

## Client Instructions for Floating

### Do's:

**Arrive on time** – Allow yourself plenty of time to get here – it's much harder to relax into the tank if you've been rushing. If you are late, your float session may need to be cut short to ensure the following appointment can start on time. We recommend arriving 10 minutes early for your first session to complete your form & 5 minutes early for all subsequent appointments.

**Allow plenty of time for your float session** – At this time we are booking the float room in 2.5 hour sessions. That allows you 90 minutes of float time and 30 minutes for showering etc. We highly recommend booking a 60 or 90 minute massage after your float if possible.

**Shower prior to your appointment** – If convenient, please shower before you arrive and do not put moisturizers, make-up or deodorant on – this will save showering time in your float session. We understand that this is not always possible so you are most certainly able use our shower before your float if necessary. If you are having a massage first or have any moisturizers/hair products/etc you will need to shower thoroughly.

**Turn off your mobile phone when you arrive** – This is your time to escape the world & the 'busyness' of life. We ask that you turn your mobile off & **DO NOT TAKE CALLS WHILE YOU ARE IN THE TANK ROOM** as there may be other clients having a massage, acupuncture or float who are disturbed by this. If you need to make a call, please go outside. If you need to have your phone available for

emergency calls (children/work) then we suggest you leave your phone at reception and we will look after it for you.

**Ensure any small cuts or scratches are covered with a waterproof dressing** – This is for hygiene purposes as well as the fact the salty environment of the tank will cause any open cuts/scratches to STING!!

**Remove contact lenses and jewelry** – But don't forget to take them with you when you go!

**Ask lots of questions** – Let us know if you are nervous or unsure of anything, think you might be claustrophobic or tend to feel the cold.

**Call us to check if you should reschedule** – If you are in the early/late stages of pregnancy or think you may be coming down with a cold/flu/illness, or if you are starting or ending your menses.

**Bring along a comb if you will need one after washing your hair** – We provide towels and natural body products for your use

**Don'ts:**

**Shave or wax within the 12 hours prior to your session** – The salty environment of the tank means that any waxed/shaved areas will STING!!!

**Drink caffeine or other stimulant drinks before your session** – These will make it difficult for you to relax into the tank environment. – a coffee in the morning should be OK if you're not floating until later in the day,.

**Have a large heavy meal in the 90 mins before you float** – Not only might you feel unwell, but your digestive

system will be making lots of noises and this can be disruptive in your float.

**Float if you have large open cuts** – This is for hygiene reasons as well as your own comfort.

**Float straight after having hair colored or chemically straightened** – Generally we recommend waiting at least 2 weeks after having your hair colored to avoid the salty tank environment causing your color to fade prematurely.

**SMOKE shortly prior to arriving at The Float Room-** It can make it difficult to relax into the tank. It also SMELLS and the smell is carried into The Float Room with you – which is unpleasant for staff & other customers.

**Consume drugs or alcohol prior to your appointment** – We reserve the right to refuse treatment to anyone we suspect may be under the influence of drugs or alcohol.

**Take too long in the shower after your float** – Please consider that we may have another client waiting & we do need to allow sufficient time for filtering & cleaning. If you feel you need more than 10 minutes to shower & do hair/make-up after your session – please just advise us when you arrive & we can shorten your float time accordingly.