







Sisu Sauna was founded in 2015 by Pat, a Finnish sauna builder with over 30 years of experience designing and constructing authentic saunas in both Finland and Thailand. What began as a passion project to bring genuine Finnish sauna culture to Southeast Asia has grown into Thailand's premier custom sauna workshop, producing 5-6 bespoke saunas monthly from our dedicated facility in Surin.

Beyond custom builds, we provide built-on-order saunas in various configurations, offering slightly faster delivery for customer with standard requirements. All saunas, custom and pre-made, include a heater, bucket, ladle, thermometer, sand timer, and lighting.

We serve residential clients seeking backyard wellness retreats, luxury villa developers requiring bespoke designs, resort properties adding unique amenities, and commercial facilities needing capacity for many users.

Whether you're working with a compact urban space or designing a large-scale installation, our team brings flexibility, skill and expertise to make your vision reality.

## **Authentic Finnish Quality**

Work with our Australian Designer, Finnish craftsman and Thai carpenters to design and build your perfect sauna. We'll customise the size, timber species, layout, and features to suit your space and budget. From compact 2-person saunas to luxury 15-person rooms, every detail is tailored to your requirements. Ideal for villas, private homes, hotels and resorts across Thailand.

## **Built-on-order Saunas**

Choose from our range of pre-designed saunas, ready for fast delivery. Each model features premium cedar, pine, or teak construction with galvanised steel frames. Available in barrel, modern and traditional sauna room styles. Perfect for immediate installation with delivery anywhere in Thailand within 2-4 weeks.

## **Ice Baths**

Discover the benefits of cold water therapy with our range of ice baths and plunge pools. Choose from portable tubs for home use or premium wooden plunge pools in cedar and thermo wood with stainless steel interiors. Designed to withstand Thailand's climate and built for years of daily use. You are welcome to a free phone or video consultation, with delivery anywhere in Thailand.





**Sauna Heaters**



Standard Heaters  
Silver or Black



41 x 27 x 52 cm

On heater temp. control.

Upgrades:

- External Screen temp. control.
- Wi-Fi App temp. control.

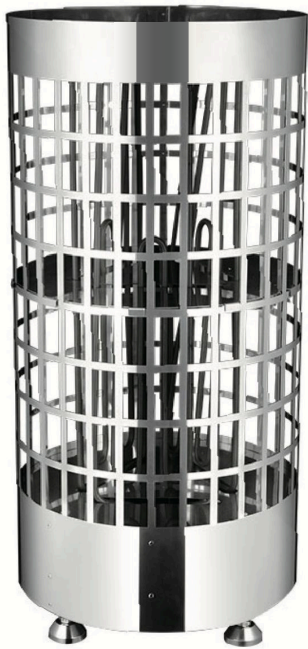
Prism Heater  
Black



31 x 31 x 80.5 cm

External Screen  
+ Wi-Fi Temp. Control

Cylinder Heater  
Silver



38 x 80 cm

External Screen  
+ Wi-Fi Temp. Control

Nest Heater  
Silver or Black



38 x 62cm

External Screen  
+ Wi-Fi Temp. Control

Safety Certified by the highest standards:



More Info & Pricing - [sauna.in.th/sauna-heaters](https://sauna.in.th/sauna-heaters)





CUSTOM DESIGNED & BUILT SAUNAS



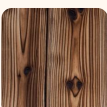





Fully custom designed Finnish saunas built in Thailand built by Thai carpenters.

Timber:

-  A-grade Teak
-  Pine

Shou Sugi Ban:

-  Light
-  Medium
-  Dark
-  Crisp

What is Shou Sugi Ban?

A traditional Japanese treatment (aka. Yakisugi) for preserving wood by charring its surface with fire to create a distinctive black layer that makes the wood resistant to rot, pests, mould, and fire, while enhancing its durability.

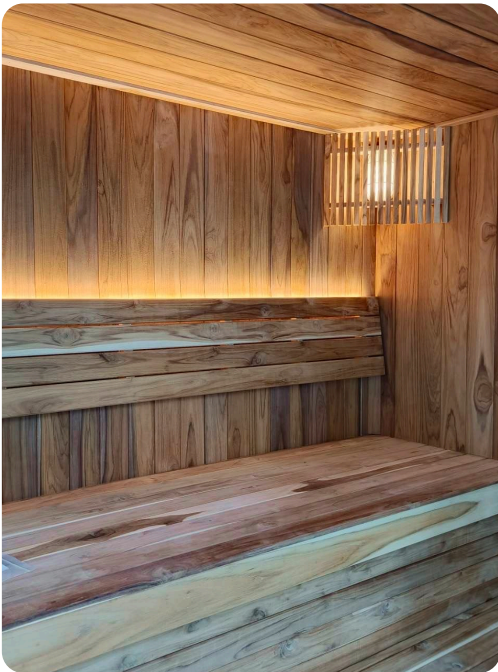
Any size, door window, or bench layout.

Every custom sauna is individually designed and project-managed by our Finnish craftsman and built by our Thai carpenters, ensuring authentic construction methods and attention to detail that meet traditional Finnish standards.

Whether you’re working with a compact urban space, designing a luxury resort amenity, or creating a backyard wellness retreat, we’ll craft a sauna that fits your exact specifications. Our custom sauna service gives you complete control over dimensions, timber selection, layout, heating capacity, window placement, door styles, and interior configuration.

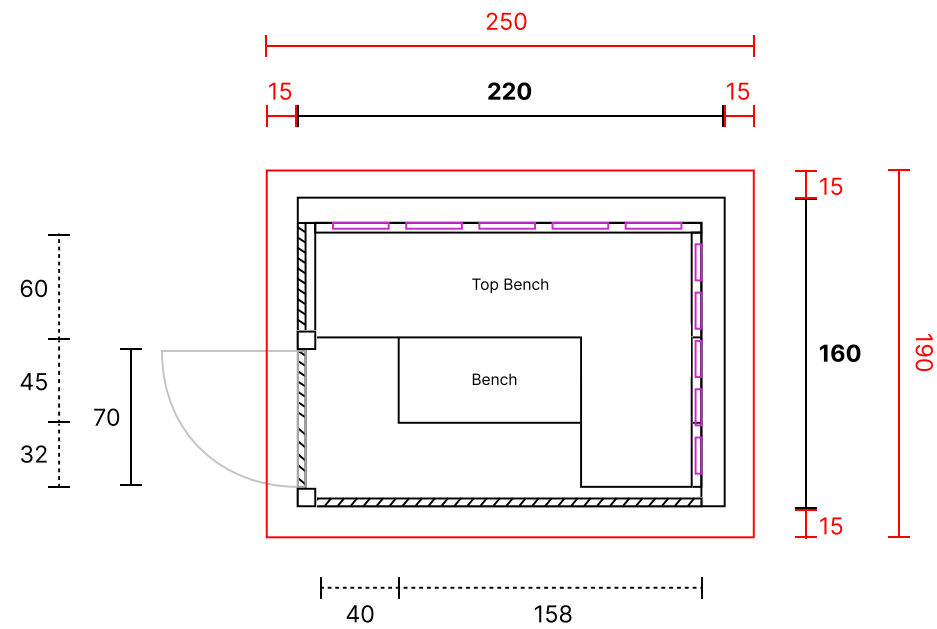
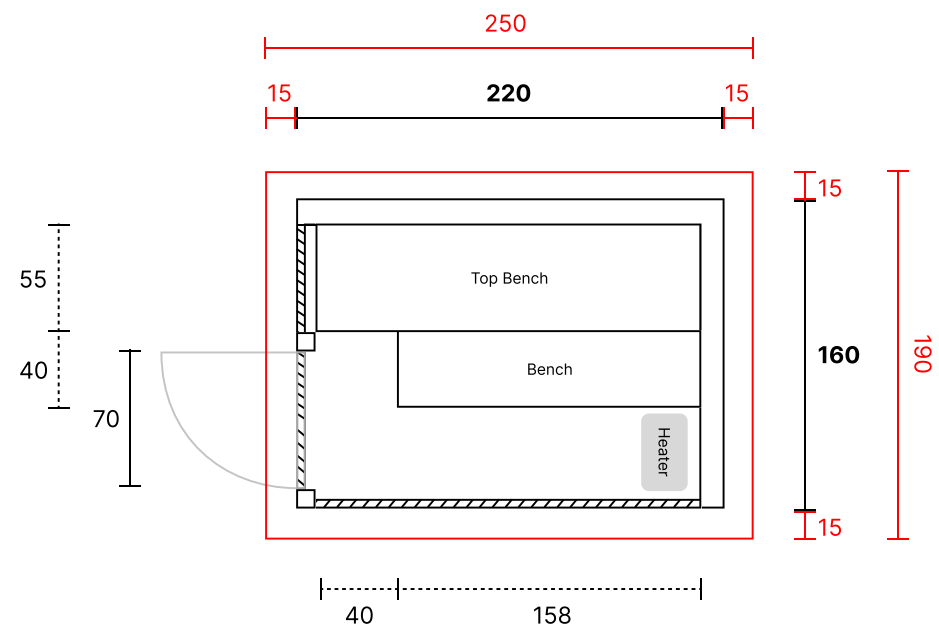
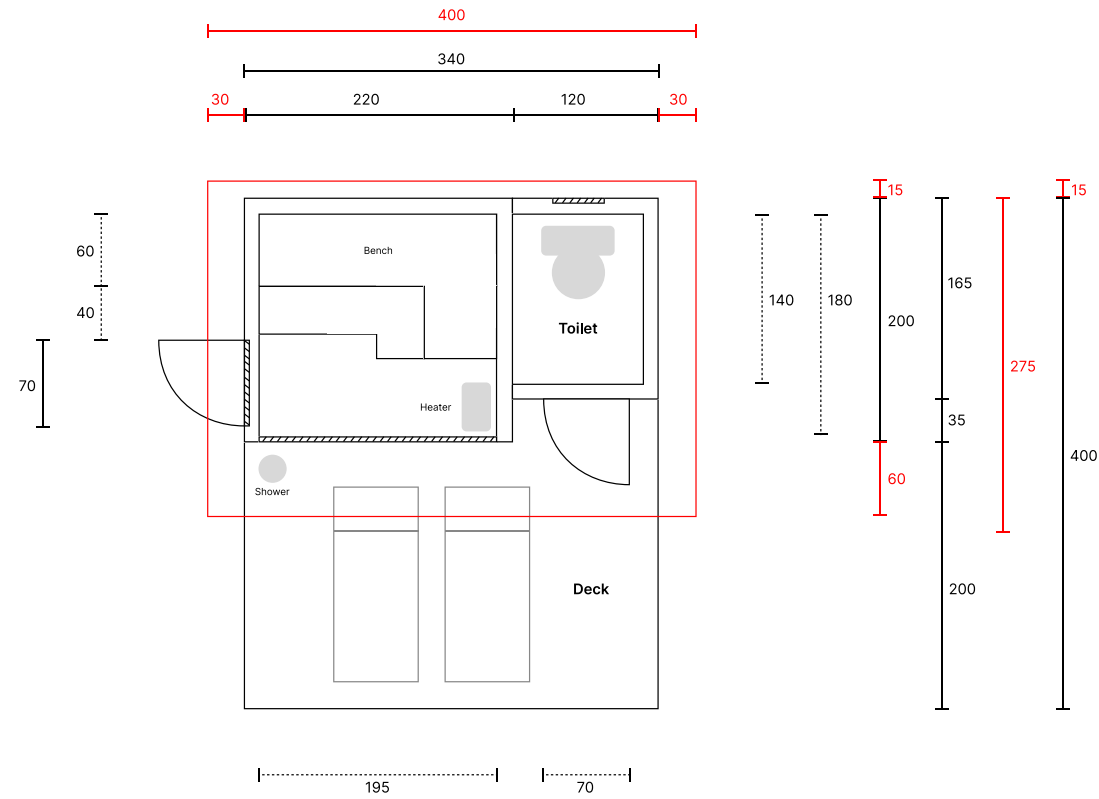
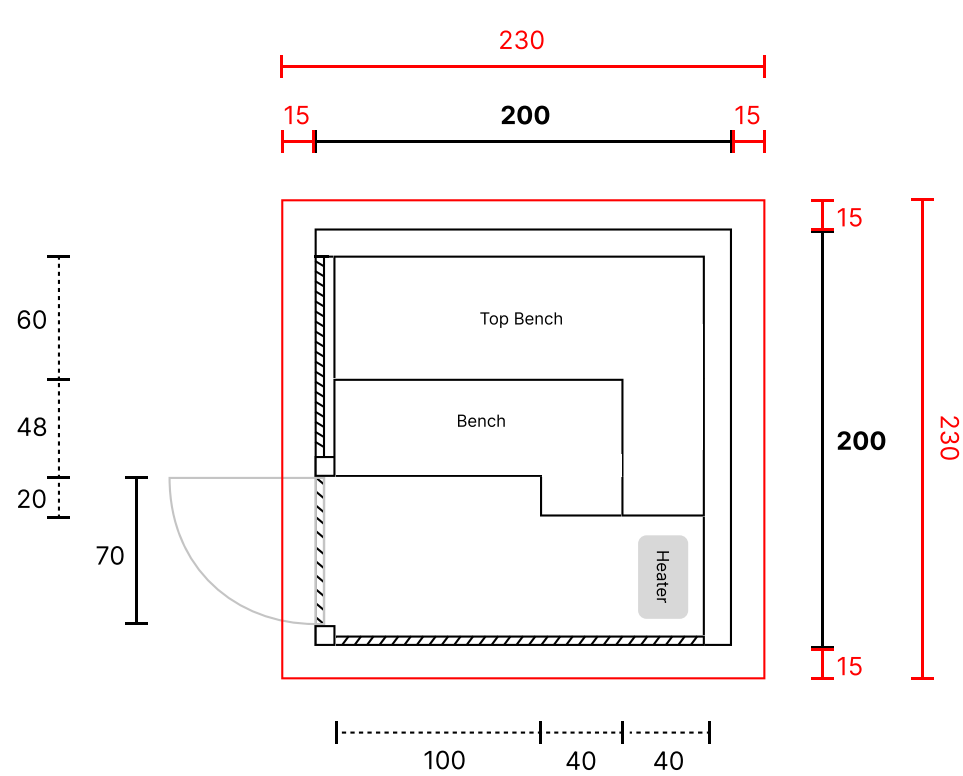
All custom saunas are built with robust galvanised steel frames and your choice of premium timber. Select pine for its traditional Nordic character and affordability, or upgrade to Grade A+ teak for superior durability in Thailand’s tropical climate. Alternatively, choose pine with a shou sugi ban finish for a striking contemporary aesthetic that offers enhanced weather resistance.

Every design incorporates proper ventilation, appropriate insulation, and timber treatments that ensure your sauna performs beautifully year-round in Thailand’s hot weather.





Examples of home saunas we have designed and built:











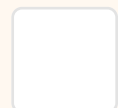

## Customise the size, windows and benches.

2 - 12+ People

### Timber:

-  A-grade Teak
-  Red Cedar
-  Fir
-  Spruce

### Facade Colours:

-  Grey
-  Black
-  White
-  Natural

We build your Fah sauna to any size you need. Choose a full-length window or solid walls, your preferred bench layout (see our bench page), and a facade colour: grey, black, white, or natural timber.

### Details:

- Premium contemporary design with clean, minimalist lines
- Full glass front and side panel for maximum natural light
- Choice of three timber types: Red Cedar, Spruce, or Fir
- Exterior colour options: White, Black, Grey or Natural Wood
- Aluminium Facade and Roof
- LED Lighting
- Bluetooth speaker
- Mobile app control for lights and music
- 8mm transparent tempered glass throughout
- Built-in ventilation system for optimal air circulation
- Suitable for indoor or outdoor installation

### Window Options:

- Fill glass side
- 1/2 glass side



More Info & Pricing: [sauna.in.th/fah-sauna](https://sauna.in.th/fah-sauna)



## Bench Designs



Floating with Pegs



Floating



Floor Flush

## Weather Protection



Black Asphalt Roof Shingles

### All of our saunas come with:



- Explosion-proof Rocks
- Explosion-proof Light
- Wooden Bucket
- Wooden Water Scoop
- Temperature Gauge
- Sand Timer
- Wooden Door Handle
- Installation Manual (English)





**MADE-TO-ORDER DIY SAUNAS**







Cube Saunas





# “Sabai Dee” Cube Sauna









250 x 230 x 210

6 – 8 People

Timber:

-  Red Cedar
-  Fir
-  Hemlock
-  Spruce

Shingle Colours:

-  Black
-  Black/Brown
-  Grey
-  Green
-  Maroon
-  Brown/Tan

Details:

- Efficient square design heats evenly with no cold corners
- Covered porch for sheltered cooling and changing area
- Choice of timber construction
- 38mm thick tongue-and-groove walls for superior insulation
- 8mm tempered glass door with wooden frame and handle
- Built-in wall ventilation system for optimal air circulation
- Spacious 2100mm ceiling height for comfortable standing
- Pre-assembled components for easier DIY installation

Roof Shingles



Included free.



More Info & Pricing: [sauna.in.th/sabai-dee-6-8-person](https://sauna.in.th/sabai-dee-6-8-person)




# “Sabai Dee” Cube Sauna









180 x 240 x 180cm

5 – 6 People

Timber:

-  Red Cedar
-  Fir
-  Hemlock
-  Spruce

Roof Shingles

-  Black
-  Black/Brown
-  Grey
-  Green
-  Maroon
-  Brown/Tan

Details:

- Rounded corners improve heat circulation and aesthetics
- Choice of hemlock, or spliced red cedar construction
- 38mm thick tongue-and-groove walls for superior insulation
- 8mm tempered glass door with wooden frame and handle
- Built-in wall ventilation system for optimal air circulation
- Stainless steel hardware throughout for long-lasting durability
- Modern aesthetic suitable for contemporary properties
- Pre-assembled components for easier DIY installation

Roof Shingles



Included free.



More Info & Pricing: [sauna.in.th/sabai-dee-5-6-person](https://sauna.in.th/sabai-dee-5-6-person)



# “Sabai Dee” Cube Sauna






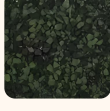
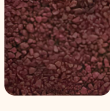

120 × 120 × 200cm

1 Person

Timber:

-  Red Cedar
-  Fir
-  Hemlock
-  Spruce

Roof Shingles

-  Black
-  Black/Brown
-  Grey
-  Green
-  Maroon
-  Brown/Tan

Details:

- 38mm thick tongue-and-groove walls for superior insulation
- 8mm tempered glass door with wooden frame and handle
- Built-in wall ventilation system for optimal air circulation
- Comfortable 2000mm ceiling height
- Ultra-efficient heating in minimal volume
- Pre-assembled components for easier DIY installation
- Ideal for apartments, balconies, bathrooms, or tiniest gardens

Roof Shingles



Included free.



More Info & Pricing: [sauna.in.th/sabai-dee-1-person](https://sauna.in.th/sabai-dee-1-person)







# "Jai Dee" Barrel Sauna



## Various Sizes

3 – 10 People

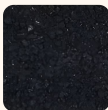
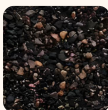
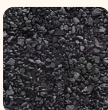
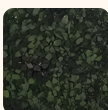
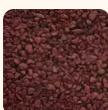
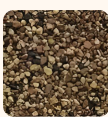
More Info & Pricing: [sauna.in.th/barrel-saunas](https://sauna.in.th/barrel-saunas)

### Timber:

-  Red Cedar
-  Fir
-  Hemlock
-  Spruce

### Roof Shingles

Included free.

-  Black
-  Black/Brown
-  Grey
-  Green
-  Maroon
-  Brown/Tan

### Details:

- Optional front porch for covered cooling and relaxation
- 38mm thick tongue-and-groove walls for superior insulation
- 8mm tempered glass door with wooden frame and handle
- Built-in wall ventilation system for optimal air circulation
- Stainless steel bands and hardware throughout for long-lasting durability
- Pre-assembled components for easier DIY installation
- Suitable for residential or commercial installations

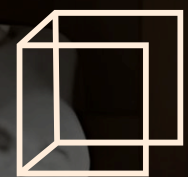


### Facades and Windows

Mix-and-match to your preferences.







SISU

Indoor Saunas



# "Nallak" Stove Heater Indoor Sauna



## Various Sizes

### Timber:



Red Cedar



Hemlock

### Details:

- Traditional vertical slat construction with modern aesthetics
- Tempered glass door for natural light
- Choice of two timber types: Red Cedar or Hemlock
- Four size options, including corner configuration
- Built-in ventilation system for optimal air circulation
- Optional Wi-Fi temperature control via Apple/Android app
- Heat and waterproof speakers
- Suitable for indoor installation
- Pre-assembled panels for easier DIY installation



120×110×190  
2 person



170×150×200  
4 person



220×200×210  
6-8 person



180×180×210  
4-5 person

200×200×210  
5-6 person



More Info & Pricing: [sauna.in.th/nallak-indoor-sauna](https://sauna.in.th/nallak-indoor-sauna)



# Infrared / Stove Heater "Teelak" Indoor Sauna

## Various Sizes

### Timber:



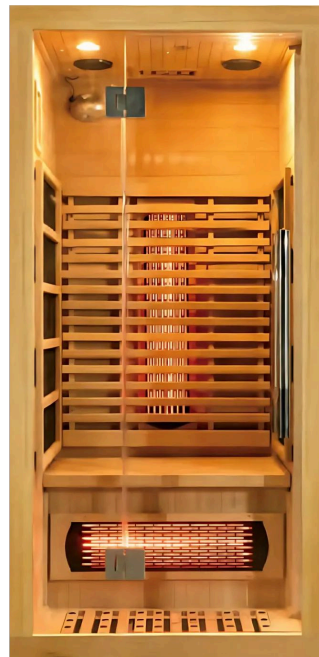
Red Cedar



Hemlock

### Details:

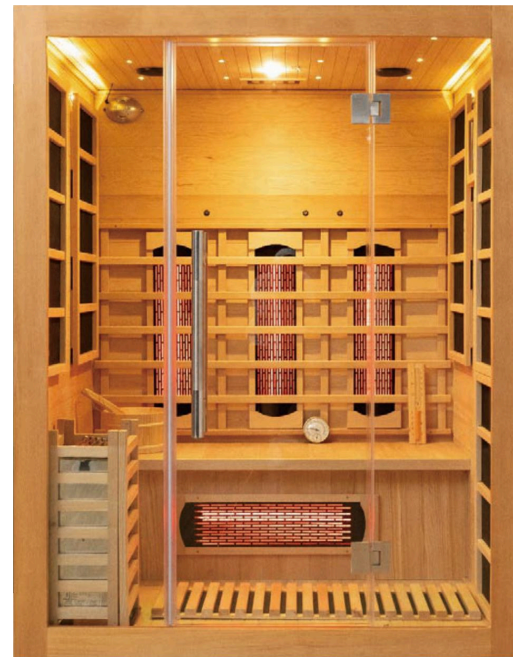
- Infrared panels & heater stove
- Tempered glass door for natural light
- Choice of two timber types: Red Cedar or Hemlock
- Four size options, including corner configuration
- Built-in ventilation system for optimal air circulation
- Optional Wi-Fi temperature control via Apple/Android app
- Heat and waterproof speakers
- Suitable for indoor installation
- Pre-assembled panels for easier DIY installation



90×90×190cm  
1 person



120×105×190cm  
2 person





150×120×190cm  
3 person





## Various Sizes

- Timber:
-  Red Cedar
  -  Hemlock

- Details:
- High-quality carbon panel infrared panels
  - Tempered glass door for natural light
  - Choice of two timber types: Red Cedar or Hemlock
  - Four size options, including corner configuration
  - Built-in ventilation system for optimal air circulation
  - Optional Wi-Fi temperature control via Apple/Android app
  - Heat and waterproof speakers
  - Suitable for indoor installation
  - Pre-assembled panels for easier DIY installation



90×90×190cm  
1 person



120×105×190cm  
2 person



150×120×190cm  
2-3 person



180×120×1900cm  
3 person



150×123×150cm  
3-4 person







Cold water immersion has been practised for centuries across Nordic and Asian cultures. Today, it's backed by science: reduced inflammation, faster recovery, improved circulation, boosted mood, and enhanced mental clarity.

At Sisu, we combine Finnish cold therapy expertise with Thai craftsmanship to create premium ice baths designed for Thailand's tropical climate. Each tub features a stainless steel interior for hygiene and durability, wrapped in your choice of Red Cedar, Hemlock, or Pine.

Whether you're a wellness enthusiast, athlete, or spa owner, our range offers the perfect solution—from compact home units to commercial-grade systems with integrated chillers.



What's Inside:

- **"See Dam"** All-in-One Ice Bath
- **"Nung Sabi"** Round Ice Bath
- **"Sanuk"** Oval Ice Bath
- **"Mi Phang"** Inflatable Ice Bath
- **Chillers**





"See Dam" Ice Bath



# 190 x 80 x 94cm

## 900 – 950 Litres

### Choice of timber:

- Red Cedar
- Hemlock
- Pine

### Tub

- Timber tub with stainless steel interior
- Integrated chiller and water pump system
- Insulated cover

### Chiller System

- Chiller unit (3-42°C range)
- Ozone sterilisation module
- Double layer filtration system
- WiFi App
- Touchscreen control panel

### Documentation

- User manual (English)





**More Info & Pricing: [sauna.in.th/nallak-indoor-sauna](https://sauna.in.th/nallak-indoor-sauna)**







# “Nung Sabi” Ice Bath

**80 Diameter x 110 cm**  
**400 – 450 Litres**

## Choice of timber:

- Red Cedar
- Hemlock
- Pine

## Dimensions:

- Diameter: 80cm
- Height: 110cm
- Capacity: 1 person

## Construction:

- Exterior: Red Cedar timber
- Interior: Stainless steel
- Bands: Stainless steel
- Steps: Wood

## Lid choices:

- Black or brown drop stitch (free)
- Matching wood









# “Sanuk” Oval Ice Bath

**160 x 110 x 70cm**

**700 – 750 Litres**

## Choice of timber:

- Red Cedar
- Hemlock
- Pine

## Dimensions:

- External Size: 160 x 110 x 70cm
- Capacity: 1 person

## Construction:

- Exterior: Red Cedar timber
- Interior: Stainless steel
- Bands: Stainless steel
- Steps: Red Cedar with storage compartment

## Lid choices:

- Black or brown drop stitch (free)
- Matching wood



More Info & Pricing: [sauna.in.th/sanuk-ice-bath](https://sauna.in.th/sanuk-ice-bath)



# “Ngein” Stainless Steel Ice Bath



**Small 75 x 100 cm**  
440 litres

**Medium 86 x 100 cm**  
580 litres

**Large 90 x 100 cm**  
~635 litres

## Number of People:

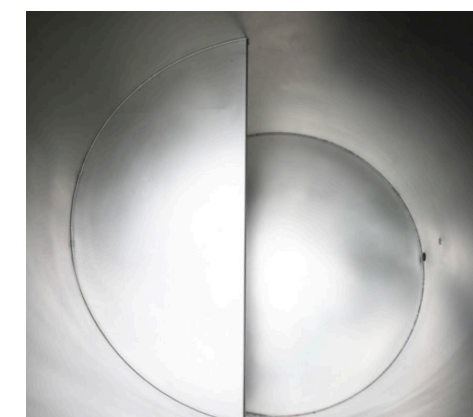
- 1 person

## Construction:

- Interior and exterior: Stainless steel
- Red cedar and strong plastic stairs

## Lid choices:

- Black or brown drop stitch (free)
- Red cedar wood



**More Info & Pricing:** [sauna.in.th/ngain-ice-bath](https://sauna.in.th/ngain-ice-bath)



# "Mi Phang" Inflatable Ice Bath



**150 x 80 x 65 cm**

**400 – 450 Litres**

## Choice of timber:

- Red Cedar
- Hemlock
- Pine

## Dimensions:

- External Size: 160 x 110 x 70cm
- Capacity: 1 person

## Construction:

- Exterior: Red Cedar timber
- Interior: Stainless steel
- Bands: Stainless steel
- Steps: Red Cedar with storage compartment

## Lid choices:

- Black or brown drop stitch (free)
- Matching wood



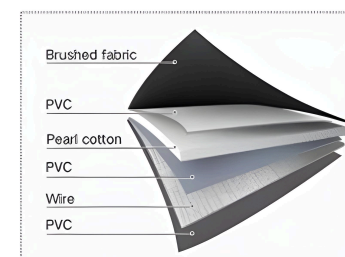
## LAYER STRUCTURE

**PVC:** Military grade BPA & Phthalate-free thickened PVC inner lining (leak proof)

**Pearl cotton:** Thick military grade pearl tech insulation with sub-zero cooling technology

**Wire:** High strength UV-resistant wire fabric

**Brushed fabric:** Die Dicke des Falls tich gewebes beträgt 10 cm/ 4 ", doppelwandiges Falls tich gewebe, um Temperatur und Komfort zu halten.



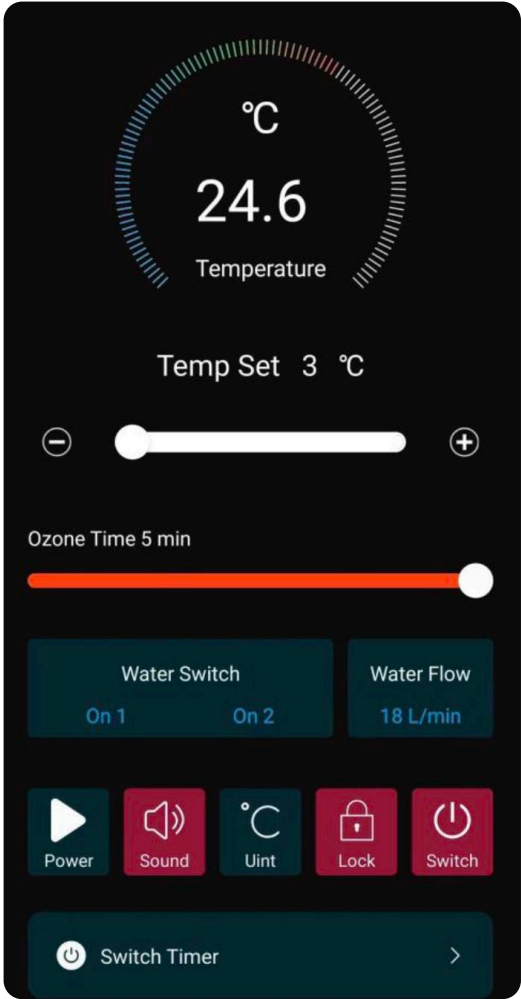
**More Info & Pricing:** [sauna.in.th/mi-phang-ice-bath](https://sauna.in.th/mi-phang-ice-bath)



# Ice Bath Chiller



## Mobile App Control







**1.0HP for standard tubs**  
~ 300 – 600 Litres

HP SY-10-OC

**2.0HP for commercial / extra large**

SY-20-OC



**0.8HP for small tubs**  
~ 200 – 400 Litres

SY-08-OC



**Add on:**

Matching wood chiller box for weather protection







## Contact Us

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