

Steam Spirit hempcrete saunas that breathe -
spaces where natural materials and ancient craft meet.



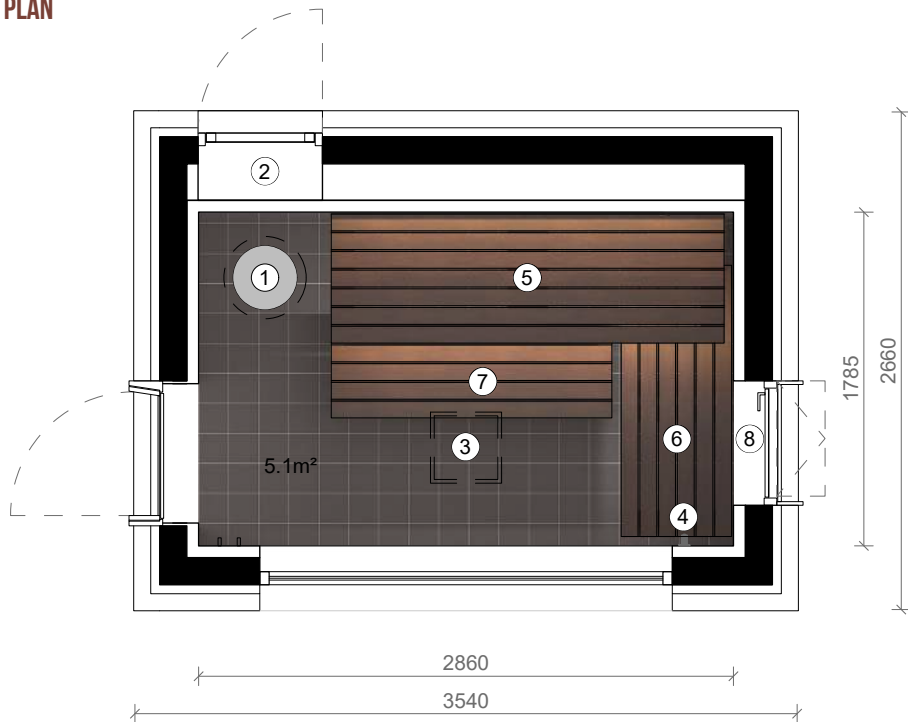
Spirit One - a compact sauna for the daily ritual.
Fits easily into a smaller garden.

Where design meets ritual

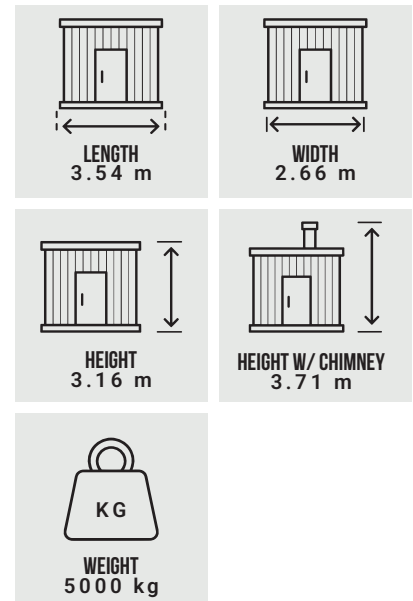
The Steam Spirit modular hempcrete sauna is shaped as a simple, archetypal form – compact, grounded, and calm. Its restrained architecture allows the ritual inside to remain central.

Built from hempcrete, timber, and thermo-treated alder, the structure balances material performance with sensory experience. Heat stabilises. Surfaces remain warm and tactile. A carefully framed window connects interior ritual with forest, sky, and light – not to dominate the space, but to quietly anchor it.

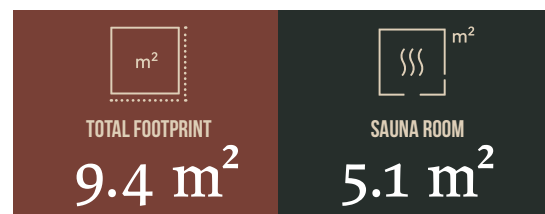
PLAN



 FOR UP TO 6 PEOPLE

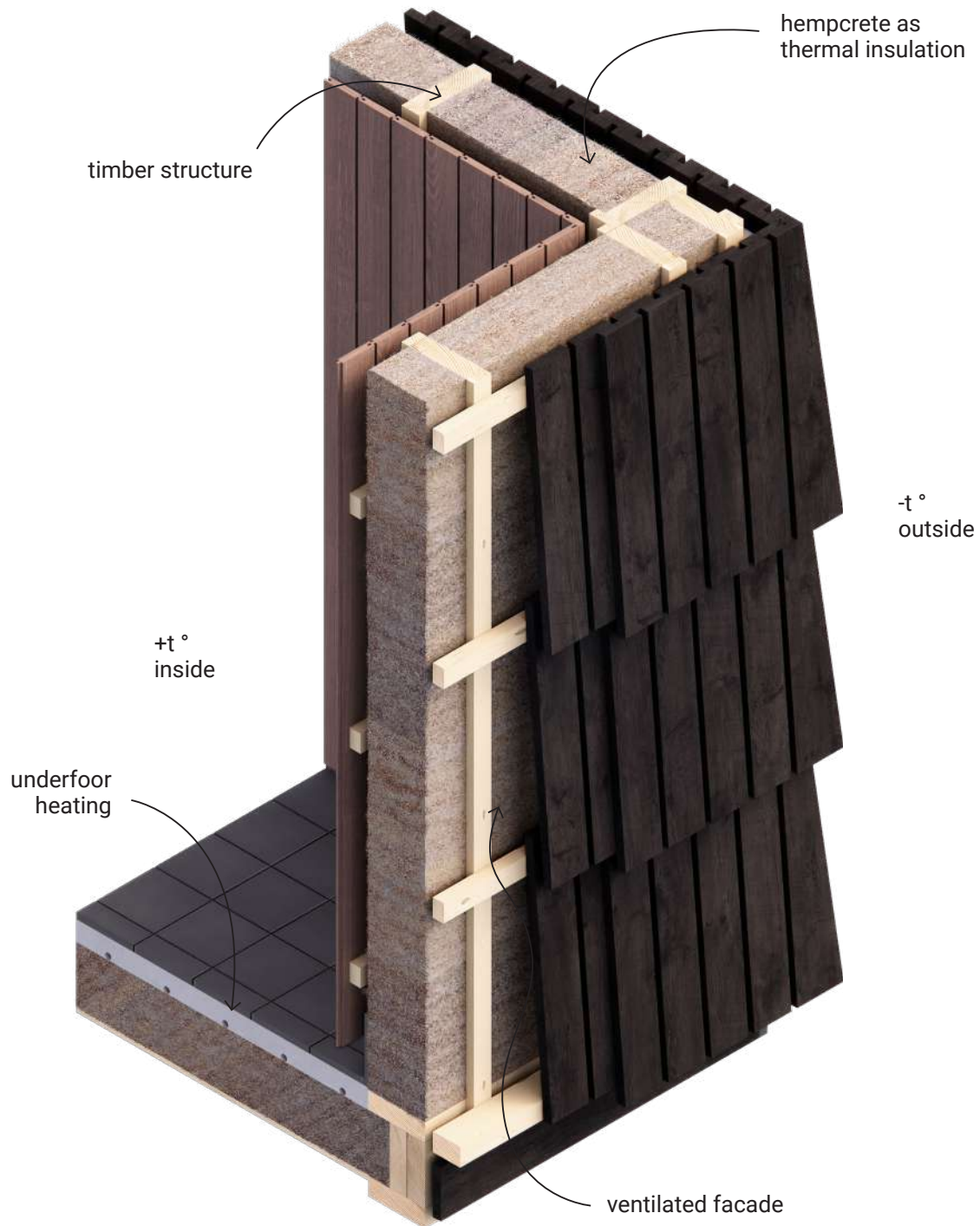


SECTION



INTERIOR ELEMENTS

1. Heater (wood burning or electric stove)
2. Water heater (optional) and electrical panel
3. Rainfall shower (optional)
4. Handheld shower (optional)
5. Top bench, 70 x 210 x 95cm, W x L x H
6. Bottom bench, 60 x 145 x 45cm, W x L x H
7. Movable bottom bench, 50 x 195 x 45cm, W x L x H
8. Ventilation window



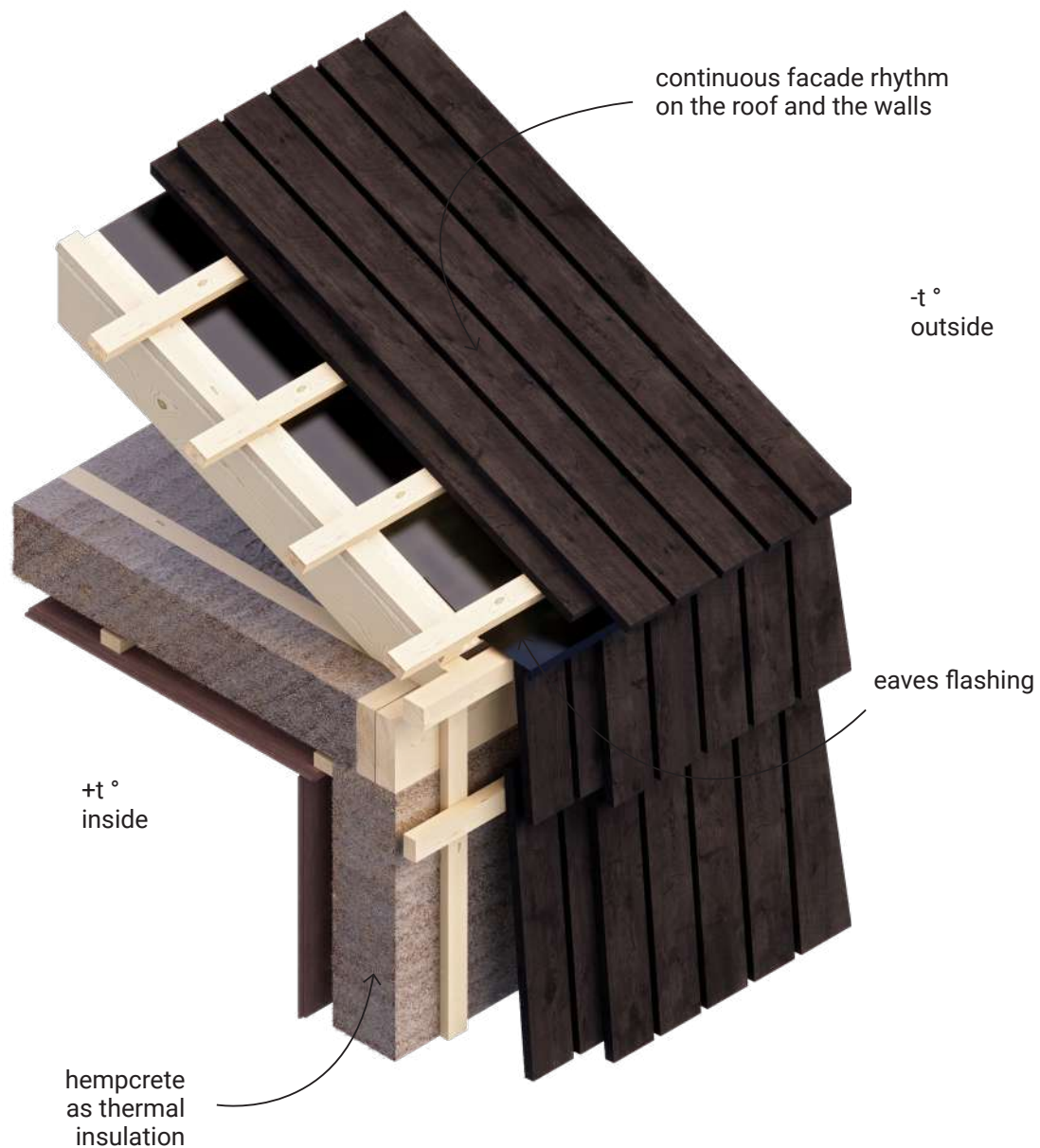
Wall and Floor Structural Build-Up

Floor:

Ceramic tile floor
 50mm levelling screed with integrated underfloor heating
 moisture membrane
 15mm moisture-resistant plywood
 145mm hempcrete between timber studs
 15mm moisture-resistant veneer board

Wall:

15mm thermo wood planks
 28mm+20mm timber battens
 145mm hempcrete between timber studs
 20mm+28mm timber battens
 21mm+21mm tar-painted wood facade planks



Wall and Roof Structural Build-Up

Roof:

15mm thermo wood planks
 28mm+10mm timber battens
 145mm hempcrete between timber studs
 120mm timber Rafters
 12mm OSB + damp proof membrane
 20mm+28mm timber battens
 21mm+21mm tar-painted wood facade planks

Wall:

15mm thermo wood planks
 28mm+20mm timber battens
 145mm hempcrete between timber studs
 20mm+28mm timber battens
 21mm+21mm tar-painted wood facade planks

STRUCTURE Precision-cut timber frame	INTERIOR Thermo wood walls, ceiling and bench with optional cushions	INSULATION Hempcrete – combination of lime and hemp-derived walls, floor, roof
DOORS Integrated insulated wooden doors	EXTERIOR Walls and roof – vertical spruce shingle cladding	VENTILATION Passive ventilation
WINDOWS Triple-glazed panoramic tempered windows	UTILITIES Interior and exterior LED lighting	SUSTAINABILITY Breathable timber frame with natural hemp insulation and non-toxic finishes

WHY HEMPCRETE

Where conventional luxury hits its limit, hempcrete begins

Traditional building materials always require a compromise, as each has its own flaws. Hempcrete stands alone by delivering an ultimate combination of insulation, breathability, and thermal mass – a performance profile that remains unmatched by any other building material.



100% NATURAL MATERIAL

Purely natural composition. Our hempcrete is manufactured exclusively from organic raw materials and is completely free from cement.



EXCELLENT SOUND ISOLATION

Due to its natural composition, hempcrete provides excellent sound insulation, perfectly isolating the interior from outside noise.



FIRE RESISTANCE

Despite being bio-based, hempcrete does not burn or spread fire, thanks to mineralized hemp and hydrated lime contained in the mixture. Its fire reaction class is - A2 (Bs1,d0).



PROVEN VAPOR PERMEABILITY & BREATHABILITY

The porous nature of hempcrete, supported by natural hydrated lime, allows moisture to move freely through walls. This natural regulation helps prevent trapped humidity and condensation.

**NATURAL THERMAL INSULATION**

With thermal performance similar to conventional synthetic insulation systems, hempcrete provides breathable insulation without membranes or petroleum based materials.
| $\lambda = 0.057 \text{ W/mK}$.

**BALANCED THERMAL PERFORMANCE**

Rather than simply insulating, hempcrete acts as a thermal buffer by retaining and slowly dispersing heat, helping smooth out temperature extremes in saunas and cold-weather conditions.

**RESISTANT TO ROT, MOLD AND PESTS**

The high alkaline calcium hydroxide contained in hempcrete keeps the material naturally resistant to mold, rot, pests, and aging without added chemicals.

**ANTI-ALLERGIC**

Hempcrete's naturally alkaline composition helps resist bacteria and mold growth, supporting cleaner indoor air and a healthier living environment - especially beneficial for people sensitive to allergens.

**EXCEPTIONAL INDOOR AIR QUALITY**

Up to 27% lower indoor CO₂ peaks. Hempcrete actively participate in air quality regulation - something conventional building materials simply cannot do.

**CHEMICAL SAFETY & VOC EMISSIONS**

VOC-free, No synthetic binders, No off-gassing - critical for saunas, schools, and health-focused buildings.

**LONG-LASTING DURABILITY**

Through the natural process of carbonation, the hydrated lime in hempcrete gradually absorbs CO₂ from the air and transforms back into limestone. Over time, the material becomes increasingly durable, with a lifespan measured in centuries.

**CARBON NEGATIVE - ACTIVELY ABSORBS CO₂**

Each cubic meter of hempcrete can store up to 300 kg of CO₂. As hempcrete cures and ages, the lime component continuously absorbs CO₂ and slowly mineralizes into limestone.

**LIGHTWEIGHT**

Hempcrete at 240 kg/m³ provides significantly lower wall weight than conventional solid wood sauna structure.

EXTERIOR

**SEA AND SAND**

Inspired by the seaside where the coast meets the shoreline, this exterior finish evokes a sense of expansive serenity and luminous calm – capturing the monolithic elegance of sun-bleached sand and the primal power of open water.

**FOREST AND MIST**

Inspired by the untamed silence of an untouched wilderness and the elusive evening haze, this captivating exterior finish envelops the sauna in an intriguing veil of natural mystery and serenity.

**SOIL AND ROOTS**

The warmth of the fertile earth and its living and grounded roots – this deeply grounding exterior finish creates a peaceful sanctuary, inviting you to return to yourself and draw strength from nature.

**FLAME AND ASH**

The vibrant energy of the dancing flame and the quiet elegance of fading ash – this deeply grounding exterior finish captures the spirit of transformation, inviting you to release the day and find balance within.

INTERIOR WALLS



NATURAL
LIGHT WOOD



NATURAL
THERMO WOOD



DARK
THERMO WOOD

INTERIOR TILES



NIGHT
BLACK



COFFEE
LATTE

The character of the exterior
flows seamlessly inside, where the inner atmosphere
harmoniously echoes the rich tones of the interior palette.

**ELECTRIC HEATER**

Pillar IKI 9 kW
Size of sauna: 10,7 m³
Stone capacity: max 150 kg
Height: 1200 mm
Diameter: 340 mm
Fuse 3x16A

**WOOD BURNING STOVE**

KIVI-IKI jr. 15,1 kW
Size of sauna: 10,7 m³
Stone capacity: max 200 kg
Height: 1230 mm
Diameter: 480 mm

Finnish high-quality craftsmanship, enduring stainless steel mesh frame and industrial strength steel pipe guarantee the durability and safety of the stoves. Efficient air flow and large contact area between the stones, the furnace and the fire pipe allow the mass of stones to become fully heated within an hour.

The burning result is clean, so grate and ash hatch are not needed. IKI stoves are the cleanest combustion sauna stoves on the market. The furnace is ventilated well, which means that the amount of wood required for heating is small.

The large glass hatch in the stove challenges traditional form factors and brings the compelling visual presence of fire into the sauna. The stove's see-through window allows the light of the fire to illuminate the sauna with its natural glow and animation.

ELECTRIC FLOOR HEATING	Extra comfort during sauna session
HANDHELD SHOWER	Enjoy quick cooling and flexible rinsing during your sauna session without leaving the sauna area. Ideal for refreshment, convenience, and easy cleaning
RAINFALL SHOWER EXPERIENCE	Refresh, cool down, and reset without ever leaving the sauna. The built-in rainfall shower lets you rinse off between sessions, regulate body temperature more comfortably, and extend your relaxation without interruption Designed for comfort and recovery, the rainfall shower offers a refreshing cooldown between sauna sessions while keeping the entire wellness experience in one space
TEMPERED GLASS EXTERIOR DOORS	Give your sauna a unique look and visually expand the space
ELECTRIC WATER HEATER	Complete your sauna experience with the comfort of hot water
WIFI	Control your sauna remotely
INTEGRATED SOUND SYSTEM	An integrated sound system transforms a sauna from just a heat room into a fully immersive wellness experience
SUPERIOR STEAM STONES	Superior stones retain heat longer, create softer steam, and ensure lasting performance



AWAKEN YOUR SPIRIT

Building the new generation of sauna

Steam Spirit saunas are built from hempcrete — a natural, breathable material that creates a balanced sauna microclimate with soft, even heat and natural humidity. Designed by architects and crafted from carefully selected materials, each sauna combines refined architecture with authentic sauna tradition, a calm, lasting space for heat, rest and well-being.

A Steam Spirit sauna is somewhere to return to - to reconnect with yourself and to share quiet time with the people you love. Ancient sauna wisdom and modern design, in one calm space.

In a search for a sauna? Contact us.

We will guide you through the process and shape your vision into a coherent architectural proposal.