



## Pre-Float Instructions and What to Bring

- We encourage you to wear comfy clothes to your appointment that are easy to change in and out of.
- You can choose to float nude, but of course you may float in your bathing suit! Bring a bag for the wet bathing suit.
- Bring a brush or comb to use for your hair after your post-float shower.
- We provide shampoo, conditioner and body wash. We also have changing rooms equipped with a blow dryer, deodorant and hair products
- It is best to eat a light meal before floating (at least 60-90 minutes ahead of time)
- Avoid caffeine and other stimulants at least 2-3 hours before you float as they may interrupt your relaxation response.
- Do not shave, wax or tan the day of your float.
- No contact lenses, jewelry or make-up should be worn during the float session. Please remove before your float.
- Please reschedule within 24 hours of your appointment time if you have open cuts or sores or are experiencing your menstrual cycle.
- If you have had a tattoo in the past 2 weeks it is best to wait so the salt does not burn your sensitive area.
- If you have had your hair colored in the past 2-3 weeks, it is best to reschedule your appointment.
- Be sure to review and sign the float waiver for any contradictions ahead of time.
- Arrive 15 minutes early for time to complete any paperwork and change.