



An Authentic Wood Fired Sauna for Your Garden

- ✓ Feel healthier in mind & body
- ✓ Quality family time without screens
- ✓ Host friends in your garden all year round
- ✓ Quick to set up & fast to heat
- ✓ Low cost to run
- ✓ Safe, clean smoke & weatherproof
- ✓ Easy to maintain, move and store



@PortaSaunaUK



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Let PortaSauna bring a new dimension to your garden

At PortaSauna, we've created the finest portable sauna solutions that will bring the transformative power of a sauna directly to your garden or outdoor space.

Redefine your wellness routine on your schedule and at your own convenience.

Whether you're looking for a compact setup for personal use or a larger space to share with friends and family – it is your garden, your choice of people, your rules!

Designed for both relaxation and performance, our saunas can reach up to 105°C – the air vents give you the flexibility to create your perfect sauna session – including something cooler if you invite the kids in.

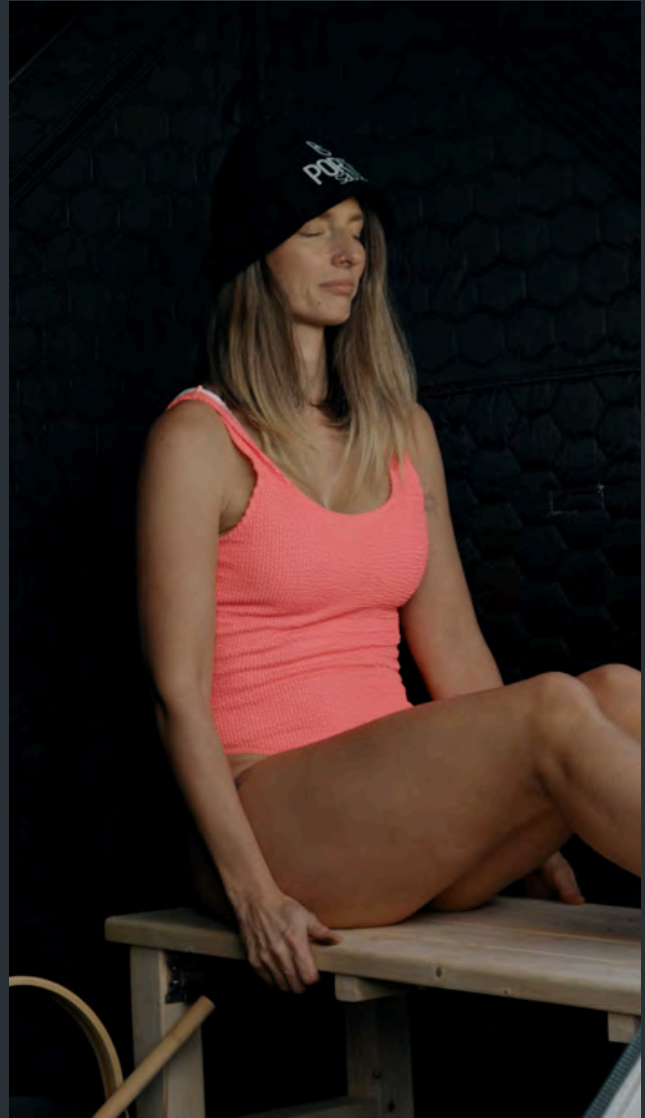
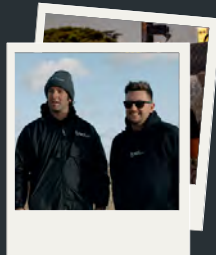
PortaSauna ensures a world-class sauna experience is always within reach.



Jordan Boon
Founder & Managing
Director



Harry Beardsley
Commercial
Director



Health benefits of sauna

Not only does a sauna feel great, it's also beneficial for your health.



Heart health

Helps lower blood pressure and combats heart disease.



Energy & sleep

Improves sleep quality, can help the fight against fatigue and snoring



Brain health

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



Skin cleansing

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



Mental wellbeing

Can be beneficial in managing anxiety and mild depression.



Muscle recovery

Accelerates post-exercise recovery by relieving joint and muscle pain helping to eliminate lactic acid.



Supports menopause

Regular sauna use can improve mood stability and support women through hormonal changes

A relaxing & flexible space

Not only is a PortaSauna great for your health, it can be used to suit your lifestyle – all year round.



Escape the noise

Step away from the chaos and unwind in your garden sanctuary – a peaceful space to recharge and reset



Couple time

Reconnect with your partner and enjoy uninterrupted relaxation, just the two of you – no kids, no distractions



Family time

Spend quality time together, away from technology, connecting through simple, meaningful moments



Friends

Invite friends over and make the most of your garden all year round, whatever the weather



Host parties

Turn your garden into a social hub – host sauna parties for up to 12 people with our larger PortaSauna setups

Create your perfect sauna conditions

Whether you prefer a soft, humid heat or a traditional, robust Finnish sauna, PortaSauna cater to all preferences.

Sauna Type:	Perfect for:	Temperature	Humidity	Best Practice
Traditional sauna	an authentic Scandinavian sauna experience	95–105°C	5–15%	Add a splash of water over the heater to release a burst of steam for a more immersive sauna atmosphere.
Soft sauna	a milder heat , soothing and relaxing environment, perfect for both adults and children	35–60°C	30–65%	Infuse the steam with natural herbs or aromatic oils, transforming your session into a calming, sensory retreat.
Bio sauna	providing a soothing and relaxing atmosphere , making it ideal for those who prefer a milder sauna session	50–60°C	40–60%	Incorporates aromatic infusions, enhancing the sensory experience and leaving you feeling rejuvenated.

Elevate your PortaSauna experience

Enhance your PortaSauna experience with steam and herbal infusions.



Essential Oils

Use organic essential oils for a calming aromatherapy session – try Lavender & Eucalyptus



Venik

For a traditional touch, try Venik – bundles of birch or oak leaves used to gently massage the body, boost circulation, and refresh the skin

Other rituals to try

- Ice Balls
- Aufguss
- Sound Baths



Watch now

Scan to watch the in depth guide on the best practise for using essential oils, birch and more on our YouTube Channel

Safety when using Essential Oils

Remember **NEVER** pour essential oils directly onto the stones as this can cause a fire

DO

- ✓ **Dilute** oils in water
- ✓ **Use Ice Balls** for a safe, slow release
- ✓ Use only **1–2 drops** per litre

DON'T

- × Pour pure oils **directly onto hot stones**
- × Apply Oils **Directly to Skin** Before Heat
- × Bring Essential Oil Bottles into the Sauna

Just add Certainly Wood!

Which wood should I use?

- ✓ Hardwood
- ✓ Ready to Burn approved
- ✗ Painted or Treated
- ✗ Softwood
- ✗ Wet or Damp Wood

FOR BEST RESULTS USE KILN-DRIED HARDWOOD

This is essential for maximising the efficiency, heat and enjoyment of your sauna.

OUR FAVOURITE

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

Cost of wood per sauna?

We estimate that the average cost is between 50p to £1.00 for every hour of sauna.

eg. a 3 hour sauna session only costs a total of about £2.50



Ecologi

For every sale, we contribute to planting 10 trees.

We recognise that our wood-burning stoves require natural resources, so we're committed to giving back to the environment.

Why Certainly Wood?

- 100% kiln dried hardwood for clean, high heat
- Fast & Free UK delivery
- Crates, bags and boxes available
- Quick ignition with KindleFlamers



10% OFF



Use the code **PORTASAUNA10** at checkout to **save 10%** on your firewood purchase.



www.certainlywood.co.uk



PortaSauna is a wood-fired sauna, treated in line with DEFRA guidance on barbecues, chimineas and pizza ovens, which can be used in smoke control areas.

Why choose a PortaSauna vs other sauna types?

vs Infrared

Infrared **heats the body with panels at lower air temperatures** and is usually an indoor, solo experience. PortaSauna is **high heat, rocks and steam**, designed to be shared outside with others.

vs Electric

Electric saunas are **fixed installations** that tie you to one room or cabin. PortaSauna gives you similar heat from rocks but in a **portable outdoor setup** you can move and take with you.

Top benefits



No Planning
Permission Required



Smallest area
needed 2.5m by 2.5m



Weatherproof - with rain
cover and guy ropes

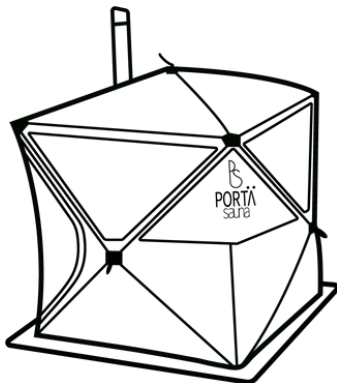


Setup on patio, grass,
stones, gravel, beach,
wood decking (not plastic)

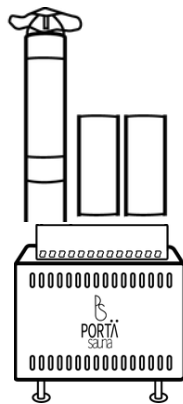
PORTÄsauna



What's included with your PortaSauna?



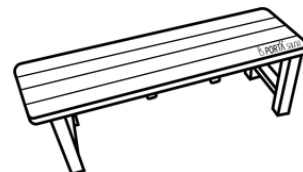
PortaSauna
tent



Wood burning
stainless steel
stove & chimney



Tylö premium
sauna stones



Folding cedar
sauna bench



PortaSauna
fire retardant
gloves



Thermometer /
Hygrometer



Sauna ladle & pail



Firestarters & matches



4 x sauna hats



3 earthware bags
stone bag / wood
bag tote bag



Instruction
manual

Choose your PortaSauna

Choose your PortaSauna and build the garden sauna life that suits you.

From compact HEX tents for cosy 2–4 person sessions to KABIN cabins for bigger gatherings, each model is made for real heat, real steam and real connection with the people you love, with the KABIN range also featuring a full-size 80 cm wide door for easy access.



PortaSauna HEX

Capacity:
upto 4 Person Sauna

Dimensions:
W1.8m x D1.8m x H2.1m



PortaSauna KABIN

Capacity:
upto 6 Person Sauna

Dimensions:
W1.8m x D1.8M x H2.1m



PortaSauna HEXXL

Capacity:
upto 10 Person Sauna

Dimensions:
W3.5m x D3.5m x H1.8m



PortaSauna KABINXL

Capacity:
upto 12 Person Sauna

Dimensions:
W2.3m x D2.3m x H2.1m

*Note: dimensions do not include chimney – Total Height with Flue 245cm & 15 cm base insulation skirt

Discover more...

Watch Our YouTube

Discover tips, tricks and tutorials on how best to use your PortaSauna.



FOLLOW THE ADVENTURE



FAQs

Scan to discover our most frequently asked questions.

Say Hello!

If you have any further questions drop us a message, we'd love to chat!



hello@portasauna.com



+44 2392 982 292



+44 7719 571 324



Meet the
PortaSauna
Community



How much space will you need?



PortaPlunge SOLO size guide

Complete System Packs away into our storage box :
W143cm x H57cm x D53cm

Portable, lightweight & easy to carry

The PortaSauna tent and accessories pack down into several easy-to-carry bags which fit into almost any car for easy mobility – allowing a sauna on your travels



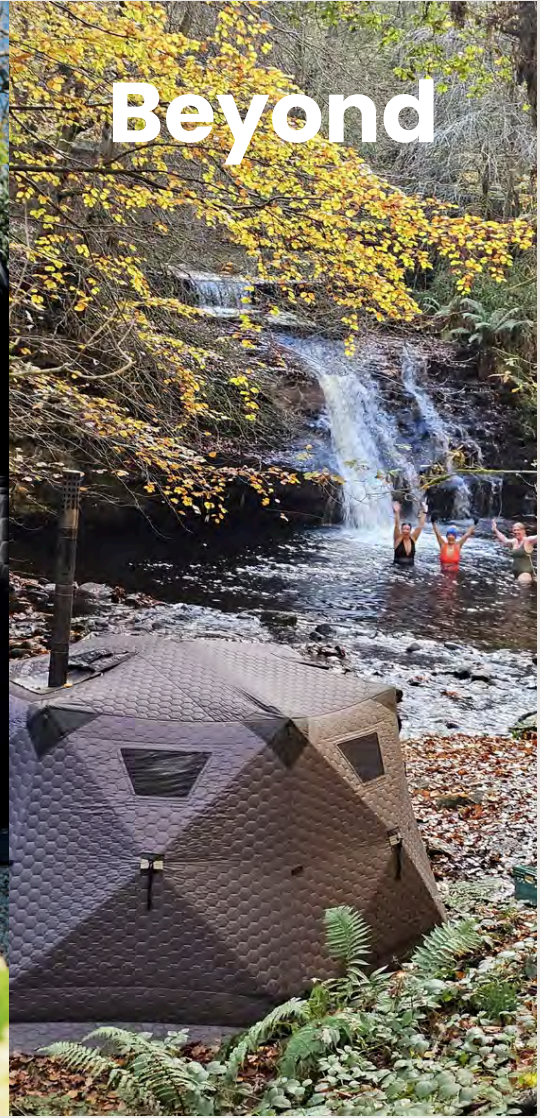
Beach



Home



Beyond



Stone



Decking



Grass





SOLO

The SOLO is designed with comfort in mind. Featuring a sloped backrest, it allows you to lean back and relax while fully submerged.

It's compact, stylish, and perfect for daily use at home or on the go.

Specifications

Shape: Rectangular with One Sloped Backrest

Dimensions: W85cm x D120cm x H60cm

Material: Drop Stitched heat-sealed premium PVC

5 min

Set-up time

350L

Capacity

14kg

Weight

8cm

Thick PVC



CUBE

The CUBE is PortaPlunge's original design, perfect for solo use in compact spaces.

Its square shape makes it ideal for corners, balconies, and gardens, while the deep, upright profile ensures a full-body plunge.

Specifications

Shape: Square

Dimensions: W90cm x D90cm x H90cm

Material: Drop-stitched, heat-sealed premium PVC

5 min
Set-up time

300L
Capacity

13kg
Weight

8cm
Thick PVC

**Solvent free heat
sealed seams**

**Insulated lid for
clean & cold water**

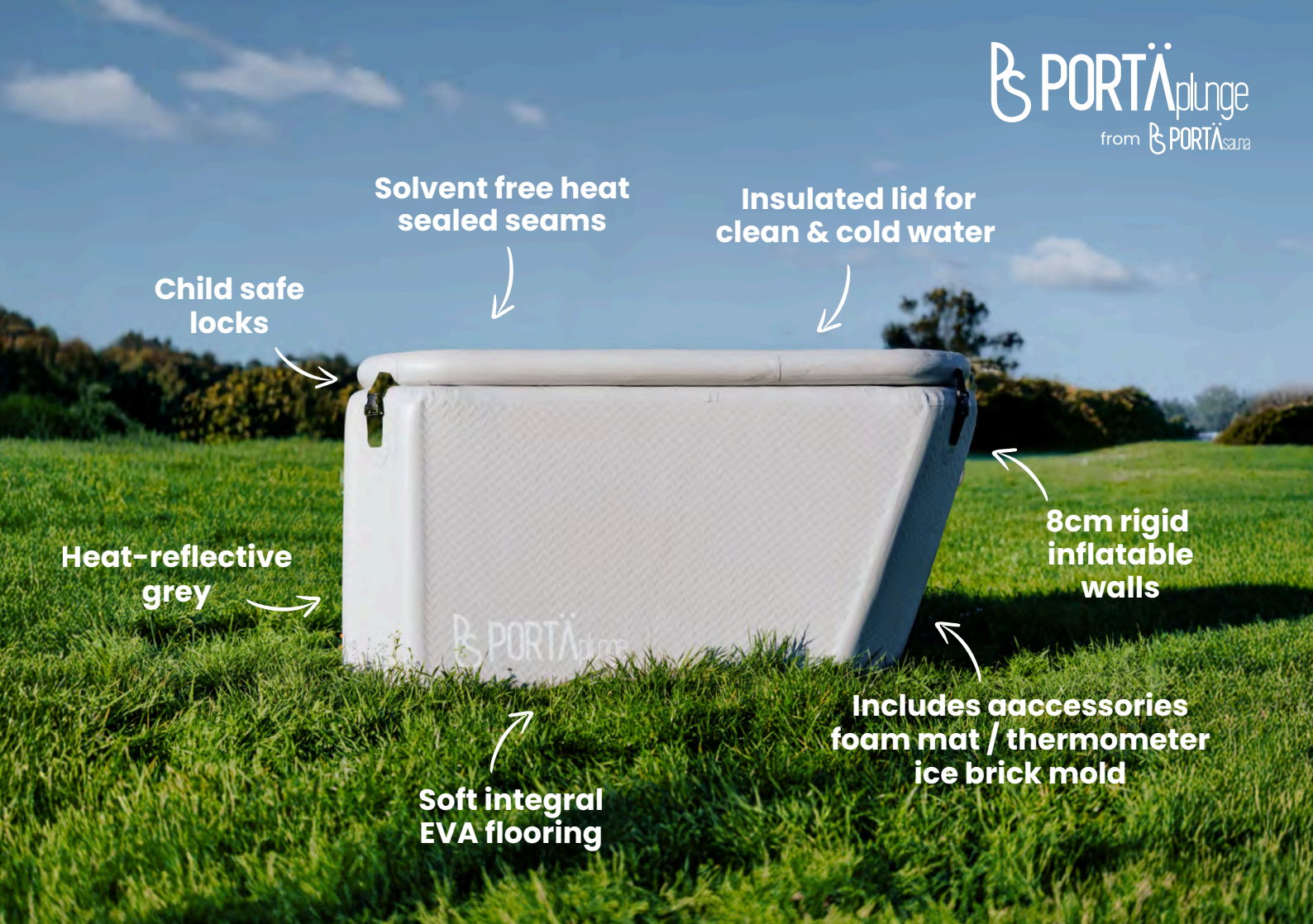
**Child safe
locks**

**Heat-reflective
grey**

**8cm rigid
inflatable
walls**

**Includes accessories
foam mat / thermometer
ice brick mold**

**Soft integral
EVA flooring**



Key features of PortaPlunge

We've taken the strong, durable design you know and love from PortaSauna and channelled it into our plunge pool designs.



Stirrup pump

High output stirrup pump for fast inflation.



Child safety clips

Child safety clips for extra peace of mind



Durable material

Heavy-duty drop-stitch walls for durability



Water outlet

Easy to change the water

Other features



EVA Flooring

Integral base for softer feel



Light grey

Light grey shell to reflect heat in summer



Accessories

inc. Pump, Base Mat, Thermometer, Ice Brick Mold

Health benefits of Plunge

Not only does a plunge feel great, but it's also beneficial for your health.



Reduces inflammation

Calms post-exercise inflammation, easing sore joints and muscles so you can train harder, more often and recover faster.



Boosts circulation

Speeds circulation, pushing fresh, oxygenated blood through the body and helping clear metabolic waste after tough workouts.



Lifts mood

Triggers a powerful endorphin release, lifting mood, easing anxiety and leaving you feeling calm, clear and energised.



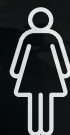
Builds resilience

Trains your nervous system to handle stress, building resilience, willpower and confidence that carries into everyday life.



Improves sleep

Supports deeper restorative sleep by balancing your nervous system and helping your body shift into recovery mode.



Supports menopause

Can ease menopausal symptoms, helping regulate temperature swings, improve mood stability and support women through hormonal transition.



Strengthens immunity

Regular cold exposure may strengthen your immune function, to support a healthy metabolism and help you feel alert each day.



PORTÄplunge

from PORTÄsauna

- ✓ Feel sharper in mind & body
- ✓ Build daily discipline and routine
- ✓ Boost energy
- ✓ Share ice baths with family and friends
- ✓ Quick to inflate and simple to fill
- ✓ Pairs perfectly with any sauna
- ✓ Safe, clean & weatherproof
- ✓ Fits neatly in small gardens
- ✓ Fully covered to keep water clean



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