



CHECK OUT THE DO'S,
DON'TS &
WHAT TO EXPECT

Float Tips

FUEL UP DON'T FILL UP

Eat light within the hour prior to floating but not right before.



SAVE THE SHAVE

Don't shave on float day (salt water stings). Give yourself 6 hours before your float.



PROVIDED FOR YOU

Ear protection, bottled water, towel, shampoo, conditioner, body wash and blow dryer. Bring any personal toiletries needed to get ready for the day. .



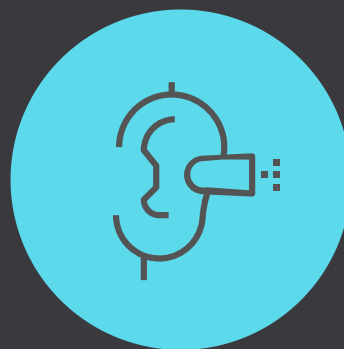
AVOID CAFFEINE

Stimulants can make it difficult to settle in to your float. Avoid the Cup of Joe on float day.



HAIR DYE

Recently get your hair done? Wait 72 hours after before you float. If your color included red, wait 30 days. Tanning products also need that 72 hour wait.





SO, I'M READY TO FLOAT,
NOW WHAT?

Float Process

FLOAT TIME

Sessions are booked in 60 and 90 minute increments.



SHOWER

Rinse off before your float session begins and after.

GET YOUR FLOAT - ON

During your first float session you may experience a dream like state, pain relief, better sleep, sense of weightlessness and overall improved sense of well being.



BENEFITS

Floating is a break from the every day stress, anxiety, gravity and noise. Like a mini-vacation just for your body & mind.

KEEP FLOATING

Research suggests a sustained reduction in cortisol levels, symptoms of anxiety, panic & depression with consistent floatation practice. (clinicalfloatation.com laureateinstitute.org)

Check out iFloat Wise membership packages.

