LAUTA.FI

THERMO ASPEN

28x160 SHP A

SW5124

lauta.fi/sw5124

Introduction

- ✅ Made from European wood, responsibly produced
- ✅ Completely natural and safe product
- ✅ Noblewood-like, beautifully brown surface
- ✅ An excellent choice for benches as well as sauna and wet area paneling
- ✅ Made from carefully selected raw materials from the best growing areas

Product information

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Tuotenimi	LAUDELAUTA LÄMPÖHAAPA 28x160 SHP A
Tuotenumero	SW5124
Alkuperämaa	Suomi
Saatavuus	Varastotuote
CN-koodi	CN 4407 9700 Sawn Aspen

Product measurements

Vahvuus (mm)	28
Leveys (mm)	160
Paino (kg/myyntiyksikkö)	2,195
Neliömenekki (m/m²)	6,06
Pakkauskoko (kpl/pkt)	4

Product features

Puulaji	Lämpökäsitelty Haapa
Pintakäsittely	Ei käsitelty
Palokäyttäytyminen	D-s2, d0

Sustainability

Hiilijalanjälki (CO2e kg/jm)	2,1
Hiilikädenjälki (CO2e kg/jm)	-2,97
CE-merkintä	Ei

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

Installation and storage

Storage of Indoor Products

- Products should be acclimated in the room where they will be installed for 1–2 weeks.
- Products should be stored horizontally in unopened packages and elevated at least 30 mm from the surface.
- During storage, humidity must not exceed the normal moisture level of the installation site. The temperature should be higher than the outdoor temperature.

Note that any wet work in the space will significantly increase humidity. If products are stored in the same room, they may swell. Conversely, a construction heater dries the air and can shrink the product. Rapid drops in humidity may cause cracking in the wood. Also, if packages have been tightly stacked, the moisture content of the packages in the center and on the outside of the stack may differ.

Sauna Bench Installation

Sauna benches are available in a wide range of wood types. Benches are usually left in their natural wood color, so the choice of wood affects the final appearance. Dark woods are heat-treated, while light woods are untreated. Wood color is influenced by UV light, humidity, and temperature changes. Over time, dark heat-treated wood will lighten, and light wood will darken. Benches should always be treated before use with either paraffin oil or sauna wax, which also affects the final shade.

In addition to saunas, the boards can be used in furniture and other applications. Always use a treatment suitable for indoor or outdoor use, which both protects the wood and finishes the surface.

Installation Guidelines

- Plan the installation direction and possible joint locations.
- Use appropriate fasteners for the application.
- Benches should always be screwed from underneath.
- Sort boards by color or knot distribution so that they are evenly distributed across the surface.
- Consult a professional installer if necessary.

Additional Considerations

- Leave adequate gaps between boards for proper drying and easy cleaning.

- Install boards with the better side facing up.
- Use stainless steel screws for fastening.
- Pre-drill screw holes to prevent cracking.
- Ensure benches have sufficient support; they must not be mounted on panels alone.
- Sorting boards by color or knots before installation makes it easier to distribute them evenly across the surface.

Treatment, maintenance and care

Treatment

- Saunas benches are best treated with paraffin oil; sauna wax is an alternative.
- Oil treatment should be repeated 1–5 times per year depending on sauna use.
- Always treat benches before first use, and repeat oiling after each sauna cleaning.
- Apply treatment along the entire length of each board to avoid visible seams.
- Follow the manufacturer’s instructions for the treatment product.

Care During Use

- Use sauna towels or mats to protect the benches, but ensure they do not stain the wood.
- Do not leave textiles on the benches to dry after use; moisture can leave dark marks and pose a fire risk.
- Regular cleaning keeps surfaces in good condition and looking attractive.
- Maintenance intervals depend on the product type and installation environment.
- After sauna use, keep the sauna on for at least 30 minutes to allow the wooden structures to dry.

Sauna Cleaning

A sauna stays clean when you shower before going in and use a bench towel. Keep the heater on for a short time after bathing so the sauna dries well. If possible, ventilate the sauna after every use. When vacuuming other areas of your home, also vacuum the sauna floor.

Thorough Sauna Cleaning

A deeper cleaning is needed once or twice a year. Follow these steps:

- Clean the sauna when it is cool so cleaning agents do not dry too quickly on surfaces.
- Vacuum or remove dust and loose debris from the floor and benches with a long-handled brush or scraper. Also brush the ceiling and walls.
- Wet the wooden surfaces with warm water to open the pores. Wash with a general-purpose cleaner or sauna cleaner using a soft brush or scrubbing pad. Rinse with cold water to close the pores.
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When scrubbing wood, work in the direction of the grain. Use a soft deck brush, for example. Wet and wash walls from top to bottom.

- Avoid unnecessary and excessive rubbing.
- Avoid chlorine-based cleaners, as chlorine can absorb into the wood and later be released into the air when heating the sauna.
- Air the sauna well.
- After cleaning, keep the sauna heater on for a short time so it dries completely.

Design

Sauna benches are traditionally made from wood, which is often the superior choice for durability, heat conductivity, and appearance. Although wood is a strong material, wooden products for wet areas—such as bench boards—always require surface treatment to withstand use. In sauna conditions, all interior materials are under heavy strain because both humidity and temperature fluctuate rapidly and significantly. For example, paraffin oil treatment helps bench boards better endure heat and moisture changes, extending their service life considerably.

When choosing bench material, you should consider not only appearance but also the properties of each wood species. Aspen and alder, for instance, are often pleasant as bench materials because they conduct heat slowly and therefore remain cooler even at high sauna temperatures.

Wood is a nuanced natural material—every board is unique and changes over time. This makes it an excellent choice for creating a visually warm sauna atmosphere. Bench colour is up to the builder; popular shades range from the dark brown of heat-treated wood to the nearly white tone of aspen. Surface treatments can alter or deepen the colour, allowing for a completely unique design tailored to the user's taste.

Bench Design

- Choose the wood species to be used
- Decide the desired board width
- Determine the installation direction of the boards
- Decide the type and placement of the sauna heater

Benches can incorporate multiple board widths and more than one wood species. For a harmonious result, consider the colour, width, and profile of the wall panelling as well.

Note: Heat-treated aspen is not suitable for continuously heated saunas. Heat-treated alder is suitable for such saunas and has a similar tone to heat-treated aspen. The scent of freshly installed heat-treated radiata pine can be strong at first, making immediate sauna use unpleasant; thorough ventilation will reduce the smell.

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).