



Free 7'x7' 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	25
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](#)

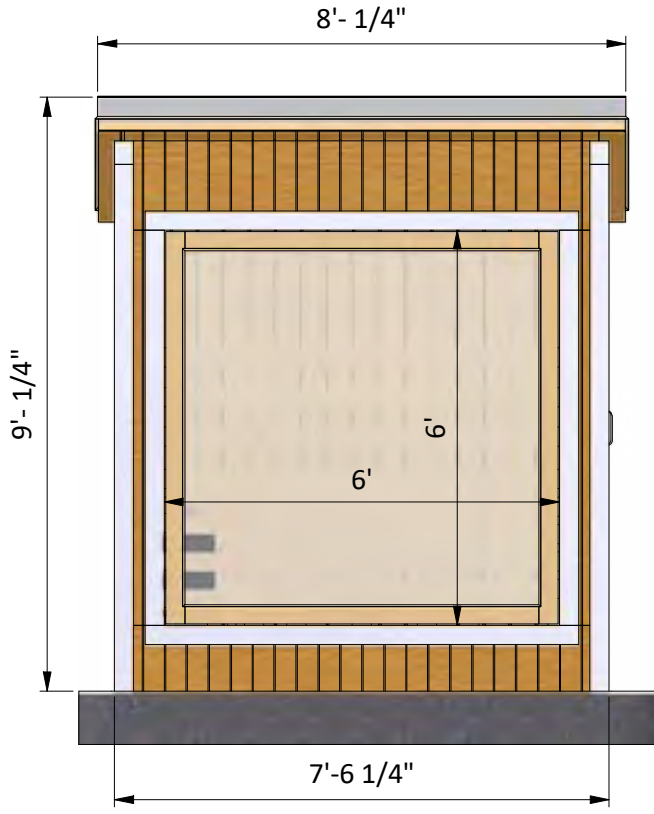
60-day refund policy with no questions asked.

7'x7' Sauna shopping list

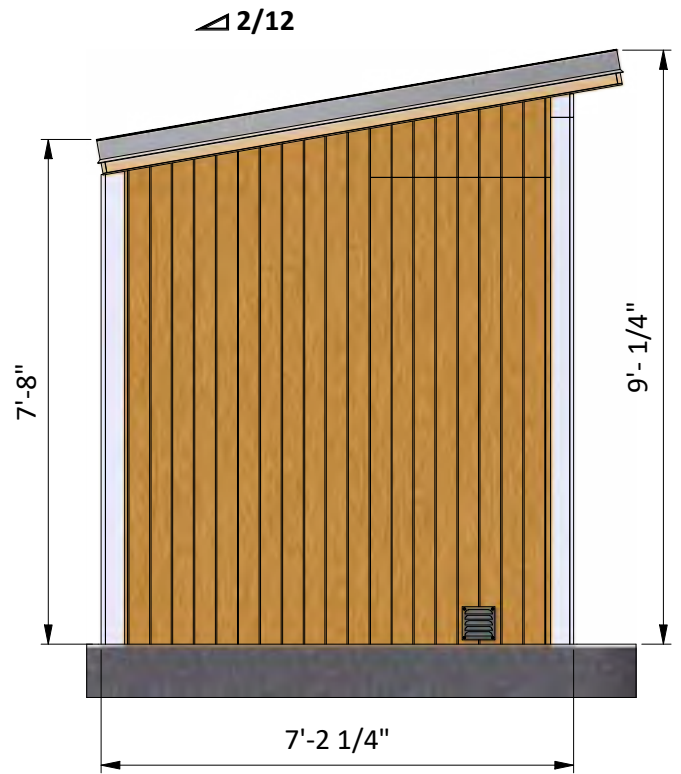
Material	Unit	Qty	Size
Lumber (1 x 2)	pcs	8	6'
Lumber (1 x 2)	pcs	40	8'
Lumber (1 x 4)	pcs	4	6'
Lumber (1 x 4)	pcs	15	8'
Lumber (1 x 6)	pcs	4	8'
Lumber (2 x 2)	pcs	2	6'
Lumber (2 x 4)	pcs	5	6'
Lumber (2 x 4)	pcs	67	8'
Lumber (2 x 6)	pcs	8	8'

Size & Dimensions

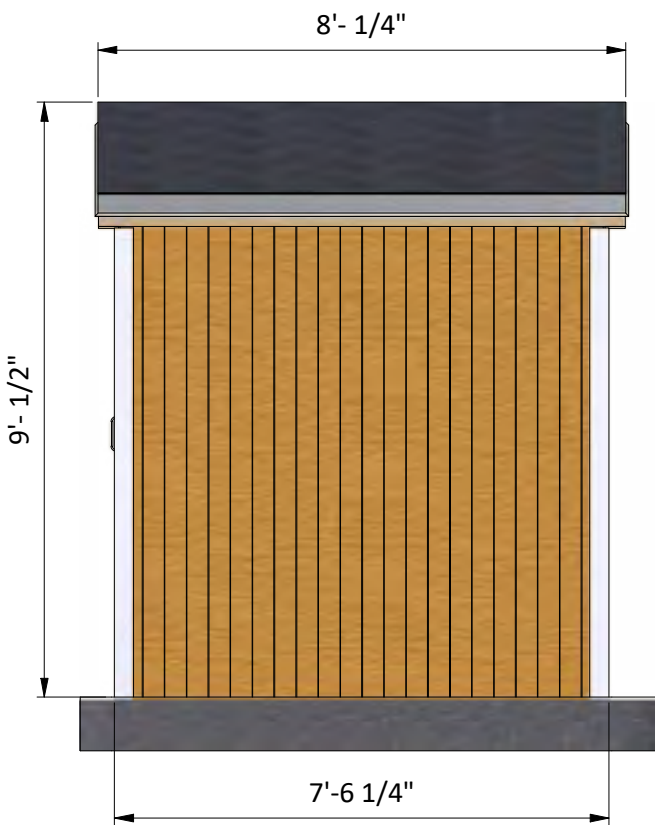
front



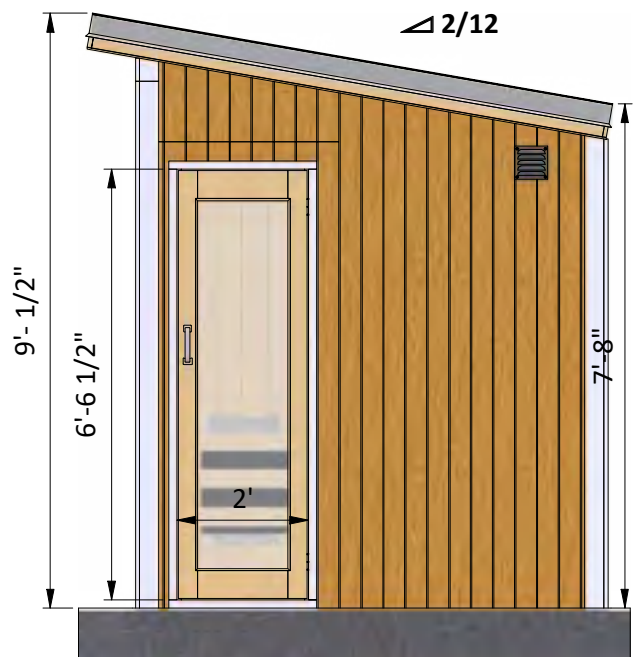
left



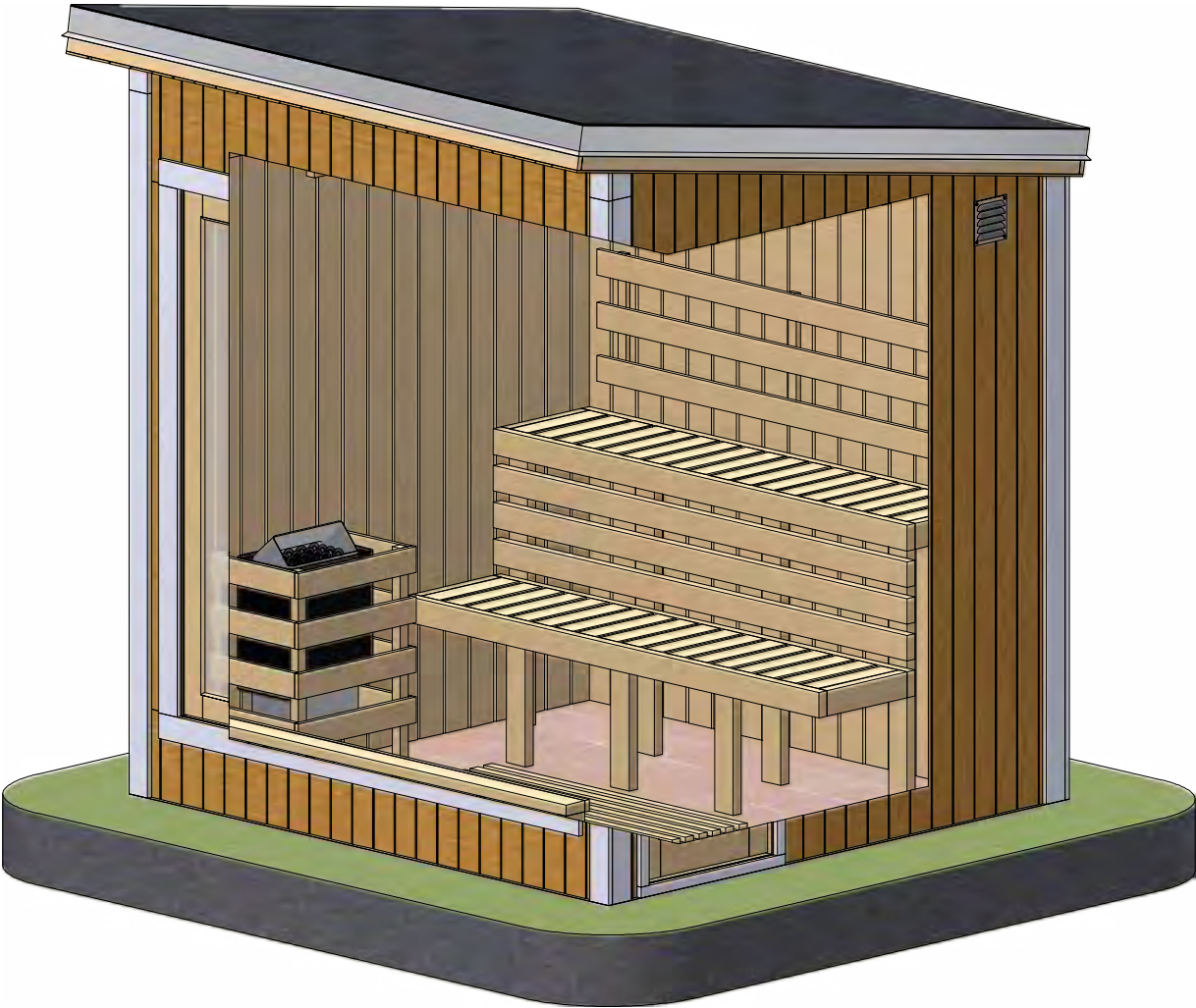
back



right



Interior view



STEP 1

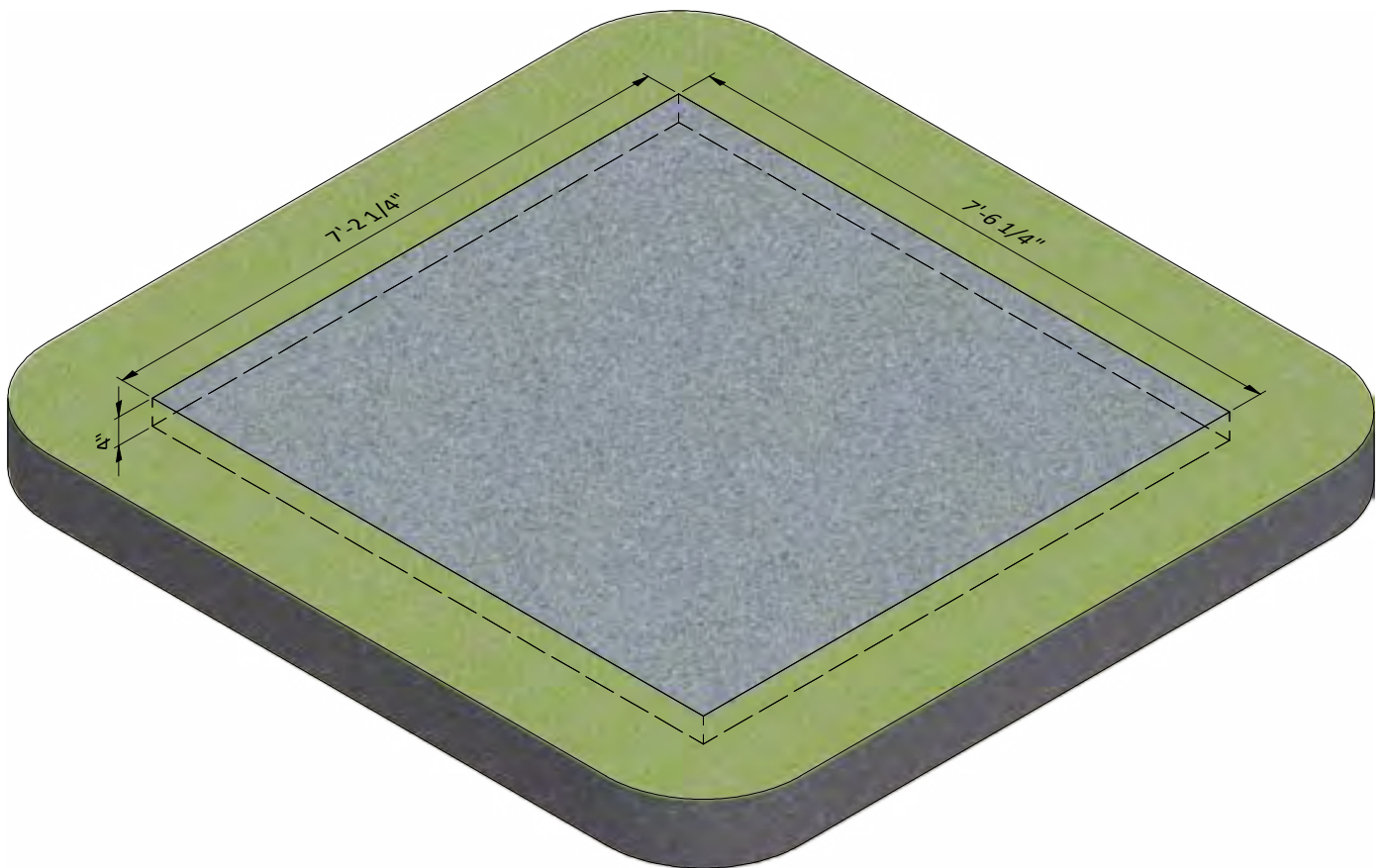
Foundation Preparation

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.



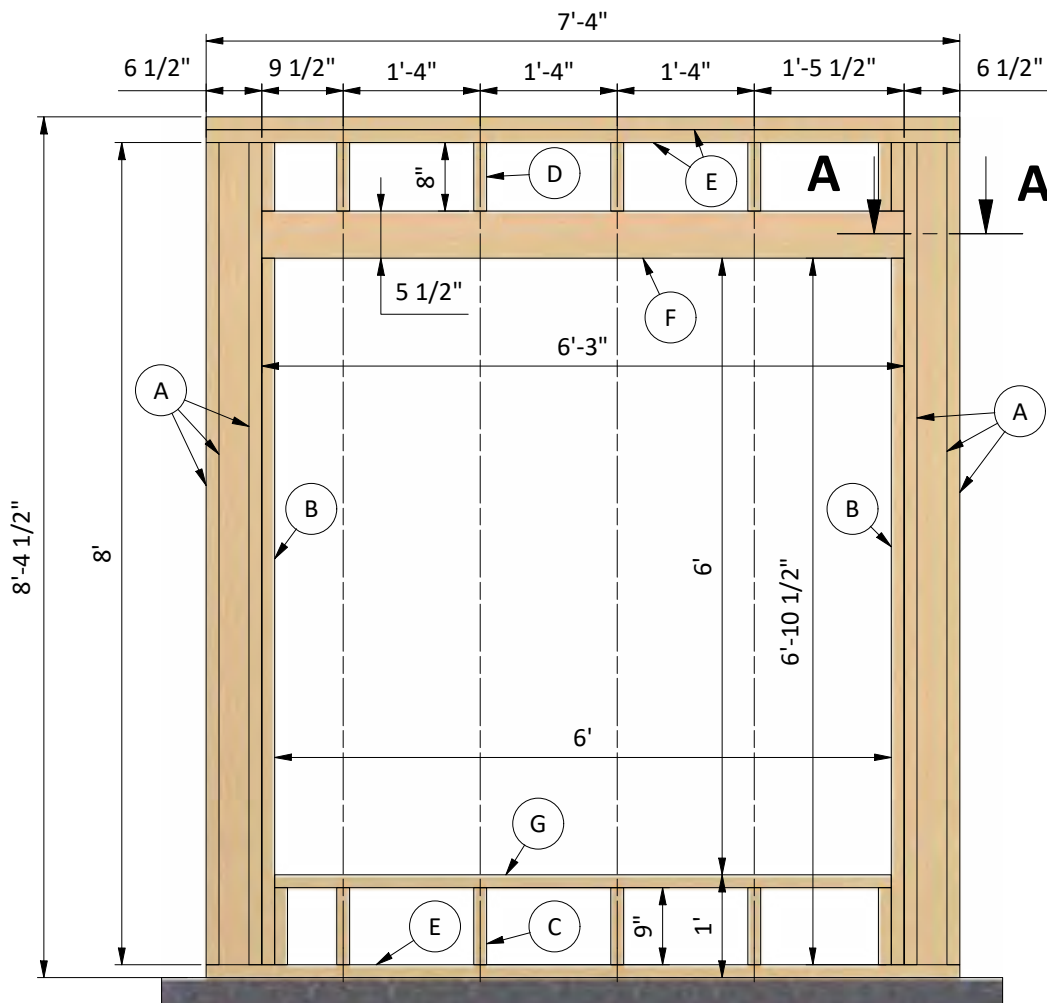
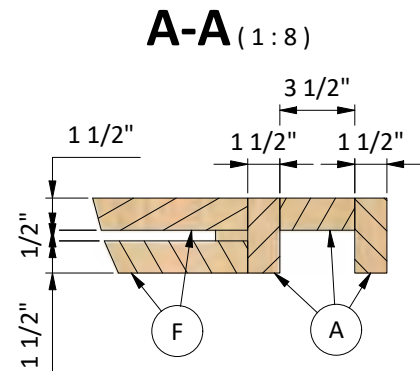
STEP 2

Assemble Front Wall Frame

2.1 Using 2x4 and 2x6 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.

2.2 Connect the beams with 3" structural screws.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	8'	6
B	Stud	2x4	6'-10 1/2"	2
C	Stud	2x4	9"	6
D	Cripple stud	2x4	8"	7
E	Top/Bottom beam	2x4	7'-4"	3
F	Window header	2x6	6'-3"	2
G	Rough sill	2x4	6'	1



STEP 3

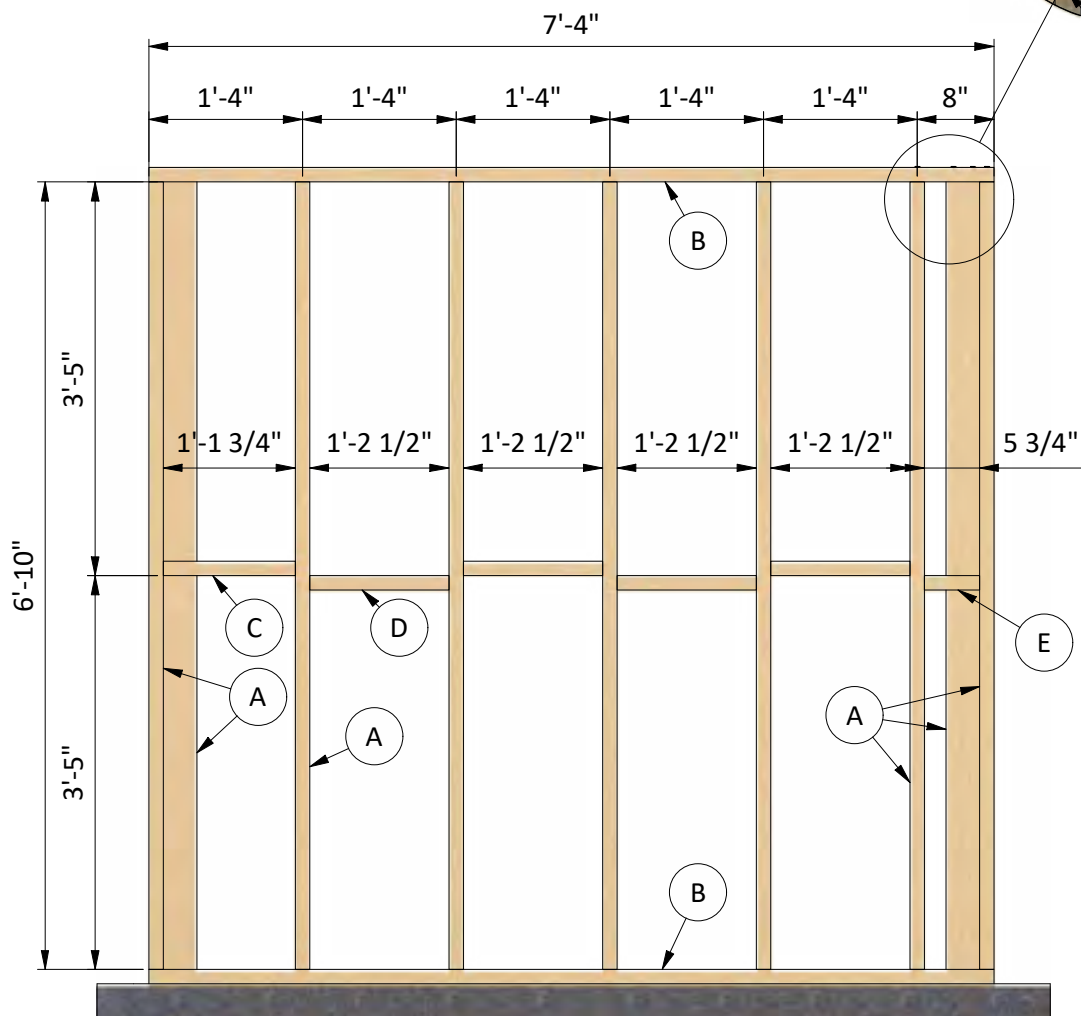
Assemble Back Wall Frame

3.1 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.

3.2 Connect the beams with 3" structural screws.

3.3 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	6'-10"	9
B	Top/Bottom beam	2x4	7'-4"	2
C	Blocking board	2x4	1'-1 3/4"	1
D	Blocking board	2x4	1'-2 1/2"	4
E	Blocking board	2x4	5 3/4"	1



STEP 4

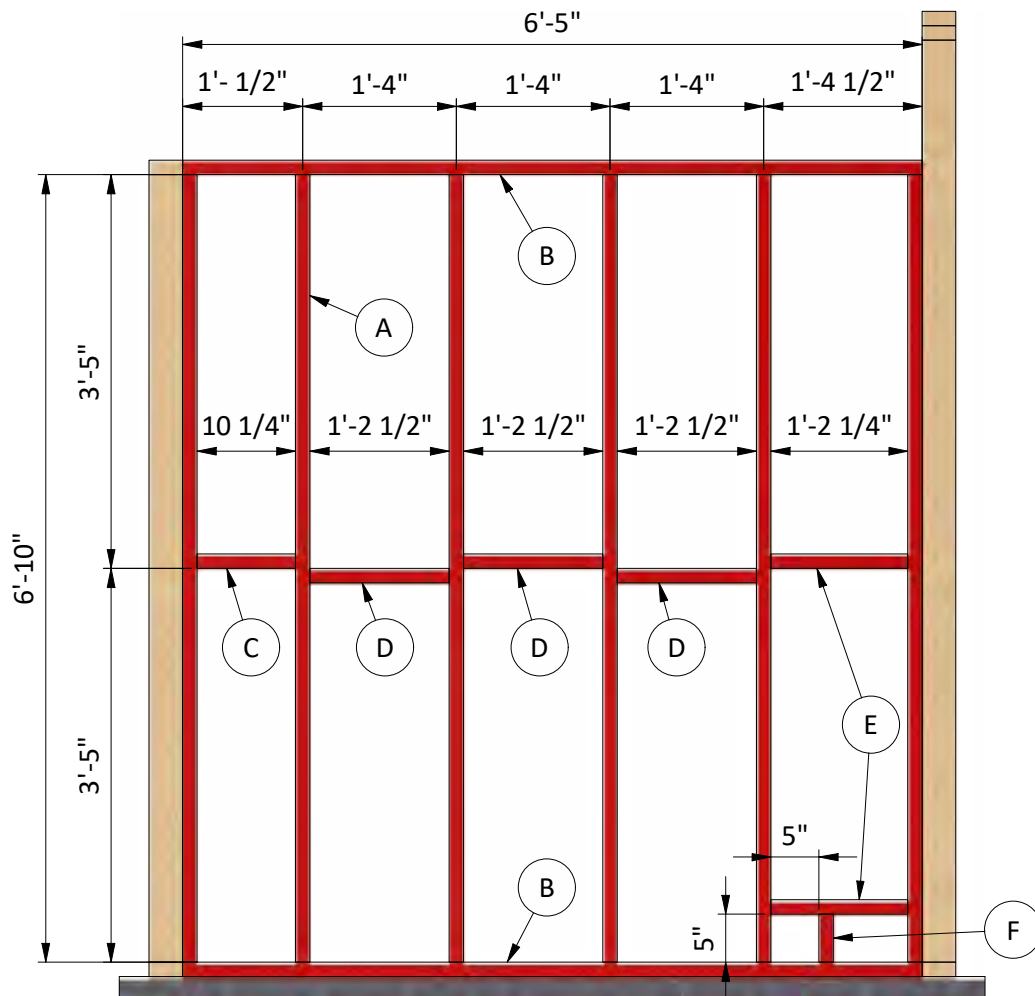
Assemble Left Wall Frame

4.1 Using 2x4 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.

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	6'-10"	6
B	Top/ Bottom beam	2x4	6'-5"	2
C	Blocking board	2x4	10 1/4"	1
D	Blocking board	2x4	1'-2 1/2"	3
E	Blocking board	2x4	1'-2 1/4"	2
F	Blocking board	2x4	5"	1



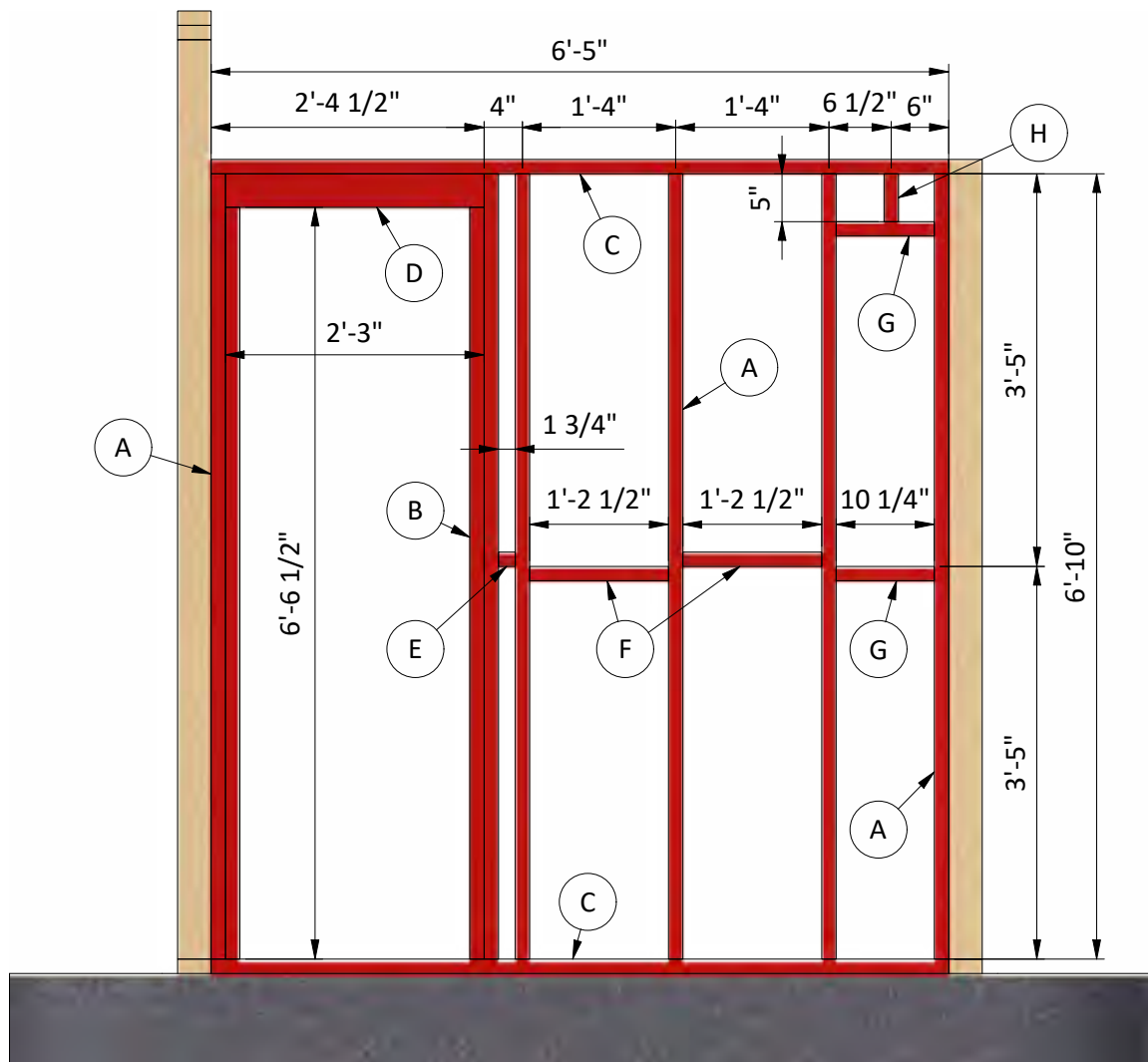
STEP 5

Assemble Right Wall Frame

5.1 Using 2x4 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.

5.2 Connect the beams with 3" structural screws.

Pos	Description	Material	Dimension	Qty
A	Stud	2x4	6'-10"	6
B	Stud	2x4	6'-6 1/2"	2
C	Top/Bottom beam	2x4	6'-5"	2
D	Door header	2x4	2'-3"	2
E	Blocking board	2x4	1 3/4"	1
F	Blocking board	2x4	1'-2 1/2"	2
G	Blocking board	2x4	10 1/4"	2
H	Blocking board	2x4	5"	1



STEP 7

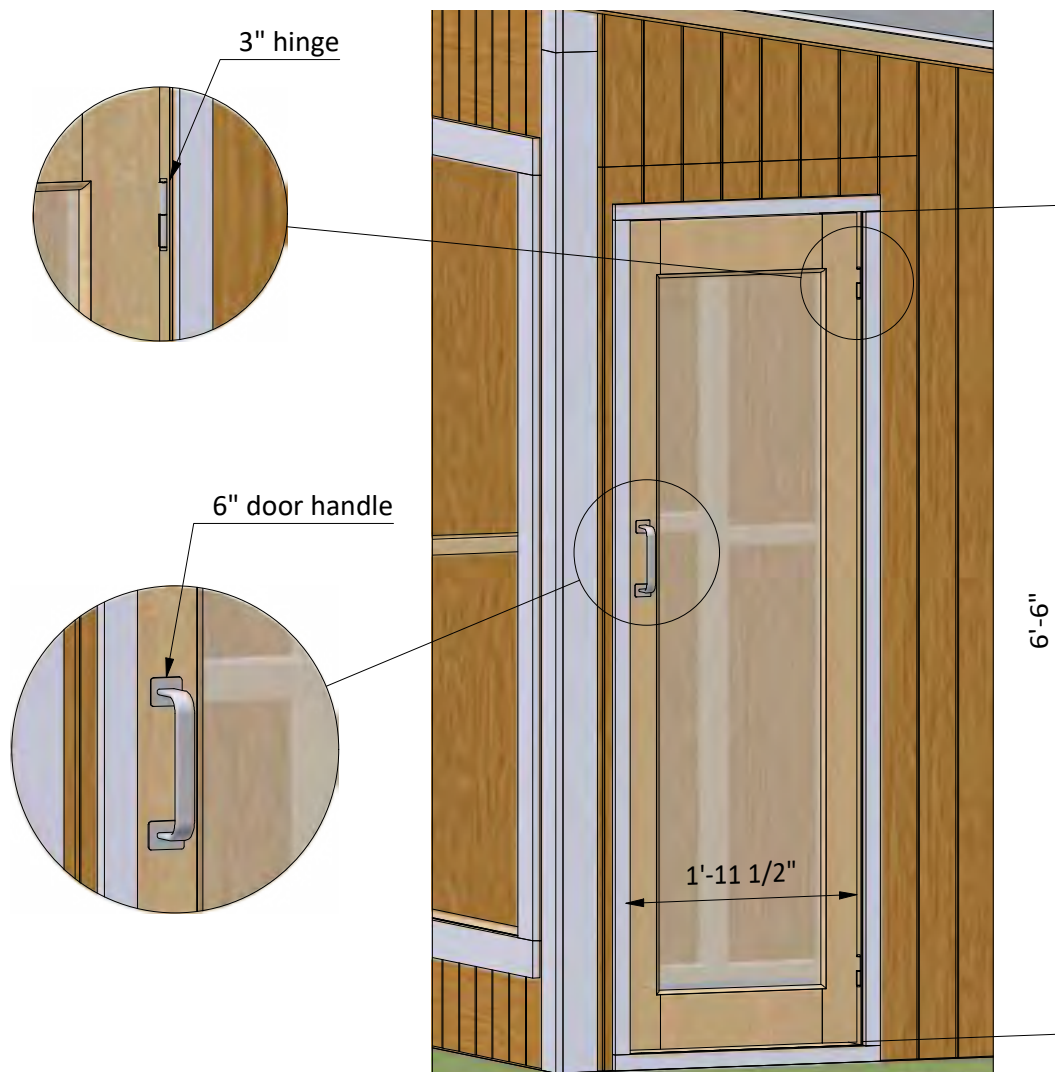
Door Installation for the Right Wall

7.1 Using 2x4 and 2x6 lumber, assemble the door frame as shown in the drawing below. You will need to prepare four boards that will be the vertical and horizontal girts. Cut the recesses in each beam for splicing connection and mill a recess for the glass. Using 1x2 lumber, install inner frame in the door opening.

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 door into side wall opening and connect it with two hinges to the wall beam.

Pos	Description	Material	Dimension	Qty
A	Vertical girts	2x4	6'-6"	2
B	Top/bottom beam	2x6	1'-11 1/2"	2
C	Glass	1/8"	1'-5 1/4" x 5'-7 3/4"	1
D	Window beading			16ft
E	Vertical girts	1x2	6'-6 1/2"	2
F	Top/bottom beam	1x2	1'-10 1/2"	2



STEP 8

Window Installation for the Front Wall

8.1 Using 2x4 lumber, assemble the outer frame for the window as shown in the drawing below. You will need four boards cut to 5'-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.

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

8.3 Insert window into front wall opening and connect it with 2" structural screws to the wall beams.

Pos	Description	Material	Dimension	Qty
A	Vertical girts	2x4	5'-11 1/2"	2
B	Top/bottom beam	2x4	5'-11 1/2"	2
C	Glass	1/8"	5'-5 1/4" x 5'-5 1/4"	1
D	Window beading			24ft



STEP 9

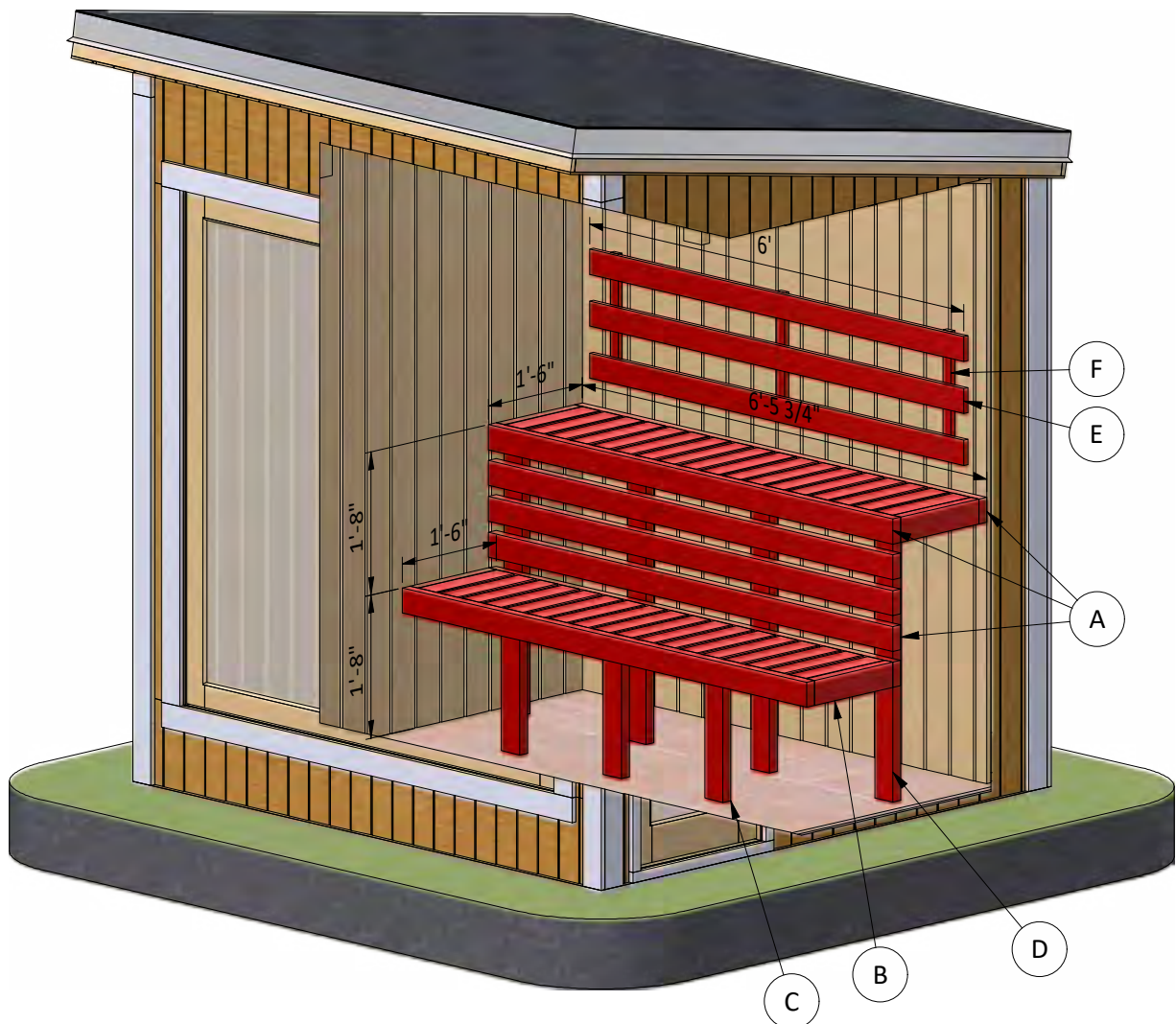
Assemble the Bench

9.1 Using 1x2, 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.

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

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

Pos	Description	Material	Dimension	Qty
A	Bench rails	2x4	6'-5 3/4"	7
B	Seat splat	2x4	1'-3"	40
C	Support stud	2x4	1'-6 1/2"	3
D	Support stud	2x4	3'-2 1/2"	3
E	Backrest spalts	1x4	6'	3
F	Girt	1x2	1'-6"	3



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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