

The Home Sauna & Cold Plunge Buyer's Checklist

27 questions · the ones that cost money when skipped · updated August 2026

SaunaClear
saunaclear.com

Print this and take it to the buying decision. Every question here exists because skipping it costs someone real money — in freight claims, electrical surprises, or a warranty that excludes the part that broke.

1 Electrical & siting (the expensive surprises)

- ☐ What exact voltage and breaker size does the installation manual (not the ad) require?
- ☐ Does my panel have two adjacent free slots for a double-pole breaker?
- ☐ What did a licensed electrician quote for the run — measured on site, not by phone?
- ☐ If outdoor: who digs and fills the trench, and is conduit included in the quote?
- ☐ Does my municipality require an electrical permit? A site/structure permit?
- ☐ Is the surface level, drained, and rated for the filled weight (plunges: 700–900+ lb)?
- ☐ Outdoor sauna: what's the snow/wind rating, and does the roof kit cost extra?
- ☐ Result from the electrical checker recorded?

2 Company diligence (10 minutes that save \$5,000)

- ☐ Reverse-image search: does this exact unit sell under other brand names? At what price?
- ☐ How old is the company (domain age + state registration), and is it older than its warranty?
- ☐ Physical address and working phone number confirmed by calling?
- ☐ UL/ETL listing numbers for heater/chiller/controller provided on request?
- ☐ What exactly does the warranty exclude — and are heater/chiller/controller covered?
- ☐ Who pays return freight, and what's the restocking fee, in writing?
- ☐ Full run of the red-flag screen passed?

3 True cost (the number brands never total)

- ☐ Unit price — screenshot taken, "sale ends" claim checked a week later?
- ☐ Freight to my address, curbside vs threshold vs set-in-place?
- ☐ Electrical quote (from #3) added to the total?
- ☐ Permits added?
- ☐ Operating cost at MY kWh rate — 5-year calculator run?
- ☐ Water treatment / filter / wood care consumables per year?
- ☐ Total 5-year figure written down next to the competing unit's figure?

4 Fit & life (the regret preventers)

- ☐ Have I actually sat in this type of sauna (gym, spa, showroom) — not just watched reviews?
- ☐ Cold plunge: have I done 30 consecutive days of cold showers to prove I'll use it?
- ☐ Health check: any cardiovascular condition or pregnancy → physician consulted first?
- ☐ Household check: who else will use it, and does the capacity actually fit them?
- ☐ Delivery day plan: gate widths measured, path clear, helpers or crane arranged?

How to use it: anything unchecked before you pay is an open risk, not a detail. Run your own numbers with the free True-Cost Calculator and Electrical Checker at saunaclear.com/tools.

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Cold-water immersion and heat exposure aren't for everyone — cardiovascular conditions or pregnancy warrant a physician's OK first.