

Questions to Ask a Sauna, Steam Room or Cold Plunge Installer

A checklist of questions to ask before you hire an installer for a home sauna, steam room or cold plunge, with the reason behind each question.

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Ask these questions in the first meeting. Ask for the answers in writing. A good installer can answer each question and show a document to support the answer.

About the firm

1. **Are you licensed and insured for this work?** HomeGuide includes this question in its lists for sauna and steam room pros. Ask for the licence number and check it with the issuing body.
2. **How many rooms of this type have you installed?** A steam room and a sauna need different skills. HomeGuide suggests that you ask for references or photos from recent projects.
3. **Which trades do you do yourself, and which do you subcontract?** Many projects need a carpenter, an electrician, a plumber and a tiler.
4. **Who is my main point of contact?** HomeGuide includes this question for steam room pros.

About the quote

1. **Is the cost of the unit included in your installation quote?** HomeGuide lists this question for sauna installers.
2. **What is not included?** Ask about the base, the electrical circuit, a panel upgrade, ventilation, permits and delivery. Steam & Oak says that a quote for a cabin price alone does not cover the job.
3. **What is the timeline?** Ask when work starts and when it ends. Ask what can cause a delay.

Saunas

1. **What size heater do you specify, and why?** HomeGuide says the heater size should be 1 kW for every 50 cubic feet of sauna room. Rooms on exterior walls and outdoor saunas may need larger heaters.
2. **What circuit will the heater need?** Sauna Heater Supply says most traditional electric heaters need a dedicated 240V circuit. It also describes the NEC 125% continuous-load rule for circuit sizing.
3. **Does the heater manual allow a GFCI or RCD on the heater circuit?** The Harvia KIP manual says the heater must not connect to a GFI breaker. Agree on the answer with your electrician before you buy the heater.
4. **How will you ventilate the room?** The Harvia KIP manual says the air in the sauna room should change six times per hour.

5. What insulation and vapour barrier will you use? The same manual specifies insulation of at least R11 and a paper-backed aluminium vapour barrier, with the aluminium side facing into the room.

Steam rooms

- 1. How will you waterproof the room?** Mr. Steam says you need a vapour barrier and/or waterproof material behind the surface material.
- 2. How will you slope the ceiling?** Laticrete, citing the Tile Council of North America, says the ceiling must slope at least 2 inches per foot so that water does not drip on users.
- 3. How high is the ceiling?** Mr. Steam says to limit the ceiling to 8 feet. A higher ceiling needs a larger generator.
- 4. Who will connect the generator?** The Mr. Steam manual says only qualified, licensed electricians and plumbers must install it. It also calls for a separate circuit breaker and a disconnect.

Cold plunges

- 1. What circuit and outlet does this model need?** A Plunge manual says to plug the unit into a GFCI outlet, with a 15-amp breaker for the Standard model and a 20-amp breaker for the Pro/XL. It also says not to remove or bypass the GFCI.
- 2. Where will the unit sit?** HomeGuide says most above-ground plunge pools need a concrete slab. It also says most cities require a barrier around pools that exceed a certain depth.
- 3. What permits will the plunge need?** HomeGuide gives \$500 to \$2,000 for plunge pool building permits in the US.

After handover

- 1. What warranty do you give on your work and on the products?** HomeGuide includes this question in both lists.
- 2. What maintenance will the room need?** Ask for a written schedule.
- 3. Which documents will I get?** Ask for the manuals, the permit sign-off and any electrical certificate.

Compare builders, dealers and installers near you in our directory, then take this list to each meeting.

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)
- [Steam & Oak: Sauna installation UK](#) (29 August 2026, fetched 2026-10-29)
- [Sauna Heater Supply: Sauna electrical requirements](#) (fetched 2026-10-29)
- [Harvia: KIP heater owner's and operator's manual](#) (fetched 2026-10-29)
- [Mr. Steam: Virtual technical support center](#) (fetched 2026-10-29)
- [Mr. Steam: Steambath generator installation, operation and maintenance manual](#) (fetched 2026-10-29)

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- [Laticrete: TDS 172, steam rooms and steam showers](#) (fetched 2026-10-29)
- [Plunge: Cold plunge manual \(copy hosted by Wellness Shop\)](#) (fetched 2026-10-29)
- [Hydro Systems: Cold plunge chiller installation guide](#) (January 2024, fetched 2026-10-29)
- [Electrical Safety Authority: Finding the right contractor](#) (fetched 2026-10-29)
- [Electrical Safety Authority: Hire a licensed electrical contractor](#) (fetched 2026-10-29)

Frequently asked questions

Should the installer pull the permits?

Ask who applies for each permit and who books each inspection. Sauna Heater Supply says virtually every US jurisdiction requires a permit and inspection for a new high-amperage circuit. In Ontario, the person who does the electrical work must file the notification with the ESA.

Can a cold plunge share a circuit with other equipment?

Check the manual for your model. The Hydro Systems cold plunge chiller guide says the chiller must have a dedicated 110-volt, 20-amp GFCI receptacle.

What should I get at handover?

Get the manuals, the warranty terms, a maintenance schedule and any electrical certificate. In Ontario, ask for a copy of the ESA Certificate of Acceptance.