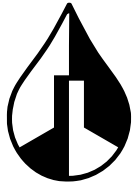


Pre Float Advice



Floating will not be possible if:

- You are in the first trimester of pregnancy.
- In the last 6 weeks you've: Dyed your hair, had a spray tan or a tattoo.
- You have an inflammatory skin condition, respiratory allergy, open wound or infection. Please talk to us if you are experiencing anything similar.
- You have not been shown how to use a tank by a member of staff.
- You are under the influence of any dissociative drugs, including Benzodiazepines. Please disclose any medication you are on, prescription or otherwise, hay fever relief etc.

Before floating:

- If you need to rent a towel please ask. £3 or £5 for two.
- Use the toilet. You won't want to interrupt your float! It's around and behind the reception area.
- Remove any jewellery that rusts or reacts or would be a distraction. Inert metals like steel, titanium etc are fine.
- Ear plugs are optional but recommended for your first float. It is possible to hear your heart beat, cut out noise and they can assist in deepening your inner experience.
Biodegradable foam earplugs are provided or we have silicone ear plugs that last for months, have a neater seal but are slightly less effective at reducing sound. These are available for £2.
- Rinse your hair and body in the shower with lukewarm water. Ensure all perfumes, oils and makeup are thoroughly removed before entering the tank. Only use the provided body wash (or your own) post float.
- Inform us if you have any injuries. We can provide Vaseline to cover small cuts or abrasions, apply after showering, just before entering the tank.
- No Bath salts, perfumes or other chemicals are to be added to the water, just yourselves!
- Our showers are delicious but please be conscious of your shower use, we are on a soak away system and excessive shower times can put strain on the system.

By signing below, I acknowledge that I understand the above information and I consent to floating at my own risk. If floating together please **both sign** this form.

Name(s):

Signed

Date