



FIRST TIME FLOAT TIPS

BEFORE YOU ARRIVE...



- **Don't shave** freshly shaved skin will be sensitive to the high salt content.



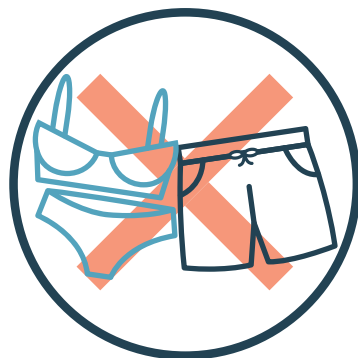
- **Don't have any caffeine for at least a few hours before** you want to relax, not be energised!



- **Do have a light meal around 90 minutes beforehand** you don't want to feel hungry or bloated from a large meal while floating!



- **You don't have to bring anything** we supply towels, shampoo/conditioner/body wash and hair dryers.



- **You don't need to wear anything in the float tank, as you are in your own separate tank in your own private room.**



- **Do aim to arrive around 10 minutes before your session so you don't have to rush in!** The closest parking is located at the train station, Postcode for parking: WA15 8EW.

Feel free to contact us with any further questions you may have



FIRST TIME FLOAT TIPS

WHEN YOU GET HERE...



Check in at reception.
You will be asked to go through some T's & C's.



One of our staff will take you through to your room and explain how everything works for 5-10 minutes.



Pop your ear plugs in (before your shower). Make sure not to insert them into your ear canal (just mould them to the shape of your outer ear).



Have a quick shower (without conditioner), and dry your face afterwards to stop any drips distracting you.
Cuts or grazes: Dry off the area and apply some vaseline to stop the salt irritating it.



There will be some soothing music for the first 10 minutes to help you settle into the session. After this, the music will automatically turn off, allowing you to relax in silence.



Step carefully into the tank, and lie back with your head towards the open end of the tank. The light switch is on your left, and the reception buzzer to the right.
At any time, you can turn your lights off and close your lid to help remove any external light or sound.



Try starting off with the float pillow until your body feels completely relaxed, then remove it. Remember to float with your arms above your head to relieve any strain on your neck and shoulders.



If you do get any salt water in your eyes, use the water spray and facecloth hanging up in the tank to rinse your eyes out and dry your face afterwards (to avoid getting salt water into your eyes try not to touch your face during your float).

TOP TIP...

Once you're inside let go of all your muscles and trust that you will float effortlessly in the water. Then try to bring your attention to your breathing, perhaps counting the breaths down from 100. It's still OK to have thoughts and to daydream in the tank, in fact it is the perfect environment for that. People sometimes have a misconception that they need to completely switch off to get the benefits of the float, but this is not the case. **Simply relax and go with the flow, even if you fall asleep this is fine!**



FIRST TIME FLOAT TIPS

AFTER YOUR FLOAT...



- **Have another shower** to remove the salt solution, and feel free to head over to our hair drying room to finish getting ready.



- **Make sure you don't try and move too fast** - do everything at your own pace, as you might be a bit disorientated when you leave the tank!



- **Try to relax for the rest of the day.** The sense of calm relaxation you feel upon leaving the tank should last until the end of the day, if not for a few days, and people often report a much better nights sleep on the day of their floats.

Share your experience with us on our social media channels or leave us a review on google.



#Spadayeveryday

Starting Your Float Journey

It's as easy as 1, 2, 3...

1. ENJOY YOUR FIRST FLOAT

2. UPGRADE TO AN INTRO PACK
AND JUST PAY THE DIFFERENCE FOR THE REMAINING FLOATS

3. FINISH WITH A 10 PACK OR MEMBERSHIP
MAKE FLOATING PART OF YOUR ROUTINE