

cedar+stone

NORDIC SAUNA

SEASONAL CATALOGUE



NO. 1

Summer/Fall | 2020

OUR VISION

We believe the places we spend our days impact the quality of our lives. We build saunas so you can flourish.

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Northern Summers

Summer is something special. Maybe it's the long evening sun. Perhaps it's more time outside. Or possibly the smells of birch and lupine.

Whatever the cause summer always encourages me to savor the moment.

In a world that is full of stress and anxiety summer doesn't have to be hurried. When we pace our lives well we can feel, taste, and enjoy life's sweetness.

Often people think about sauna as just a remedy for the cold. For me, it's a way of life that takes different shapes in each season. Over the course of my life most of my saunas have been enjoyed in the summer, steps away from a freshwater lake.

Then when the air gets crisp in fall, sauna helps to extend the summer allowing more weeks of swimming and enjoyment before winter sets in.

The stories that follow tell how quality saunas are impacting the lives of real people and our joys of building them to share.

Stay warm,

Justin Juntunen
FOUNDER & SAUNA LOVER
CEDAR AND STONE NORDIC SAUNA



A photograph of a man swimming in a large lake. The man is seen from behind, with his head and shoulders above water. He is creating concentric ripples in the dark water. In the background, a dense line of green trees stretches across the horizon under a grey, overcast sky. The overall mood is serene and quiet.

CHAPTER ONE

To the Lake

LAKE VERMILION.
NORTHERN MINNESOTA.

“Wilderness to the people of America is a spiritual necessity, an antidote to the high pressure of modern life, a means of regaining serenity and equilibrium.”

— Sigurd Olson

Reflections from the North Country

True North

Glaciers created thousands of lakes across the upper midwest. We adventured to one such lake that has a history of saunas and memories for many: Lake Vermilion.







Lake Vermilion

47°51'28.47"N 92°17'58.60"W

BY THE NUMBERS:

- 40,000 acres of water
- 365 islands
- 1,200 miles of shoreline

Vermilion gets its name from the French translation of the Ojibwe word Onamuni, which means lake of the sunset glow.



There are generations of saunas dotting the shoreline of Lake Vermilion. It's a special place. Where is that special place you have dreamed of adding a sauna?

CHAPTER TWO

The Heart of the Sauna



BUILT TO LAST

LAMPPA MANUFACTURING INC.

Steps from the shores of Lake Vermilion the best wood-burning sauna stoves in North America have been built for the past half century.

The stove is the heart of every sauna.

The Lamppa family has been producing stoves now for four generations in Tower, Minnesota.



IN THE SHOP:

When you are in the shop with the Lamppa team there is an attention to quality seldom found anymore. Stories of these stoves turn to lore. People often ask, how old is your stove? The staff at the front desk will proudly tell you her father has one that is 41 years old. Just a year younger than her.

We are honored to have their Kuuma wood-fired sauna stoves as the heart of our wood-fired saunas.

If you like the romance of the wood-fired stove. This is the one.

If you like the convenience of an electric stove, we've got you covered too.

CHAPTER THREE

Designing the Perfect Sauna



Custom Built Saunas FOR A WELL BUILT LIFE

We love crafting spaces that create memories. For us the sauna has always been one of those spaces.

Our uncompromising commitment to heirloom quality, thoughtful Nordic modern design, and sustainable materials means you will have years of memories to make together.



OUR SAUNAS:

- Flexible capacities from 2-8 people
- Nordic modern aesthetic
- Electric or wood-fired stove options
- Statement piece for your property
- Heirloom quality for lasting use
- Installed in about 1 day.
- Optional mobile sauna on hydraulic frame (if your sauna needs to vacation at the cabin).





FEATURED SAUNA:

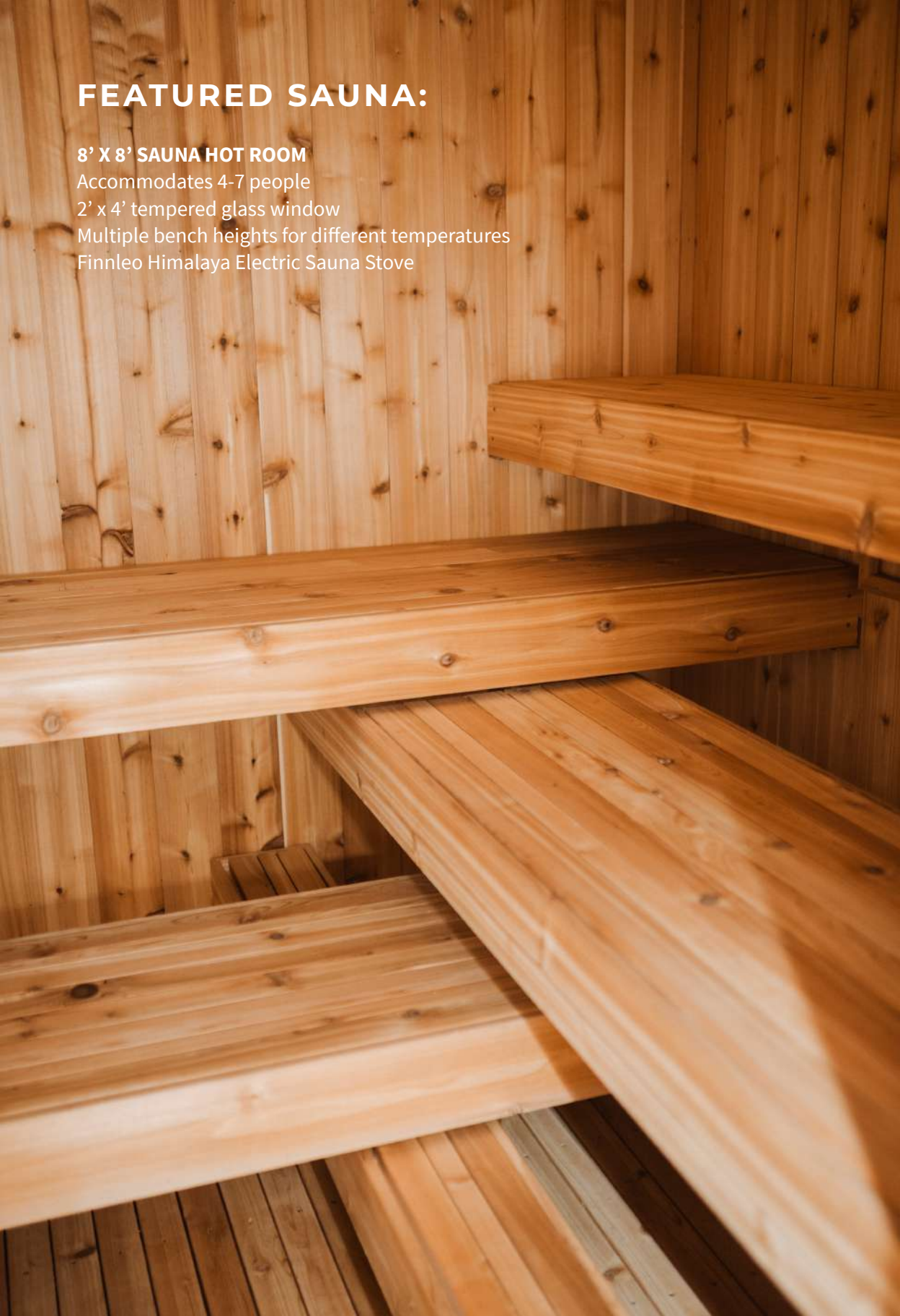
8' X 8' SAUNA HOT ROOM

Accommodates 4-7 people

2' x 4' tempered glass window

Multiple bench heights for different temperatures

Finnleo Himalaya Electric Sauna Stove







4' X 8' CHANGING ROOM

Glass paneled doors

2' x 2' window

Additional bench seating

Shelving and storage



OUR PROCESS:

Learn more about how we build heirloom quality saunas on our website: cedarandstonesauna.com/process

CHAPTER FOUR

How Sauna Changed our Home



MEET ERIC AND DEB:

Professionals who carry full responsibilities in their workplaces. They love their home, their work, and where they live. You will find them on mountain biking trails in the summer and nordic ski trails in the winter.

Adding a sauna to their home was a way to create a retreat away from the weight of professional lives and a remedy to sore legs.



“I don’t do meditation on my own well. I’m sporadic with yoga. But the sauna, brings those two things together for me.”

— Eric



THE REST OF THE STORY:

Learn more about Eric and Deb’s story on YouTube:
Search “Cedar and Stone Nordic Sauna”

CHAPTER FIVE

Handcrafted for You





DESIGNING WITH YOU AND FOR YOU:

We believe your sauna should be designed exactly for the space you will be enjoying it. Need some more room for the kids? Great. Outdoor shower perhaps? Simple. Want the app enable stove so you can start heating the sauna on your way home from work? No problem.



A photograph showing the interior of a wooden sauna. The structure is made of light-colored wood. A large window on the left side offers a view of a lake and trees at dusk. The sky is a mix of blue and purple. In the foreground, there are wooden benches of different heights. The overall atmosphere is warm and serene.

SHIPPING THROUGHOUT THE USA AND CANADA.

ALL PACKAGES INCLUDE:

- Choice of wood-fired or electric stove
- Choice of window placements
- Thoughtful Nordic modern design
- Multiple bench heights for different heat levels
- Wide top benches for sitting or laying down
- Soft under bench LED lighting
- Cedar lined interior
- Single day install on site
- Mobile sauna option available for any size

Support with every step

From design to install,
we help you create the
perfect sauna for your
space.

Let's dream together.



**WANT TO KNOW MORE?
WE'RE HERE.**

Email: sales@cedarandstonesauna.com

Call or text: 218.451.2183

CHAPTER SIX

A Community is Building



Join us at our place

SCHEDULE A TOUR



**CEDAR AND STONE NORDIC SAUNA HQ
1325 N 59TH AVE W, DULUTH, MN 55807**

Experience sauna with us

BOOK A SAUNA SESSION ON THE
SHORES OF LAKE SUPERIOR

CEDAR AND STONE NORDIC SAUNA — CANAL PARK
350 CANAL PARK DR, DULUTH, MN 55803



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