



How to Ventilate a Sauna Properly

A Cedar Sense Guide

Welcome to Cedar Sense!

We're experts in crafting premium saunas and accessories to elevate your wellness routine. In this guide, we'll show you how to ventilate your sauna for the best experience possible.

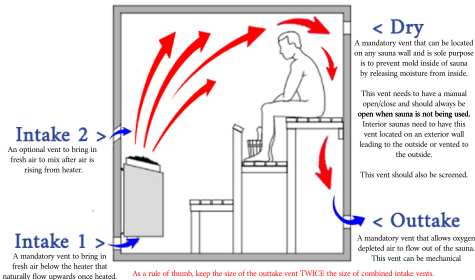
Vent Types:

Intake 1: located under heating element to draw in fresh air

Outtake: located on opposite wall, 12" - 18" above floor

Intake 2: located above heater to combine fresh air w/heated air
An optional vent that has to be lower on exterior wall than interior wall to keep rising hot air from escaping sauna

Dry: This vent can be mechanical, recommended for larger saunas located on any wall 12" - 18" below ceiling and has a manual closure. Closed while heated and open while unheated. This vent should be on an wall that leads to outside air when used in an indoor sauna to prevent mold.



The Science of Sauna Ventilation

Hot air rises, creating a temperature difference that can reach 100°F (40°C). Without ventilation, the air becomes stale and low in oxygen, making it hard to breathe. Proper ventilation mixes the air, ensuring a consistent, comfortable heat.

Benefits of Good Ventilation

Fresh air prevents the buildup of humidity and odors. Balanced heat lets you stay in the sauna longer, enhancing relaxation. Better airflow supports detoxification by allowing you to sweat more effectively.



Ready to transform your sauna experience?
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