



Thank you for scheduling your Floatation Therapy appointment with Mindful Floats! Please take time before your appointment to read the following tips and policies to ensure the success of your Floatation experience.

Please arrive 5-10 minutes before your scheduled appointment time to fill out the waivers and become oriented with the float pod.

You will need to present a credit card at your first visit. It will be stored on file to hold your appointments and for any incidentals. A photo ID must also be presented at first visit.

A 24 hour cancellation policy applies for all appointments - if you cancel within 24 hours or are a no-show your credit card will be charged in full.

If you are late for your appointment please note that your float time may be shortened so as not to interfere with following appointments.

We highly suggest that you avoid any alcoholic or caffeinated beverages 4-8 hours prior to your scheduled float appointment.

Swimsuits are not needed, it is recommended to float in the nude - each Float Suite is private and you will be supplied with optional robe and sandals.

Please do not use hair or body products containing coconut oil prior to your float as these products do not fully wash off and may cause contamination or damage to the float filtration system.

You may not float if you have had your hair colored within 7 days of your scheduled float as it may damage both the float pod and cause your hair to discolor. Make sure to cancel 24 hours ahead of scheduled appointment to avoid being charged.

Women must use appropriate hygiene products to float while menstruating.

If you wear contact lenses, bring your case to remove them before floating or consider wearing your glasses to the appointment.

Please refrain from shaving within 12 hours of your float to avoid any possible discomfort.

We look forward to seeing you soon!

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(Inside Lakeland Natural Medicine)