

## MAKE ROOM FOR A SAUNA

Can anyone have a sauna? Saunas can be squeezed into many rooms (the smallest are about 1.1m wide by 1.4m long) or a summerhouse outdoors, but as it's a powerful piece of kit (up to 9kW) you generally won't be able to just plug it into an existing socket – it will need its own power supply. You may also need your electricity supply upgraded from 60 amp to 80 amp, but an electrician will be able to advise. You will also need good ventilation wherever the sauna is going to be fitted, too, so against an outside wall is ideal.

**Are all saunas the same?** There are two main types: infrared, which radiates a gentle heat that penetrates deep into the body, making it best for arthritis sufferers and aching muscles, or traditional saunas, which give a more intense heat designed to make you sweat. Some saunas can double as a sanarium, which is a cross between a traditional sauna and a steam room. **Who do I call?** A specialist sauna company should be your first port of call (see 'Who can help?', below). You can go for an off-the-shelf model, which you can even choose to fit yourself, or a bespoke design. You will also need advice from an electrician (see 'Can anyone have a sauna?', above).

**Is there any red tape?** You don't need planning permission or Building Regulations approval unless you are extending or changing the fabric of the building.

**How much will it set me back?** From £1,000 up to £120,000, depending on the size of the project and the extras you want. The average price range is £7,000 to £14,000.

**Will it take long to install?** From a couple of hours to a couple of weeks, depending on the sauna and size of the project.

**Will it make my home sell for more?** It's unlikely to make you money, but it may make your house more saleable. And if you were to move, some saunas can be dismantled so you might even be able to take it with you.

### Who can help?

**British and Irish Spa and Hot Tub Association**

01264 356210; www.bishta.co.uk

### SAUNA SPECIALISTS

#### Nordic

01883 732400; www.nordic.co.uk

#### Sauna Shop

0500 432132; www.saunashop.co.uk

The Paviers' new sauna is used by the entire family, including 10-year-old daughter Nicole. 'We always wanted one, and can't believe how easy it was to fit in our en suite,' says David



David and Caroline's sauna fits neatly in their en suite

## 'OUR SAUNA IS SO RELAXING AND IT TOOK JUST FOUR HOURS TO BUILD'



David and Caroline Pavier live near Bristol with their 10-year-old daughter Nicole. They added a two-storey extension to their home and decided to put a sauna into their new en suite

'The main reason for extending our home was to give Nicole a gym to practise her gymnastics as she's currently ranked 8th in her age nationally,' says David. 'The new arrangement means the main bedroom is on top of the garage, and we had space for a large en suite. We always wanted a sauna and we now had room for it in the en suite. We chose a standard model from Nordic, and got 30% off because I chose to fit it myself. I've fitted kitchens in some of our previous houses and, if you can fit a kitchen, fitting a

sauna is quite straightforward. Our sauna, like most types, is made of panels of wood, which come flatpacked, so all I had to do was put down the base, then slot the panels into it, and add the ceiling. Our sauna has a corner door, which made fitting it a bit tricky, but even so it only took about four hours to install. We didn't need to do anything special with the electrics, as when we were building the extension we had the electrician add a new fuse box and he made sure there were enough amps to power the sauna and that the sauna had its own trip switch. The sauna is really relaxing and we use it all the time.'

### What it cost

Bathroom .....	£2,400	Sauna.....	£2,569
Plumbing .....	£420		
Flooring .....	£840		
<b>Total spent .....</b>	<b>£6,229</b>		