

Creative Solutions Salt Room Etiquette

1. Session starts at the top of the hour and lasts 45 minutes. Please arrive 10 to 15 minutes early.
2. The salt room is a silent zone once the session starts. Please, do not speak with friends or others as most people will either fall asleep or get into a deep meditative state.
3. No food, chewing gum, or drinks (including water) allowed during the session.
4. It's very important to drink water both before and after the session.
5. You are responsible for your personal. Creative solution salt room will not be responsible for any lost, damaged, or stolen items.
6. Dress in simple, comfortable clothing.
7. Please sign in when you arrive each time.
8. Please let us know as soon as possible if you are unable to make it to a scheduled session.
9. Not needed, but you may bring the following items into the salt room: book, magazine (no perfume ads), small head pillow or a small towel to cough into if needed. No other items are allowed in the salt room. If you have a personal need that is not on this list, please, speak to the receptionist.
10. **NO ELECTRONICS OF ANY KIND AT ANY TIME ALLOWED IN CREATIVE SOLUTIONS SALT ROOM AS THE SALT DEGRADES ALL ELECTRONICS.**