CEDAR SPACES

Beautiful Bespoke Garden Rooms



Bespoke Saunas

An Introduction To What's Possible

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About

Us

Following a family trip to Lapland in 2024, I developed a real appreciation for the ritual and wellbeing benefits of sauna living. Experiencing it first-hand highlighted what a luxury it is to have a sauna at home — not simply as a feature, but as part of everyday life.

That experience naturally evolved into Cedar Spaces designing and building bespoke outdoor saunas.

Built to the exact structural and insulation standards as our garden rooms, our saunas are fully framed, insulated buildings — not lightweight kits. They are designed for long-term performance in the UK climate while delivering the health benefits of improved recovery, relaxation and overall wellbeing.

Each project is approached with the same precision, craftsmanship and attention to detail that defines every Cedar Spaces build — creating a considered, architectural addition to your home.



Brian O'Connell

Founder
and MD

A Sauna built like a **Building**

Unlike barrel or kit-style saunas that rely solely on interlocking timber boards for both structure and enclosure, a Cedar Spaces sauna is constructed as a fully framed, insulated building.

The structural timber framework carries the load. The insulation controls thermal performance.

The external cladding acts as a protective rainscreen — not the primary structure.

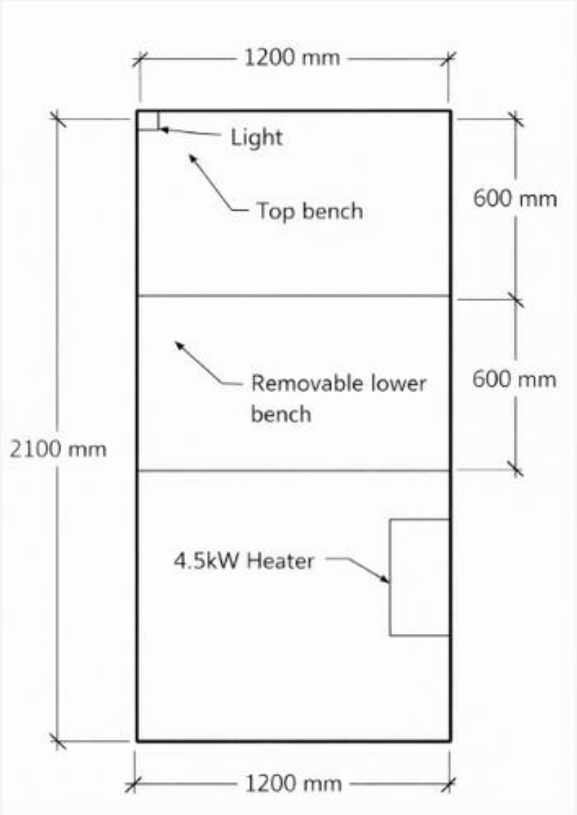
This layered construction method provides greater stability, improved efficiency, and significantly enhanced longevity — delivering a permanent architectural addition rather than a temporary garden feature.

	Typical Barrel / Kit Sauna	**Cedar Spaces Sauna**
Structural System	Interlocking timber staves	Structural timber frame construction
Insulation	None	Fully insulated walls, roof & floor
Thermal Performance	Higher heat loss in cold weather	Stable, efficient year-round performance
Heat-Up Efficiency	Slower, frequent heater cycling	Faster heat-up, reduced use
Moisture Management	Limited vapour control	Integrated vapour control detailing
Roofing System	Felt or shingles (10–12 yr lifespan typical)	High-performance membrane (30–50 year lifespan)
Longevity	Approx. 10–12 years with ongoing maintenance	Designed as a permanent architectural addition

2 Person

Sauna Design





Your sauna will include all the accessories you need. Including:

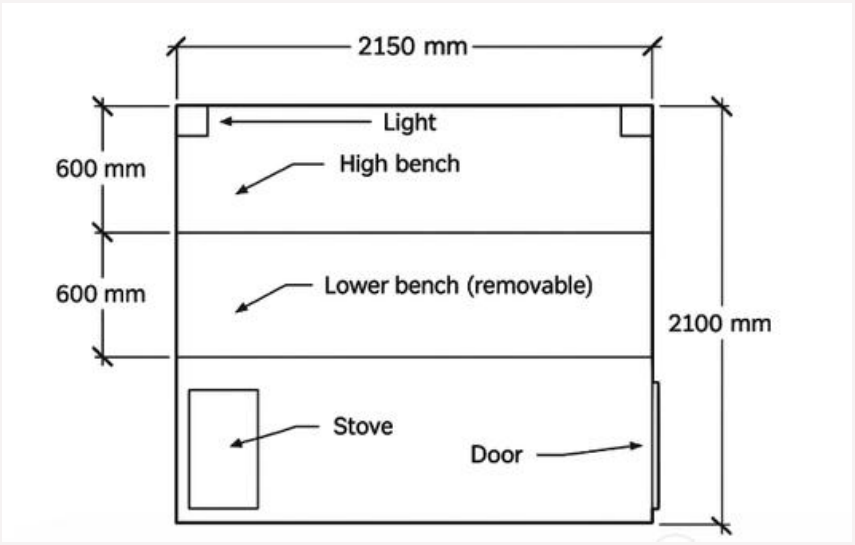
- Room thermometer
- Sand timer
- Bucket and ladle
- Interior lights
- Vents

Price from: £8,000 incl. VAT

4 Person

Sauna Design

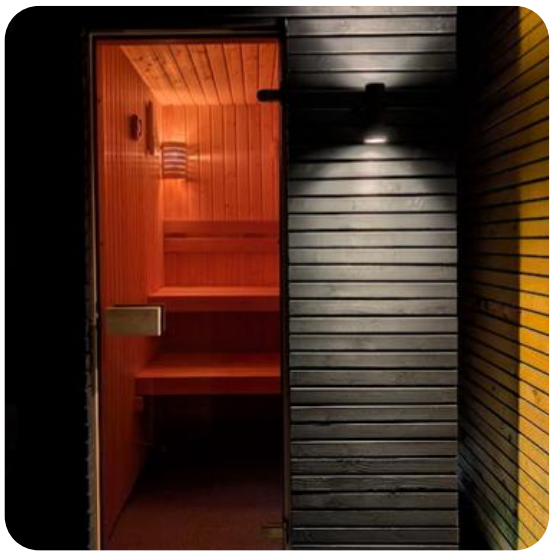


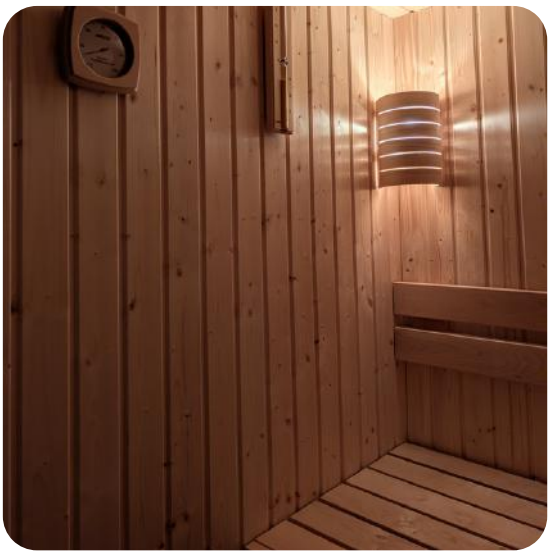


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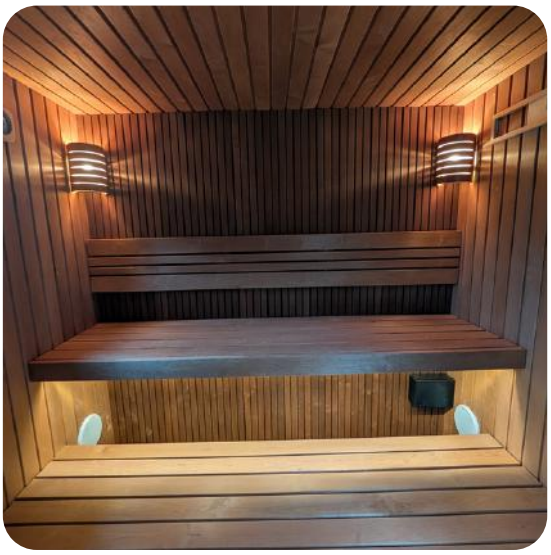
- Room thermometer
- Sand timer
- Bucket and ladle
- Interior lights
- Vents
- Full electrical install and sign off

Price: From £16,700 incl. VAT











Some of our previous sauna projects.

See why clients love our bespoke sauna rooms.

Next

Steps

The process is simple.

1. **Initial Chat -** We discuss your garden layout, preferred sauna size and heating options

2. **Design Proposal** - We prepare a simple concept layout and quotation.

3. **Build & Installation.** Your sauna is built and installed by our team.

Most installations take around 5–7 days on site.

Book a chat with Brian
07450 423777

brian@cedarspaces.co.uk

www.cedarspaces.co.uk