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DESIGN/BUILD REVIEW

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Warmth and relaxation are on their way. We're not referring to spring or even spring break. We're talking about indoor, home saunas -- your own private spa. Add a steam shower, sound system, and yoga mat to complete your in-home wellness retreat. Sauna cost, design and complexity vary but this traditional form of relaxation can be made to fit into almost everyone's budget and space!

DREAM ABOUT IT : HOME SAUNA

Turn Up the Heat with an Indoor Home Sauna



The term "sauna" today is synonymous with "luxury" - an indulgence offered at the finest spas or maintained, most believe, by the select few who really can afford to pamper themselves.

Historically, however, the sauna is known as the "[poor man's apothecary](#)" - used over the centuries for "heat bathing" by Finnish farmers after a day's hard work. That is, until the late 18th century when industrialization exploded across Europe and the sauna was all but lost amid the middle class penchant for modernity and what we know today as the "shower."



Indoor saunas now are being rediscovered for their health and wellness benefits; they are credited with promoting:

- Stress relief
- Muscle relaxation
- Skin cleansing
- Toxin release
- Weight loss
- Immune system strength
- Sleep readiness

Saunas can be built to accommodate almost any space, requiring as little as 16 square feet (smaller than a walk-in closet). Most saunas have specialized, but relatively simple, electrical, venting, and flooring





requirements. Heating is accomplished by one of three different sources: electric, [far-infrared](#), and infra (a combination of electric and far-infrared). The far-infrared heat uses infrared radiation to heat the skin instead of the air. (Wood is used only to heat outdoor saunas.)

Indoor sauna prices range from \$700 for a single person, do-it-yourself, pre-fab kit to \$35,000 for the latest multi-person, [Duravit Inipi sauna](#) (uninstalled). Price varies with size, wood species/quality, equipment choice, lighting options, and the level of customization. (Customization options now include everything from color light therapy and entertainment centers to aromatherapy and steam room add ons!) One of our favorite sauna models is the multi-person, FSC-certified spruce unit from [Finnleo](#) which can be

purchased for under \$5,000 (plus installation).



Operating costs for all saunas are minimal and depend on average kilowatt hour rates, the kilowatt rating of the heater installed, and how much the sauna is used.

Why not convert an unused walk-in closet into a state-of-the-art sauna? Or incorporate a sauna into your master suite or workout studio remodel? No need to spend much or travel far when luxury can be had at home!

[Contact us](#) when you're ready to add a wellness retreat to your home.

IN THE NEWS : DIGIACOMO HOMES WINS REMODELING AWARDS

DiGiacomo Homes Wins "Contractor of the Year" Awards



NARI President with Rocky DiGiacomo



DiGiacomo Homes & Renovation was honored last November with two Contractor of the Year (COTY) awards: one in the "[Best Kitchen \\$60K-\\$75K](#)" category and another in the "[Best Historical Renovation](#)" category.

COTY awards are issued by the National Association of the Remodeling Industry. They are designed to recognize excellence in aesthetics, functionality, superior craftsmanship, use of innovative construction materials and techniques, and the meeting of client needs. Award entries are judged by a team of architects, interior designers and other remodelers.

DiGiacomo Homes & Renovation has been awarded [11 COTY awards](#) over the past five years in categories that include: Best Sustainable Remodel, Best Exterior Remodel, Best Whole House Remodel, Best Kitchen Remodel, and Best in Show.

CONTACT US



DiGiacomo Homes & Renovation, Inc. is an award winning, husband and wife, design-build firm that is honored to bring timeless beauty, value and sustainability to neighborhoods throughout the Twin Cities. For more than 20 years we have been invited by clients to remodel existing homes and to build new in beloved neighborhoods in Minneapolis, St. Paul, Golden Valley, Minnetonka, and Excelsior. **Our services include** site evaluation, architectural design, interior design, energy planning, and construction. As always, [contact us](#) with questions or to begin collaborating on the home you want in a neighborhood you love!

Sincerely,

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