Sauna Exterior Painting Guide

This guide provides an overview for painting the exterior of your sauna. These steps apply to all sauna room types and styles.

Be sure to follow the installation instructions for constructing your sauna. Some steps may require pausing construction to paint specific components. This depends on the room and may not apply to all models.

While this guide provides helpful tips it does not cover every possible scenario.

Important: Use Sauna Shield paint only on exterior surfaces. Do not paint interior surfaces.

Required Tools & Material

Sauna Shield Sauna Paint



Paint Roller



Painters Tape



Paint Pan



Wide Paint Brush 2.5” - 3”



Narrow Paint Brush 1.5” - 2”



Gloves



Building Sauna

- Construct the sauna shell (walls and roof panels) following the installation instructions.
  Note: It is recommended to not install door or trim until painting is complete.



Painting:

- Begin painting the exterior.
- Ensure to get into all exposed exterior areas including base frame.
- Use the paint roller to cover larger areas.
- Use paint brushes to get into tight areas and between wall boards.
- Ensure to paint roof as well for complete wood protection.
- It is recommended to apply a minimum of 2 paint coats.

Side Walls



Back Wall



Corners & Edges



Exterior Trim, Door, and Entry Floor Grids



- Lay out all exterior trim pieces, including door trim and exterior floor grids, in a clean area.
- Paint in even coats on all sides.
- Allow coats to dry completely before installation.

Final Assembly



- After the paint has dried install,
    - Roofing Shingles / EPDM
    - Sauna Door
    - Exterior Trim
    - Exterior Floor Grid
- Inspect exterior for missed spots and touch up as needed.