

WELCOME TO THE SALTS



FLOAT INTO A DREAM-LIKE STATE AS YOU EXPERIENCE THE PURE TRANQUILLITY OF ZERO-GRAVITY.

Begin your experience with a warm shower to cleanse the skin, maximising the absorption of the salts to promote buoyancy. Remove any jewellery.

The ear plugs provided will prevent salt water from entering your ears. Gently ease onto the pool, place the pillow under your head, the mask on your eyes and enjoy the feeling of weightlessness. Be mindful not to get salt water in your eyes. The shower is available should you need to rinse your face.

Let your breath guide you—a slow inhale and deep exhale will quiet the mind. Allow each breath to guide you into a deeper state of relaxation.

When you are finished, rise slowly and step out with care. Rinse under a warm shower, exfoliating your skin using a mix of the body wash and salts provided. Finish by hydrating and nourishing your skin using the body lotion.

There are many health benefits of float therapy including reducing pressure on joints and muscles; improving skin hydration; reducing skin inflammation; and stress relief.

The Salts are not suitable for people with kidney disease; epilepsy; seizure disorders; low blood pressure; open wounds or pregnant women in their first trimester.