



WELCOME TO FLOAT AND FLY WELLNESS STUDIO

INFORMATION & SUGGESTIONS

To prepare you for an awesome float experience:

Please arrive at least 15 minutes before your appointment & check in.

Ensure your cell phone or any other devices are either turned off or set to silent.

Avoid smoking, consuming large meals and caffeine 2 hours before a float session.

Avoid shaving or waxing 12 hours before your float session.

Do not float if your hair dye is not stable, allow at least 2 weeks for the color to settle.

Do not apply makeup, moisturizer or perfume before coming for a float or sauna.

Wait at least 72 hours if you have applied artificial tanner.

Do not float when menstruating.

Flotation is strictly prohibited under the influence of alcohol or mind-altering drugs.

Remember, our private float suites are complete with personal shower and all the amenities you need, robes, towels etc. No need to bring your own.

Please respect our equipment and follow the guidelines and instructions of our staff. We reserve the right to charge up to \$1,500 fee for spoiling the water or causing damage to the float pod.

Thank You.

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