

If you have salt build up in your ears, mix a 50/50 solution of rubbing alcohol and white vinegar, put a couple of drops in each ear, wait 30 seconds then drain and rinse with warm water.

Drink a lot of water after your float to stay hydrated.

Float when you can forget about the time and schedules. Plan for relaxation time before and after a float, you'll want to get the maximum benefits from your session.

YOUR FLOAT YOUR WAY

Tell us what you would like from your float session. Want the lights on or a certain type of music during your float? Just let us know! We want you to have the float experience you want.



Since being in the relaxed state, the parasympathetic nervous system (Rest and Digest) activates, which is associated with promoting healing, regeneration and nourishment for the body, and up-regulating the immune system of the body.

After a float session, the mind is refreshed and the senses are sharpened. The feeling is often relaxed, full of peace and bliss, and full of positive energy.

The skin is soft from the Epsom salt and does not prune when floating.

The effects of floating can last for hours to days after, and potentially much longer.

Check in with your body and mind over the next few days following your float and see how you are feeling. It is different for everybody, and you are the best judge of how floating is helping you.

"this has been the best thing to resetting my body, soul and mind. I come out feeling renewed, relax and reborn, no more pain and no more stress." ~Rich G.

REFERRAL PROGRAM

Tell your friends about us and they'll receive \$10 off their first visit.

We will also add a \$10 credit to your account.

BEGINNER'S SERIES PROGRAM

We don't know what your float session will be like for you since it is such an individual experience. We like to avoid saying too much before people use the tank, so that they aren't influenced by what someone else says. Not only will it be different for you than it is for anyone else, it will be different each time.

Much like exercise, meditation or therapy, floating is a practice. It is common to have a relaxing experience during your first float, and you can expect to find that the experience strengthens and lengthens each time. You may only realize the full therapeutic potential of floating after multiple sessions.

You can also discover through multiple float sessions how often floating works for you.