LAUTA.FI

LAUDELAUTA

LÄMPÖLEPPÄ 28x120 SHP A

TH4938

lauta.fi/th4938

Product description

Wood that feels good against your skin

On the sauna bench, you sit with bare skin in the hottest steam. That's why good bench wood is resin-free and conducts heat slowly. Aspen, black alder and thermally modified wood won't burn you, even when the air around you is hot. Light Finnish spruce also works well for benches.

Narrow or wide

Narrow boards make a traditional, rhythmic bench, wide boards a calm and modern one. You can use the same bench boards and battens for backrests and footrests.

A shade that develops with use

Dark bench boards are thermally modified, light ones are untreated. Over time, dark thermally modified wood lightens and light wood darkens, and your sauna takes on a shade of its own.

Carefully made in Finland

We make our bench boards in Finland. As a fourth-generation family business, we know that a carefully made sauna bench will serve you for decades.

Also great for furniture

In addition to saunas, bench boards and slats are well suited to furniture, shelves and other interior details. Using the same wood species lets you tie together the look of your sauna, bathroom and home furniture.

Colours 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 colours of surrounding surfaces and furniture also affect how the wood looks in the finished space.

Product information

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Tuotenimi	LAUDELAUTA LÄMPÖLEPPÄ 28x120 SHP A
Tuotenumero	TH4938
Saatavuus	Varastotuote

Product measurements

Product features

Sustainability

Minimum order size

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

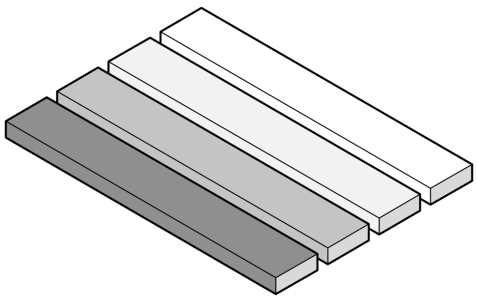
Planning your sauna benches

Sauna benches are traditionally made of wood, because wood is durable, conducts heat slowly and looks beautiful. In a sauna, temperature and humidity change quickly and significantly, so benches always need a surface treatment. Paraffin oil, for example, helps the wood withstand these changes and extends the life of the benches considerably.

Choose the wood species

Choose your bench boards for their properties as well as their looks. Aspen and alder conduct heat slowly, so they feel cool even in hot löyly. Colours range from almost white aspen to dark brown thermally modified wood, and a surface treatment lets you deepen or change the colour further.

- **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.

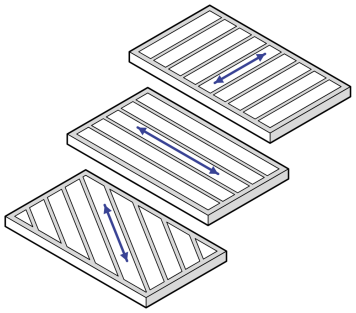


Think about the whole

- **Board width.** You can use one or more board widths in your benches.

- **Direction.** Decide whether to lay the boards lengthwise or crosswise.
- **Heater.** Take the heater model and location into account.
- **Walls.** Match the benches to the colour, width and profile of the wall panelling.
- **Cutting allowance.** Board ends almost always need trimming, so allow about 50 mm of extra length per board.

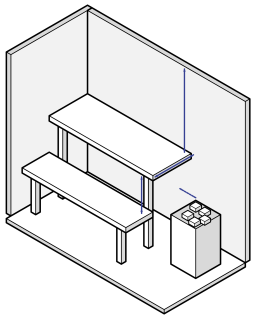
You can also combine different wood species in your benches.



Size your benches

Good löyly, the steam that rises from the heater, comes from benches at the right height.

- The distance between the upper bench and the ceiling is usually 100–120 cm.
- The height difference between the upper and lower bench is typically 40–45 cm.
- The upper bench is usually 55–60 cm deep.
- Allow at least 60 cm of seating width per person.
- Check the sauna heater manufacturer's instructions for the required safety distances between the heater and the benches.



Surface treatment

Surface treatment brings out the best in wood

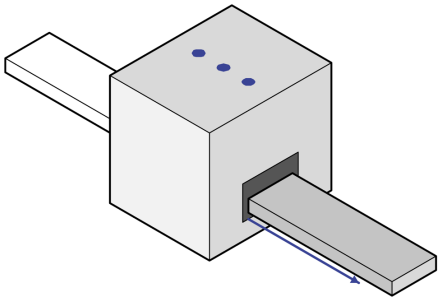
The right surface treatment finishes the wood for exactly the purpose it's meant for. It protects the wood, extends its life cycle and gives it a colour that suits the look of your home or building.

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.

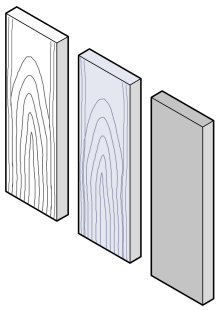


Surface treatment options

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 colour. Outdoors, opaque paint protects the wood for a long time. For a panelled ceiling, choose a matte paint that evens out small irregularities.
- **Semi-transparent treatment** gives the wood a colour 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-coloured wood darkens and yellows when exposed to light. To keep a light colour, choose a white-pigmented or UV-protected, non-yellowing product.



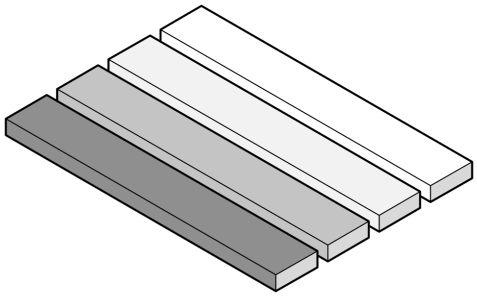
Good to know about wood species

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 grey 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.

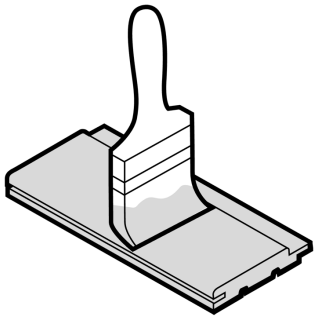
Treat new wood before fastening it. When you treat panels and boards before installation, the tongues, grooves, edges and ends get treated too. This way, no untreated stripes show at the joints when the wood shrinks during the dry season.

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 colour 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 metres. This way, we don't waste raw materials, and our operations stay efficient.

Ask us more

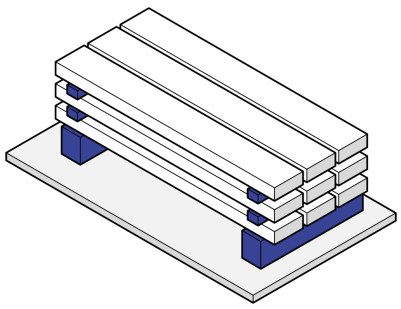
We have long experience in wood surface treatment, and we're happy to help you find the right treatment for your project. Contact our sales team to learn more about the options.

Installing sauna benches

These instructions cover installing benches in a sauna. You'll find bench sizing and choosing the wood species in the planning instructions. If you're using the bench boards for something else, such as furniture, also follow the additional instructions after these instructions.

Before installation

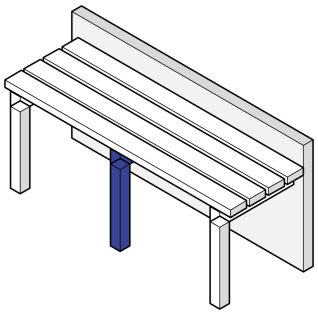
- **Let the boards acclimatize.** Bring the boards into the sauna or other installation space 1–2 weeks before installation. Store them flat in their unopened packs, at least 30 mm off the floor. Humidity in the space must not rise above the normal level for its use, and the temperature must be higher than outdoors.
- **Allow extra length for cutting.** The stated product length is not an exact measurement, so choose boards that are at least 5 cm longer than you need.
- **Plan the direction and joints.** Decide in advance whether to lay the boards lengthwise or crosswise, and where any joints will go.
- **Sort the boards.** Sort the boards by colour or knots, so you can spread them evenly across the bench surface.



Make sure the benches are well supported

The benches must be securely fastened. Never fasten the benches to the panelling alone.

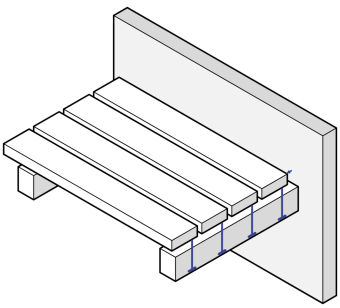
- Fasten the bench brackets to the wall battens or to extra supports installed behind the panelling.
- Building a new sauna? Install the bench supports between the wall battens before you put up the panelling.
- Support long benches in the middle as well, for example with support legs.



Install the benches

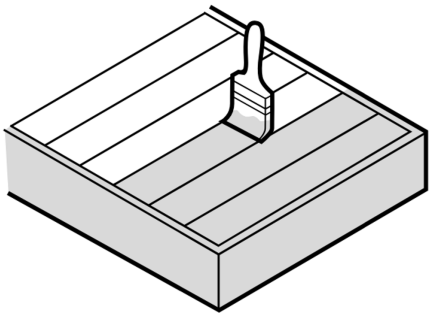
1. **Cut the boards to size.** Leave a gap of about 5–10 mm between the bench and the wall so that air can circulate and the wood can dry.
2. **Treat the cut ends.** Treat the cut surfaces with the same product as the rest of the bench.
3. **Install the boards with the better side facing up.**
4. **Leave a wide enough gap between the boards, typically 5-10mm.** The gap helps the benches dry properly and makes them easier to clean.
5. **Always fasten the boards from underneath.** This keeps the screw heads out of the seating surface, where they would get hot. Use at least two screws per mounting point.
6. **Use stainless steel screws** suited to the hot and humid conditions of a sauna.
7. **Pre-drill the fastening points.** This keeps the boards from cracking.

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



Treat the benches before use

Always treat the benches with paraffin oil or sauna wax before using the sauna for the first time. The treatment protects the wood from moisture and dirt and also affects the final colour. Paraffin oil, for example, slightly deepens the colour of the wood.



Good to know

Dry the sauna after every use. Lift any removable bench sections upright and leave the heater on for about another half hour with the door closed and the ventilation vent open. Benches that dry well stay beautiful and last for a long time.

When you use bench boards outside the sauna

Bench boards and slats are also well suited to furniture, shelves and interior details. Follow the base instructions where they apply, and keep these differences in mind. Where the instructions differ, follow these instructions.

- **Let the wood acclimatize.** Bring the boards into the room where they'll be used 1–2 weeks before you start working, and keep them in their unopened small packs. This gives the wood time to adjust to the room's temperature and humidity, so the finished piece moves less.
- **Choose fasteners to suit the use.** Standard interior screws are fine in dry indoor spaces. In damp spaces and outdoors, use stainless steel fasteners.
- **Pre-drill the fastening points,** especially near the ends of the boards, so that the wood doesn't split.
- **Choose a surface treatment to suit the use.** Paraffin oil and sauna wax are designed for saunas. Treat furniture with an oil, wax or lacquer designed for indoor use, and wood used outdoors with a product designed for outdoor use.

- **Treat all surfaces,** including cut surfaces and board ends. Even treatment keeps the wood from absorbing moisture unevenly.

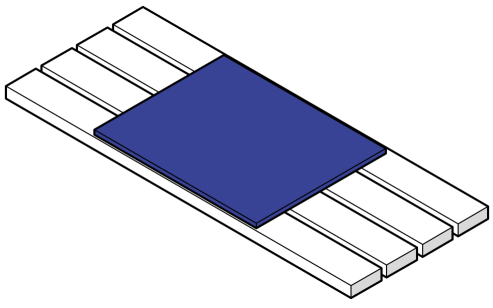
Always follow the treatment product manufacturer's instructions.

Caring for sauna benches

Well-maintained benches stay beautiful and last for a long time. Daily care takes only a moment, and when you clean and treat the benches regularly, the wood stays protected from moisture and dirt. If the bench boards are used for something else, such as furniture, also follow the additional instructions after these instructions.

Care during use

- **Heat the sauna properly before use.** A well-heated sauna dries faster and lasts longer.
- **Use a seat cover.** A seat cover protects the benches from sweat and dirt. Make sure, however, that it doesn't stain the bench.
- **Wash before enjoying the löyly.** Washing before you go into the sauna means less dirt ends up on the benches. Also avoid sitting on the benches in wet swimwear.
- **Throw water only on the heater stones.** Avoid wetting the benches.
- **Choose your sauna pails with care.** Copper pails and ladles may leave stains on the benches.

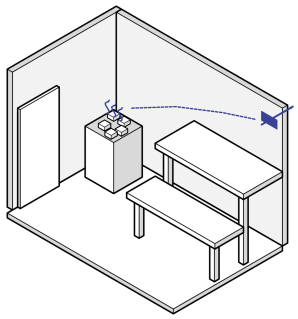


After using the sauna

- **Don't leave textiles on the benches.** Take seat covers and towels out of the sauna after use. A damp textile left to dry on the benches can leave a dark mark on the wood. Textiles left in the sauna are also a fire risk. Never dry laundry on top of the sauna heater.
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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.

- **Let the pails dry.** Empty the water pails and turn them upside down to dry, preferably outside the sauna.



During the first year

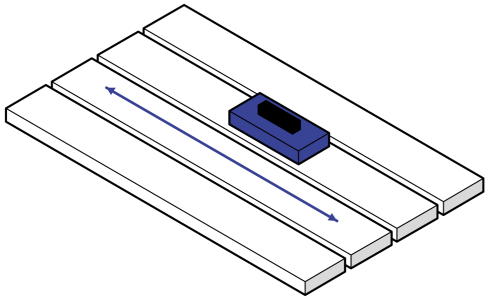
- **Tighten the screws.** The wood shrinks during the first year of use, so tighten the bench screws 1–2 times.
- **Thermally modified benches may release some colour at first.** The colour comes from dust left in the wood during machining, and it comes off when you wash the benches.

Thorough cleaning

Wash the benches 1–4 times a year, depending on how often you use the sauna. Rinsing the benches with water after every use is not good for them. Repeated wetting puts stress on the wood and makes it prone to cracking, and moisture left on the benches encourages the growth of microbes.

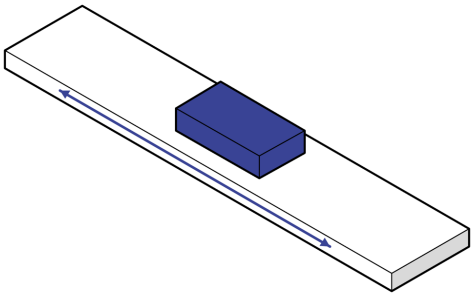
1. **Warm the sauna slightly before washing.** A little heat loosens dirt and speeds up drying. Don't wash a hot sauna, however, or the detergent will dry on the surface.
2. **Move the stool out from under the benches** so that washing water doesn't run onto it.
3. **Use a sauna detergent.** Choose a 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.
4. **Scrub with a soft brush** along the grain of the wood. A hard brush raises the grain and leaves the surface rough.
5. **Rinse thoroughly** with clean water. Never use a pressure washer.

6. **Let the sauna dry properly.** Make sure there is good ventilation, but avoid drying the wood too quickly so that it doesn't crack.



Stubborn stains

If stains don't come off with washing or the bench surface has become rough, sand the surface lightly with fine sandpaper along the grain. Remove the sanding dust carefully and treat the sanded areas again.



Maintaining the surface treatment

The maintenance interval for the surface treatment depends on the product, where it's installed and how often you use the sauna. Maintain the surface in good time, so that the wood isn't damaged when its protective treatment wears off. Benches in a sauna that gets heavy use need more frequent treatment.

Before treatment: Wash the benches and let them dry properly. Sand the surface if needed and remove the sanding dust. Protect the floor, for example with plastic sheeting, as oil and wax soak easily into tile joints.

Paraffin oil

Treat the benches with paraffin oil 1–5 times a year. How often depends on how often you use the sauna, how hot it gets and whether it's heated continuously. When the surface starts to look faded, it's time to oil again. For thermally modified benches, we recommend paraffin oil only.

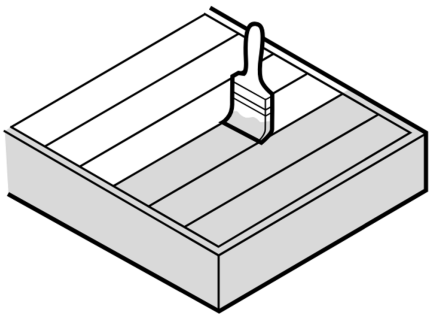
- Paraffin oil soaks into the wood, makes it harder for water to penetrate and repels dirt.
- The oil deepens the colour of the wood and brings out its character. Dark areas darken noticeably, while light areas change only a little. That's why alder and thermally modified aspen, for example, may look patchy after treatment. This is completely normal.
- Test the oil on an inconspicuous spot first to see how the colour changes.
- Apply the oil with a sponge or cloth along the grain. Remember to treat the board ends too.
- A little warmth in the sauna helps the oil soak in. Wipe off any oil that hasn't soaked in.
- Let the oil soak in completely before using the sauna. The surface is ready for löyly after about 12 hours.

Sauna wax

Sauna wax protects untreated benches and also lets you add a colour tone if you like. Treat the benches preferably once a year.

- Let the washed benches dry for at least 24 hours before treatment.
- One thin coat is enough. A coat that is too thick makes the surface slippery.
- Allow about 24 hours of drying time before using the sauna.
- Wait at least a month after treatment before washing the benches.

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.
- Check the heater stones regularly and replace any that have crumbled.
- Wooden surfaces darken naturally over time, fastest in the areas hit by hot steam.

When bench boards are used for something else

In furniture and interiors, bench boards stay beautiful with little care. Follow the base instructions where they apply, and keep these differences in mind. Where the instructions differ, follow these instructions.

- **Dust regularly** with a soft brush or a dry cloth.
- **Wipe off dirt** with a damp cloth and a neutral detergent. Avoid using a lot of water and strong detergents.
- **Maintain the surface in good time.** When the surface starts to look dry or worn, clean it and treat it again with the same product as before.
- **Wood used outdoors** needs maintenance more often. Check the surface at least once a year.

Always follow the treatment product manufacturer's instructions.

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).

