

*Pictured:
Symmetry Brand Ambassadors
Katrín Tanja Davíðsdóttir, Fittest Woman on Earth
Brooks Laich, Former pro athlete*



Symmetry[™]
Modern sauna design



symmetrinsauna.com

Custom Sauna Playbook

Winter 2026



It starts with Symmetry

Premium sauna for modern living

At Symmetry, we design and build premium residential and commercial saunas for homeowners, builders, and developers who view wellness as an essential part of modern living. Whether you're elevating a single-family home or adding amenities to a multi-unit development, our saunas are crafted to bring daily restoration through thoughtful design and lasting performance.

We also partner with select commercial spaces—boutique gyms, spas, and wellness studios—seeking the same level of craftsmanship and detail.

With architectural detailing and performance-grade materials, each sauna is engineered for exceptional heat, durability, and year-round reliability. From planning to installation, we make it seamless to integrate world-class sauna design into any project.

We are Symmetry. Your premier sauna partner.

Design-driven. Wellness-minded.

About us

We are a design–build firm focused on the creation of world-class saunas. We’re a team of builders, designers, and wellness-minded people who believe in doing things the right way—with craft, care, and intention.

Our story began with a sauna studio in Coeur d’Alene, Idaho. As it grew into multiple studios, it evolved into a dedicated design–build practice serving homes, hospitality, and wellness spaces—bringing mindful heat, cold, and restoration to more people in more places.

What started as a simple sauna habit became an obsession with the details: materials, airflow, heat retention, layout, and how people actually use the space.

From our home base in North Idaho, we now work with clients across the U.S. and the U.K. To solve one of the biggest challenges—high design, reliable installation and delivering premium saunas—we’re building a network of regional and traveling install teams to support every project.



*Joe Cruz, Steve Simar and Sam Rogers, Symmetry founders
Heather Gallegos, partner, studio operations lead*

Our custom sauna design

Residential & Commercial



Thermally Modified Aspen



Thermo aspen, custom commercial benching, dual Laava heaters



Taive™ collection, Terva with Hemlock deck and bench



Taive™ collection, Hemlock



Taive™ collection, Noki



Taive™ collection, Noki with Hemlock



Thermo Magnolia, custom benches



Black Waxed Alder



Thermally Modified Magnolia with deck and decorative rock shelves

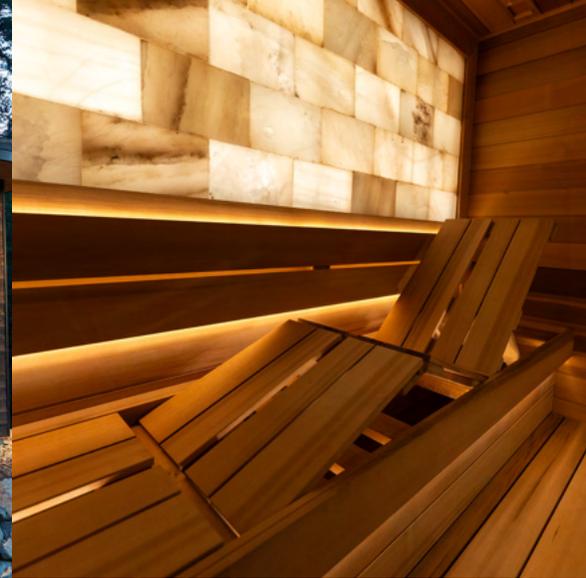


Aspen walls, thermally modified aspen custom benches



Simple steps to custom sauna

How to build a custom sauna with Symmetry

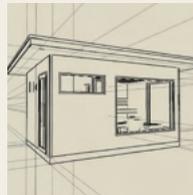


Our process



01: Discovery consult

It starts with a vision. We'll help you realize yours. Every sauna is unique, so we'll dig deep, ask questions, and answer others you didn't know you had.



02: Concept + design

Here's where your sauna comes to life. Our design team will render all those ideas, and share 3D models so you can see how all the options come together. The dream is in the details.



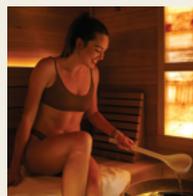
03: Order + production

Renderings become real. The 3D model moves into the architectural phase and the sauna is made to your specifications. Depending on the selection of materials, lead times can range from 2 to 6 months.



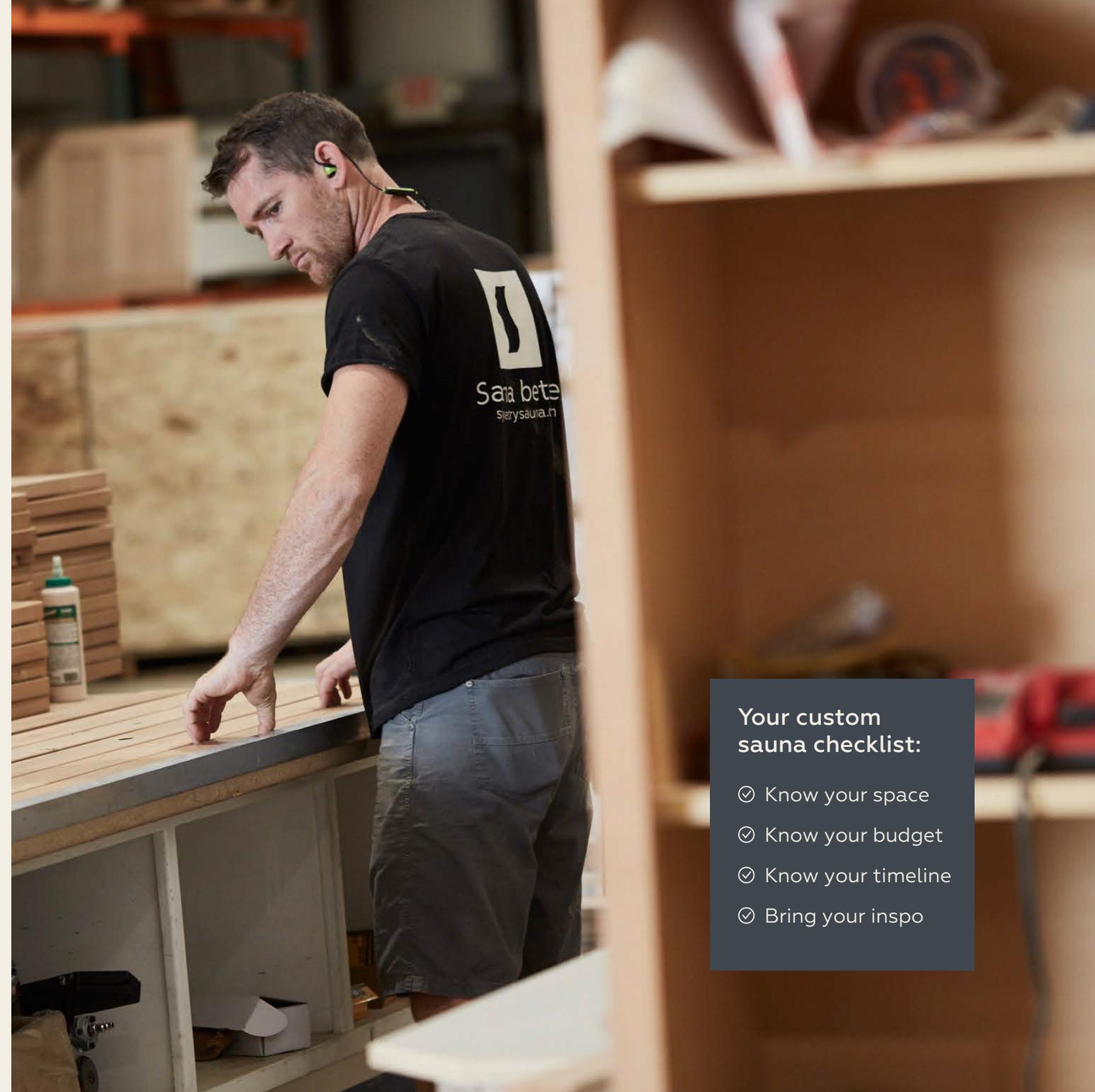
04: Delivery + install

Our craftspeople specialize in sauna construction. If you're within the range of our Symmetry teams, you'll enjoy a matchless install—no hit-and-miss crews or careless contractors to contend with.



05: Step inside

Let the wellness and real recovery begin. We're committed to supporting you long after installation so your sauna keeps working hard for your athletes, clients, and team every day.



Your custom sauna checklist:

- ✓ Know your space
- ✓ Know your budget
- ✓ Know your timeline
- ✓ Bring your inspo

Lumber

How to choose your sauna wood: Follow your heart— or your nose. If you're drawn to the classic sauna aroma, it's hard to beat clear cedar. For most people, it comes down to tone: light, medium, dark, or black.

We use only the highest-quality sauna materials, so you can feel confident in whatever you choose.

Looking for something specific? Bring us your inspiration images. Our designers can help create a sauna solution to suit almost any aesthetic.



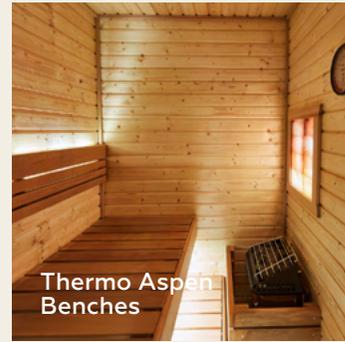
01. Natural Aspen



02. Hemlock



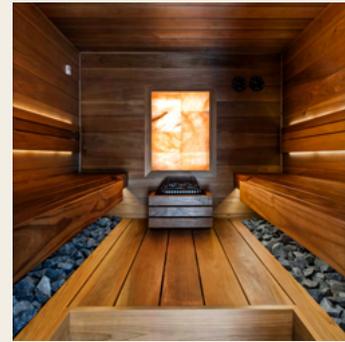
03. Knotty Spruce



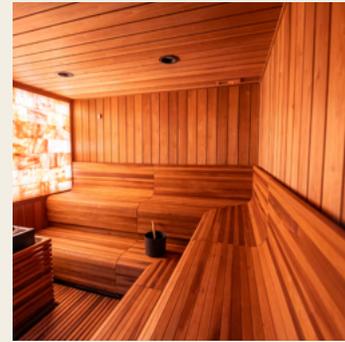
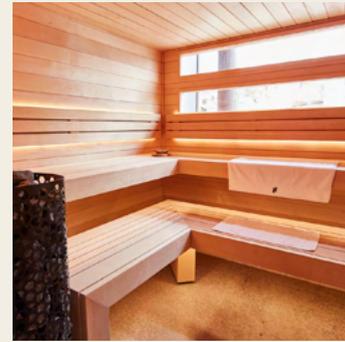
04. Thermally Modified Aspen



05. Thermally Modified Magnolia



06. Thermally Modified Alder

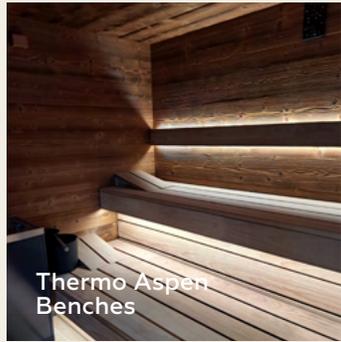


Unique board profiles are available, in most lumber species. Shown: "Kyte" Thermally Modified Aspen.

07. Vertical Grain
Clear Cedar



08. Brushed Spruce



09. Coated Alder



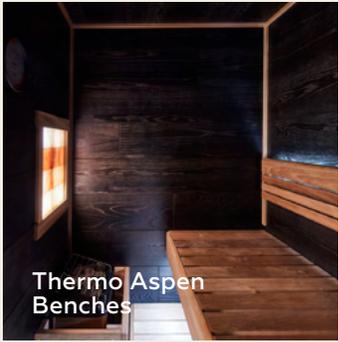
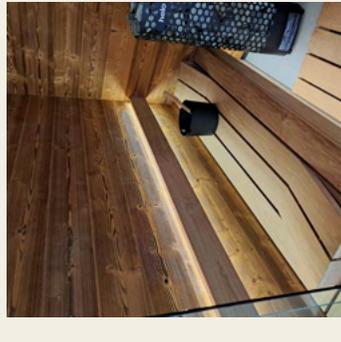
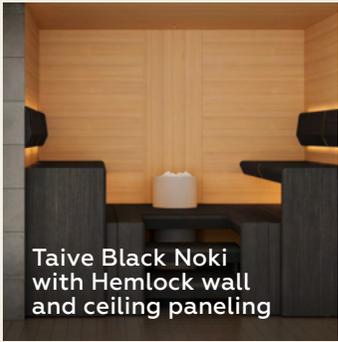
10. Taive Hemlock



11. Taive Terva/Hiili



12. Taive Noki



Benching

Benching defines how your sauna feels, how it functions, and how you use it.

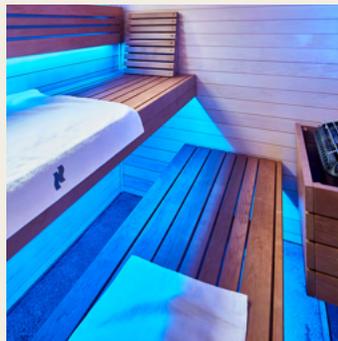
From classic wall-to-wall layouts to sculptural, freestanding designs, each bench style is engineered for comfort, airflow, and longevity in high-heat environments.

All benches are custom-built to suit your sauna's size, heater placement, and desired posture—whether that's upright social seating, relaxed lounging, or full recline. Materials, profiles, and spacing are carefully considered to balance ergonomics, heat circulation, and visual rhythm.



01. Standard bench

Style: wall to wall, with matching upper and lower benches. Available with uniform or varying top board widths.



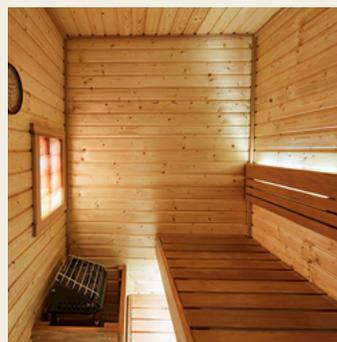
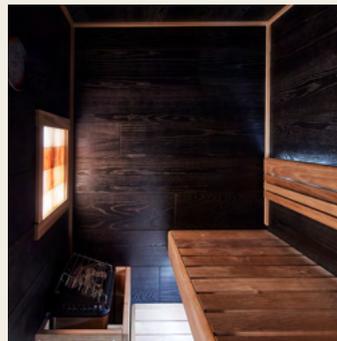
02. Taive bench

A revolutionary sauna system developed in Finland. Floating benches & backrests. Custom available only from Symmetry.



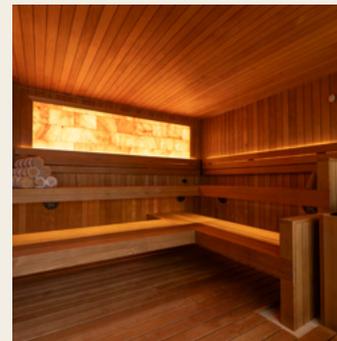
03. Piano key benches

Thermo aspen is standard. Designed with a rhythmic, linear layout.



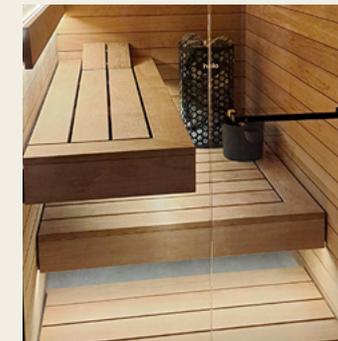
04. Waterfall bench

Employed when there's no wall to attach to, resulting in a visually continuous, refined freestanding bench



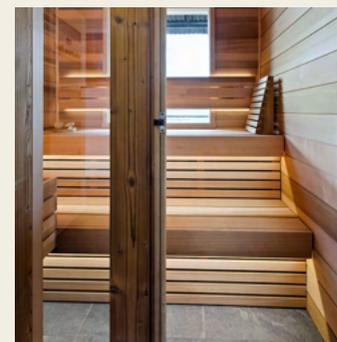
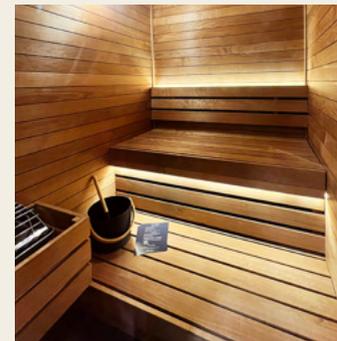
05. Floating bench

Supported by hidden metal brackets mounted to wall framing, giving the benches a light, floating presence.



06. Bench skirts

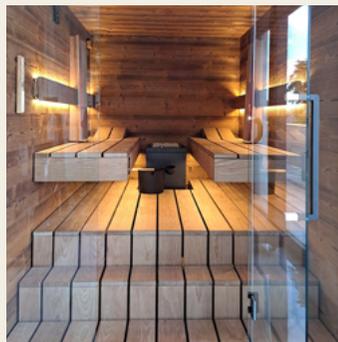
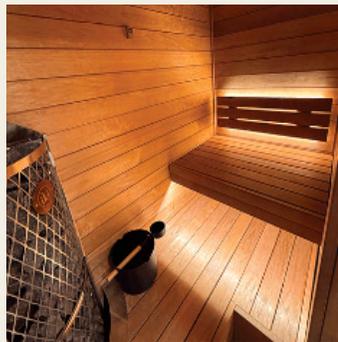
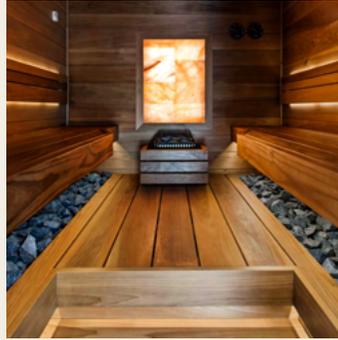
A vertical screen beneath the top bench, or both benches. Often used to conceal bench supports in larger builds.



When paired with under-bench LED lighting, it helps brighten the sauna by providing a reflective surface.

07. Deck

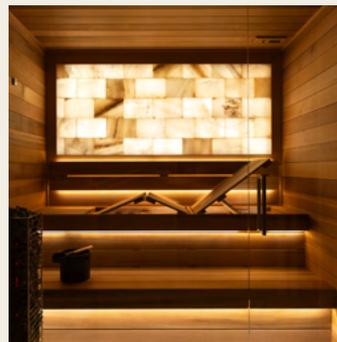
Instead of a foot bench, all or most of the area at foot bench height is covered with a solid wood walking surface.



A cutout is created for the heater to sit directly on the floor.

08. Serenity bench

Sits flat to accommodate multiple people, then raises for a relaxed, adjustable lounge posture for one person.



09. Wave bench

Smooth curves and integrated lumbar support, designed for luxury, comfort, and ultimate relaxation.



10. Custom Benches

Bring us your inspiration, our craftsman can build almost anything you can design.

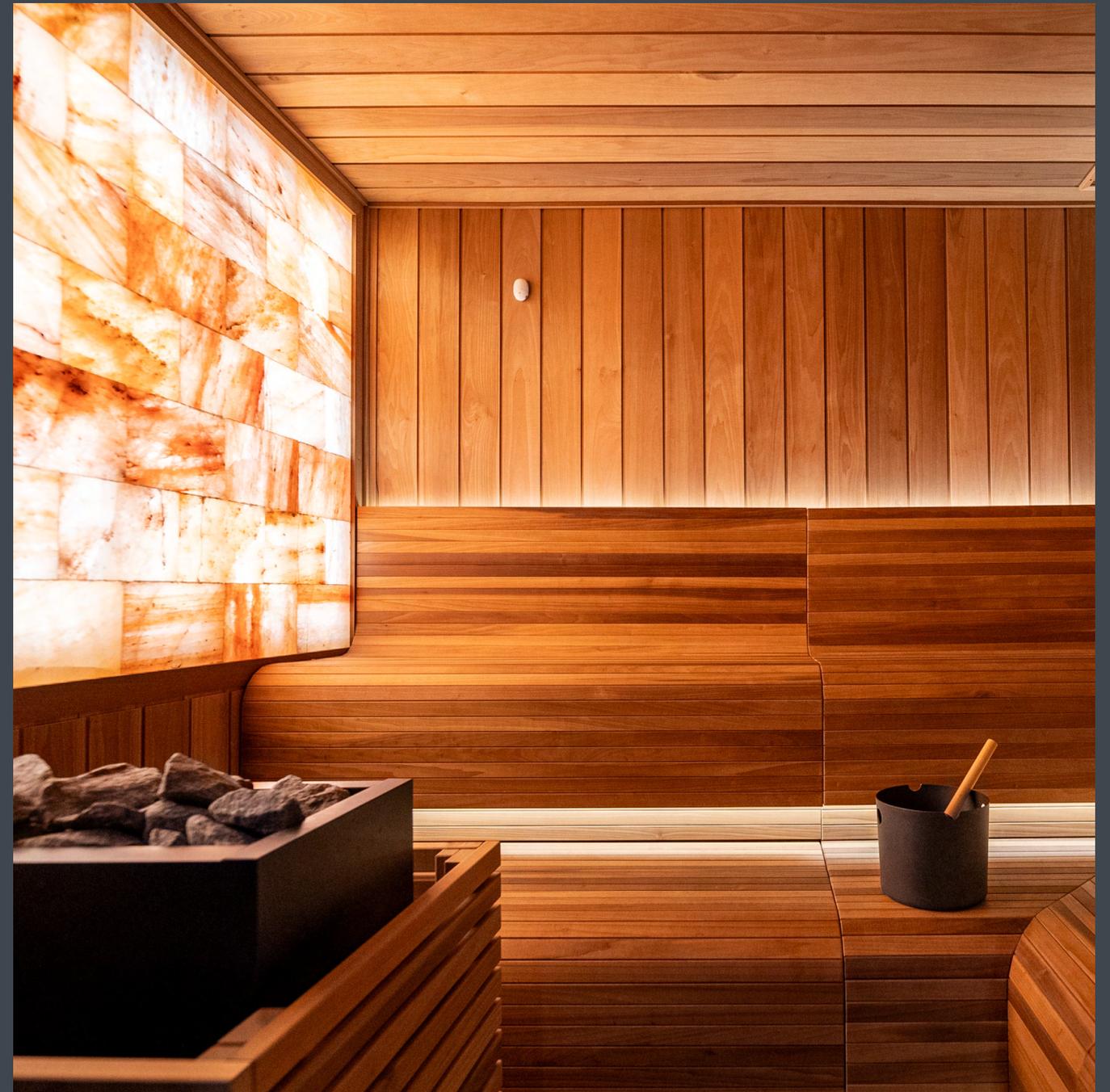


Lighting & Accent Walls

Lighting plays a critical role in shaping the sauna experience. Beyond visibility, it defines mood, depth, and atmosphere—transforming the space from purely functional to deeply restorative.

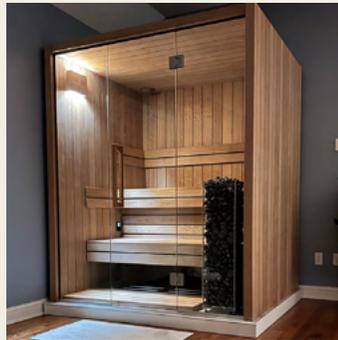
Our lighting systems are designed specifically for sauna environments, balancing durability, heat tolerance, and visual softness. From subtle, concealed white light to immersive color and architectural features, lighting can be tailored to feel calm and minimal or expressive and dramatic.

Custom accent walls add depth, texture, and character to the sauna interior. Using stone, tile, wood, or natural materials, these features create a refined focal point—often enhanced by integrated lighting to shape mood and highlight materiality.



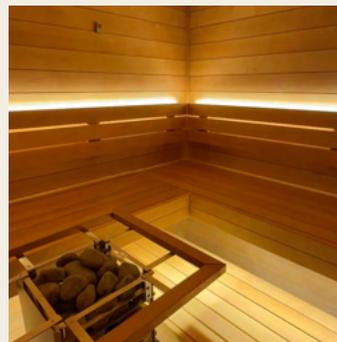
01. Sconce

A classic sauna wall light that provides warm, ambient illumination. Often used near entrances or as a complementary accent light to enhance atmosphere.



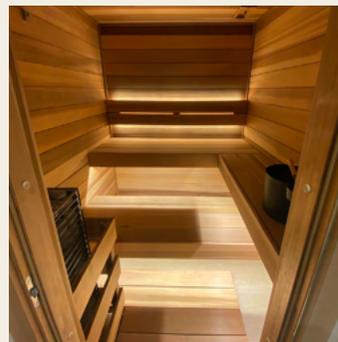
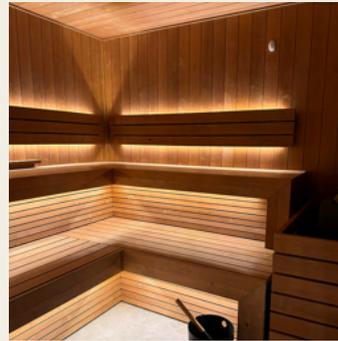
02. Standard LED

White-only LED. Installed at the top of the backrest and under the top bench to provide clean, functional illumination.



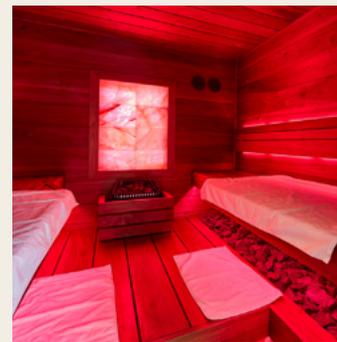
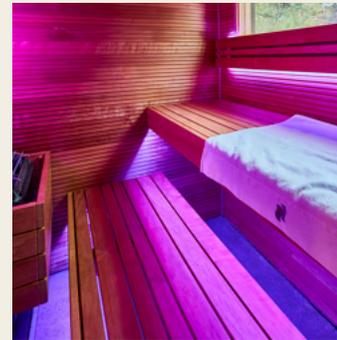
03. Deluxe LED

White-only LED. Installed at the top and bottom of the backrest, and under both the top and bottom benches, creating a more layered and immersive lighting effect.



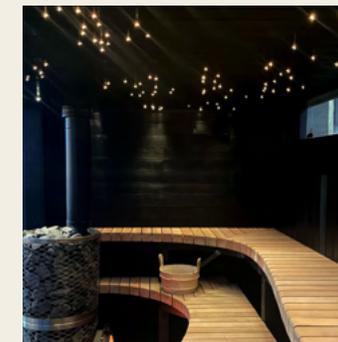
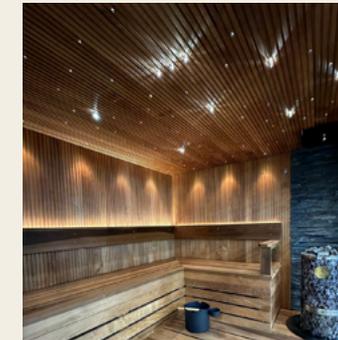
04. RGBW LED

Color LED in any configuration. Color LED is also possible in backlit salt walls, allowing for dynamic lighting and mood customization.



05. Starry sky

Fiber optic lights designed for the high-heat sauna temperatures. Heater spotlight and additional options available.



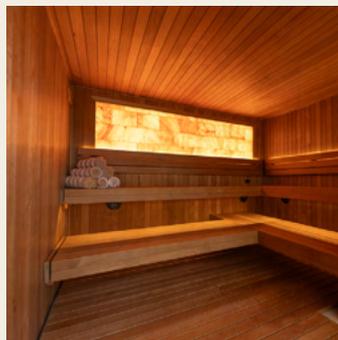
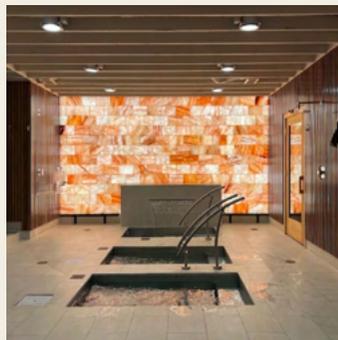
06. Fiber spot lights

Approximately 3x the size of starry sky lights, they create a beautiful effect that rake the walls upward or downward.



07. Backlit Himalayan Salt walls

A classic Himalayan Salt sauna wall light that provides warm, ambient illumination, while ionizing the air in your sauna.



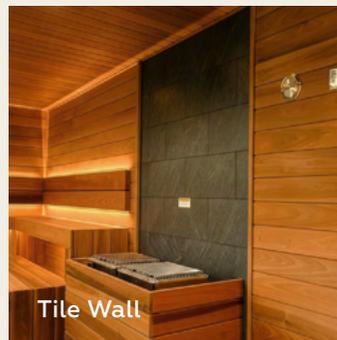
White Himalayan Salt Wall

08. Stone & tile accent walls

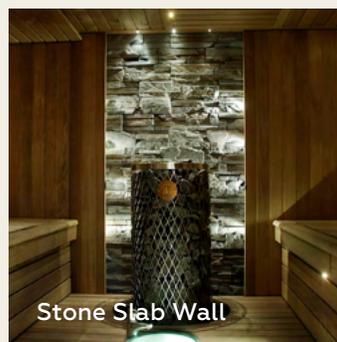
Stone and tile accent walls add texture and contrast, creating a refined architectural focal point within the sauna.



Soap Stone Wall



Tile Wall



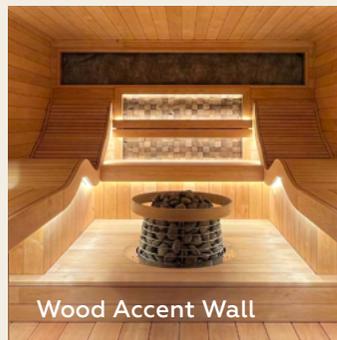
Stone Slab Wall

09. Wood accent walls

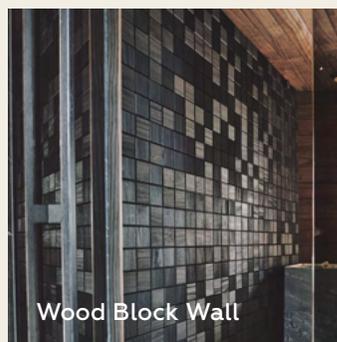
Wood accent walls introduce warmth and natural rhythm, enhancing the sauna with depth and material continuity.



Juniper Log Wall



Wood Accent Wall



Wood Block Wall



Doors & Windows

We offer standard glass sauna doors.

Outside of those, the options are nearly infinite.

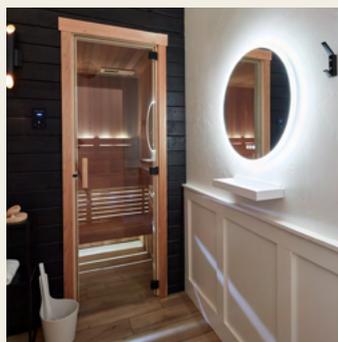
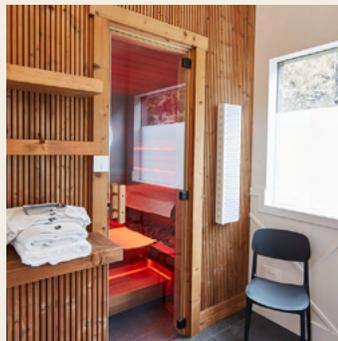
Doors and windows shape the relationship between your sauna and its surroundings. Whether your goal is privacy, openness, or a strong architectural statement, glazing options can dramatically affect light, views, and spatial connection.

We offer standard glass sauna doors, along with fully custom door and window solutions. From framed ADA-compliant entries to expansive glass fronts and corner glazing, each option is selected to balance thermal performance with visual impact.



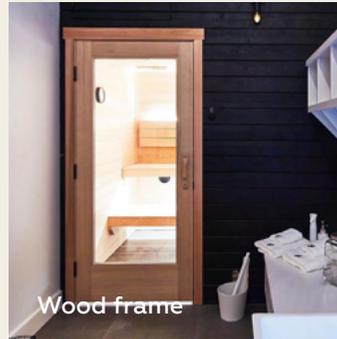
01. Standard full glass door

A clean, modern glass door that allows light to pass through while maintaining a simple, timeless look.



02. ADA doors

Doors designed to meet ADA requirements, offering accessibility, durability, and architectural finish.



Wood frame



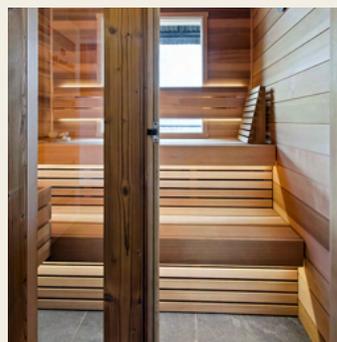
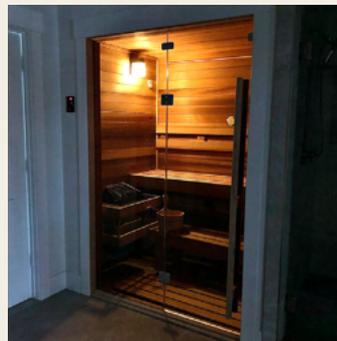
Aluminum frame



Full Glass

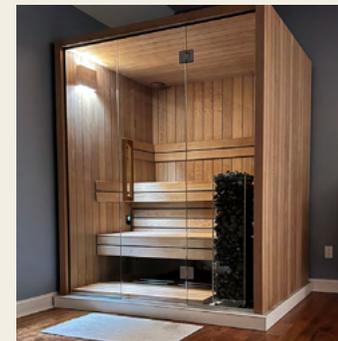
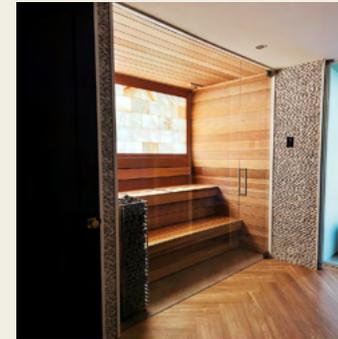
03. Side light window + 3/4 glassfront

A partially glazed sauna front paired with a fixed side light window, increasing natural light and visual openness.



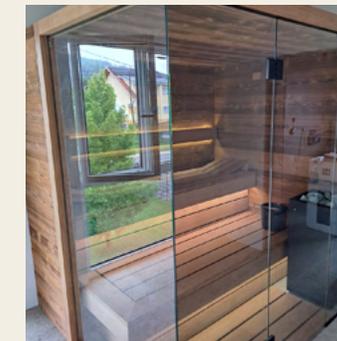
04. Full glass front

A fully glazed sauna front that maximizes transparency, natural light, and visual connection to space.



05. Corner glass

Glass wrapping the corner of the sauna, creating open expanded sightlines and light from multiple directions.



06. Windows

Custom windows integrated into sauna walls to introduce natural light and exterior views.



Heaters

We offer the biggest sauna heater manufacturers in the U.S. Symmetry also sources any heater on the market.

These are our favorite brands.

Note: We don't list every option from each brand. For exact sizing, pricing, and availability, ask your designer for recommendations.



Electric

Harvia



KIP



Spirit



Cilindro



Virta



Virta Pro

Huum



Drop



Hive Mini



Cliff



Steel

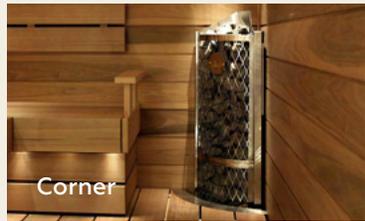


Hive

Iki



Pillar



Corner



Wall



Wall Compact

Finnleo



Designer



Himalaya



Laava



Magma

EOS



Cubo Avantgarde



Gracil



Mythos S35



Mythos S45



Mega

Wood Burning



Harvia



Kuuma



Huum



Iki



Narvi

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Heater guards

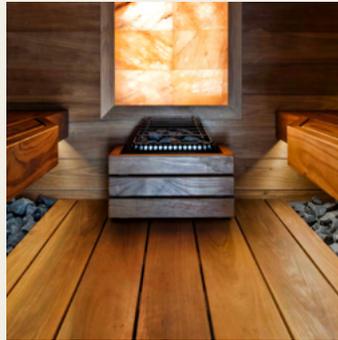
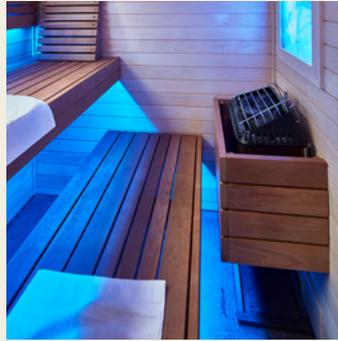
Heater guards are not required, but in many cases they're a good idea.

Most often, heater guards are custom-built and designed to complement the benches and overall sauna design.



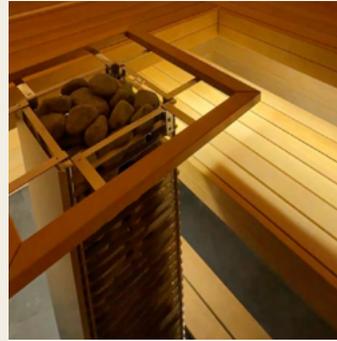
01. Wall mounted

A heater guard mounted directly to the wall, offering protection while maintaining a clean, integrated look. Common in compact layouts or when the heater is positioned near seating.



02. Heater manufacturer designed

Heater guards designed and supplied by the heater manufacturer. These guards are engineered to pair seamlessly with the heater, providing a straightforward & reliable solution.



03. Floor standing

A freestanding heater guard typically used for larger, floor-mounted heaters. Ideal for extra-large heaters or open layouts where wall mounting isn't possible.



Sauna floors & Duck boards

A waterproof, heat-tolerant floor is required inside your sauna.

Concrete or tile are the recommended flooring options.



Do I need a drain in the floor?

A drain is not required in most situations. If you have Finnish ancestry and use a lot of löyly (steam from throwing water on the rocks), a floor drain can be a good idea.

In commercial saunas—especially those adjacent to pools, or those that are mopped frequently—a floor drain is strongly recommended.

In saunas that expect a lot of water on the floor, be sure to add integrated tile baseboard around the perimeter to prevent water from migrating into the walls.

“Duck board” floors

In saunas with floor-mounted heaters, the floor can become uncomfortably hot—especially during high-heat sessions—while also becoming wet and slippery. For this reason, duck boards were developed.

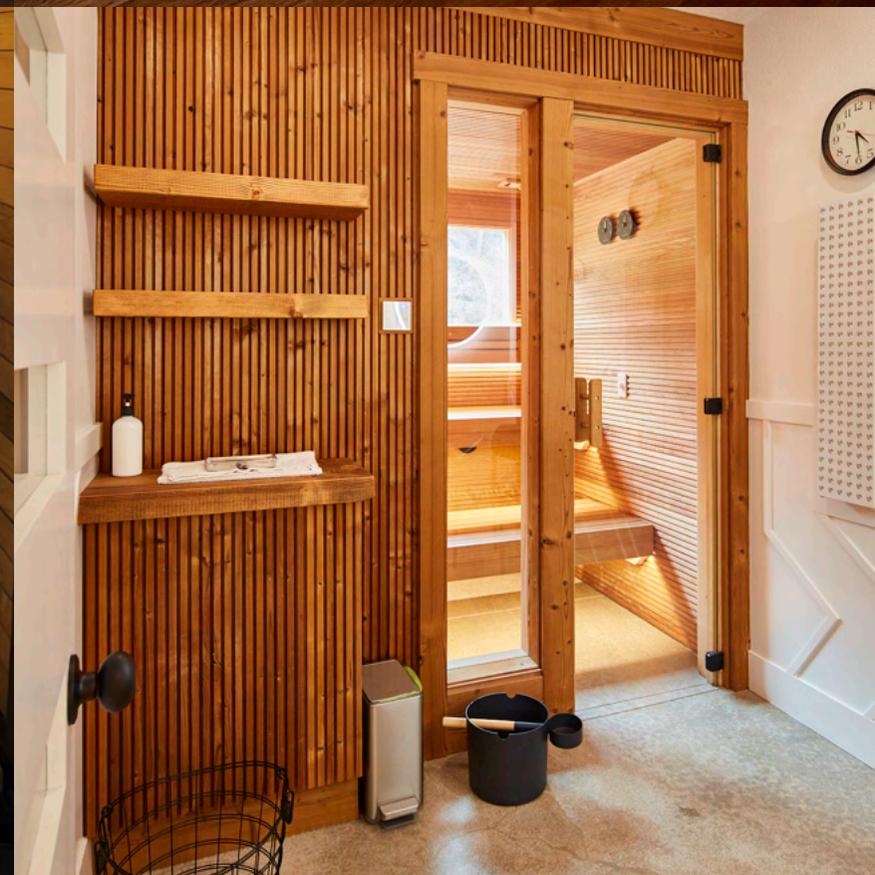
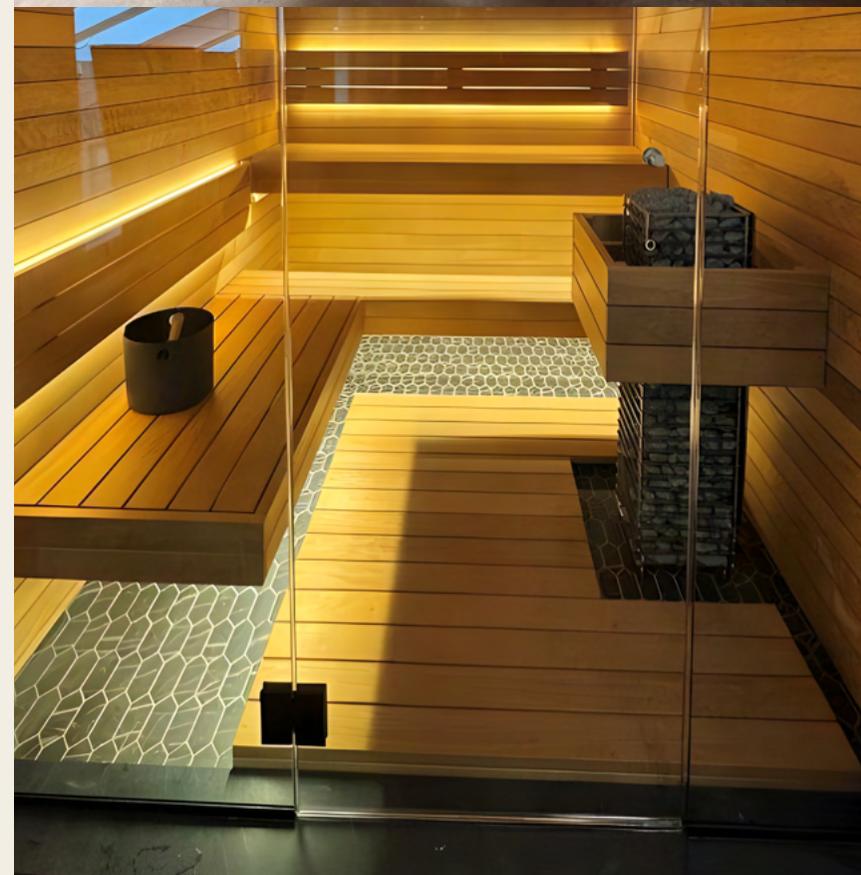
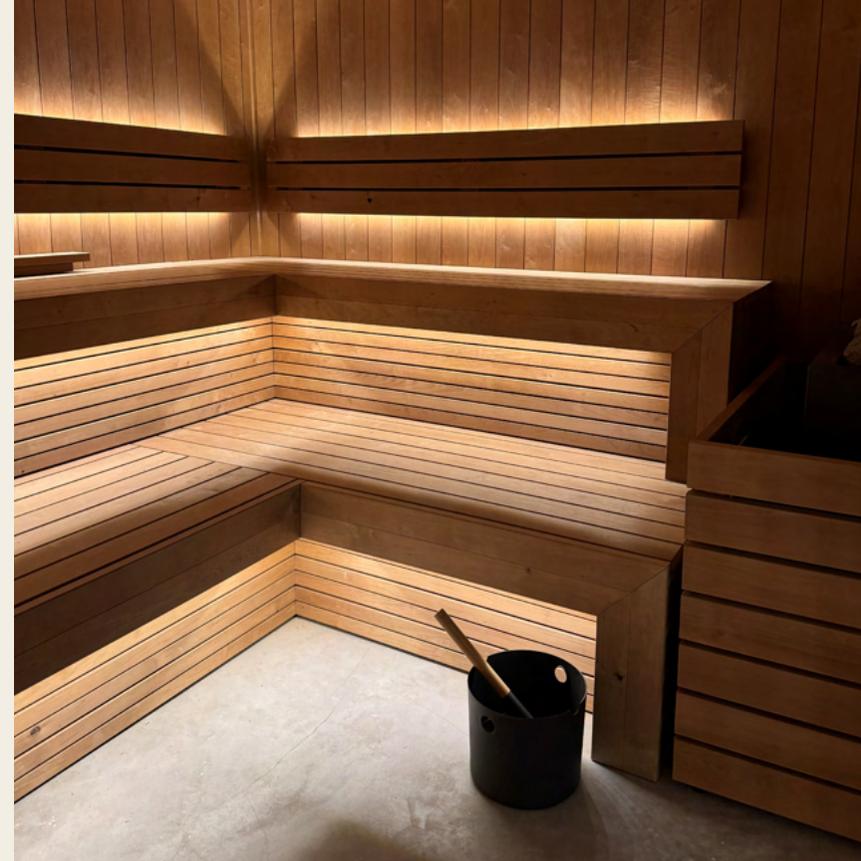
Duck boards are removable wooden floor covers, typically placed only in the walking areas of the sauna. They are most often made from the same lumber as the benches to maintain visual continuity. Duck board floors are gapped to promote airflow and drying, and include small rubber feet to keep the wood elevated off the floor and out of standing water.

They are more comfortable to walk on, but will require regular cleaning depending on use and how often the surrounding floors are wiped down.

What if I have hardwood floors?

Hardwood flooring is not suitable inside a sauna. For permanent installations, hardwood flooring in the sauna area should be removed and replaced with tile or concrete.

If placing a pre-built sauna on top of existing hardwood flooring, one option is to build a small tiled platform for the sauna to sit on.



Faster, easier, economical

Symmetry Pre-built saunas

For projects that need to move quickly and work within a tighter budget, Symmetry offers pre-built saunas designed for fast installation, flexible placement, and premium quality.

Our pre-built saunas are beautifully crafted, easy to install, and designed to bring wellness—fast. Whether you're creating a residential sanctuary or outfitting a spa, studio, development, or fitness center, our pre-built models offer quick installation with flexible sizes and lumber options for indoor or outdoor spaces.

Crafted with premium materials and contemporary design, each model is engineered for comfort, durability, and daily use. With modular flexibility and scalable production, Symmetry pre-built saunas are ideal for projects of all sizes.



The perfect balance of hot & cold

Cold plunge ice baths

For complete contrast therapy, we offer custom cold plunge designs and also partner with BlueCube—an industry leader in cold therapy. Our cold plunge offerings are built for those who want elite performance, durability, and design that matches your premium Symmetry sauna.

Engineered for daily use in gyms, wellness studios, hotels, and homes, delivering pinnacle cold therapy.

Whether building a full contrast therapy setup or adding cold to your sauna experience, we have your cold solution covered.



BlueCube



Symmetry Custom



Let's get started

Your perfect
sauna solution
is just a
step away.



Let's talk!

Office: 208-900-3093

Email: partnersales@symmetrysauna.com

symmetrysauna.com



Symmetry



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