

# INTRODUCTION *to* FLOATING

## WE RECOMMEND

arrive 15 minutes  
prior to appointment



no caffeine



eat a small meal  
1.5 hrs prior



don't shave



cover fresh wounds

## WHAT TO BRING

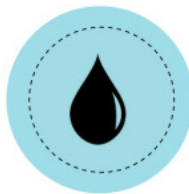
- towels, robes, and post-float beauty products are provided at the float spa for your convenience
- if floating naked makes you feel uncomfortable, bring a bathing suit
- any additional products you may desire (hair brush, change of clothes, makeup, etc.)

## SAUNA

Infrared saunas are an excellent way to detox the body through infrared lighting.



Enter room  
and change into  
robe provided



When ready, enter  
sauna and sweat  
out some toxins



Return to pod  
room and shower

## FLOAT

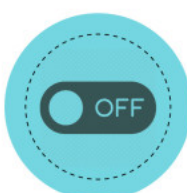
Your floating experience should be seamless and enjoyable. We will go over this process again once you arrive at the spa.



Enter room  
and shower



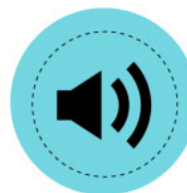
Grab ear plugs  
and step into pod



Turn off lights  
and close  
pod door



Relax & float



Music plays, letting  
you know when your  
session is finished



Shower and  
return to lobby  
for tea