

The Cedar Buyer's Guide

How to choose a sauna, hot tub or cold plunge that lasts a generation.
Built glue-free on Harrison Lake, British Columbia — LOGS 2 LUXURY.

Why Western Red Cedar

Cedar is naturally rot-resistant, dimensionally stable and low-conductivity — it stays comfortable to the touch at 90°C and shrugs off the wet-dry cycling that destroys lesser woods. Old-growth-grade heartwood from the coastal rainforest carries tight grain and high oil content, which is why it outlives kiln-dried commodity lumber by decades.

Glue-Free Matters More Than You Think

- Most mass-market saunas are laminated with adhesives that off-gas formaldehyde and VOCs when heated.
- Every Logs 2 Luxury build is joined mechanically — zero glue, zero binders, zero off-gassing.
- You are breathing deeply for 20 minutes at a time. What the wood is bonded with is a health decision, not a finish detail.

The Five Questions to Ask Any Builder

- 1. Is it glue-free?** If they hesitate, it isn't. Ask for the joinery method in writing.
- 2. Where did the cedar come from?** Coastal BC heartwood behaves differently than farmed or reclaimed fence-grade stock.
- 3. What is the wall thickness?** Under 38 mm and you lose heat retention, acoustics and longevity.
- 4. How is the heater sized?** Roughly 1 kW per 1.4 m³ of cabin volume, plus a margin for glass and cold climates.
- 5. What happens in year seven?** Ask about replacement benches, door seals and stove servicing before you buy.

Choosing Your Format

Format	Best for	Footprint	Typical lead time
Cedar Barrel Sauna	Fast heat-up, classic ritual, tight lots	2.1 × 2.4 m	6–9 weeks
Luna / Cabin Sauna	Panoramic glass, groups, resorts	2.4 × 3.0 m	8–12 weeks
Cedar Hot Tub	Soaking, family use, year-round	Ø 1.8–2.4 m	6–10 weeks
Cold Plunge	Contrast therapy, recovery protocols	0.9 × 1.8 m	4–6 weeks

The Contrast Protocol

The research-backed rhythm our clients settle into: 15–20 minutes at 80–95°C, then 1–3 minutes at 4–10°C, repeated two to four rounds, always finishing on cold in the morning and on heat before sleep. Rest as long as each cold exposure between rounds. Hydrate with electrolytes, never plunge alone, and speak to a physician first if you are pregnant or manage a cardiac condition.

Budgeting Honestly

- Barrel saunas typically land between \$12,000 and \$22,000 CAD depending on stove, glass and bench spec.
- Cabin and Luna builds run \$22,000 to \$45,000 CAD; commercial installs are quoted per site.
- Cold plunges start near \$8,500 CAD with chiller and filtration included.
- Commercial ventures receive a 5% partner discount on multi-unit orders.
- Budget for a level pad, a dedicated electrical circuit, and delivery access before install day.

Site Prep Checklist

- Level, load-rated pad — gravel, concrete or engineered deck.
- Clear delivery path at least 1.2 m wide for barrel units.
- Electrical: 240V/40A for most electric stoves; wood-fired needs clearance and a spark arrestor.
- Drainage away from the structure, plus winter access you will actually use in January.

Caring for Cedar

Cedar wants air and honesty, not chemicals. Leave the exterior unsealed and it will silver into a soft driftwood patina, or oil it once a year with a penetrating natural oil to hold the warm amber tone. Inside, never seal or varnish — the wood must breathe. Wipe benches with water after use, prop the door open for twenty minutes to dry the cabin, and sand lightly with 120-grit once a season. Bands on barrel units want a quarter-turn tighten in the first month, then annually.

Winter, Wind and Wildlife

- Face the glass toward your best view and away from prevailing wind — this single decision defines how often you actually use it.
- Snow load is not the enemy; standing water is. Keep the pad draining and the roofline clear.
- Wood-fired stoves need a stable chimney height above the roof peak for draw. We spec this per site.
- Cold plunges in freezing climates need a chiller with a heat function or a winter drain protocol.

Working With Us

Every build starts with a conversation, not a catalogue. We confirm your site, your climate and your ritual, then quote a fixed price with a delivery window. Deposits hold your slot in the shop schedule; the balance is due on delivery. Commercial and multi-unit clients get a dedicated build lead from day one.

Ready to spec your build?

Get a custom quote in under three minutes at logs2luxury.com — or talk to a builder directly.

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Harrison Cedar Co. builds on the traditional territory of the Sts'ailes First Nation. Glue-free Western Red Cedar, shipped across BC, Washington and Alberta.