

















BEFORE YOUR FIRST FLOAT

-  Please arrive 15 minutes early to your appointment for your induction and to watch the instructional video.
-  Have a light meal before. Don't be too full or too hungry, as stomach noises will be a distraction. Avoid caffeine.
-  Be sure to sign the waiver online in your account before your appointment.
-  You will need to remove all makeup before floating. It saves time to come to your appointment without any on.
-  Each room is equipped with a private shower, body wash, shampoo, and conditioner.
-  Float therapy is best done nude, so please be aware of that when deciding to float in pairs.
-  If you are menstruating, we ask that you please reschedule your appointment to a different stage of your cycle.
-  If you had any type of hair color/treatment within the past two weeks or if a dark/bright color such as purple, red, blue, pink or black, color/treatment within the past four weeks, please reschedule your appointment. This will contaminate the water resulting in a cleaning fee of up to \$1,500.
-  If you are diabetic, have a history of heart trouble, epilepsy, seizures or blackouts, please consult your doctor before your appointment.
-  Don't shave within 12 hours of floating. It may sting.
-  Bring a hairbrush if needed. Hair dryers are provided.
-  There is a ready room with mirrors to be able to put on makeup and things after your float.
-  If have had a spray tan within the last 6 days, please reschedule your appointment. This will contaminate the water resulting in a cleaning fee of up to \$1,500.
-  You should remove contact lenses before floating. It's best to come with glasses if possible to save time.