



Your well-being is a priority for us and that is why we want to create a pleasant experience for you when you benefit from our services. For the highest efficiency, please read carefully the following recommendations regarding floating therapy:

- Do not eat food less than 90-120 minutes before starting the floating therapy and avoid drinking alcohol, coffee, energy drinks or smoking tobacco;
- If you have freshly dyed hair, make sure that the hair dye does not wash out;
- Shaving or epilation is recommended to be performed at least 6-8 hours, respectively 10-12 hours for epilation, before starting the therapy. Otherwise, there is a risk of feeling discomfort when the skin comes in contact with salt water;
- Wash your body before the therapy and make sure that you have removed any traces of lotion or body cream used, in order to benefit from the increased efficiency of salt water on the epidermis and to ensure water hygiene;
- If you are doing the floating therapy in your swimsuit, please rinse it thoroughly with plenty of water to remove any traces of detergent or other substances;
- After performing the therapy, rinse your body only with water to remove the salt and do not use any body lotions, to increase the effect of salt on the epidermis. Wash your hair well with shampoo to remove the salt if you haven't used a bath helmet;

In order to have deep relaxation and a beautiful experience, we offer you an antioxidant tea you can enjoy in the relaxation area.

Thank you,

Ana Spa Team