

Float Spa Customers FAQs

These FAQs are for YOUR Float Spa Customers. Add your specific information where indicated & modify to suit your needs!

What do I need to bring?

Just Yourself! We provide everything you need for your float session. You will not need a swimsuit, as the tank is located in a private room. We provide towels and ear buds, plus shampoo and soap for the shower. You may want to bring a brush/comb and your own products such as deodorant and lotions.

Please stay away from strong fragrances in consideration of others!

If you use contact lenses, please remember to bring something to store them in while you float.

What do I wear during a float?

You can wear anything you want, but we would strongly recommend you wear nothing in order to get the full benefits.

Clothing will only be restricting the experience; however, most first-time floaters will opt for a swimsuit or swimming trunks if they feel more comfortable wearing something.

What preparation does a float session require?

Next to none. Arrive 10 minutes before your float session and everything will be ready for you!

How long can I float for?

Theoretically as long as you want, but the common float durations are 30, 60 and 90-minute Float Sessions.

We recommend a 60-minute first float to fully Immerse yourself within the experience.

However more experienced users might book multiple sessions and can last for more than 2 hours.

What should I expect after my first float session?

Each individual experience is different, so it's hard to pin point a precise description of what you might expect. However, all feedback we've received so far has been extremely positive.

How many people can float at once?

We only allow one person per tank at a time.

We do however, have <insert number of float pods at your location> float pods in separate rooms, so up to three people can float simultaneously.

Do I need a change of clothes?

Not Necessarily. It's common for users to exit the tank, have a shower and put your clothes back on to resume your day where you left off. But should you wish to change, then by all means. Your room is completely private.

Float Concerns

What is Epsom Salt and why is it used in flotation tanks?

Epsom Salt, named after a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulphate. Renowned as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household and gardening-related uses.

The wonders of Epsom salt have been well known for hundreds of years and unlike other 'salts', Epsom salt has beneficial properties that can soothe the body, mind and soul. Some of the countless health benefits include relaxing the nervous system, curing skin problems, soothing back pain, easing muscle strain, healing cuts, treating colds and congestion, and drawing toxins from the body.S