



The Complete PortaSauna Guide

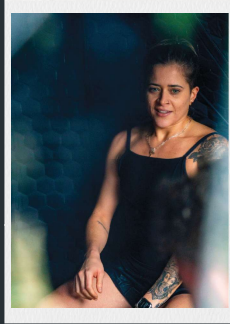
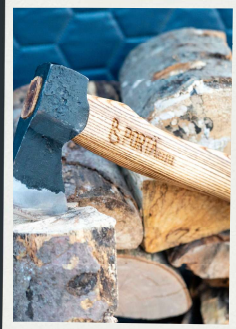
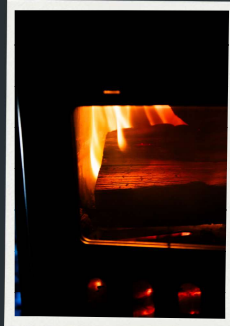
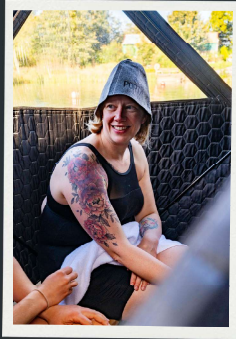
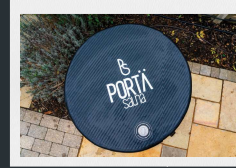
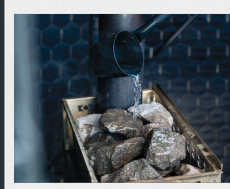
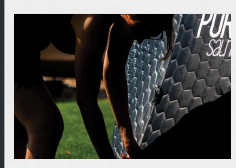
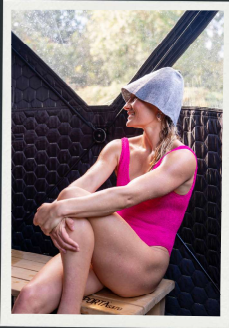
What is a PortaSauna?

Portable Sauna tips, plus sauna
information and more.



CHECK OUT OUR
QR CODE FOR
MORE INFORMATION &
LINKS TO ALL OUR
YOUTUBE & SOCIALS





Welcome to PortaSauna

At PortaSauna, we're passionate about delivering the finest portable sauna solutions that blend convenience, craftsmanship, and authenticity. Whether you're looking for a compact setup for personal use or a larger space to share with friends and family, our range of products brings the transformative power of a sauna directly to your outdoor space.

From our innovative PortaSauna HEX to the larger HEXXL, each model is crafted to provide a genuine sauna experience, wherever you are. Designed for both relaxation and performance, our saunas can reach up to 100°C, offering the flexibility to create your perfect sauna session. Whether you prefer a soft, humid heat or a traditional, robust Finnish sauna, our units cater to all preferences.

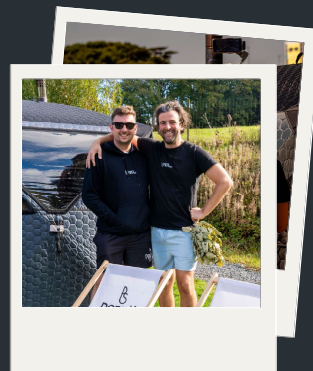
Join the growing PortaSauna community and redefine your wellness routine with the freedom of a portable sauna. Wherever your journey takes you, PortaSauna ensures a world-class sauna experience is always within reach.



Jordan Boon
Founder & Managing
Director



Harry Beardsley
Commercial
Director





What is a PortaSauna?

PortaSauna is a portable, outdoor sauna.

PortaSauna combines the luxury of a traditional sauna with the flexibility of modern design for our busy modern lives.

Easy to set up in just 10 minutes and upto 75C in 20 minutes and 90-110C in 40 minutes.

PortaSauna fits in the back of your car if you wish to use on the go but is also built for durability as a semi-permanent structure at your home or weekend bolthole.

Whether you're at home, the beach, or a wellness retreat, the PortaSauna provides a space to relax, detox, and connect with friends.

No planning permission required, just add wood.

So if you're ready for an authentic sauna experience, PortaSauna could be what you are looking for.

Available in the HEX or HEXXL, PortaSauna is perfect for both personal, professional and business use.



Which PortaSauna for you?



Model : HEX - 3 - 4 Person Sauna
Dimensions : 1.8m x 1.8m x 2.1m (W x D x H)
Includes : 1 Sauna Bench

Model : HEXXL - 8 - 10 Person Sauna
Dimensions : 3.5m x 3.5m x 1.85m (W x D x H)
Includes : 2 Sauna Benches

Outer Fabric : Weatherproof - 600D Roof & Corners / 420D Outer Oxford Cotton

Insulation : 170gsm Cotton Insulation Wadding

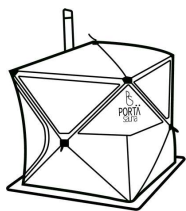
Inner Fabric : CPA184 Fire Retardant 210D Oxford Cotton

Framework : 11mm Fibreglass Struts

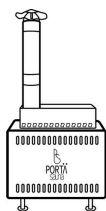
Sauna Stove : 430 Stainless Steel Wood Burning Stove with Sauna Stone Box

Warranty : 1 Year Warranty from any manufacturer defects

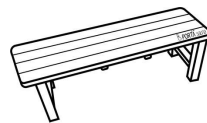
What is included with your PortaSauna?



PortaSauna
Sauna Tent



Wood Burning
Stainless Steel Stove



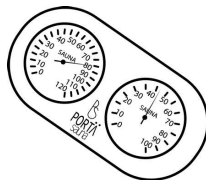
Folding Cedar
Sauna Bench



2 Earthware Bags
Stone Bag / Wood Bag



PortaSauna
Fire-retardant
Gloves



Thermometer /
Hygrometer



Tylö Premium
Sauna Stones



4 Sauna Hats



Sauna Ladle & Pail



Firestarters & Matches



Instruction Manual

What's your heat style?

Traditional Sauna:

Our PortaSauna brings you the authentic Scandinavian sauna experience in a portable format. The traditional sauna style offers temperatures ranging from 75–90°C with low humidity levels of 5–15%. For a more intense session, you can opt for higher temperatures up to 95–110°C, maintaining that signature dry heat. Add a splash of water over the heater to release a burst of steam, amplifying the warmth and creating a more immersive sauna atmosphere.

Soft Sauna:

Prefer a milder heat? The PortaSauna also caters to those who enjoy a more gentle warmth. The Soft Sauna setting operates at a comfortable 45–65°C, with higher humidity levels of 30–65%. This creates a soothing and relaxing environment, perfect for both adults and children. To elevate the experience, you can easily infuse the steam with natural herbs or aromatic oils, transforming your session into a calming, sensory retreat.

Bio Sauna:

Bio Sauna offers a perfect blend of traditional sauna and steam room experiences. Operating at moderate temperatures of 50–60°C (122–140°F) with humidity levels between 40–60%, it creates a balanced environment that is neither too dry nor overly steamy. This gentle combination provides a soothing and relaxing atmosphere, making it ideal for those who prefer a milder sauna session. Additionally, the Bio Sauna often incorporates aromatic infusions, enhancing the sensory experience and leaving you feeling rejuvenated.

Just add wood.

At PortaSauna, we believe in using only the best materials for your sauna experience. That's why we've gone the extra mile to find reliable and sustainable quality hardwood suppliers in your area for use with your wood-burning stove inside the PortaSauna.

Using high-quality hardwood is essential for maximising the efficiency, heat and enjoyment of your sauna.

We have carefully selected regional suppliers who are known for their commitment to sustainability and environmental responsibility. These suppliers provide hardwood that ensures your sauna operates smoothly, producing the right amount of heat while respecting nature.

Our commitment to quality and sustainability extends beyond our portable saunas to every part of your experience. From the materials used in our saunas to the wood you burn in your stove, PortaSauna ensures you're getting the best for both your well-being and the environment.



Start your sauna experience the right way by choosing PortaSauna and our recommended sustainable hardwood suppliers.



www.portasauna.co.uk/justaddwood

PORTÄsauna

What is a PortaSauna?





PORTÄsauna

**Weatherproof
600D Roof & Corners**

**Wood Burning Stove
Chimney**

**180° Panoramic
TPU Windows**

**Temperature
Control Vents**

**Insulated
410D Cotton Fabric**

**90°C in any
Environment**

**Front & Back Zip
Doors**

**Fresh Air
Intake**

Benefits of Sauna

Muscles and Joints: Accelerates recovery post-exercise by relieving joint and muscle pain while helping to eliminate lactic acid buildup.

Skin Cleansing: Deep sweating purifies the skin by removing dirt, dead skin cells, and bacteria.

Respiratory Health: May positively impact conditions like asthma and pneumonia.

Mental Well-being: Can be beneficial in managing anxiety and mild depression.

Brain Health: Regular sauna use may reduce the risk of stroke and dementia.

Heart Health: Helps lower blood pressure and combats heart disease.

Energy and Sleep: Improves sleep quality, aiding in the fight against chronic fatigue.

Social Benefits: Provides a relaxing environment for socialising with family and friends.

Feel Good Feeling: Not only does a sauna feel great, but it's also beneficial for your health.



Your Sauna Wood

Experience the pure bliss of a wood-fired sauna. PortaSauna's hardwood heat delivers soothing warmth, a comforting crackle, and an invigorating aroma.

Achieve the perfect temperatures for a deeply relaxing sauna session. Nothing compares to the natural beauty and effectiveness of our sauna's wood-fueled power.

Size : We recommend 20cm lengths of hardwood logs usually split into 1/4

In our experience we have found the PortaSauna to work extremely well with Ash Hardwood.



Types of wood

Hardwood



Softwood



Painted or treated



Wet or Damp Wood



FOR BEST RESULTS USE KILN-DRIED HARDWOOD.

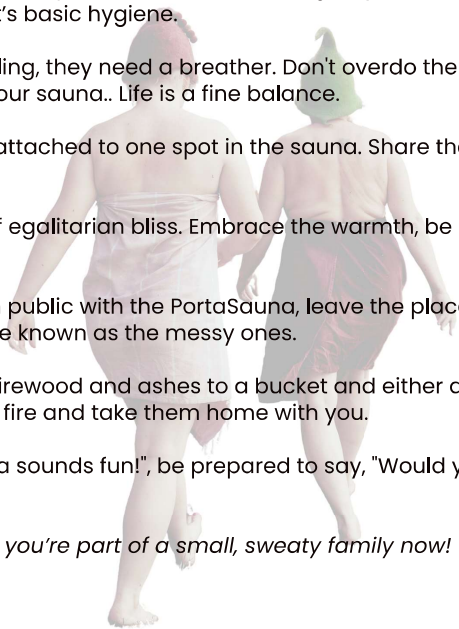
REMEMBER:

ALWAYS START THE FIRE AT THE BACK
OF THE STOVE, AWAY FROM THE
DOOR.

Sauna Etiquette: A fun & Friendly Guide

- **Sit on a towel** – Trust us, it's a game changer for collecting bum sweat. You'll never forget this one.
- **Wash before you sweat** – If you've got some odours brewing, give yourself a quick rinse. Your fellow sauna-goers will appreciate it!
- **Keep it quiet** – Saunas are peaceful, contemplative spaces. Save the lively chit-chat for another time and embrace the calm. As you now have your own sauna it's your rules but always remember if you are out sauning If you're in a group, consider private hire, so you can chat freely without disturbing others.
- **Rinse before the cold plunge** – Especially after your first sweat session, give yourself a rinse before diving into the shared cold water. It's basic hygiene.
- **Respect the rocks** – If the rocks aren't sizzling, they need a breather. Don't overdo the water on the rocks it will lower the temperature in your sauna.. Life is a fine balance.
- **Be flexible with your spot** – Don't get too attached to one spot in the sauna. Share the heat and move around.
- **Love everyone** – Saunas are little oases of egalitarian bliss. Embrace the warmth, be kind, and enjoy the shared experience.
- **Never leave rubbish behind** – When out in public with the PortaSauna, leave the place cleaner than when you arrived, we don't want to be known as the messy ones.
- **Trash your ash** – Transfer the remains of firewood and ashes to a bucket and either dispose of them in a designated place or put out the fire and take them home with you.
- **Embrace Others** – If someone says, "Sauna sounds fun!", be prepared to say, "Would you like to try it?"

Relax, unwind, and let the heat do its magic – *you're part of a small, sweaty family now!*





How to Best Utilise Your PortaSauna with Steam, Infusions & Venik.

Enhance your PortaSauna experience with steam and herbal infusions.

Use organic essential oils like eucalyptus or lavender for a calming aromatherapy session. For a traditional touch, try venik—a bundle of dried birch or oak leaves—to gently massage and stimulate circulation, improving detoxification and skin health.

Benefits of Steam in Your PortaSauna:

- **Glowing Skin:** Steam unclogs pores and boosts circulation for radiant skin.
- **Relaxation:** Heat eases stress and promotes better sleep.
- **Respiratory Relief:** Clears nasal passages, aiding respiratory issues.
- **Muscle Recovery:** Reduces soreness and inflammation post-exercise.
- **Detoxification:** Sweating removes toxins and impurities.
- **Stress Relief:** Lowers cortisol for a calm mind and body.
- **Immunity Boost:** Increases white blood cells for better health.

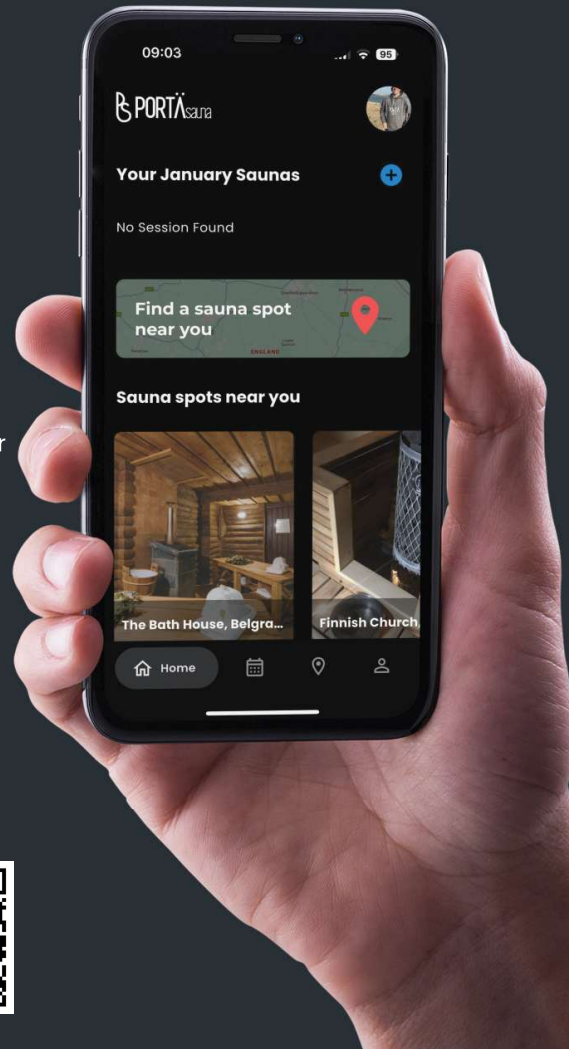
Where will you sauna? – The App

Discover. Track. Share.

- Explore Sauna Locations: Find the best swim and sauna spots throughout the UK and beyond.
- Track Your Sessions: Monitor your weekly and monthly sauna use with our Sauna Tracker.
- Share Your Favorites: Leave feedback and tips on UK & Worldwide sauna locations.

Whether you're planning your next sauna adventure or staying on top of your wellness goals, the PortaSauna App has you covered.

Download now and start your journey!



WHAT'S NEXT

If you want to know more about sauna and take your knowledge and pursuit of sauna enthusiasts to the next level.

We recommend joining The British Sauna Society is a non-profit dedicated to promoting and growing sauna culture, making its physical, mental, and social health benefits accessible to more people in the UK

www.britishsaunasociety.org.uk



If you love your product please leave us a review. These help others decide on their future purchases and make us very happy to hear your thoughts on PortaSauna.



FOLLOW US

We are regularly uploading videos of our adventures, tips, tricks and sauna education to our YouTube Channel.

Please like, follow and subscribe to our YouTube Channel :

[youtube.com/@PortaSauna](https://www.youtube.com/@PortaSauna)



Let us know what you are up to and tag us when you are using your PortaSauna.
[@PortaSaunaUK](https://www.instagram.com/PortaSaunaUK)

FREQUENTLY ASKED QUESTIONS

We have a lot of questions answered on our FAQ's portasauna.co.uk/faq

If you are having any further difficulty please email us on support@portasauna.co.uk





PORTÄsauna x Ecologi

For every sale, we contribute to planting trees. We recognise that our wood-burning stoves require natural resources, so we're committed to giving back to the environment.

By partnering with Ecologi, we're actively supporting reforestation projects to help restore ecosystems.

Each purchase of a PortaSauna directly contributes to tree-planting efforts, ensuring that we not only enjoy nature sustainably but also work towards replenishing what we use.

Thank you for helping us protect our planet and supporting our mission to make a positive environmental impact with every sale.



FOLLOW OUR
JOURNEY



PORTÄ
sauna