

💧 **\*\*Note:\*\*** Experts recommend floating at least 3 times in order to derive maximum benefit from the float experience.

💧 **\*\*Notice:\*\*** To get the most out of your float, practice stillness with the lights off, no music and no caffeine in your system.

💧 **\*\*Beware:\*\*** Every last cell in your body might feel completely relaxed after your experience. If that's the case, feel free to hang out in our post-float lounge as long as you'd like!

### Anything we can do better?

Email us at [feedback@zerogravityfloat.ie](mailto:feedback@zerogravityfloat.ie)

### Any water in your ear post float?

A little bit of white vinegar tends to clear up any salt left in your ear (If you forget to use the eardrops provided)

### How was the temperature?

Let us know if you got too warm or too cool during your float! We'll put a note on your account to adjust the temperature next time you come in.

### Intern

Learn about the tanks, and get free floats as part of our intern program.

### Apply to work with us

We may not have an opening right now, but we're always looking for passionate and talented human beings who want to do meaningful work.

Check out our website for more information on job openings.

Ask our team for details!

€65  
60 Minute Floats

€100  
60M Double Floats

€130  
3 Hour Floats

€54

**1 Float-a-Month**

Additional Floats

for only €54

- 💧 Unused floats rollover and don't expire
- 💧 3-month min commitment, membership rolls on but cancel any-time after
- 💧 FREE extended floats (come early float for 75 min) request when booking
- 💧 Bring a friend they pay €54. Gift Cards Only €54
- 💧 10% off all retail items

# Tips — for your — Future Floats



## Feel Good Post Float?

Help us spread the word about floating!  
Leave us a review!



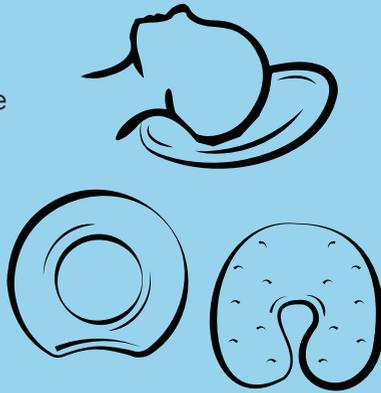
Note: Once you have an active membership your floats will never expire, use up your floats within a month if membership is cancelled.

"Every float experience is different,  
and they just get better."

ZERO GRAVITY  
FLOAT

## Custom Neck Pillows

In addition to our Float Halo neck pillows, we have several other neck pillows you can try out during your float.



## Custom Temperature

Was your float too cool? Too warm?

Let us know! We can adjust the water and air temperature for you.

We keep our tanks at the average skin temperature, but some clients find they need things turned up or down a bit to be comfortable.



## Custom Music

End your float with your own music.

We can even play music or other audio during your float, although we recommend doing the first few floats in silence.



## Different Times

The time of day can really have a big impact on your float.

Some people do better floating in the early morning, while others have the most profound floats late at night.



## Different Lengths

For many, 60 minutes is the perfect length for floating.

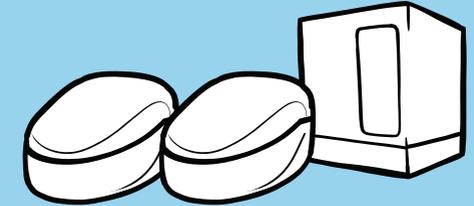
But for others 3 hours makes for a better experience.

The most consecutive floats we've facilitated was 21 days straight and 28 days in a single month and the longest we've hosted was 6 hours.

## Different Tanks

We have two different types of float tanks, we recommend trying both a few times people eventually find their favourite.

Some regulars love our big float room with star-lights in the ceiling, while others find that they prefer our futuristic pods.



## Before Your Float

Show up early so you're not stressed about time, and make sure to avoid caffeine.

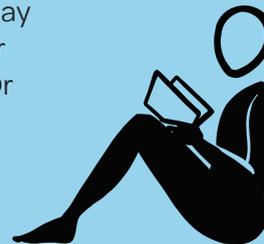
Bring a change of clean clothes (we think a clean pair of socks are especially nice post-float).



## After Your Float

Set aside as much time as you can after your float to do fun and relaxing things.

Maybe go for a hike. Or lay on the grass in a park, or hang out with friends. Or perhaps just go home, find a cozy area to curl up in, and read a good book.



## Stimulate Your Senses

You've just had a blissful break from all external sensation. Sometimes the best thing to do afterwards is something that will please your senses.

Listen to beautiful music. Watch a glorious sunset. Eat a delicious meal. Get a massage. Snuggle. It's all going to be that much better post float.