BEGINNERS GUIDE

Your first float, step by step

Floating means lying back in warm, salt-rich water for an hour, in a quiet private room. You are held up without any effort. Many people find it a rare chance to switch off, think things through or simply rest.

ZERO GRAVITY FLOAT

WHAT IT FEELS LIKE

Warm, weightless and quiet

Warm

34.5 degrees Celsius, close to skin temperature, so you soon lose track of where your body ends and the water begins.

Weightless

Epsom salt in about 10 inches of water holds you up on your back without any effort.

Quiet

Your ears sit just below the water and the rooms keep outside noise away. Light is yours to choose; music is optional.

GETTING READY

Before you come

Towel
Bring one towel. If you cannot, we have towels.

Food and drink
A light meal about 90 minutes before. No caffeine for 6 hours.

Shaving and waxing
Try not to shave or wax on the day. Salt water can sting.

Hair colour
If colour still runs when you shower, wait a few more days.

Contact lenses
Bring your case, or wear glasses.

Floating is a relaxation experience, not a medical treatment, and everyone's experience is different. Everyone completes a short online health waiver before their first float. Please read our FAQ first.

YOUR VISIT

What happens on the day

1

Arrive and check in

Bring yourself and a towel. We cover the basics together and answer your questions.

2

Shower

You shower in your own private room before you get in, which keeps the water clean for everyone.

3

Earplugs in, step into the tank

Close the door behind you and lie back. The salt water holds you up, so there is nothing to do.

4

Float for an hour

Float in the quiet for 60 minutes, with the light on or off as you prefer. Some people drift off.

5

Music fades in

After an hour, music fades in to ease you out of your float. There is no rush.

6

Shower, dress and relax

Rinse off the salt, get dressed and take a few minutes to settle before you head out.

QUICK ANSWERS

Common first-timer questions

What if I fall asleep?

The water is so buoyant you stay afloat. Some people do fall asleep.

What if I am claustrophobic?

You are in control. Open the door at any time, or leave a light on.

Can I bring a friend?

Yes. Bring up to two friends, or float together in the Ocean Float Room.

Who should not float?

There are a few situations where we cannot float you. See our FAQ for the full list.

Ready for your first float?

Book online at zerogravityfloat.ie or call us if you would like to talk it through first.

Open 7 days. Mon, Thu to Sun 9am to 10pm. Tuesday 9am to 2pm. Wednesday 4pm to 10pm.

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