

Global Sauna and Steam Room Market Growth 2025-2031

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Abstracts

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The global Sauna and Steam Room market size is predicted to grow from US\$ 299 million in 2025 to US\$ 366 million in 2031; it is expected to grow at a CAGR of 3.4% from 2025 to 2031.

Sauna and Steam Room is also called a steam room, which originated in Finland. It includes a dry steam room and a wet steam room, but people usually say that the sauna room is a dry steam room, and the steam room is a wet steam room. Traditional saunas use burning mineral stones and splashing water on them to generate steam, while modern saunas use far-infrared and negative ions to achieve the effect of saunas. Sauna rooms have various effects such as weight loss, detoxification, and rheumatism, which are very popular among consumers.

The Sauna and Steam Room market is expected to continue growing as more individuals recognize the importance of relaxation, wellness, and self-care. Technological advancements have led to the development of innovative sauna and steam room designs that offer efficient heating, energy-saving features, and customizable options. The market also benefits from increased awareness of the health benefits associated with sauna and steam room usage.

LP Information, Inc. (LPI) ' newest research report, the "Sauna and Steam Room Industry Forecast" looks at past sales and reviews total world Sauna and Steam Room sales in 2024, providing a comprehensive analysis by region and market sector of projected Sauna and Steam Room sales for 2025 through 2031. With Sauna and Steam Room sales broken down by region, market sector and sub-sector, this report provides

a detailed analysis in US\$ millions of the world Sauna and Steam Room industry.

This Insight Report provides a comprehensive analysis of the global Sauna and Steam Room landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyzes the strategies of leading global companies with a focus on Sauna and Steam Room portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Sauna and Steam Room market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Sauna and Steam Room and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Sauna and Steam Room.

This report presents a comprehensive overview, market shares, and growth opportunities of Sauna and Steam Room market by product type, application, key manufacturers and key regions and countries.

Segmentation by Type:

Traditional Steam Room

Infrared Steam Room

Segmentation by Application:

Residential

Commercial

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analysing the company's coverage, product portfolio, its market penetration.

Tyl?Helo

HELO GROUP

Amerec

SAWO

Harvia

Finnleo

Hydro Plus

KLAFS

Steam and Sauna Experts

Oceanic Saunas

Am-Finn

Nordic

Dalesauna

Scandia

The Sauna and Steam Center

Anapos

SONIC

WAJA Sauna

Sauna360

Zhejiang HealthyStar Technology

Key Questions Addressed in this Report

What is the 10-year outlook for the global Sauna and Steam Room market?

What factors are driving Sauna and Steam Room market growth, globally and by region?

Which technologies are poised for the fastest growth by market and region?

How do Sauna and Steam Room market opportunities vary by end market size?

How does Sauna and Steam Room break out by Type, by Application?

Contents

1 SCOPE OF THE REPORT

- 1.1 Market Introduction
- 1.2 Years Considered
- 1.3 Research Objectives
- 1.4 Market Research Methodology
- 1.5 Research Process and Data Source
- 1.6 Economic Indicators
- 1.7 Currency Considered
- 1.8 Market Estimation Caveats

2 EXECUTIVE SUMMARY

- 2.1 World Market Overview
 - 2.1.1 Global Sauna and Steam Room Annual Sales 2020-2031
 - 2.1.2 World Current & Future Analysis for Sauna and Steam Room by Geographic Region, 2020, 2024 & 2031
 - 2.1.3 World Current & Future Analysis for Sauna and Steam Room by Country/Region, 2020, 2024 & 2031
- 2.2 Sauna and Steam Room Segment by Type
 - 2.2.1 Traditional Steam Room
 - 2.2.2 Infrared Steam Room
- 2.3 Sauna and Steam Room Sales by Type
 - 2.3.1 Global Sauna and Steam Room Sales Market Share by Type (2020-2025)
 - 2.3.2 Global Sauna and Steam Room Revenue and Market Share by Type (2020-2025)
 - 2.3.3 Global Sauna and Steam Room Sale Price by Type (2020-2025)
- 2.4 Sauna and Steam Room Segment by Application
 - 2.4.1 Residential
 - 2.4.2 Commercial
- 2.5 Sauna and Steam Room Sales by Application
 - 2.5.1 Global Sauna and Steam Room Sale Market Share by Application (2020-2025)
 - 2.5.2 Global Sauna and Steam Room Revenue and Market Share by Application (2020-2025)
 - 2.5.3 Global Sauna and Steam Room Sale Price by Application (2020-2025)

3 GLOBAL BY COMPANY

- 3.1 Global Sauna and Steam Room Breakdown Data by Company
 - 3.1.1 Global Sauna and Steam Room Annual Sales by Company (2020-2025)
 - 3.1.2 Global Sauna and Steam Room Sales Market Share by Company (2020-2025)
- 3.2 Global Sauna and Steam Room Annual Revenue by Company (2020-2025)
 - 3.2.1 Global Sauna and Steam Room Revenue by Company (2020-2025)
 - 3.2.2 Global Sauna and Steam Room Revenue Market Share by Company (2020-2025)
- 3.3 Global Sauna and Steam Room Sale Price by Company
- 3.4 Key Manufacturers Sauna and Steam Room Producing Area Distribution, Sales Area, Product Type
 - 3.4.1 Key Manufacturers Sauna and Steam Room Product Location Distribution
 - 3.4.2 Players Sauna and Steam Room Products Offered
- 3.5 Market Concentration Rate Analysis
 - 3.5.1 Competition Landscape Analysis
 - 3.5.2 Concentration Ratio (CR3, CR5 and CR10) & (2023-2025)
- 3.6 New Products and Potential Entrants
- 3.7 Market M&A Activity & Strategy

4 WORLD HISTORIC REVIEW FOR SAUNA AND STEAM ROOM BY GEOGRAPHIC REGION

- 4.1 World Historic Sauna and Steam Room Market Size by Geographic Region (2020-2025)
 - 4.1.1 Global Sauna and Steam Room Annual Sales by Geographic Region (2020-2025)
 - 4.1.2 Global Sauna and Steam Room Annual Revenue by Geographic Region (2020-2025)
- 4.2 World Historic Sauna and Steam Room Market Size by Country/Region (2020-2025)
 - 4.2.1 Global Sauna and Steam Room Annual Sales by Country/Region (2020-2025)
 - 4.2.2 Global Sauna and Steam Room Annual Revenue by Country/Region (2020-2025)
- 4.3 Americas Sauna and Steam Room Sales Growth
- 4.4 APAC Sauna and Steam Room Sales Growth
- 4.5 Europe Sauna and Steam Room Sales Growth
- 4.6 Middle East & Africa Sauna and Steam Room Sales Growth

5 AMERICAS

5.1 Americas Sauna and Steam Room Sales by Country

5.1.1 Americas Sauna and Steam Room Sales by Country (2020-2025)

5.1.2 Americas Sauna and Steam Room Revenue by Country (2020-2025)

5.2 Americas Sauna and Steam Room Sales by Type (2020-2025)

5.3 Americas Sauna and Steam Room Sales by Application (2020-2025)

5.4 United States

5.5 Canada

5.6 Mexico

5.7 Brazil

6 APAC

6.1 APAC Sauna and Steam Room Sales by Region

6.1.1 APAC Sauna and Steam Room Sales by Region (2020-2025)

6.1.2 APAC Sauna and Steam Room Revenue by Region (2020-2025)

6.2 APAC Sauna and Steam Room Sales by Type (2020-2025)

6.3 APAC Sauna and Steam Room Sales by Application (2020-2025)

6.4 China

6.5 Japan

6.6 South Korea

6.7 Southeast Asia

6.8 India

6.9 Australia

6.10 China Taiwan

7 EUROPE

7.1 Europe Sauna and Steam Room by Country

7.1.1 Europe Sauna and Steam Room Sales by Country (2020-2025)

7.1.2 Europe Sauna and Steam Room Revenue by Country (2020-2025)

7.2 Europe Sauna and Steam Room Sales by Type (2020-2025)

7.3 Europe Sauna and Steam Room Sales by Application (2020-2025)

7.4 Germany

7.5 France

7.6 UK

7.7 Italy

7.8 Russia

8 MIDDLE EAST & AFRICA

8.1 Middle East & Africa Sauna and Steam Room by Country

8.1.1 Middle East & Africa Sauna and Steam Room Sales by Country (2020-2025)

8.1.2 Middle East & Africa Sauna and Steam Room Revenue by Country (2020-2025)

8.2 Middle East & Africa Sauna and Steam Room Sales by Type (2020-2025)

8.3 Middle East & Africa Sauna and Steam Room Sales by Application (2020-2025)

8.4 Egypt

8.5 South Africa

8.6 Israel

8.7 Turkey

8.8 GCC Countries

9 MARKET DRIVERS, CHALLENGES AND TRENDS

9.1 Market Drivers & Growth Opportunities

9.2 Market Challenges & Risks

9.3 Industry Trends

10 MANUFACTURING COST STRUCTURE ANALYSIS

10.1 Raw Material and Suppliers

10.2 Manufacturing Cost Structure Analysis of Sauna and Steam Room

10.3 Manufacturing Process Analysis of Sauna and Steam Room

10.4 Industry Chain Structure of Sauna and Steam Room

11 MARKETING, DISTRIBUTORS AND CUSTOMER

11.1 Sales Channel

11.1.1 Direct Channels

11.1.2 Indirect Channels

11.2 Sauna and Steam Room Distributors

11.3 Sauna and Steam Room Customer

12 WORLD FORECAST REVIEW FOR SAUNA AND STEAM ROOM BY GEOGRAPHIC REGION

12.1 Global Sauna and Steam Room Market Size Forecast by Region

12.1.1 Global Sauna and Steam Room Forecast by Region (2026-2031)

12.1.2 Global Sauna and Steam Room Annual Revenue Forecast by Region

(2026-2031)

12.2 Americas Forecast by Country (2026-2031)

12.3 APAC Forecast by Region (2026-2031)

12.4 Europe Forecast by Country (2026-2031)

12.5 Middle East & Africa Forecast by Country (2026-2031)

12.6 Global Sauna and Steam Room Forecast by Type (2026-2031)

12.7 Global Sauna and Steam Room Forecast by Application (2026-2031)

13 KEY PLAYERS ANALYSIS

13.1 Tyl?Helo

13.1.1 Tyl?Helo Company Information

13.1.2 Tyl?Helo Sauna and Steam Room Product Portfolios and Specifications

13.1.3 Tyl?Helo Sauna and Steam Room Sales, Revenue, Price and Gross Margin

(2020-2025)

13.1.4 Tyl?Helo Main Business Overview

13.1.5 Tyl?Helo Latest Developments

13.2 HELO GROUP

13.2.1 HELO GROUP Company Information

13.2.2 HELO GROUP Sauna and Steam Room Product Portfolios and Specifications

13.2.3 HELO GROUP Sauna and Steam Room Sales, Revenue, Price and Gross

Margin (2020-2025)

13.2.4 HELO GROUP Main Business Overview

13.2.5 HELO GROUP Latest Developments

13.3 Amerec

13.3.1 Amerec Company Information

13.3.2 Amerec Sauna and Steam Room Product Portfolios and Specifications

13.3.3 Amerec Sauna and Steam Room Sales, Revenue, Price and Gross Margin

(2020-2025)

13.3.4 Amerec Main Business Overview

13.3.5 Amerec Latest Developments

13.4 SAWO

13.4.1 SAWO Company Information

13.4.2 SAWO Sauna and Steam Room Product Portfolios and Specifications

13.4.3 SAWO Sauna and Steam Room Sales, Revenue, Price and Gross Margin

(2020-2025)

13.4.4 SAWO Main Business Overview

13.4.5 SAWO Latest Developments

13.5 Harvia

- 13.5.1 Harvia Company Information
- 13.5.2 Harvia Sauna and Steam Room Product Portfolios and Specifications
- 13.5.3 Harvia Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)
- 13.5.4 Harvia Main Business Overview
- 13.5.5 Harvia Latest Developments
- 13.6 Finnleo
 - 13.6.1 Finnleo Company Information
 - 13.6.2 Finnleo Sauna and Steam Room Product Portfolios and Specifications
 - 13.6.3 Finnleo Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)
 - 13.6.4 Finnleo Main Business Overview
 - 13.6.5 Finnleo Latest Developments
- 13.7 Hydro Plus
 - 13.7.1 Hydro Plus Company Information
 - 13.7.2 Hydro Plus Sauna and Steam Room Product Portfolios and Specifications
 - 13.7.3 Hydro Plus Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)
 - 13.7.4 Hydro Plus Main Business Overview
 - 13.7.5 Hydro Plus Latest Developments
- 13.8 KLAFS
 - 13.8.1 KLAFS Company Information
 - 13.8.2 KLAFS Sauna and Steam Room Product Portfolios and Specifications
 - 13.8.3 KLAFS Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)
 - 13.8.4 KLAFS Main Business Overview
 - 13.8.5 KLAFS Latest Developments
- 13.9 Steam and Sauna Experts
 - 13.9.1 Steam and Sauna Experts Company Information
 - 13.9.2 Steam and Sauna Experts Sauna and Steam Room Product Portfolios and Specifications
 - 13.9.3 Steam and Sauna Experts Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)
 - 13.9.4 Steam and Sauna Experts Main Business Overview
 - 13.9.5 Steam and Sauna Experts Latest Developments
- 13.10 Oceanic Saunas
 - 13.10.1 Oceanic Saunas Company Information
 - 13.10.2 Oceanic Saunas Sauna and Steam Room Product Portfolios and Specifications

13.10.3 Oceanic Saunas Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.10.4 Oceanic Saunas Main Business Overview

13.10.5 Oceanic Saunas Latest Developments

13.11 Am-Finn

13.11.1 Am-Finn Company Information

13.11.2 Am-Finn Sauna and Steam Room Product Portfolios and Specifications

13.11.3 Am-Finn Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.11.4 Am-Finn Main Business Overview

13.11.5 Am-Finn Latest Developments

13.12 Nordic

13.12.1 Nordic Company Information

13.12.2 Nordic Sauna and Steam Room Product Portfolios and Specifications

13.12.3 Nordic Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.12.4 Nordic Main Business Overview

13.12.5 Nordic Latest Developments

13.13 Dalesauna

13.13.1 Dalesauna Company Information

13.13.2 Dalesauna Sauna and Steam Room Product Portfolios and Specifications

13.13.3 Dalesauna Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.13.4 Dalesauna Main Business Overview

13.13.5 Dalesauna Latest Developments

13.14 Scandia

13.14.1 Scandia Company Information

13.14.2 Scandia Sauna and Steam Room Product Portfolios and Specifications

13.14.3 Scandia Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.14.4 Scandia Main Business Overview

13.14.5 Scandia Latest Developments

13.15 The Sauna and Steam Center

13.15.1 The Sauna and Steam Center Company Information

13.15.2 The Sauna and Steam Center Sauna and Steam Room Product Portfolios and Specifications

13.15.3 The Sauna and Steam Center Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.15.4 The Sauna and Steam Center Main Business Overview

13.15.5 The Sauna and Steam Center Latest Developments

13.16 Anapos

13.16.1 Anapos Company Information

13.16.2 Anapos Sauna and Steam Room Product Portfolios and Specifications

13.16.3 Anapos Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.16.4 Anapos Main Business Overview

13.16.5 Anapos Latest Developments

13.17 SONIC

13.17.1 SONIC Company Information

13.17.2 SONIC Sauna and Steam Room Product Portfolios and Specifications

13.17.3 SONIC Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.17.4 SONIC Main Business Overview

13.17.5 SONIC Latest Developments

13.18 WAJA Sauna

13.18.1 WAJA Sauna Company Information

13.18.2 WAJA Sauna Sauna and Steam Room Product Portfolios and Specifications

13.18.3 WAJA Sauna Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.18.4 WAJA Sauna Main Business Overview

13.18.5 WAJA Sauna Latest Developments

13.19 Sauna360

13.19.1 Sauna360 Company Information

13.19.2 Sauna360 Sauna and Steam Room Product Portfolios and Specifications

13.19.3 Sauna360 Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.19.4 Sauna360 Main Business Overview

13.19.5 Sauna360 Latest Developments

13.20 Zhejiang HealthyStar Technology

13.20.1 Zhejiang HealthyStar Technology Company Information

13.20.2 Zhejiang HealthyStar Technology Sauna and Steam Room Product Portfolios and Specifications

13.20.3 Zhejiang HealthyStar Technology Sauna and Steam Room Sales, Revenue, Price and Gross Margin (2020-2025)

13.20.4 Zhejiang HealthyStar Technology Main Business Overview

13.20.5 Zhejiang HealthyStar Technology Latest Developments

14 RESEARCH FINDINGS AND CONCLUSION

LIST OF TABLES

Table 1. Sauna and Steam Room Annual Sales CAGR by Geographic Region (2020, 2024 & 2031) & (\$ millions)

Table 2. Sauna and Steam Room Annual Sales CAGR by Country/Region (2020, 2024 & 2031) & (\$ millions)

Table 3. Major Players of Traditional Steam Room

Table 4. Major Players of Infrared Steam Room

Table 5. Global Sauna and Steam Room Sales by Type (2020-2025) & (K Units)

Table 6. Global Sauna and Steam Room Sales Market Share by Type (2020-2025)

Table 7. Global Sauna and Steam Room Revenue by Type (2020-2025) & (\$ million)

Table 8. Global Sauna and Steam Room Revenue Market Share by Type (2020-2025)

Table 9. Global Sauna and Steam Room Sale Price by Type (2020-2025) & (US\$/Unit)

Table 10. Global Sauna and Steam Room Sale by Application (2020-2025) & (K Units)

Table 11. Global Sauna and Steam Room Sale Market Share by Application (2020-2025)

Table 12. Global Sauna and Steam Room Revenue by Application (2020-2025) & (\$ million)

Table 13. Global Sauna and Steam Room Revenue Market Share by Application (2020-2025)

Table 14. Global Sauna and Steam Room Sale Price by Application (2020-2025) & (US\$/Unit)

Table 15. Global Sauna and Steam Room Sales by Company (2020-2025) & (K Units)

Table 16. Global Sauna and Steam Room Sales Market Share by Company (2020-2025)

Table 17. Global Sauna and Steam Room Revenue by Company (2020-2025) & (\$ millions)

Table 18. Global Sauna and Steam Room Revenue Market Share by Company (2020-2025)

Table 19. Global Sauna and Steam Room Sale Price by Company (2020-2025) & (US\$/Unit)

Table 20. Key Manufacturers Sauna and Steam Room Producing Area Distribution and Sales Area

Table 21. Players Sauna and Steam Room Products Offered

Table 22. Sauna and Steam Room Concentration Ratio (CR3, CR5 and CR10) & (2023-2025)

Table 23. New Products and Potential Entrants

Table 24. Market M&A Activity & Strategy

Table 25. Global Sauna and Steam Room Sales by Geographic Region (2020-2025) & (K Units)

Table 26. Global Sauna and Steam Room Sales Market Share Geographic Region (2020-2025)

Table 27. Global Sauna and Steam Room Revenue by Geographic Region (2020-2025) & (\$ millions)

Table 28. Global Sauna and Steam Room Revenue Market Share by Geographic Region (2020-2025)

Table 29. Global Sauna and Steam Room Sales by Country/Region (2020-2025) & (K Units)

Table 30. Global Sauna and Steam Room Sales Market Share by Country/Region (2020-2025)

Table 31. Global Sauna and Steam Room Revenue by Country/Region (2020-2025) & (\$ millions)

Table 32. Global Sauna and Steam Room Revenue Market Share by Country/Region (2020-2025)

Table 33. Americas Sauna and Steam Room Sales by Country (2020-2025) & (K Units)

Table 34. Americas Sauna and Steam Room Sales Market Share by Country (2020-2025)

Table 35. Americas Sauna and Steam Room Revenue by Country (2020-2025) & (\$ millions)

Table 36. Americas Sauna and Steam Room Sales byType (2020-2025) & (K Units)

Table 37. Americas Sauna and Steam Room Sales by Application (2020-2025) & (K Units)

Table 38. APAC Sauna and Steam Room Sales by Region (2020-2025) & (K Units)

Table 39. APAC Sauna and Steam Room Sales Market Share by Region (2020-2025)

Table 40. APAC Sauna and Steam Room Revenue by Region (2020-2025) & (\$ millions)

Table 41. APAC Sauna and Steam Room Sales byType (2020-2025) & (K Units)

Table 42. APAC Sauna and Steam Room Sales by Application (2020-2025) & (K Units)

Table 43. Europe Sauna and Steam Room Sales by Country (2020-2025) & (K Units)

Table 44. Europe Sauna and Steam Room Revenue by Country (2020-2025) & (\$ millions)

Table 45. Europe Sauna and Steam Room Sales byType (2020-2025) & (K Units)

Table 46. Europe Sauna and Steam Room Sales by Application (2020-2025) & (K Units)

Table 47. Middle East & Africa Sauna and Steam Room Sales by Country (2020-2025) & (K Units)

Table 48. Middle East & Africa Sauna and Steam Room Revenue Market Share by Country (2020-2025)

Table 49. Middle East & Africa Sauna and Steam Room Sales byType (2020-2025) & (K Units)

Table 50. Middle East & Africa Sauna and Steam Room Sales by Application (2020-2025) & (K Units)

Table 51. Key Market Drivers & Growth Opportunities of Sauna and Steam Room

Table 52. Key Market Challenges & Risks of Sauna and Steam Room

Table 53. Key IndustryTrends of Sauna and Steam Room

Table 54. Sauna and Steam Room Raw Material

Table 55. Key Suppliers of Raw Materials

Table 56. Sauna and Steam Room Distributors List

Table 57. Sauna and Steam Room Customer List

Table 58. Global Sauna and Steam Room SalesForecast by Region (2026-2031) & (K Units)

Table 59. Global Sauna and Steam Room RevenueForecast by Region (2026-2031) & (\$ millions)

Table 60. Americas Sauna and Steam Room SalesForecast by Country (2026-2031) & (K Units)

Table 61. Americas Sauna and Steam Room Annual RevenueForecast by Country (2026-2031) & (\$ millions)

Table 62. APAC Sauna and Steam Room SalesForecast by Region (2026-2031) & (K Units)

Table 63. APAC Sauna and Steam Room Annual RevenueForecast by Region (2026-2031) & (\$ millions)

Table 64. Europe Sauna and Steam Room SalesForecast by Country (2026-2031) & (K Units)

Table 65. Europe Sauna and Steam Room RevenueForecast by Country (2026-2031) & (\$ millions)

Table 66. Middle East & Africa Sauna and Steam Room SalesForecast by Country (2026-2031) & (K Units)

Table 67. Middle East & Africa Sauna and Steam Room RevenueForecast by Country (2026-2031) & (\$ millions)

Table 68. Global Sauna and Steam Room SalesForecast byType (2026-2031) & (K Units)

Table 69. Global Sauna and Steam Room RevenueForecast byType (2026-2031) & (\$ millions)

Table 70. Global Sauna and Steam Room SalesForecast by Application (2026-2031) & (K Units)

Table 71. Global Sauna and Steam Room Revenue Forecast by Application (2026-2031) & (\$ millions)

Table 72. Tyl?Helo Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 73. Tyl?Helo Sauna and Steam Room Product Portfolios and Specifications

Table 74. Tyl?Helo Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 75. Tyl?Helo Main Business

Table 76. Tyl?Helo Latest Developments

Table 77. HELO GROUP Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 78. HELO GROUP Sauna and Steam Room Product Portfolios and Specifications

Table 79. HELO GROUP Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 80. HELO GROUP Main Business

Table 81. HELO GROUP Latest Developments

Table 82. Amerec Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 83. Amerec Sauna and Steam Room Product Portfolios and Specifications

Table 84. Amerec Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 85. Amerec Main Business

Table 86. Amerec Latest Developments

Table 87. SAWO Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 88. SAWO Sauna and Steam Room Product Portfolios and Specifications

Table 89. SAWO Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 90. SAWO Main Business

Table 91. SAWO Latest Developments

Table 92. Harvia Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 93. Harvia Sauna and Steam Room Product Portfolios and Specifications

Table 94. Harvia Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 95. Harvia Main Business

Table 96. Harvia Latest Developments

Table 97. Finnleo Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 98.Finnleo Sauna and Steam Room Product Portfolios and Specifications

Table 99.Finnleo Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 100.Finnleo Main Business

Table 101.Finnleo Latest Developments

Table 102. Hydro Plus Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 103. Hydro Plus Sauna and Steam Room Product Portfolios and Specifications

Table 104. Hydro Plus Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 105. Hydro Plus Main Business

Table 106. Hydro Plus Latest Developments

Table 107. KLAFS Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 108. KLAFS Sauna and Steam Room Product Portfolios and Specifications

Table 109. KLAFS Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 110. KLAFS Main Business

Table 111. KLAFS Latest Developments

Table 112. Steam and Sauna Experts Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 113. Steam and Sauna Experts Sauna and Steam Room Product Portfolios and Specifications

Table 114. Steam and Sauna Experts Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 115. Steam and Sauna Experts Main Business

Table 116. Steam and Sauna Experts Latest Developments

Table 117. Oceanic Saunas Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 118. Oceanic Saunas Sauna and Steam Room Product Portfolios and Specifications

Table 119. Oceanic Saunas Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 120. Oceanic Saunas Main Business

Table 121. Oceanic Saunas Latest Developments

Table 122. Am-Finn Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 123. Am-Finn Sauna and Steam Room Product Portfolios and Specifications

Table 124. Am-Finn Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price

(US\$/Unit) and Gross Margin (2020-2025)

Table 125. Am-Finn Main Business

Table 126. Am-Finn Latest Developments

Table 127. Nordic Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 128. Nordic Sauna and Steam Room Product Portfolios and Specifications

Table 129. Nordic Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 130. Nordic Main Business

Table 131. Nordic Latest Developments

Table 132. Dalesauna Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 133. Dalesauna Sauna and Steam Room Product Portfolios and Specifications

Table 134. Dalesauna Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 135. Dalesauna Main Business

Table 136. Dalesauna Latest Developments

Table 137. Scandia Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 138. Scandia Sauna and Steam Room Product Portfolios and Specifications

Table 139. Scandia Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 140. Scandia Main Business

Table 141. Scandia Latest Developments

Table 142. The Sauna and Steam Center Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 143. The Sauna and Steam Center Sauna and Steam Room Product Portfolios and Specifications

Table 144. The Sauna and Steam Center Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 145. The Sauna and Steam Center Main Business

Table 146. The Sauna and Steam Center Latest Developments

Table 147. Anapos Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors

Table 148. Anapos Sauna and Steam Room Product Portfolios and Specifications

Table 149. Anapos Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)

Table 150. Anapos Main Business

Table 151. Anapos Latest Developments

Table 152. SONIC Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors
Table 153. SONIC Sauna and Steam Room Product Portfolios and Specifications
Table 154. SONIC Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)
Table 155. SONIC Main Business
Table 156. SONIC Latest Developments
Table 157. WAJA Sauna Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors
Table 158. WAJA Sauna Sauna and Steam Room Product Portfolios and Specifications
Table 159. WAJA Sauna Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)
Table 160. WAJA Sauna Main Business
Table 161. WAJA Sauna Latest Developments
Table 162. Sauna360 Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors
Table 163. Sauna360 Sauna and Steam Room Product Portfolios and Specifications
Table 164. Sauna360 Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)
Table 165. Sauna360 Main Business
Table 166. Sauna360 Latest Developments
Table 167. Zhejiang HealthyStarTechnology Basic Information, Sauna and Steam Room Manufacturing Base, Sales Area and Its Competitors
Table 168. Zhejiang HealthyStarTechnology Sauna and Steam Room Product Portfolios and Specifications
Table 169. Zhejiang HealthyStarTechnology Sauna and Steam Room Sales (K Units), Revenue (\$ Million), Price (US\$/Unit) and Gross Margin (2020-2025)
Table 170. Zhejiang HealthyStarTechnology Main Business
Table 171. Zhejiang HealthyStarTechnology Latest Developments

LIST OFFIGURES

Figure 1. Picture of Sauna and Steam Room
Figure 2. Sauna and Steam Room Report Years Considered
Figure 3. Research Objectives
Figure 4. Research Methodology
Figure 5. Research Process and Data Source

- Figure 6. Global Sauna and Steam Room Sales Growth Rate 2020-2031 (K Units)
- Figure 7. Global Sauna and Steam Room Revenue Growth Rate 2020-2031 (\$ millions)
- Figure 8. Sauna and Steam Room Sales by Geographic Region (2020, 2024 & 2031) & (\$ millions)
- Figure 9. Sauna and Steam Room Sales Market Share by Country/Region (2024)
- Figure 10. Sauna and Steam Room Sales Market Share by Country/Region (2020, 2024 & 2031)
- Figure 11. Product Picture of Traditional Steam Room
- Figure 12. Product Picture of Infrared Steam Room
- Figure 13. Global Sauna and Steam Room Sales Market Share by Type in 2025
- Figure 14. Global Sauna and Steam Room Revenue Market Share by Type (2020-2025)
- Figure 15. Sauna and Steam Room Consumed in Residential
- Figure 16. Global Sauna and Steam Room Market: Residential (2020-2025) & (K Units)
- Figure 17. Sauna and Steam Room Consumed in Commercial
- Figure 18. Global Sauna and Steam Room Market: Commercial (2020-2025) & (K Units)
- Figure 19. Global Sauna and Steam Room Sale Market Share by Application (2024)
- Figure 20. Global Sauna and Steam Room Revenue Market Share by Application in 2025
- Figure 21. Sauna and Steam Room Sales by Company in 2025 (K Units)
- Figure 22. Global Sauna and Steam Room Sales Market Share by Company in 2025
- Figure 23. Sauna and Steam Room Revenue by Company in 2025 (\$ millions)
- Figure 24. Global Sauna and Steam Room Revenue Market Share by Company in 2025
- Figure 25. Global Sauna and Steam Room Sales Market Share by Geographic Region (2020-2025)
- Figure 26. Global Sauna and Steam Room Revenue Market Share by Geographic Region in 2025
- Figure 27. Americas Sauna and Steam Room Sales 2020-2025 (K Units)
- Figure 28. Americas Sauna and Steam Room Revenue 2020-2025 (\$ millions)
- Figure 29. APAC Sauna and Steam Room Sales 2020-2025 (K Units)
- Figure 30. APAC Sauna and Steam Room Revenue 2020-2025 (\$ millions)
- Figure 31. Europe Sauna and Steam Room Sales 2020-2025 (K Units)
- Figure 32. Europe Sauna and Steam Room Revenue 2020-2025 (\$ millions)
- Figure 33. Middle East & Africa Sauna and Steam Room Sales 2020-2025 (K Units)
- Figure 34. Middle East & Africa Sauna and Steam Room Revenue 2020-2025 (\$ millions)
- Figure 35. Americas Sauna and Steam Room Sales Market Share by Country in 2025
- Figure 36. Americas Sauna and Steam Room Revenue Market Share by Country (2020-2025)
- Figure 37. Americas Sauna and Steam Room Sales Market Share by Type (2020-2025)

Figure 38. Americas Sauna and Steam Room Sales Market Share by Application (2020-2025)

Figure 39. United States Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 40. Canada Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 41. Mexico Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 42. Brazil Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 43. APAC Sauna and Steam Room Sales Market Share by Region in 2025

Figure 44. APAC Sauna and Steam Room Revenue Market Share by Region (2020-2025)

Figure 45. APAC Sauna and Steam Room Sales Market Share byType (2020-2025)

Figure 46. APAC Sauna and Steam Room Sales Market Share by Application (2020-2025)

Figure 47. China Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 48. Japan Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 49. South Korea Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 50. Southeast Asia Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 51. India Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 52. Australia Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 53. ChinaTaiwan Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 54. Europe Sauna and Steam Room Sales Market Share by Country in 2025

Figure 55. Europe Sauna and Steam Room Revenue Market Share by Country (2020-2025)

Figure 56. Europe Sauna and Steam Room Sales Market Share byType (2020-2025)

Figure 57. Europe Sauna and Steam Room Sales Market Share by Application (2020-2025)

Figure 58. Germany Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 59. France Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 60. UK Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 61. Italy Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 62. Russia Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 63. Middle East & Africa Sauna and Steam Room Sales Market Share by Country (2020-2025)

Figure 64. Middle East & Africa Sauna and Steam Room Sales Market Share byType (2020-2025)

Figure 65. Middle East & Africa Sauna and Steam Room Sales Market Share by

Application (2020-2025)

Figure 66. Egypt Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 67. South Africa Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 68. Israel Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 69. Turkey Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 70. GCC Countries Sauna and Steam Room Revenue Growth 2020-2025 (\$ millions)

Figure 71. Manufacturing Cost Structure Analysis of Sauna and Steam Room in 2025

Figure 72. Manufacturing Process Analysis of Sauna and Steam Room

Figure 73. Industry Chain Structure of Sauna and Steam Room

Figure 74. Channels of Distribution

Figure 75. Global Sauna and Steam Room Sales MarketForecast by Region (2026-2031)

Figure 76. Global Sauna and Steam Room Revenue Market ShareForecast by Region (2026-2031)

Figure 77. Global Sauna and Steam Room Sales Market ShareForecast byType (2026-2031)

Figure 78. Global Sauna and Steam Room Revenue Market ShareForecast byType (2026-2031)

Figure 79. Global Sauna and Steam Room Sales Market ShareForecast by Application (2026-2031)

Figure 80. Global Sauna and Steam Room Revenue Market ShareForecast by Application (2026-2031)

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