

THE NORDEN SOUL PROCESS

From Raw Timber to Finished Suite.

A plain-language look at how every VILDEN sauna is
engineered, vetted, and tested before it reaches your door.

How It's Made

A STEP-BY-STEP GUIDE TO OUR SOURCING & QUALITY PROCESS

Every VILDEN suite is sourced from established manufacturers and rigorously vetted before it reaches your door. This guide walks through what that actually involves — from the wood standards we require to the final quality check before your suite ships — written so you know exactly what you're bringing into your home or business.

STEP 1 Sourcing the Wood

We work with manufacturers who build primarily with Canadian hemlock and Western red cedar, two species chosen for how they perform inside a hot, humid sauna environment: they resist warping, they don't leach sap or resin when heated, and they naturally resist rot and mildew. The wood is sustainably sourced, and every board must pass visual inspection before it's approved for use — boards with knots, cracks, or inconsistent grain are set aside and never make it into a finished suite.

STEP 2 Kiln-Drying

Fresh-cut wood holds moisture, and moisture is the enemy of a sauna — it's what causes panels to warp, crack, or split once they're exposed to repeated heating and cooling cycles. Before any cutting begins, the lumber is kiln-dried to bring its moisture content down to a stable, controlled level. This single step is one of the biggest reasons a well-built sauna lasts for years instead of developing gaps and cracks within its first season of use.

STEP 3 Cutting & Precision Joinery

Once dried, boards are cut to the exact dimensions of your suite and shaped using tongue-and-groove joinery — the same interlocking method used in traditional Finnish sauna construction. This lets panels expand and contract slightly with heat and humidity without opening gaps between boards, which keeps heat inside the cabin instead of leaking out through the walls.

STEP 4 Insulation & Wall Assembly

Each wall panel is built up in layers: an inner layer of kiln-dried wood, a vapor barrier to stop moisture from migrating into the wall cavity, an insulation layer to keep heat where it belongs, and an outer layer for structural rigidity. This layered approach is what allows a VILDEN suite to reach and hold temperature efficiently, instead of losing heat through the walls the way a simple wood box would.

STEP 5 Installing the Heating System

Depending on your model, your suite is fitted with either a traditional sauna heater or carbon infrared heating panels. Every heater and every panel is installed and checked against low-EMF (electromagnetic field) safety standards before it's approved — meaning the heating system is tested to confirm it doesn't emit the field levels found in lower-quality units. This is one of the requirements we don't compromise on when vetting a manufacturer, because it directly affects how safe the suite is to sit in for 20–40 minutes at a time.

In plain terms: EMF testing confirms the electrical components inside your sauna are shielded properly, so you get the heat without unwanted electromagnetic exposure.

STEP 6 Glass, Door & Hardware Fitting

Tempered glass panels and doors are fitted next. Tempered glass is used specifically because it's built to handle repeated temperature swings without cracking, and because if it ever were to break, it fractures into small, blunt pieces rather than sharp shards. Door seals, hinges, and handles are fitted and tested to make sure the door closes cleanly and holds heat inside the cabin.

STEP 7 Sanding & Finishing

Every interior surface is sanded smooth — there are no sharp edges or rough spots left on a bench, backrest, or wall panel a person will actually touch. Where a finish is used, only food-safe, heat-safe products are applied; sauna wood is never treated with standard household stains or varnishes, which can off-gas when heated. Most surfaces are left with a natural finish so the wood can breathe the way it's meant to.

STEP 8 Full Assembly & Quality Control

Before anything ships, every suite is fully assembled at the manufacturing facility — not just test-fitted. This includes checking that every panel seats correctly, the door seals properly, the heater or infrared panels power on and reach temperature as expected, and there are no gaps, loose fasteners, or finish defects. Only after it passes this full walkthrough is a suite approved to be broken down for shipping. This is exactly the kind of standard we vet for before we'll carry a manufacturer's product at all.

STEP 9 Packaging & Freight Delivery

Each panel and component is individually padded and crated to prevent movement and damage in transit. From there, your suite is handed off for freight coordination, with tracking provided from the moment it leaves the factory until it reaches your curbside or driveway — delivery is drop-off only, so have a plan for moving panels inside once it arrives.

Real Manufacturing, Not Warehouse Pick-and-Pack

Because every kit goes through this full manufacturing and vetting process rather than being pulled from a generic warehouse stock, lead times reflect real production and quality control — not a quick pick-and-pack. We think that's a fair trade: a longer wait for a sauna that's vetted and quality-checked at every stage, instead of a shorter wait for one that isn't.

Questions about your specific model's build, materials, or install requirements? Reach out any time through our [Contact page](#) — we're glad to walk through it with you.