PANEL

FINNISH SPRUCE 14x120 STS4 TK ST SAND

5134

lauta.fi/5134

Quick info

Price level

Ready to use

Ready to install

Uses

Saunas

	Dry interiors
	Wet room ceilings
	Wet room walls

Product description

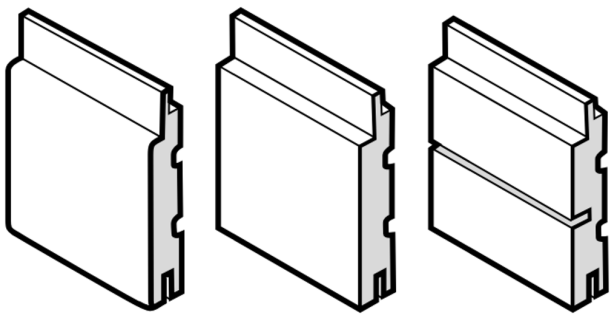
Quick facts

	– the most affordable price level in our range.
	Ready to install – the product is factory-finished, so you can install it as is.
	Saunas – suitable as is.
	Dry interiors – suitable as is.
	Wet room ceilings – suitable as is.
	Wet room walls – suitable as is.

The ratings are based on our wood species suitability table (in Finnish).

Narrow adds rhythm, wide brings calm

The width and profile of a panel decide what kind of surface you get. Narrow panels draw a dense, lively rhythm across the wall. Wide panels calm the space and let the wood grain show. A groove or a gap at the joint creates a shadow line that accentuates the lines.



A ceiling ties the room together

Paneling on the ceiling gives the room a unified look. When the panels run away from the window wall, light glides along the surface and the joints stay discreet.

Ready to install

You can leave the paneling in its natural wood color or choose a shade. A semi-transparent finish lets the grain show through, while opaque paint gives an even surface. On factory-finished panels, the tongues and grooves are treated too, so no bare wood shows at the joints as the wood moves with the seasons.

A wide selection in stock

We keep a wide selection of panels in stock. For larger projects, we help you choose the right wood species and finish for the space. We have been chosen as the supplier for many public buildings.

Resin-free wood for the sauna

In a sauna, paneling has to stand up to a lot, as heat and humidity change every time you use it. Aspen, black alder and thermally modified wood are resin-free, so no resin seeps out even in high heat. Dark thermally modified wood gives the sauna a calm feel, light aspen a bright one. Light Finnish spruce is also a good choice for sauna paneling. For a continuously heated sauna, such as in a hotel, spa or swimming hall, we recommend thermally modified radiata pine first. Thermally modified pine, thermally modified alder and spruce also withstand continuous heat.

✅ Finnish wood, responsibly manufactured in Lempäälä
✅ Completely natural and safe product
✅ Light and fresh appearance
✅ Excellent resistance to moisture fluctuations
✅ PEFC-certified

Our product uses spruce, a domestic, versatile, and strong softwood that handles moisture changes well. Easy to work with and finish, spruce is ideal for interior use, saunas, and, when treated, exterior cladding. Its warm light color and straight-grained pattern make spruce an aesthetically pleasing choice for visible surfaces. Our PEFC-certified spruce products are responsibly produced and environmentally friendly.

Colors in the images are indicative, and your screen settings affect how they look. Wood is a natural material, so its shade and grain always vary. Lighting and the colors of surrounding surfaces and furniture also affect how the wood looks in the finished space.

Product information

Product information

Tuotenimi	KUUSIPANEELI 14x120 STS4P TK SAUNAS HIEK-KA
Tuotenumero	5134
Alkuperämaa	Suomi
Saatavuus	Varastotuote
CN-koodi	Spruce - Profiled - CN 4409 1018

Product measurements

Vahvuus (mm)	14
Leveys (mm)	120
Paino (kg/myyntiyksikkö)	0,683
Neliömenekki (m/m²)	9,43
Hyötyleveys (mm)	106
Pakkauskoko (kpl/pkt)	4

Product features

Puulaji	Kuusi
Laatuluokka	TK
Pintakäsittely	Värillinen saunasuojaus
Profiili	STS4P
Päätyponttaus	Kyllä
Piilokiinnityspontti	Kyllä
Palokäyttäytyminen	D-s2, d0

Sustainability

Hiilijalanjälki (CO2e kg/jm)	0,07
Hiilikädenjälki (CO2e kg/jm)	-1,27
CE-merkintä	Kyllä
PEFC-serfitiotu	Kyllä

Grading rules

You can download the grading rules applied in the manufacture of this product here: Spruce

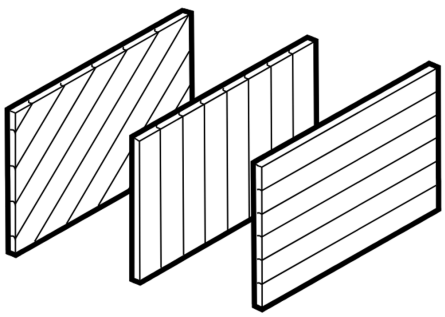
Minimum order size

Please note that we deliver our products in bundles. Bundle size is indicated together with stock information on top right corner.

Planning your paneling

When you plan your paneling in advance, the result looks considered and you waste less material.

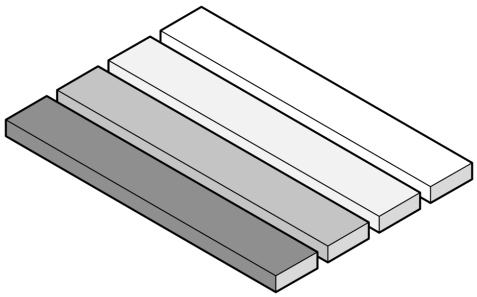
- **Wood species and color.** Choose the wood species and decide whether to leave the panels in their natural color or treat them. You can also order the panels factory-treated.
- **Profile and width.** Narrow panels create a rhythmic surface, wide panels a calm one. You can combine different widths and wood species in the same room.
- **Direction.** Panels can be installed horizontally, vertically or diagonally, and you can change direction partway across a surface. On a ceiling, it's best to run the panels in the direction of the light.
- **Light.** Light brings out the shape of the profile. A sharp-edged profile creates strong shadows, while a rounded profile gives a softer look.
- **Slatted panels.** A slatted panel looks like separate slats but installs like a panel. It speeds up covering large surfaces, such as ceilings.
- **Quantity.** Calculate the amount you need and add 10–15% for waste.
- **Cutting allowance.** Panel ends usually need trimming before installation, so allow about 50 mm of extra length per panel. This applies to panels that are not end-matched.



When you're planning a sauna

In a sauna, temperature and humidity change quickly, so the panels are put to the test. Keep these points in mind as well.

- **Choose a wood species suitable for saunas.** Spruce, aspen, alder, western red cedar and thermally modified species, for example, are all suitable for saunas.
- **Continuously heated saunas:** Thermally modified aspen suits an ordinary home sauna but not a continuously heated one, such as in a hotel, spa or swimming hall. For those, choose thermally modified radiata pine first, then thermally modified pine, thermally modified alder or spruce. Thermally modified alder is closest in tone to thermally modified aspen.
- **Thermally modified radiata pine:** Freshly installed radiata pine can have a strong scent at first. Ventilate the sauna well, and the scent will fade.
- **Match the panels and benches.** Plan the color, width and direction of the wall panels and bench boards as a whole.
- **Cutting allowance.** Panel ends usually need trimming before installation, so allow about 50 mm of extra length per panel. This applies to panels that are not end-matched.



Surface treatment

Surface treatment brings out the best in wood

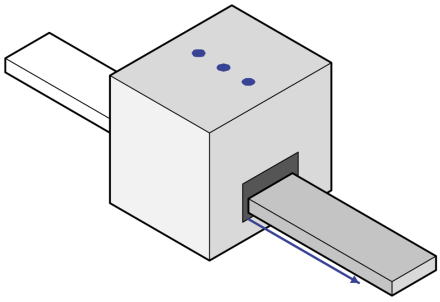
The right surface treatment finishes the wood for exactly the purpose it's meant for. It protects the wood, extends its life cycle and gives it a color that suits the look of your home or building.

Not all wood needs treatment, but surface treatment lets you highlight different qualities of the wood. When the wood is treated during manufacturing, it's ready to install right away. This makes tight construction and renovation schedules easier to manage.

Why choose industrial surface treatment?

We paint and treat the wood on our own industrial paintline right after planing. At that point, the wood surface is open and the paint or treatment soaks in effectively. The temperature and humidity on our paintline stay constant, so the paint spreads evenly and dries properly. The result lasts longer than paint applied on site at the mercy of the weather.

- **You save time.** Industrially treated wood is ready to install, so there's no need to wait for good painting weather on site.
- **You get an even finish.** In controlled conditions, every board and panel receives the same treatment.
- **The wood is protected during construction.** The surface treatment protects the wood from rain and sunlight from the moment it's installed.
- **The tongues, grooves and edges are treated too.** Wood moves with humidity and shrinks during the dry season. When the wood is treated before installation, no untreated stripes show at the joints.

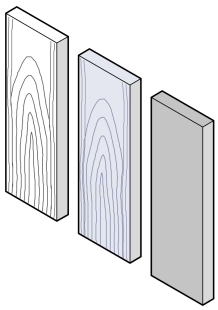


Surface treatment options

The right surface treatment depends on how the wood will be used and the look you're after.

- **Opaque paint** covers the grain of the wood and gives the surface an even, finished color. Outdoors, opaque paint protects the wood for a long time. For a paneled ceiling, choose a matte paint that evens out small irregularities.
- **Semi-transparent treatment** gives the wood a color tone while letting its natural grain show through. A semi-transparent product can be tinted or clear.
- **Sauna protection treatment** helps wooden sauna surfaces withstand high temperatures and humidity. It also makes the surface easier to keep clean.
- **Fire-retardant treatment** gives the wood surface a fire classification of B-s1, d0. This is the highest class available for wood construction products, so fire-retardant wood can also be used in buildings with strict fire safety requirements. Fire-retardant treatment is not suitable for saunas.

Good to know: Light-colored wood darkens and yellows when exposed to light. To keep a light color, choose a white-pigmented or UV-protected, non-yellowing product.



Good to know about wood species

Wood species differ from one another, and the need for treatment depends on both the species and how the wood is used.

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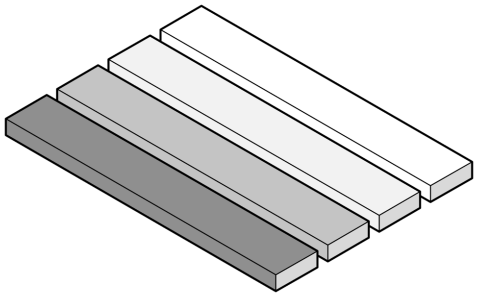
Spruce always needs a protective surface treatment outdoors. Spruce cladding is painted with either semi-transparent or opaque paint.

- **Douglas fir and larch** are naturally rot-resistant and dense, so they don't need surface treatment outdoors. Left untreated, they turn a beautiful silvery gray over time.
- **Thermally modified wood** has excellent dimensional stability thanks to thermal modification.
- **For wood used in saunas,** we recommend sauna protection treatment regardless of the species.



If you treat the wood yourself

You can treat wood used indoors by painting, oiling, waxing or lacquering it. Always choose a product that suits the use, and follow the manufacturer's instructions. Sauna benches are treated with paraffin oil or sauna wax, as described in more detail in the bench care instructions.

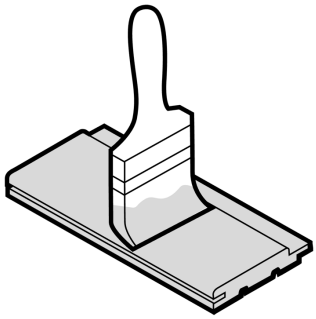
Treat new wood before fastening it. When you treat panels and boards before installation, the tongues, grooves, edges and ends get treated too. This way, no untreated stripes show at the joints when the wood shrinks during the dry season.

Preparation

1. **Clean the surface** of dust, grease and dirt. Wash previously treated surfaces with a paint cleaner.
2. **Remove any flaking old paint** and sand glossy surfaces matte. Finish with fine 120–180 grit sandpaper, and remove the sanding dust carefully.
3. **Treat the knots.** If the wood has a lot of knots, brush them with knot sealer or use a paint that prevents bleed-through. This keeps resin and the dark color of the knots from showing through the paint.
4. **Do a test treatment.** If the surface has previously been oiled or waxed, first check that the new treatment adheres on a small area.

Treatment

- **Apply two coats.** New, untreated wood is usually treated twice. Let the first coat dry according to the manufacturer's instructions before applying the next.
- **Treat one panel or board at a time along its full length.** This prevents lap marks and visible joins.
- **Mind the conditions.** Treat when the air, surface and product temperature is above +5 °C and the relative humidity is below 80%. Good ventilation speeds up drying.
- **Let the surface cure undisturbed.** A painted surface usually reaches its final durability in 3–4 weeks. Handle it with care until then.



Responsibly treated

We use water-based paints and treatments from well-known manufacturers. Water-based products contain fewer solvents than solvent-based ones, so they put less strain on the environment and indoor air.

DID YOU KNOW? Because we want to operate as sustainably as possible, each batch we treat must be at least 500 meters. This way, we don't waste raw materials, and our operations stay efficient.

Ask us more

We have long experience in wood surface treatment, and we're happy to help you find the right treatment for your project. Contact our sales team to learn more about the options.

Installation and storage

Installing panels

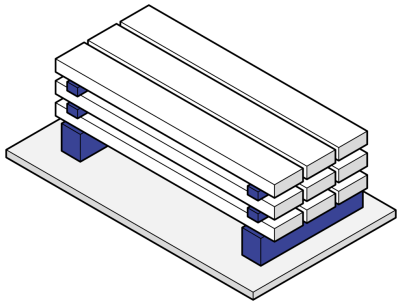
Wooden panels bring warmth and atmosphere to any room. These instructions cover installing panels in all indoor spaces. If the panel is also suitable for saunas and you're installing it in one, also follow the additional sauna instructions after these instructions.

The color of the wood changes over time due to light and changes in humidity. Dark thermally modified wood becomes lighter, and light wood becomes darker.

Storage and acclimatization

- **Let the panels acclimatize.** Bring the panels into the room where they will be installed 1–2 weeks before installation. The room temperature should be about +20 °C and the relative humidity 40–60%.
- **Store the panels correctly.** Store the panels horizontally in their unopened small packs, at least 30 mm off the ground. Open the packs just before installation.
- **Keep conditions stable.** During storage, the humidity must not rise above the normal level for the room where the panels will be used, and the temperature must be higher than outdoors.

Good to know: Wet work, such as leveling and tiling, raises the humidity in a room significantly. Panels stored in the same room will swell. A construction heater, on the other hand, dries the air and makes the wood shrink, and a rapid drop in humidity can cause the wood to crack. If the packs have been stored in a tight bundle, the packs in the middle and on the outside of the bundle may have different moisture levels. That's why it's a good idea to break up the bundle and let the small packs acclimatize unopened.



Before installation

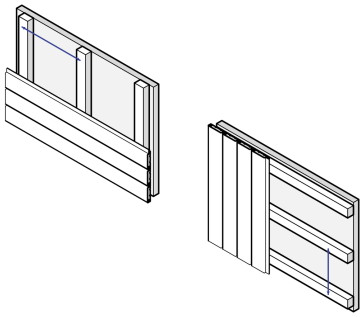
- **Allow for waste.** Order about 10% more panels than the calculated quantity.
- **Allow extra length for cutting.** The stated product length is not an exact measurement, so choose panels that are at least 5 cm longer than you need.
- **Plan the direction and joints.** Decide in advance which way the panels will run and where any joints will go.
- **Sort the panels.** Sort the panels by color or knots so that you can spread them evenly across the whole surface.

Battens

The panels are installed on battens, which always run across the panels.

- **Ceiling:** Install the battens at right angles to the direction of the panels.
- **Horizontal paneling on walls:** Install the battens vertically.
- **Vertical paneling on walls:** Install the battens horizontally.

Make sure the battens are straight. On a ceiling, even small irregularities are easy to see, so check that the battens are straight with care, for example with a line laser or a long straightedge. Choose the batten spacing to suit the project, but no more than 600 mm.



Paneling a ceiling

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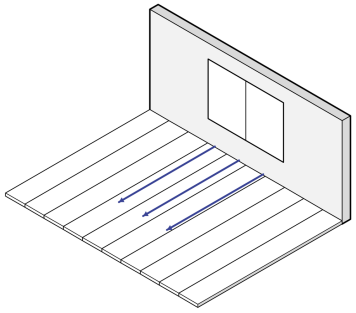
Choose the direction according to the light. When the panels run away from the window wall, in the direction of the light, joints and small irregularities are less visible.

- **Plan lighting and electrical work in advance.** Mark the positions of light fixtures and wiring before paneling so that they end up in the right places and not where the battens are. Electrical work must only be done by a qualified electrician.
- **Start on a straight line.** Check the line of the first panel carefully, as it determines how straight the whole ceiling will be.
- **Work in pairs.** Long panels are easier to install on a ceiling when one person holds them up and the other fastens them. You can also use a ceiling prop.



Install the panels

1. **Leave room for movement.** Wood moves with changes in humidity, so leave a gap of about 10 mm between the end of the panel and the wall. The gap will be hidden behind the ceiling molding or baseboard.
2. **Panel several walls at the same time.** When paneling several walls horizontally, work on all the walls at once, one row at a time. This lines up the panels precisely at the corners.
3. **Make sure the tongues and grooves are fully engaged** before fastening.
4. **Check the cover width.** Measure at regular intervals to make sure the cover width of the panels stays as planned.
5. **Treat the cut ends** with the same product as the rest of the panel.

Fastening

You can fasten the panels with nails or staples. The fastening method depends on the panel profile and whether you want the fasteners to be hidden.

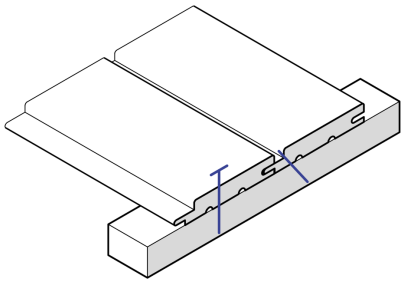
- **Face fastening:** We recommend fastening the panels straight through the face of the panel. This is the easiest and most reliable method.

- **Panels with a hidden-nail profile:** Fasten the panels through the groove. This keeps the fasteners hidden.
- **Hidden fastening on other panels:** You can also fasten the panels through the tongue so that the fastener is hidden. In this case, the last panel must be ripped to the right width and fastened through the face, so its fasteners remain visible. On walls with horizontal paneling, you have to start from the bottom.

Thermally modified panels: Use stainless steel fasteners and fasten the panels with a nailer. Avoid nailing by hand, so the hammer doesn't leave marks and the panel doesn't crack.

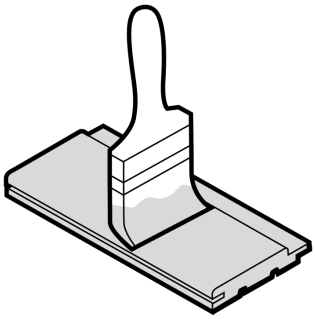
Protect the panel surface when nailing. Use a protective tip on your nailer so that the fastening points are free of dents and marks.

If you're unsure about any step, ask a professional installer for help.



Surface treatment

If the panels are not factory-treated, treat them with a product suited to the room where they're installed. The treatment finishes the surface and protects the wood.

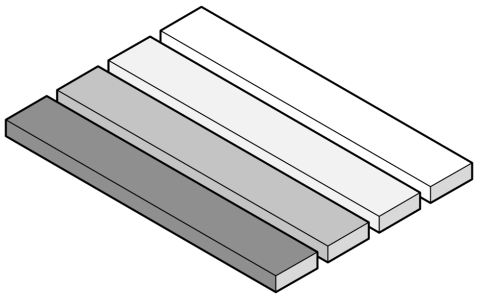


When installing panels in a sauna

In a sauna, panels are put to the test as temperature and humidity change quickly. Follow these instructions in addition to the general instructions. Where the two differ, follow these instructions in a sauna.

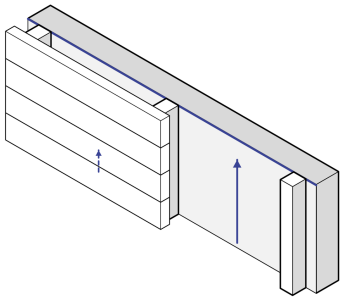
Choose a wood species suitable for saunas

- **Spruce, aspen and alder:** Light wood species are an excellent choice for saunas. Aspen, for example, is resin-free and conducts heat slowly, so the surface doesn't get too hot.
- **Thermally modified wood species:** Thermal modification gives the wood excellent dimensional stability and a beautiful dark color.
- **Pine:** Untreated pine is not a good choice for saunas, as resin seeps out of it when the surface heats up. Thermally modified pine works well in saunas, as thermal modification removes the resin from the wood.



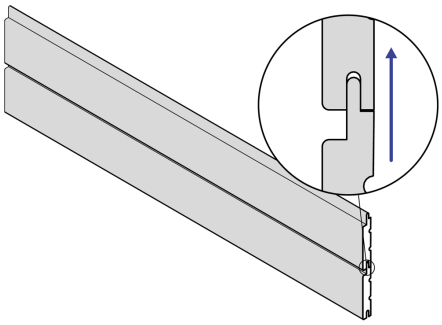
Ensure ventilation

A ventilation gap is needed between the panels and the vapor barrier. Leave a small gap at the bottom of the wall, and leave out trim where the wall meets the ceiling, so that air can circulate behind the panels.



Installing in a sauna

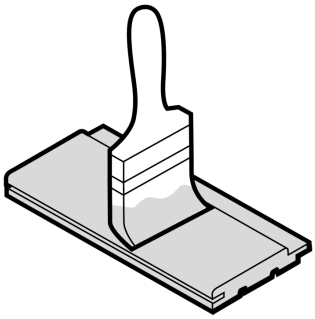
- **Leave more room for movement.** Wood moves more in a sauna, so leave a gap of about 15 mm between the panel ends and the adjoining wall.
- **Install horizontal panels with the tongue facing up.** This keeps moisture out of the groove.
- **Use stainless steel fasteners.** In a sauna, the fasteners must always be stainless steel, whatever the wood species.



Treat the panels before use

If the panels don't have factory-applied sauna protection treatment, treat them before using the sauna for the first time. Treat the cut ends with the same product.

- **Spruce, aspen and alder:** sauna protection treatment or paraffin oil. Sauna protection treatment also lets you add a color tone to the panels.
- **Thermally modified wood species:** paraffin oil



For treating cut surfaces, we recommend a translucent sauna protection finish in shade 231A.

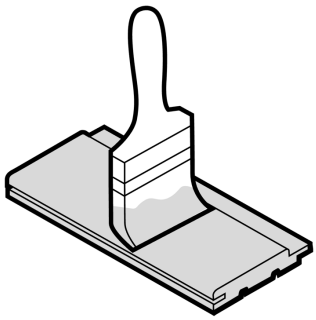
Caring for panels

Proper cleaning keeps surfaces in good condition and looking beautiful. If the panels are in a sauna, also follow the additional sauna instructions after these instructions.

- **Remove dust regularly** with a soft brush, a vacuum cleaner or a dry cloth.
- **Wipe dirty spots** with a damp cloth and a neutral detergent. Avoid using a lot of water or strong detergents.
- **Maintain the surface in good time.** The maintenance interval for the surface treatment depends on the product and where it's installed. When the surface starts to wear, maintain it so that the wood isn't damaged when its protective treatment wears off.

Maintenance treatment

1. Wash the surface with a paint cleaner.
2. If needed, sand the surface lightly to a matt finish and remove the sanding dust.
3. Treat the surface again. One new coat is usually enough.



Changing the color

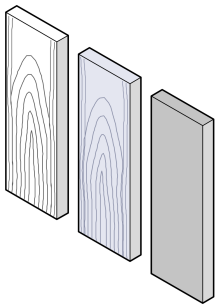
Changing the color of your panels is more demanding than a regular maintenance treatment. The new color needs to cover the old one evenly and adhere well to the previous surface.

1. **Wash the surface thoroughly** with a paint cleaner and let it dry.

2. **Sand the surface to a matt finish** and remove the sanding dust. Sanding improves the adhesion of the new treatment, especially on varnished and glossy surfaces.
3. **Prime if needed.** A primer evens out color differences and prevents knots and dark spots from bleeding through, especially when you change from a dark color to a light one.
4. **Be prepared to apply several coats.** The bigger the difference between the old and new color, the more coats you'll need.

Consider the previous treatment:

- **Oiled or waxed surface:** Paint may not adhere to an oiled or waxed surface. Do a test patch on a small area first.
- **From opaque to semi-transparent:** A semi-transparent treatment doesn't cover old paint, so the old paint layer would have to be removed completely. In practice, this is laborious, and choosing a new opaque color is often the easier option.
- **Darkened or yellowed surface:** The surface looks fresh again when you paint it a light color. A heavily darkened surface needs a primer and several coats.

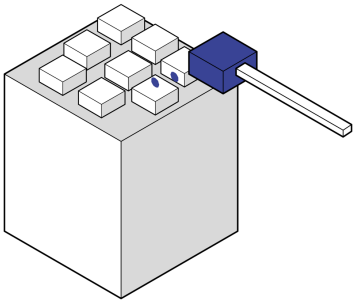


When panels are in a sauna

Sauna panels stay beautiful and fresh for years when you dry the sauna after every use and clean the surfaces regularly. Follow these instructions in addition to the general instructions. Where the two differ, follow these instructions in a sauna.

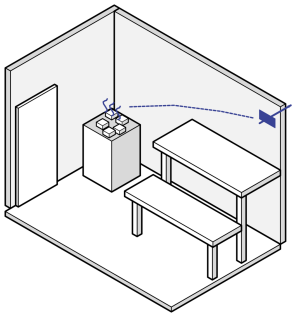
Care during use

- **Heat the sauna properly before use.** A well-heated sauna dries faster and lasts longer.
- **Throw water only on the heater stones.** Avoid wetting the walls and ceiling.



After using the sauna

- **Dry the sauna.** Leave an electric heater on for at least 30 minutes after use so that the wooden structures dry out. If you have a wood-burning heater, add a few more logs as you leave. Keep the door and window closed, the exhaust vent open and the mechanical ventilation on, so that moisture leaves through the ventilation system.
- **Don't dry textiles in the sauna.** Towels and laundry left in the sauna add moisture and are a fire risk. Never dry laundry on top of the sauna heater.



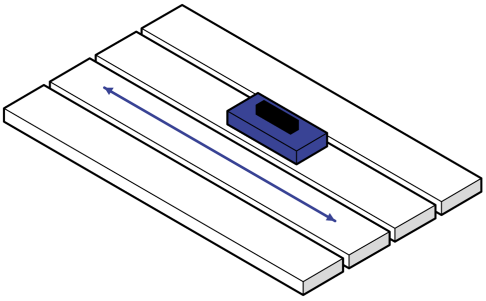
Washing

Wash sauna panels 1–4 times a year, depending on how often you use the sauna. Wooden surfaces don't like too much water, so don't rinse the walls after every use.

1. **Warm the sauna slightly before washing.** A little heat loosens dirt and speeds up drying. Don't wash a hot sauna, however, or the detergent will dry on the surface.
2. **Use a sauna detergent.** Choose a mild detergent designed for wooden sauna surfaces. Avoid chlorine-based and disinfecting products. Chlorine evaporates even at low temperatures and is harmful to health, and strong products can bleach and damage the wood surface.
3.

Wash with a soft brush along the grain of the wood. A hard brush raises the grain and leaves the surface rough.

4. **Rinse thoroughly** with clean water. Never use a pressure washer.
5. **Let the sauna dry properly.** Make sure there is good ventilation, but avoid drying the wood too quickly so that it doesn't crack.



Maintaining the surface treatment in a sauna

Renew the treatment of sauna panels as needed, preferably once a year. The more often and the hotter you use the sauna, the more often the surface needs maintenance, and a continuously heated sauna needs it more frequently. In a sauna, use only treatment products designed for saunas, including when you change the color of the panels.

- **Spruce, aspen and alder:** sauna protection treatment or paraffin oil
- **Thermally modified wood species:** paraffin oil

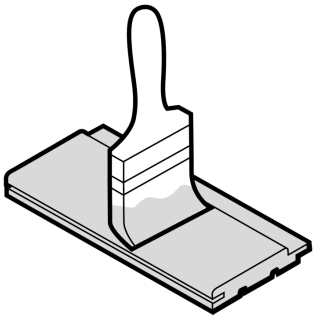
Before treatment: Wash the panels and let them dry properly. Protect the floor, for example with plastic sheeting, as treatment products soak easily into tile joints.

Retreatment with sauna protection treatment

Retreating panels that have been treated with sauna protection treatment requires care. Each new treatment adds to the film on the surface, and a film that is too thick can't withstand the high temperatures of a sauna.

1. Clean the surface of dirt and dust.
2. Sand off a generous amount of the old treatment so that the film thickness stays moderate.
3. Remove the sanding dust thoroughly before applying the new treatment.
4. Apply one thin coat. One coat is usually enough for sauna panel surfaces.

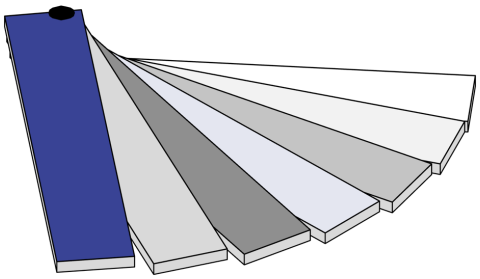
Always follow the treatment product manufacturer's instructions.



Also remember

- Follow the sauna heater manufacturer's instructions and never exceed the maximum permitted temperature. Excessive heat can warp the wood and cause a fire hazard.
- Wooden surfaces darken naturally over time, fastest near the heater and in the areas hit by hot steam.
- Thermally modified wood may give off its characteristic scent when the sauna is heated. The scent fades over time.

Sample pieces

Lauta.fi delivers product sample pieces to both consumer customers and professionals, such as architects, interior architects and designers, construction industry and procurement professionals.

If you are interested in ordering one or more sample pieces, please contact our sales department via email lauta@lauta.fi or phone +358 3 3123 6000 (On weekdays 8-16).