

**SUITABILITY OF WOOD FOR SAUNAS**

Wood	Overall Preference	Density To Western Cedar	Reactions Under Sauna Conditions			Colour of Heartwood	Strong Points	Weak Points
			Movement & Expansion	Warping	Resistance To Decay, & Fungus			
<b>WESTERN RED CEDAR # 1</b>		x 1.00	very small	stable	very high	very colourful, cream to dark brown	pleasant cedary odor, no pitch or resin	wood can be stained by metal
<b>OAK for comparison</b>		x 2.00	small	slight	very low	greyish brown	very heavy & strong	extremely dense
<b>BALSA for comparison</b>		x .55	moderately large		very low	white to pale grey	very light & buoyant	no strength
<b>WOOD SUITABLE FOR SAUNAS</b>								
ATLANTIC WHITE CEDAR # 2		x .98	very small	stable	very high	straw brown	pleasant odor	splits easily
REDWOOD # 3		x 1.22	very small	stable	very high	light red to deep reddish-brown	straight grained, very strong, slight pleasant smell	stains easily from perspiration
EASTERN WHITE PINE # 4		x 1.16	small	stable	moderate	cream to light reddish-brown	uniform texture	subtle resinous odor
SUGAR PINE # 5		x 1.10	small	stable	very low	light creamy-brown		faint resinous odor
ASPEN # 6		x 1.19	large	stable	very low	greyish-white to light greyish-brown	straight grained, resists splintering	large expansion
WESTERN WHITE PINE # 7		x 1.16	moderately large	stable	very low	cream to light reddish-brown		can be knotty, slight resin content
PONDEROSA PINE # 8		x 1.23	moderately small	stable	very low	orange to reddish-brown	straight grained	quite resinous with distinct resinous odor
RED PINE # 9		x 1.32	moderately large	stable	very low	pale red to reddish-brown	straight grained	strong resinous odor, may leech resin
SITKA SPRUCE # 10		x 1.20	moderately small	slight	very low	light pinkish-brown	uniform texture, straight grained	
HEMLOCK # 11		x 1.30	moderately large	slight	very low	very pale; pale-brown with reddish tinge	even grained, strong	faint sour smell when fresh
CYPRESS (BALDCYPRESS) # 12		x 1.35	small	slight	high	light yellowish-brown to dark brownish-red	quite strong	slight musty smell, very dense

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<b>WOOD NOT SUITABLE FOR SAUNAS</b>								
ALASKA CEDAR	not suitable	x 1.35	very small	stable	very high	yellow	fine texture, straight grained	too dense, mild unpleasant smell
DOUGLAS FIR	not suitable	x 1.45	large	slight	very low	orange to red yellowish-brown	even grained, very strong	will corrode steel, splinters easily
EASTERN RED CEDAR	not suitable	x 1.42	very small	stable	very high	brick or deep red	uniform texture straight grained	too knotty, too dense
JACK, PITCH POND PINE	not suitable	x 1.52	moderately small	slight	very low	light brown to orange	coarse texture	too knotty, too dense too resinous
WESTERN LARCH	not suitable	x 1.55	moderately large	moderate	moderate	russet to reddish-brown	straight grained,	too dense