



Float Information

Do I need to bring anything?

You will be showering before and after your float. We will provide you with everything you will need for your shower. Towels, shampoo, soap, conditioner. If you have long hair you may want to bring a hair brush. If you have special toiletries you want you should bring those. All of our shower products are organic, paraben free, gluten free, and 100% vegan.

Feel free to bring flip flops or slippers if you feel more comfortable.

Do I need a bathing suit?

Nope! Your float room is totally private. Be nothing but yourself in the water for the optimal result.

Anything else I should know before my appointment?

- It is important to be hydrated.
- Avoid caffeinated beverages 6 hours before you float.
- If you shave the same day as your float the Epsom salt can irritate your skin for the first few minutes of your float so avoid shaving that day. The same for fresh tattoos , and more serious cuts or scrapes.
- Contact lens wearers should be prepared to remove their lenses.
- Come with some food in your stomach but not too full.

Are there any rules?

It goes without saying, but no bodily fluids inside the tanks.

Please do not have any skin products or hair products on prior to your float. You will shower in the room before and after.

Ladies in the process of menstruating are not permitted to float, please reschedule.

You cannot float if you have applied artificial tanner in the last 72 hours.

If you have had hair coloring done in the last 72 hours, or have had a keratin treatment performed, please do not float.

Additionally, please shampoo your hair a minimum of (3) times prior to floating in order to properly protect both your hair color/tint and the integrity of our water.

There is a \$800-1500 charge if damage occurs, depending on damage and supplies needed, as we have to shut down the float pod and have it cleaned and it will be out of operation.

Our Water Quality

Our water is filtered after every float as well as when not in use.

Our water is also sanitized by ozone daily. Ozone is state of the art technology that is also used by hospitals to sanitize equipment.

Salt is a natural antibiotic, antiseptic and antimicrobial agent as well, and our salt concentration is 10 times greater than that of the Dead Sea. They call it the Dead Sea because nothing can live in it.

And if all these steps weren't enough, we also use hydrogen peroxide to sanitize as well to guarantee that our water is absolutely pristine.

Before You Float

We ask that you arrive 5-10 minutes before your float so you can check in. Not arriving on time may take time away from your session to stay on schedule for all floats that day at aNu.

Use the restroom and empty your bladder and bowels prior to your float.

During Your Session

Please be sure to lock the door and silence your phone to ensure you are not interrupted.

We have provided make-up cleansing pads for eye makeup/mascara if needed in float room prior to float and in the restroom after your float. Please try to not get makeup on the white towels if possible.

We recommend the use of earplugs that we will provide for you to keep the Epsom salt out of your ear canals, that can be mildly irritating for some. We also recommend putting them in before your shower.

Your session is an extra 30 minutes from the float time to give you time to shower before and after your session. Everyone is required to shower before and after floating.

Be thorough. First shower should be at least 5 minutes long to ensure removal of any product or outside elements on body. Use the body wash and shampoo ONLY. Conditioner can only be used AFTER your float since the oils in the conditioner can damage the water. Everyone must wash their hair. Rinse thoroughly to ensure that no bath products get inside the tank.

After your shower you can enter the pod or float suite. Be careful stepping out of the pod and into the shower to avoid slipping on the floor. After closing the pod lid you will gently lay back to find yourself extremely buoyant. Try to avoid getting the water close to your face. If it does get on your face be sure to dry it with a cloth. Salt will burn your eyes so be sure not to touch them with your wet hands.

If you are claustrophobic, you can leave the lid open and slowly close it slowly as you prefer when you are ready. The best float experience is achieved with the pod lid closed.

Some people find that they need a neck pillow to give the neck comfortable support (this is not provided, but you can bring if you prefer). As you lay there try to relax as much as you can. Think of things that make you happy. At first it will be hard to let go, but without the sound, light, etc., your body will eventually relax to the point where your brain is producing theta waves.

You can turn the light off and turn on/off the music by pushing the proper buttons inside of the pod or suite. You are in complete control of your environment.

Music will begin playing softly to help ease you into relaxing. It can be tricky for some folks to relax at first so just think about things that make you happy. After you are nice and comfortable you can reach over to push the button that will turn the light inside the pod off. Then the fun begins. This is your experience, we are here to assist in any way possible to ensure you have an awesome float.

Red button is for emergencies only. You will be able to talk to the front desk and attendant will come to your door if needed.

After Your Float

A voice will come on to gently let you know that the time is up and it is time for a shower. If that doesn't wake you up then you may hear a knock at the door after 10 minutes or so. Before you get out of the pod, be sure to take a minute and stretch, you will be amazed. Be careful stepping out of the pod and into the shower to avoid slipping on the floor.

After slowly and steadily getting out of the pod, step right back into the shower to rinse the salt off. Please feel free to use hair conditioner at this point. Your skin will be very soft and silky after floating. Your hair will also benefit from the Epsom Salt.

There are amenities provided in the second bathroom down the hallway such as comb, leave-in conditioner spray, lotion, q-tips if you prefer to use them before you leave aNu. Please bring your make-up or other toiletries if you would like to freshen up more.

Please be mindful of the next client after you as to not take a longer shower than needed.

Cancellation policy: We require 24 hours notice to cancel an appointment. Failure to cancel prior to 24 hours will result in a \$50 cancellation fee. If you do not cancel your appointment and do not show up, you will be charged the full amount for your float appointment.

RELAX AND ENJOY YOUR FLOAT!