

Rob Licht is a native to the Ithaca area. He began building saunas with Regis Carver as Lämpimämpi Sauna Builders in 1996. Rob is also a sculptor and has twenty-five years experience building things with his hands.



Call today

for prices or to make an appointment to check out my model Sauna or to find out more about the sauna experience.

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SAUNA

a Finnish tradition

custom designed and built
by
Rob Licht



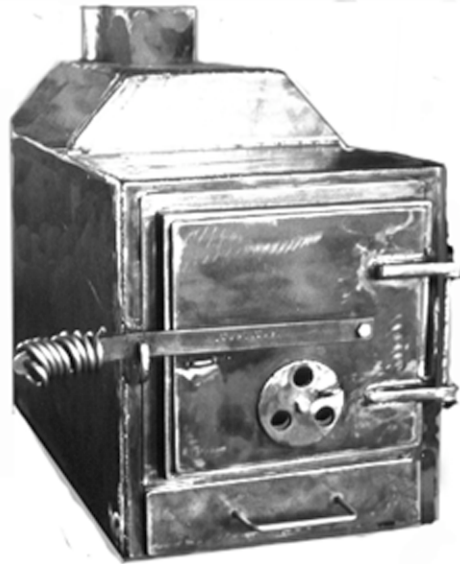
Maker of the
Lämpimämpi
wood fired sauna stove

Here in the heart of the Fingerlakes my friends and I have been enjoying saunas for most of our lives. Taking after some of the many Finns who settled in this area, we made the sauna a way of life. We enjoy the sauna so much that we feel that life would not be complete without it. When we sauna in the winter we enjoy the exhilaration of rolling in the snow or plunging into the icy creek. When we sauna in the summer after a hard day of work or play our bodies become refreshed.

Not only does a Sauna make you feel good but it is good for your heart and circulation, good for your skin and good for the spirit.

Sauna is very popular in places like Finland and is becoming increasingly so elsewhere as more and more people discover the benefits of the sauna. We feel that more people should be able to enjoy this tradition.

With my experience in saunas, carpentry, welding and art I decided I should be building saunas so that others may enjoy the sauna experience. I am committed to building quality saunas and to helping others learn about the sauna experience.



the stove

I will custom design and build a sauna to suit your needs and budget. Prices start around \$7000 for a stand-alone sauna. The basic design is modeled after the traditional Finnish sauna. Each sauna includes:

- Ample dressing room (from which the stove is fed) with bench and towel hooks.
- Sauna room with two-tiered benches which seats 6 or more people.
- Northern white cedar interior walls, ceiling, benches and trim.
- Locally milled pine board and batten exterior siding.
- Custom made wood-fired heater with hot water tank for heat dispersion

and bathing. (electric units available)

- Special sauna rocks (for pouring water over to create steam).

Each sauna is individually crafted and designed to suit your needs. I can even integrate a sauna into an existing building.

I can help you with your own sauna building project if you just need design and construction consultation,

I also custom make and sell **Lämpimämpi Sauna Stoves** for people who want to build their own saunas or replace an existing stove.



the sauna benches