

LivWell

BESPOKE OUTDOOR ENVIRONMENTS

Nordic sauna outdoors



LÜM / DESIGN RENDER

LivWell designs outdoor sauna and bathing spaces for homes and hospitality. Inspired by Finnish sauna tradition, we connect heat, cooling and rest with the landscape around them.

“Sauna is such a big part of Finnish people’s lives, both in everyday life and at festive moments.”

Leena Marsio · Finnish Heritage Agency



HAVN / DESIGN RENDER

Sauna in the landscape

DESIGNED FOR THE OUTDOORS

A view through the glass. Fresh air after the heat. Space to rest under the stars. Outdoors, the setting is part of the sauna experience.

Beside a pool or within a garden, a sauna gives purpose to the surrounding space. We consider privacy, shade and shelter alongside showers, seating and the route from the house.

The aim is a place that works naturally in your daily life.

“Outdoor sauna is a celebration of the seasons, a commitment to living connected to the outdoors.”

Justin Juntunen · Cedar & Stone

Heat cooling and rest

Löyly

Water on heated stones.



ARK 5 / INTERIOR DESIGN RENDER

Löyly is the steam created when water meets heated sauna stones. It is central to the Finnish sauna experience, shaping the sensation of heat in the room.

Follow the heater and facility guidance. Heat and cold are not suitable for everyone; seek medical advice where needed. Cold immersion carries additional risks. [2]

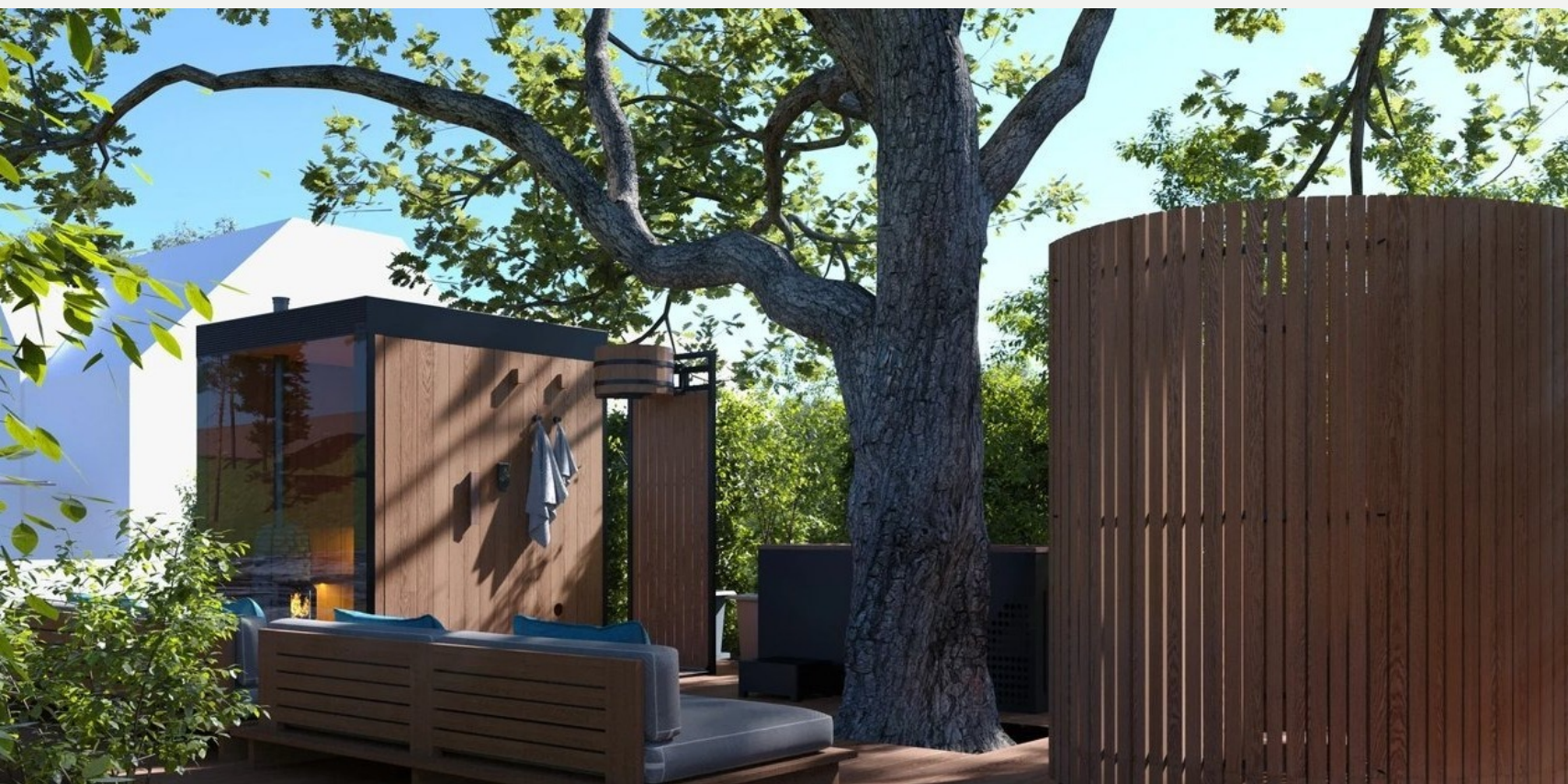
Leave the heat when you are ready. Cool in fresh air or with a shower, then rest. Cold immersion is optional. Follow your own comfort rather than a fixed sequence.

Sauna can become a regular pause in the week. Research into health benefits is promising, though results vary and much of the evidence is observational. [1]

“Spending time in sauna is an excellent way to find tranquillity and remove the distractions of the outside world.”

Mika Kukkonen · Finnish public diplomacy

A shared ritual



LÜM / DESIGN RENDER

Sauna creates time to sit together without phones or other distractions. Conversation and quiet both belong in the room.

Plan for the time outside as well: a bench by the pool, a table on the terrace or sheltered seating in the garden. Family and friends can share the setting whether or not they use the sauna.

Children need close supervision and age-appropriate guidance, with safe areas away from heaters and water. [3]

“Finns go to the cottage to relax, sauna, swim, and spend quality time with relatives or friends.”

Lana Lavonen · Interview in ThisisFINLAND



STEENBERG HOTEL & SPA

Sauna for guest stays

For a hotel, retreat or private rental, sauna can give guests a distinct way to use the property. Easy access, privacy and a clear introduction help the experience work for first-time visitors.

At Steenberg Hotel & Spa, Ark 5, cold immersion and showers form a thermal garden. The project shows how sauna can fit within an existing hospitality setting.

Plan towels, cleaning, guest guidance and a comfortable rest area alongside the equipment.

[View the project](#)

“Public saunas are a meeting place.”

Sami Rintala · Architect



CAMPS BAY / COMPLETED PRIVATE INSTALLATION

Design for your setting

Begin with the site and the people who will use it. A garden, pool terrace or rooftop each brings different opportunities for views, access and privacy.

We plan sauna, cooling and rest as one connected space. Share your site photographs, intended use and budget range to start the design conversation.

YOUR PROJECT

Begin with your landscape

[Discuss your project with LivWell](#)

Enquire about a complimentary site visit and design proposal.
Location, scope and project fit are confirmed in conversation.

“Sauna architecture is about contrasts and primal values.”

Sami Rintala · Architect

Further reading

[1] Sauna health research review · [2] Cold exposure benefits and risks · [3] Finnish Sauna Society family guidance

Editorial themes informed by the supplied Cedar & Stone articles. Imagery from LivWell's lookbook and supplied Havn artwork. Concept renders and completed installations are labelled.