



Floatation REST

Restricted Environmental Sensation Therapy

DON'T FLOAT IF:

YOU HAVE RECENTLY DYED HAIR OR RECENT SPRAY TAN
This can contaminate the tank

YOU HAVE A NEW TATTOO OR SKIN WOUND
The concentrated salt solution will hurt!

UNCONTROLLED EPILEPSY
You are alone in the tank and we want you to ensure everyone floats safely

ARE UNDER THE INFLUENCE OF DRUGS OR ALCOHOL
For your safety and to ensure the best experience

YOU ARE UNABLE TO SAFELY ENTER AND EXIT THE TANK ON YOUR OWN
There is a small step to get into and out of the tank

BEFORE YOU FLOAT

Wear comfortable clothes

These are easier to change into and out of

Don't shave or wax the day of your float

This can make the float uncomfortable due to the salt solution

Eat 60-90 minutes prior

Floating on a completely full or empty stomach can be distracting

Stay hydrated

Drink plenty of water the day of

Use the bathroom

To keep from having to get out, best to go beforehand

Avoid smoking for a few hours

Smoking right before can be stimulating and may distract you

Avoid caffeine for at least 6 hours before you float

Caffeine is a stimulant and can interfere with full relaxation