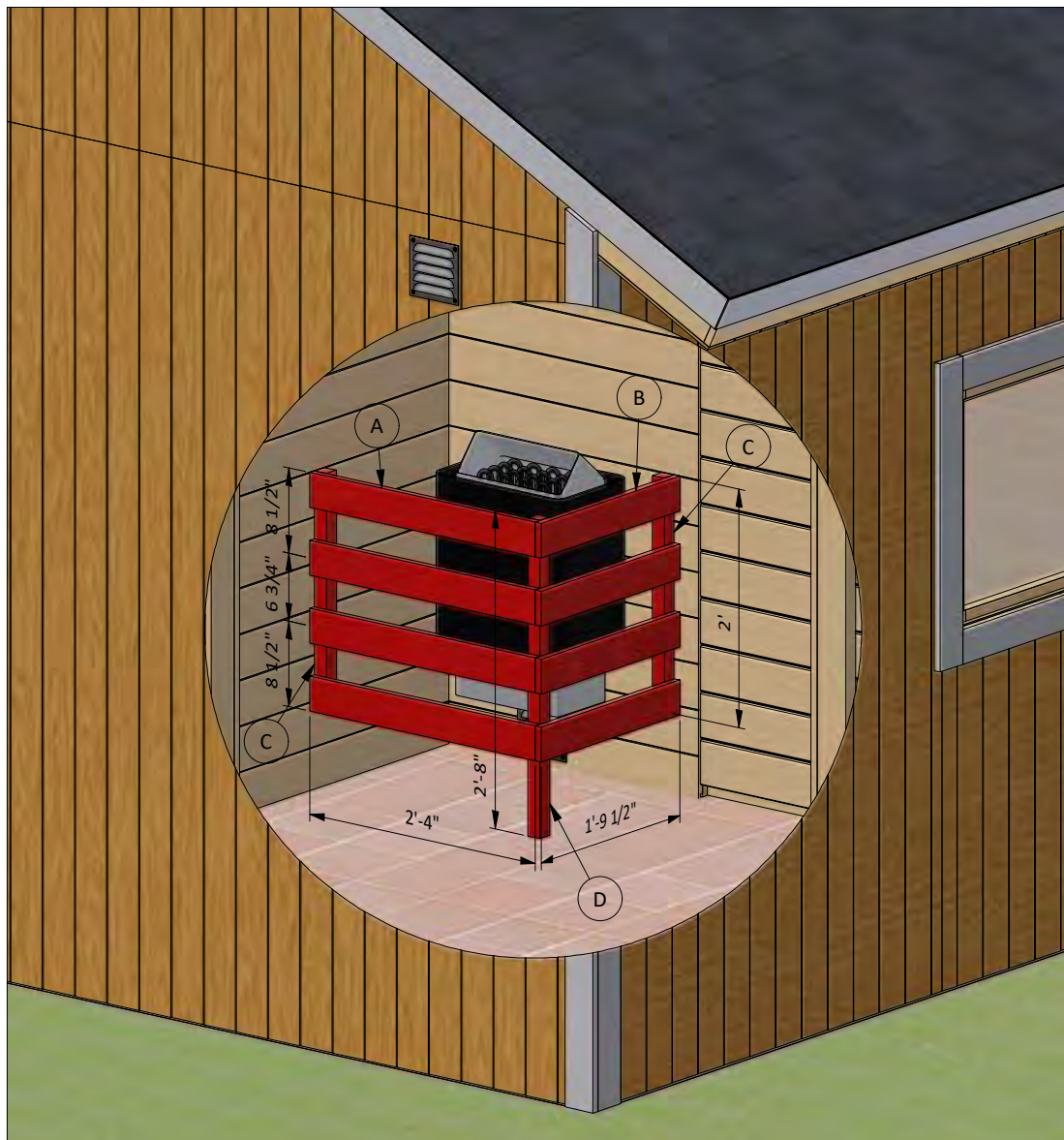
STEP 9

Assemble the Heater Fence

9.1 A heater with a capacity of approximately 9 kW is required for a sauna of this size (be sure to check your local codes regarding the installation of heating devices. Install it on the wall according to the manufacturer's instructions.

9.2 Using 1x4 and 2x2 lumber, assemble the fence around heater using the drawing below as a reference. You will need to prepare beams in necessary quantity according to the cutting list below.

Pos	Description	Material	Dimension	Qty
A	Rails	1x4	2'-4"	4
B	Rails	1x4	1'-9 1/2"	4
C	Support stud	2x2	2'	2
D	Middle post	2x2	2'-8"	1



STEP 10

Final Touches

Now that your sauna is all done, you are ready to decorate it any way you want using your favorite paint, stain, or preservative.





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