

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.



SISU

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:

TUV mark



More Info & Pricing - 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

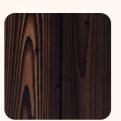


Pine

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.

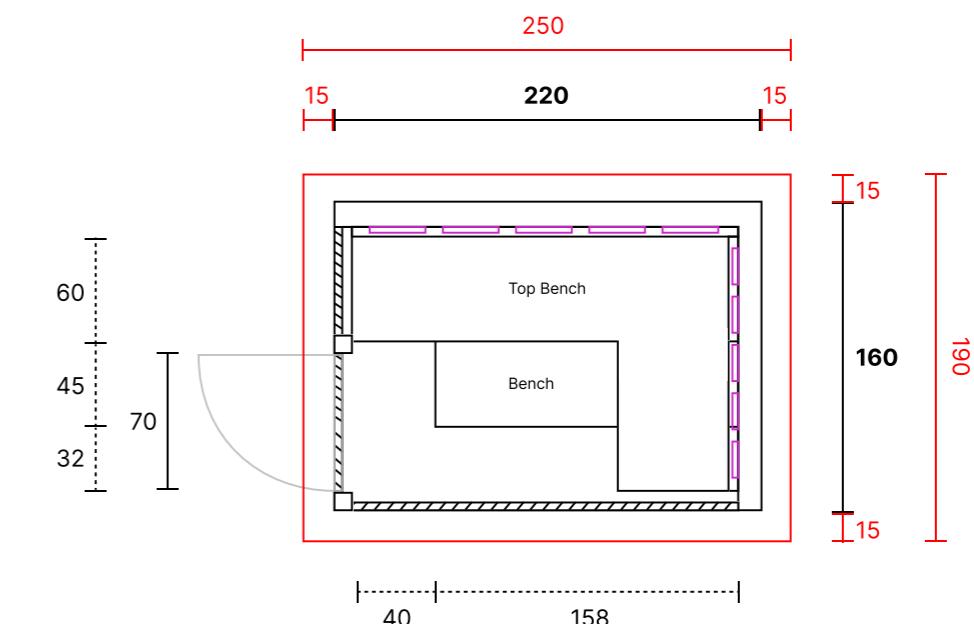
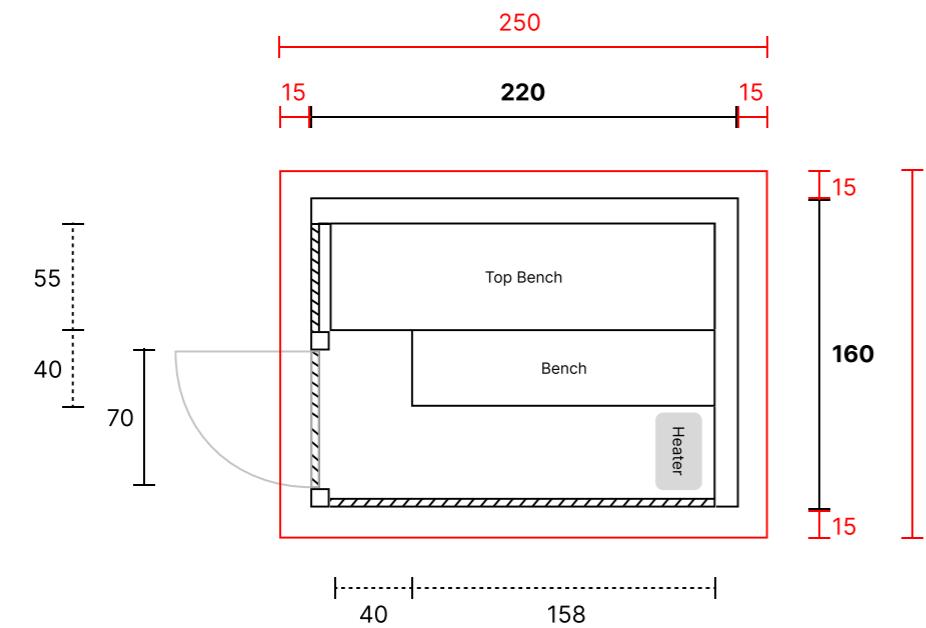
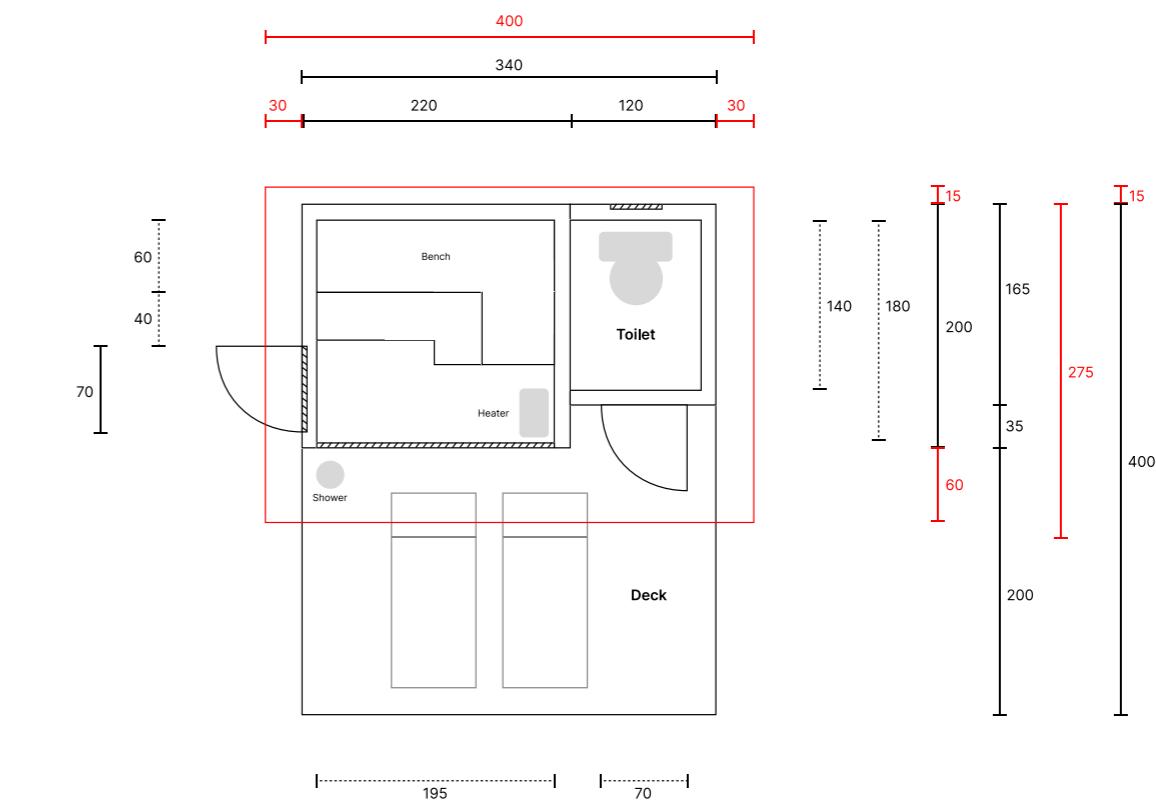
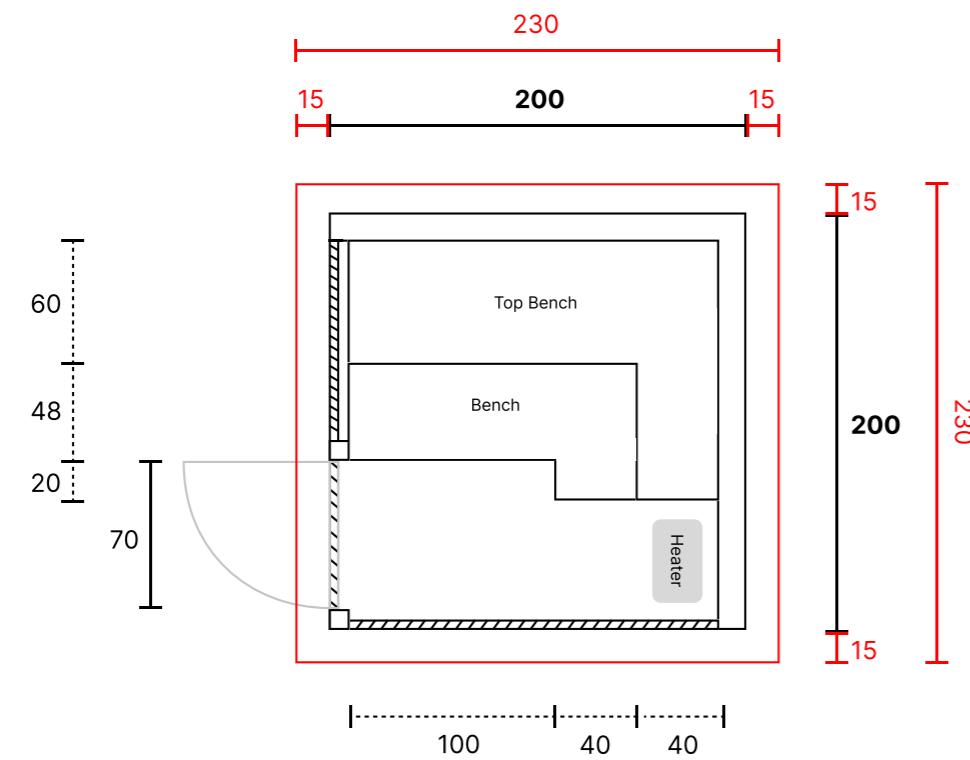


More Info & Pricing: sauna.in.th/custom-made-sauna

Custom Designed & Built Saunas



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

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

Facade Colours:



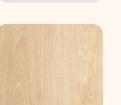
Grey



Black



White



Natural

Window Options:

- Full glass side
- 1/2 glass side

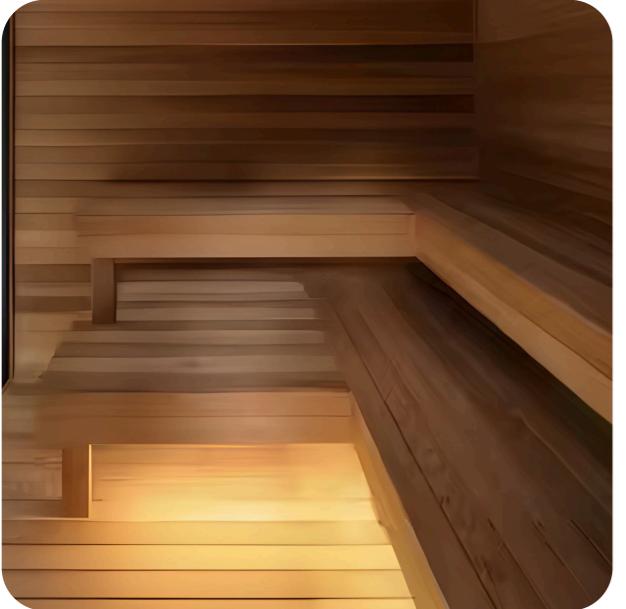


More Info & Pricing: sauna.in.th/fah-sauna

Custom Sauna: Bench Configurations & Weather Protection



Bench Designs



Floating with Pegs



Floating



Floor Flush

Weather Protection



Black Asphalt Roof Shingles

All of our saunas come with:



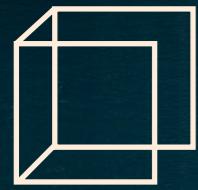
- Explosion-proof Rocks
- Explosion-proof Light
- Wooden Bucket
- Wooden Water Scoop
- Temperature Gauge
- Sand Timer
- Wooden Door Handle
- Installation Manual (English)



MADE-TO-ORDER DIY SAUNAS





 **SISU**

Cube Saunas

"Sabai Dee" Cube Sauna



250 x 230 x 210

6 - 8 People

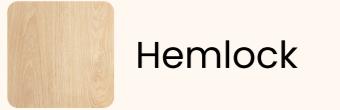
Timber:



Red Cedar



Fir



Hemlock



Spruce

Shingle Colours:



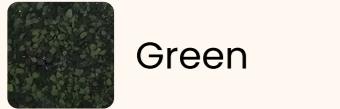
Black



Black/Brown



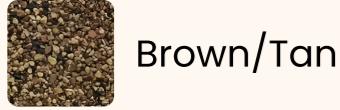
Grey



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

"Sabai Dee" Cube Sauna



180 x 240 x 180cm

5 - 6 People

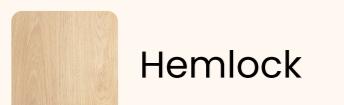
Timber:



Red Cedar



Fir



Hemlock



Spruce

Roof Shingles



Black



Black/Brown



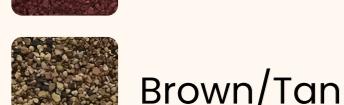
Grey



Green



Maroon

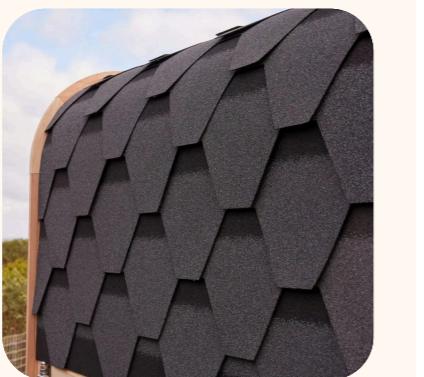


Brown/Tan

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

"Sabai Dee" Cube Sauna



120 × 120 × 200cm

1 Person

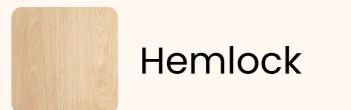
Timber:



Red Cedar



Fir



Hemlock



Spruce

Roof Shingles



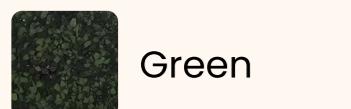
Black



Black/Brown



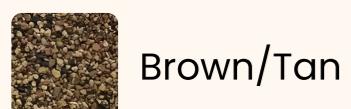
Grey



Green



Maroon

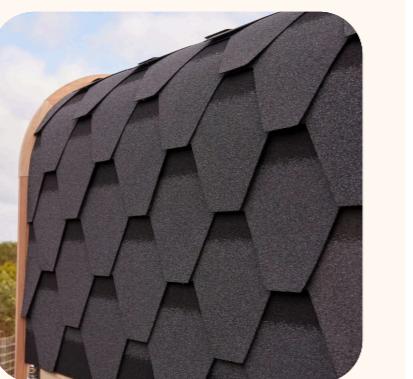


Brown/Tan

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

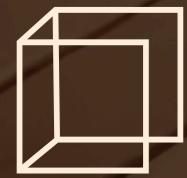
Roof Shingles



Included free.



More Info & Pricing: sauna.in.th/sabai-dee-1-person



SISU



Barrel Saunas

"Jai Dee" Barrel Sauna



Various Sizes

3 - 10 People

More Info & Pricing: sauna.in.th/barrel-saunas

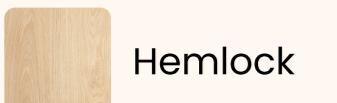
Timber:



Red Cedar



Fir



Hemlock



Spruce

Roof Shingles

Included free.



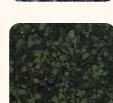
Black



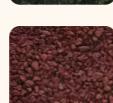
Black/Brown



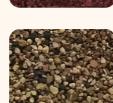
Grey



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.

Hemlock
Barrel Sauna



FRONT

Red Cedar
Barrel Sauna



Hemlock Barrel
Sauna & Porch



Red Cedar Barrel
Sauna & Porch



Standard



BACK

Half Glass Wall

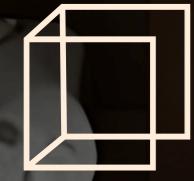


Full Flat Glass



Panoramic
Curved Glass





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

Infrared / Stove Heater "Teelak" Indoor Sauna



Various Sizes

Timber:



Red Cedar



Hemlock

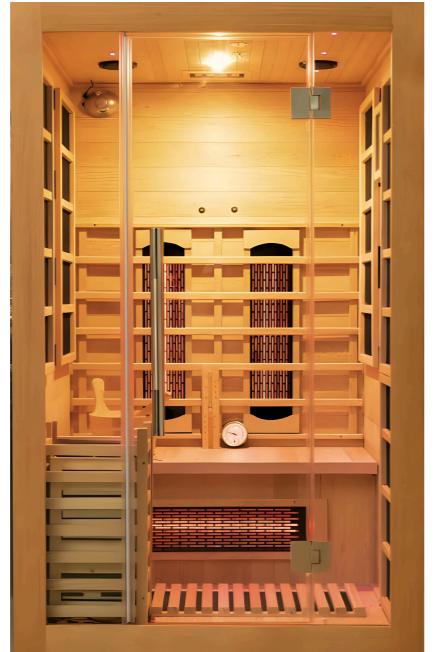
Details:

- 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



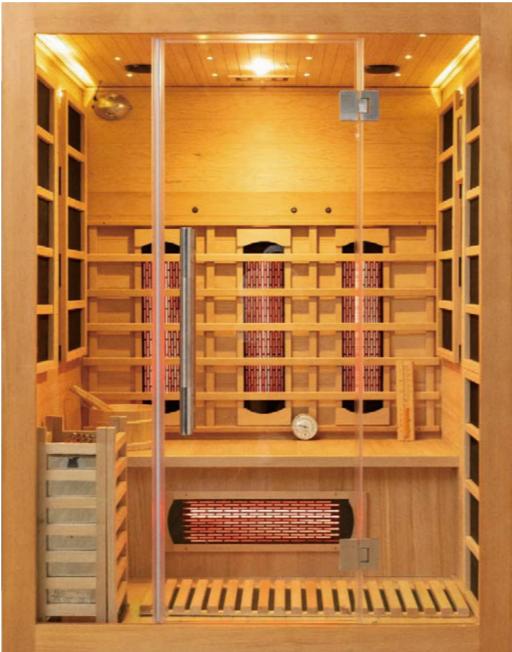
90x90x190cm

1 person



120x105x190cm

2 person



150x120x190cm

3 person



Infrared Carbon Panel Indoor Sauna



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



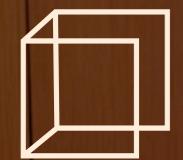
180×120×1900cm

3 person



150×123×150cm

3-4 person



SISU

Ice Baths

SISU Introduction



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.

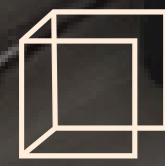
Whether you're a wellness enthusiast, athlete, or spa owner, our range offers the perfect solution—from compact home units to commercial-grade systems with integrated chillers.



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**



 **SISU**

"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

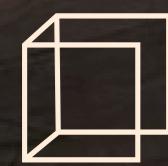
- Chiller unit (3-42°C range)
- Ozone sterilisation module
- Double layer filtration system
- WiFi App
- Touchscreen control panel

Documentation

- User manual (English)

More Info & Pricing: sauna.in.th/see-dum-ice-bath

More Info & Pricing: sauna.in.th/malak-indoor-sauna



SISU

“Nung Sabi” Ice Bath

"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

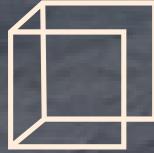


Lid choices:

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

More Info & Pricing: sauna.in.th/nung-sabi-ice-bath



 **SISU**

"Sanuk" Ice Bath

"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

"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/ngein-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



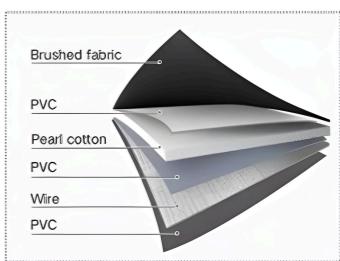
LAYER STRUCTURE

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.

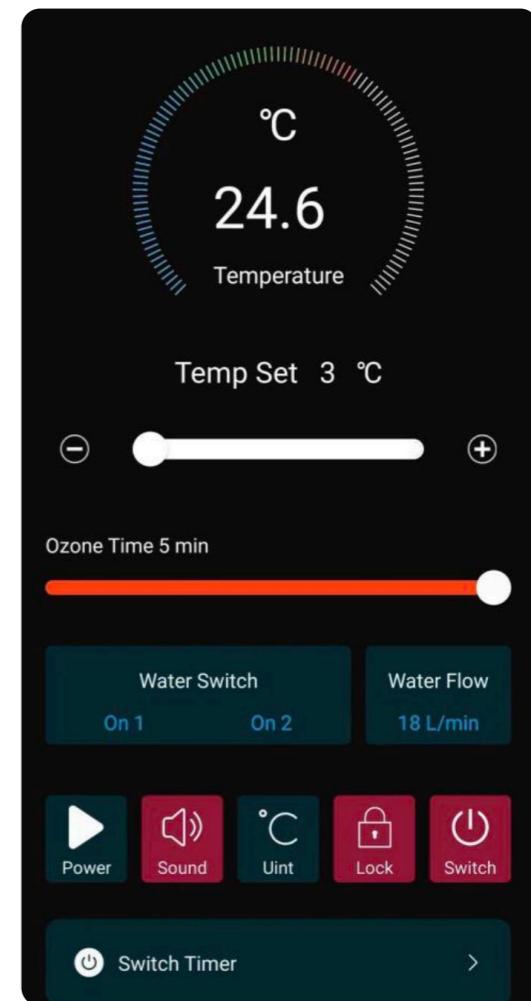


More Info & Pricing: sauna.in.th/mi-phang-ice-bath

Ice Bath Chiller



Mobile App Control



Home & Commercial Usage



1.0HP for standard tubs

~ 300 - 600 Litres

HP SY-10-OC

2.0HP for commercial / extra large

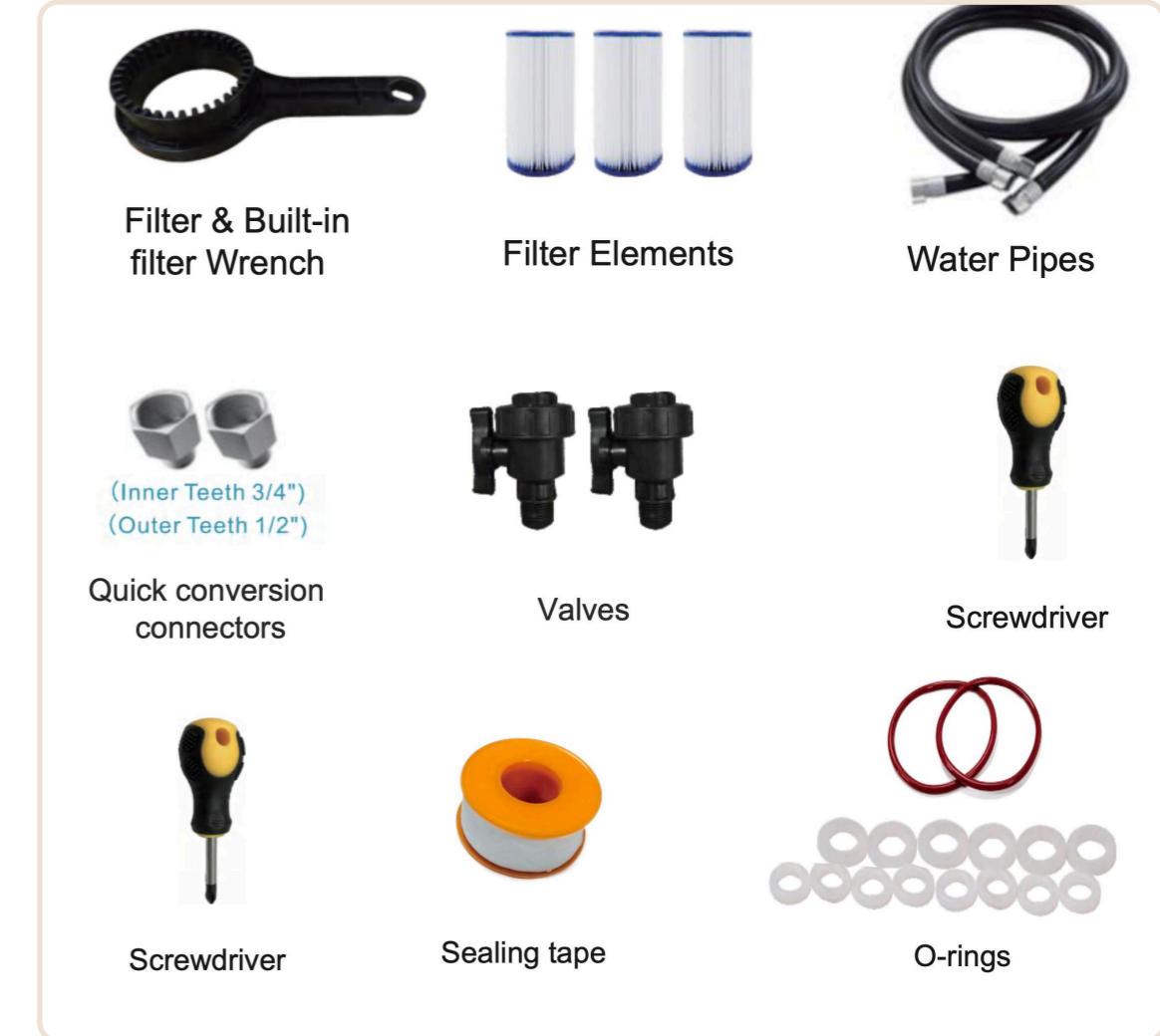
SY-20-OC



0.8HP for small tubs

~ 200 - 400 Litres

SY-08-OC



Add on:

Matching wood chiller box for weather protection



More Info & Pricing: sauna.in.th/chiller



Contact Us

Email sales@sauan.in.th

Phone 622 295 157