TIPS FOR YOUR NEXT FLOATS

Get more from every float

We suggest at least three floats to get the most from the experience. To start with, keep it simple: lights off, no music and no caffeine, and practise being still. Then fine-tune it with the tips below.

ZERO GRAVITY FLOAT

PERSONALISE

Make the float yours

Neck pillows

As well as our Float Halo neck pillows, we have several other neck pillows you can try during your float.

Water and air temperature

We keep the water at average skin temperature, but some people like it warmer or cooler. Tell us and we will note it on your account and adjust it next time.

Music

End your float with your own music. We can also play music or other audio during your float, though we suggest your first few floats are in silence.

EXPERIMENT

Try something different

Different times

The time of day can make a big difference. Some people float best early in the morning, others late at night.

Different lengths

For many, 60 minutes is perfect. Regulars can float up to 75 minutes, and you can book back-to-back sessions for longer. Our longest visit was 6 hours.

Different rooms

Try the big Ocean Float Room with star lights in the ceiling, and our futuristic Dreampod VMax pods. Find your favourite.

PLAN AHEAD

Before and after your float

Before your float

Arrive early so you are not stressed about time, and avoid caffeine. Bring a change of clean clothes; clean socks are especially nice.

After your float

Set aside time for something relaxing. Go for a walk, lie on the grass in a park, meet friends, or head home somewhere cosy.

Treat your senses

Listen to beautiful music, watch a sunset, enjoy a good meal or book a massage.

GOOD TO KNOW

Quick tip and your feedback

Water in your ear?

A little white vinegar tends to clear any salt left in your ear, if you forget to use the ear drops we provide.

Tell us how it went

Feel good after your float? Help us spread the word with a Google or Tripadvisor review. If there is anything we can do better, email feedback@zerogravityfloat.ie.

Ready for your next float?

Book online at zerogravityfloat.ie or call us and we will help you choose.

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

021 485 6748
info@zerogravityfloat.ie
Eden Hall, Model Farm Road
Cork, T12 A9XE