



FIRST TIME FLOATING GUIDE

BEFORE YOU ARRIVE

- Do not drink caffeine or smoke before your float to ensure you can reach ultimate relaxation. Floating can help suppress your cravings!
- Have a light, digestible meal 1.5-2 hours before you float to ensure you aren't too full or hungry before floating.
- Avoid shaving before floating because Epsom Salt can sting freshly shaven skin.
- Wait until all new tattoos or piercings are fully healed.
- Please wait to float for 10-14 days after a hair color treatment.
- Come free of expectations. Be open to wherever your float experience takes you. And remember, no two floats are ever the same.

AT YOUR APPOINTMENT

Introduction

Our team member will bring you to the relaxation room before your float. This is a great time to share anything that is going on with your body or mind and ask any questions you may have after watching the [introductory video](#).

Embark On Your Float

Our team members will ensure you are completely comfortable before starting your session. Put in your earplugs, take a quick luke-warm shower to rinse off any oils, lotions, and sweat on the skin, and then enter the float cabin.

Finish Floating

You will hear an exit track that will let you know your float has ended. Take another quick shower to rinse off the salt, change back into your clothes, and join us in our relaxation room.

After Your Float

It's important to plan for time following your float to take a moment to regroup before you get bombarded with the outside world again. This is a great time to reflect and settle back into reality. We'll have organic herbal tea and/or water waiting for you.