



TO SAUNA OR NOT TO SAUNA

**One man's health craze may be
another man's hangover-reliever;
either way, it spells s-a-u-n-a.
Buying this new health heater may
require less than you think**

By **MICHAEL V. SIMKO**

A few years ago, the swimming pool was the controversial item on the club budget. Today, it is the sauna bath. The questions asked by a club committee that is considering the addition of a sauna facility are whether or not it would serve enough members to justify the outlay; whether or not enough space is available in the building to construct a sauna, and how much of an assessment, if any, should the club levy to meet installation and maintenance costs.

The planning committee should remember that the sauna will serve not only golfers, but members who swim—assuming the club has a pool—women members and members' guests.

It has been found that women who use the course several times a week generally prefer using a steam bath cabinet to eliminate the prob-

lem of perspiration ruining their hairdos. However, if a club wants both sexes to use a sauna, the problem of location becomes paramount, since the ideal place for a sauna room would be near the showers and generally in the locker room area. Most clubs have separate shower and locker facilities for both men and women; separate sauna facilities would seem the answer unless, of course, there is an area between the men's and women's locker rooms which is large enough to contain a sauna room. Then it would just be a matter of locking the right door on the right day. Another solution would be to limit sauna bathing to male members only.

The size and cost for a sauna room, therefore, is determined by the number of prospective users. A club with a membership of 300 should be prepared to meet the demands of from 10 to 14 bathers at one session. Out of 300 members, possibly half might be interested in the sauna ritual, with the greatest demand occurring on holidays and Wednesday afternoons.

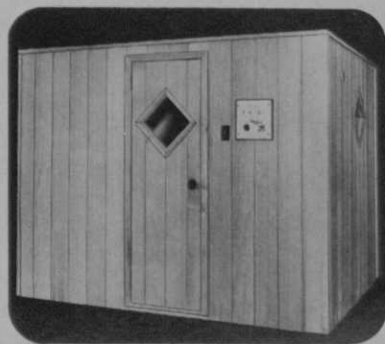
To accommodate a maximum of 14 bathers, the specifications should measure about 10 feet by 8 feet by 7 feet, with double-tiered benches and a double-glazed window as an added safety factor in the same size. Smaller saunas (4 feet by 6 feet) as well as larger (8 feet by 16 feet) are also available.

The sauna facility would not be complete without a rub room and lounging quarters, and a masseur or attendant should be available for further ministrations to the bathers. Massage tables run from \$160 to \$250, depending on the quality.

An 8-foot by 10-foot by 7-foot sauna room generally consumes



Am-Finn model, above, seats 15 people. Sauna exterior, below, matches redwood interior or adjacent walls (MacLevy Products). Viking model, opposite, is pre-built; assembly time is under an hour.



about \$2 to \$3 worth of electricity a day at a busy club. At a club where attendance is poor on weekdays, this figure would be reduced accordingly. Incidentally, people who don't use saunas regularly should start off with eight to 10 minutes and gradually increase their stay to 15 minutes.

MacLevy Products Corp., a leading manufacturer and distributor of sauna equipment, also recommends that the type of sauna heater used should be a convection type, rather than a fan forced heater, since the result is stratified heat. This means that the temperature on the lower bench should be lower

than the temperature on the higher bench. With a fan forced heater, the tendency is to have even temperatures, and people who are not used to saunas cannot tolerate the extreme heat when they first enter the room. To maintain even temperatures, all sauna rooms are operated by thermostat controls.

Although a club could generally construct its own sauna room or hire a local contractor to build it, a sauna room should be purchased pre-fabricated from a reliable sauna manufacturer. Not only is this a specialized field, but a large manufacturer could, because of his large volume, deliver a sauna room for less money than the club could build themselves.

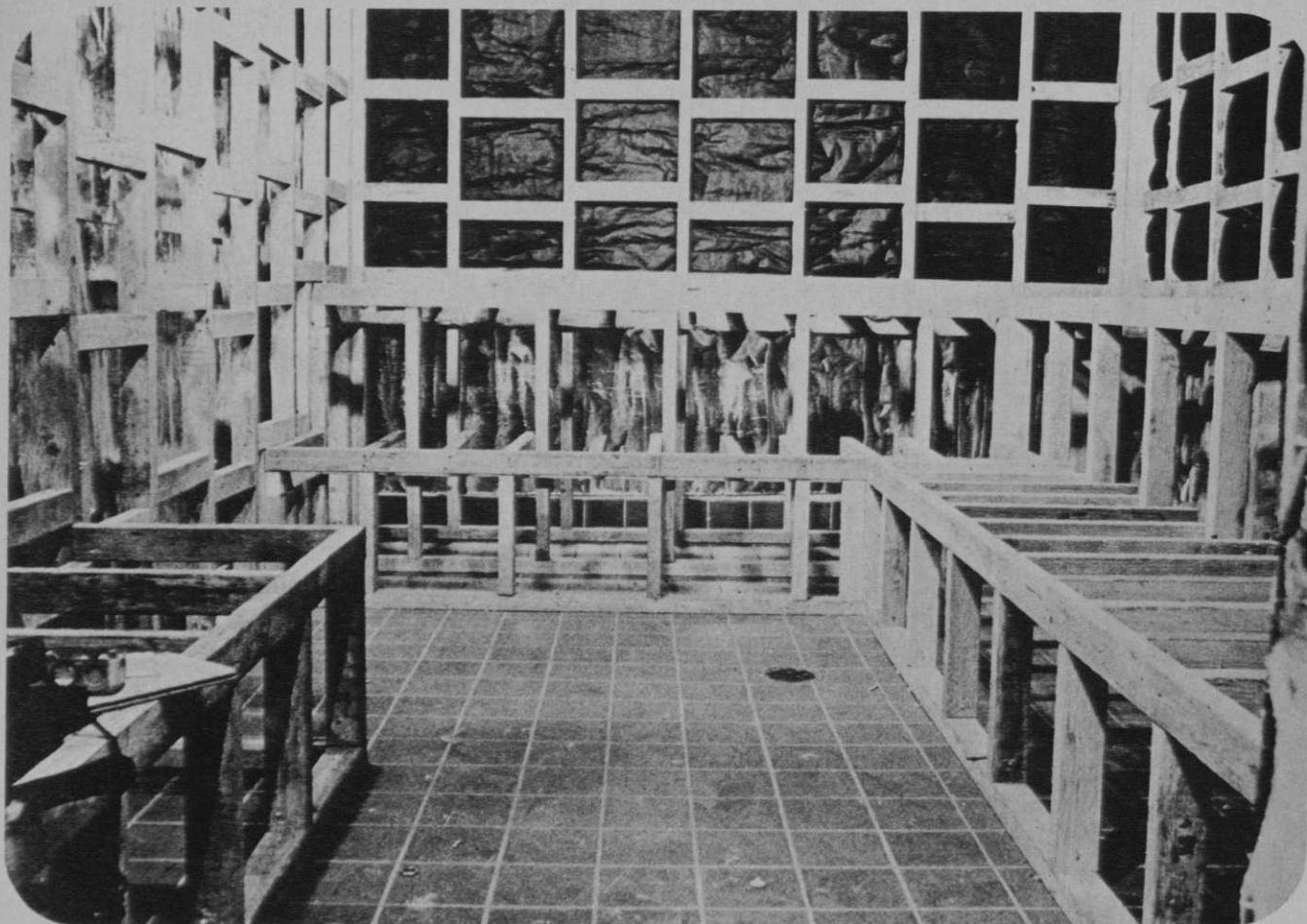
An 8 by 10 by 7 foot sauna delivered and installed should not exceed \$3,000. As an example, MacLevy's retail price for an 8-foot by 10-foot by 7-foot redwood sauna room is \$2,370. A sauna heater to heat a room this size would run about \$600, complete with igneous rocks, controls and thermostat.

Understandably, including sauna facilities in the blueprint of a proposed clubhouse will prove less costly than adding a sauna room to an existing structure.

A leading sauna company pre-

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SAUNA *Continued*



dicts that saunas will shortly be an integral part of almost every golf club. Already, about 10 per cent of the public clubs and 25 per cent of the private clubs have saunas, according to this manufacturer.

Particularly clubs in the northern regions, which want to maintain the club as a basis of community activity by adding some form of health club facilities for both male and female members, are finding that the sauna is the answer. And the clubs which now offer sauna services report no regrets for having installed a facility that rates high with their membership. □

Dr. Simko, a Bridgeport podiatrist, is the former editor of the Podiatry Paragraph and is a regular contributor to professional journals and national magazines. His first novel, "Mila Nadaya," was recently published.

Custom-made sauna, above, is insulated with fiberglass, has aluminum foil reflective facing (Baths International).

Sauna manufacturers

Am-Finn Sauna

Haddon Ave. and Line St.
Camden, N.J. 08103

Aire-Lite Industries, Inc.

5048 E. 11th Ave.
Hialeah, Fla. 33010

Apextro Products Company

1770-72 Workman
Los Angeles, Calif.

Baths International

101 Park Ave.
New York, N.Y. 10017

Cascade Industries

Talmadge Rd.
Edison, N.J. 08817

Cecil Ellis Sauna Corp.

20 W. 58th St.
New York, N.Y. 10019

Continental Modules Corp.

301-T Rte. 10
Whippany, N.J. 07981

Green Hammer Metal Products

P.O. Box 113-T
Harrison, N.J. 07029

MacLevy Products Corp.

316 Fifth Ave.
New York, N.Y. 10001

Normandy Products Company

Butler & 40th
Pittsburgh, Pa.

North American Sauna Corp.

475 Northern Blvd.
Great Neck, N.Y.

Sauna Buffalo

Div. of Arrow Tank Co., Inc.
20 Barnett
Buffalo, N.Y.

Viking Sauna

909 Park Ave.
San Jose, Calif. 95126