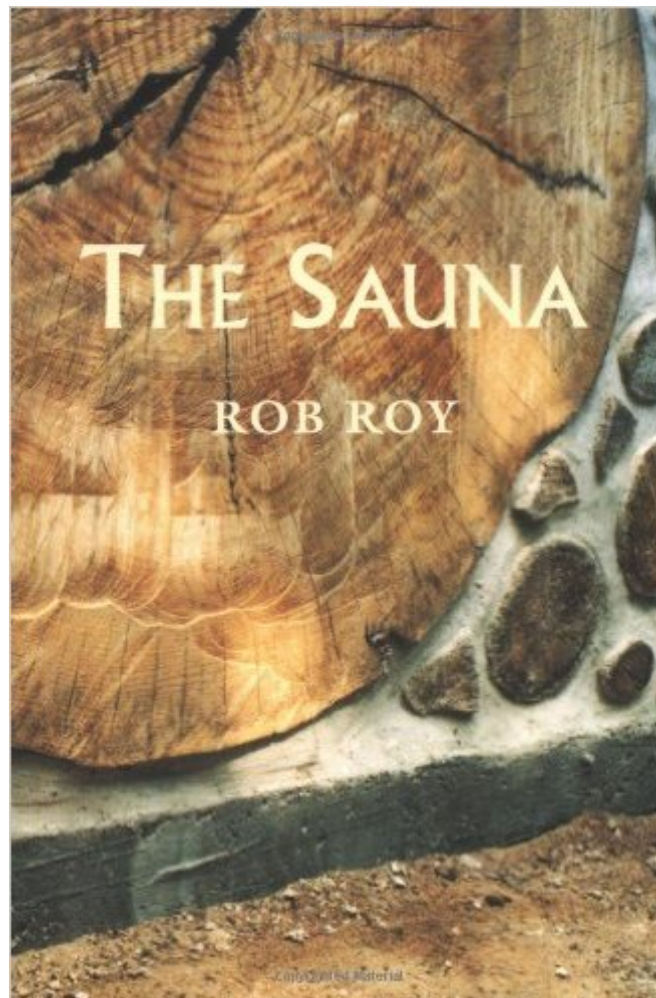


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# The Sauna



## Synopsis

The Sauna

## Book Information

Paperback: 208 pages

Publisher: Chelsea Green Publishing Company (February 1997)

Language: English

ISBN-10: 0930031873

ISBN-13: 978-0930031879

Product Dimensions: 9.2 x 6.1 x 0.7 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #571,204 in Books (See Top 100 in Books) #107 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Decks & Patios](#) #316 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Outdoor & Recreational Areas](#) #726 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Do-It-Yourself](#)

## Customer Reviews

I ordered that book because I wanted to construct a sauna in my basement. Based on the publisher's recommendation I felt very confident that I will find all the necessary information to help me with my project. To my deepest disappointment this book deals only with a very specific type of a sauna : one that is constructed from logs in a cement base. That is one of the limitations of the internet store : you never know what you are getting.

With the history of the Sauna going back one thousand years, it is no wonder they are embedded in many cultures. Cordwood masonry construction is a method of building that is both inexpensive and highly efficient. Containing both qualities of insulation and mass, a cordwood masonry wall is both highly energy efficient and suited to the construction of a sauna. The owner-builder will have no trouble learning the construction methods presented here and will build a structure that can last over one hundred years. Great detail is shown in order for the owner to construct a sauna that uses no electricity and will be a favorite of all of your friends and neighbors. Cordwood masonry is also a great building method for your home also as detailed in Rob Roy's other fine owner-builder books.

This a great book for DIYers. It's simple, encouraging and gives good practical information. There are photos and diagrams of the steps in the building process and of completed saunas. I have had this book for two years now and every once in awhile I open it up and dream. The author convincingly explains that the cordwood sauna is really the only way to go. I think the best thing about this book is that Mr. Roys' advice is very encouraging for someone who only has weekends to work on the project. He writes that you can put a tarp over what you've completed and come back later. You may ask why my title isn't, "I HAVE BUILT THIS." Let's be honest. While I don't think this a technically hard project, it will be a time consumer. Wish me luck.

This is a decent book on cordwood construction, with some emphasis on saunas, but it shows up frequently in searches of DIY sauna building books. Unlike cordwood construction is on your plate, this isn't the book you want. There's a nice sauna cabin layout described in the book, but it's just a couple of pages.

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