

How Much Does a Home Sauna, Steam Room or Cold Plunge Cost?

Published price ranges for home saunas, steam rooms and cold plunges in the US, Canada, the UK and Australia, with the currency and source for each figure.

Updated October 29, 2026

The price of a private wellness room depends on the product type, the size, the materials and the site. The figures below come from public cost guides and price pages. Each figure shows its currency. Use them to plan a budget, not as a quote.

United States (USD)

| Item | Published range | Source | |---|---|---| | Home sauna, average installed | \$3,000 – \$10,000 | HomeGuide | | Indoor prefab sauna, installed | \$2,300 – \$10,500 | HomeGuide | | Outdoor prefab sauna, installed | \$5,500 – \$14,500 | HomeGuide | | Fully custom sauna | \$8,000 – \$34,000 | HomeGuide | | Dedicated 220V circuit for a sauna | \$250 – \$900 | HomeGuide | | Prefab steam room, installed | \$2,800 – \$7,000 | HomeGuide | | Custom steam room | \$4,000 – \$14,000+ | HomeGuide | | Luxury steam room | can exceed \$20,000 – \$30,000 | HomeGuide | | Steam room build, per square foot | \$22 – \$65; up to \$130 for high-end | HomeAdvisor | | Cold plunge unit only | \$2,800 – \$9,500+ | HomeGuide | | Plunge pool, average installed | \$15,000 – \$40,000 | HomeGuide | | Inground plunge pool | \$10,000 – \$70,000+ | HomeGuide |

Manufacturer list prices give a second view of cold plunge units. On 29 October 2026, the Plunge store listed the Plunge All-In at \$9,990 – \$10,490. Ice Barrel listed its Ice Barrel 500 Bundle, a tub with a chiller, at \$5,749.98. These prices are for the unit. They do not include electrical work or site work.

Canada (CAD)

Canadian figures come mostly from dealers and contractors. They are not neutral cost surveys.

| Item | Published range | Source | |---|---|---| | Traditional Finnish sauna, Toronto basement, installed | \$12,000 – \$28,000 | RenoHouse | | Steam room, Toronto, installed | \$8,000 – \$18,000 | RenoHouse | | Luxury hybrid wellness suite with cold plunge, Toronto | \$32,000 – \$60,000+ | RenoHouse | | Panel upgrade, older homes with 100A service | \$1,800 – \$4,500+ | RenoHouse | | Custom-built indoor sauna, Quebec | \$12,000 – \$25,000+ | Sauna Infrarouge Québec | | Outdoor sauna, Quebec, turnkey | usually \$12,000 – \$20,000 | Sauna Infrarouge Québec | | Custom contractor build, indoor | \$18,000 – \$40,000+ | Calore |

United Kingdom (GBP)

| Item | Published range | Source | |---|---|---| | Home sauna kit | £1,000 – £16,000 | HaMuch | | In-home sauna | £4,000 – £15,000 | HaMuch | | Mid-range garden sauna, installed | usually

£5,000 – £8,000 | Steam & Oak | | Electrical supply and connection, garden sauna | £400 – £1,200 | Steam & Oak | | Home steam room | £2,500 – £10,000 | Leisurequip | | Bespoke steam room with installation, average | £3,250 | HaMuch | | Bespoke sauna, London guide price | from £7,995 installed | Sauna Company |

We did not find a neutral UK cost survey for cold plunges. Get three written quotes.

Australia (AUD)

hipages gives \$3,000 to \$13,000+ for a home sauna, installed. Traditional saunas are \$4,000 to \$10,000. Infrared saunas are \$3,000 to \$8,000. Premium custom indoor saunas are \$13,000 to \$20,000+. A custom outdoor sauna pavilion is \$10,000 to \$25,000+. Electrical work is \$500 to \$1,000. We did not find reliable published ranges for steam rooms or cold plunges in Australia.

Other markets

We did not find reliable published ranges for Ireland, New Zealand, the UAE, Switzerland, Singapore or Hong Kong. Ask at least three builders or dealers for written, itemised quotes. Compare the same scope in each quote.

What raises the price

- **Electrical work.** Traditional heaters usually need a dedicated 240V circuit. Some homes also need a panel upgrade.
- **Site work.** Outdoor units need a level base. Plunge pools may need excavation, a slab or a fence.
- **Wet-room work.** Steam rooms need waterproofing, a vapour barrier, tile and a sealed door.
- **Permits.** HomeGuide gives \$500 to \$2,000 for plunge pool building permits in the US.

Compare builders, dealers and installers near you in our directory before you ask for quotes.

Sources

- [HomeGuide: How much does a sauna cost?](#) (fetched 2026-10-29)
- [HomeGuide: How much does a steam room cost?](#) (fetched 2026-10-29)
- [HomeGuide: How much does a plunge pool cost?](#) (fetched 2026-10-29)
- [HomeAdvisor: Steam shower installation cost](#) (updated 19 June 2026, fetched 2026-10-29)
- [Plunge: Plunge All-In product page](#) (fetched 2026-10-29)
- [Ice Barrel: Ice Barrel 500 Bundle](#) (fetched 2026-10-29)
- [RenoHouse: Basement sauna installation Toronto, 2026 cost and permit guide](#) (fetched 2026-10-29)
- [Sauna Infrarouge Québec: How much does a sauna cost in Quebec?](#) (fetched 2026-10-29)
- [Calore: Cost to build a sauna, the complete Canadian guide](#) (fetched 2026-10-29)
- [HaMuch: Cost to install a home sauna or steam room](#) (updated 16 June 2025, fetched 2026-10-29)
- [Steam & Oak: Sauna installation UK](#) (29 August 2026, fetched 2026-10-29)
- [Leisurequip: Build your own steam room](#) (fetched 2026-10-29)

- [Sauna Company: Sauna prices London 2026](#) (fetched 2026-10-29)
- [hipages: How much does a sauna cost?](#) (updated 23 January 2026, fetched 2026-10-29)

Frequently asked questions

What is the typical installed cost of a home sauna in the US?

HomeGuide gives \$3,000 to \$10,000 (USD) as the average installed cost. A fully custom sauna is \$8,000 to \$34,000. Large or luxury builds can cost more.

Why do quotes for the same sauna differ so much?

The cabin or kit is only part of the job. Electrical work, a base or foundation, ventilation, finishes and permits add to the price. A quote that shows the cabin price only does not show the full cost.

Are prices published for Ireland, New Zealand, the UAE, Switzerland, Singapore or Hong Kong?

We did not find reliable published ranges for these markets. Get at least three written, itemised quotes from local builders or dealers.