

## Finnmark Limited



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[www.finnmarksauna.com](http://www.finnmarksauna.com)

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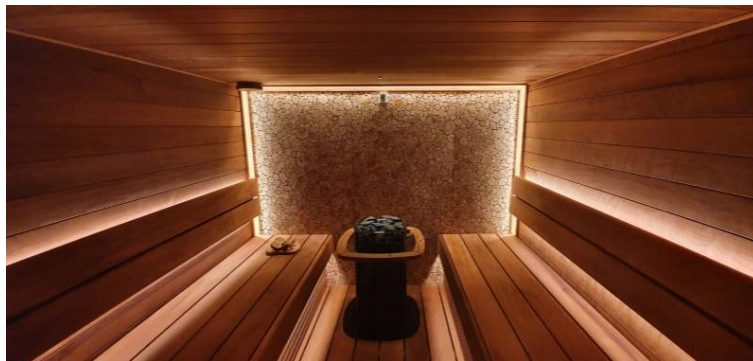
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### CPD Overview

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Finnmark Sauna is the home of the finest quality Finnish-made, Finnish-designed sauna equipment in the UK. We specialise in authentic Finnish sauna installations, sauna cabins, wood burning and electric sauna heaters, as well as sauna parts and accessories.

We supply everything you need to make that dream sauna a reality; whether it's just equipment you need or if you need a full installation quotation, let us know your requirements and we will happily adapt to your specific needs.



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## Available CPD Material (1)

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Multiple formats

### How to specify a sauna

An educational guide on how to build and use a sauna properly, to show how to get the most from a Finnish sauna, and finally to publicise the wide range of health benefits frequent sauna use brings. By the end of the CPD you should have a greater understanding of:

- How to specify a functional and enjoyable sauna
- The importance of correct ventilation and insulation
- The importance of bench heights and layout
- How to use sauna correctly for health and wellbeing
- The maintenance requirements of a sauna and it's equipment

Material type: Online Learning, Seminar

RIBA Core Curriculum: **Design, construction and technology**

Knowledge level: General Awareness

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## Classifications

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### Subject/Product Areas (CI/SfB)

Fittings

Sanitary and bathroom fittings > Saunas, solariums and steam rooms

### RIBA Core Curriculum areas

Design, construction and technology

Knowledge level: *General Awareness*