



FLOAT THERAPY FAQ

Welcome to Float Therapy at The Lodge at Woodloch. Safety, relaxation, and wellness are our top priority for our guests at The Lodge at Woodloch during this unique experience. Float Therapy allows the body to float in water with high concentrations of Epsom salt. The benefits of Float Therapy include the relief of muscular tension, joint inflammation and arthritic pain, as well as improved sleep, concentration, and skin ailments. Float Therapy can also help to reduce headaches, high blood pressure, and more.

The high concentrations of Epsom salt create a naturally sterile environment. Due to the high salt concentrations, it is important that guests not schedule a Float Therapy experience if:

- You have applied artificial tanner in the last 72 hours.
- You have colored, tinted, or highlighted your hair in the past 72 hours with permanent or temporary color of any kind.
- You have a current hair straightening treatment such as Brazilian Blowout or Keratin treatment, as floating can reduce the effectiveness of these treatments.
- You have received a tattoo in the past month.
- You are under the influence of drugs or alcohol.
- You have a communicable or infectious disease.
- You have large cuts or abrasions.

Other important information:

- Please consult your physician prior to floating if you have epilepsy, kidney failure, diabetes, claustrophobia, chronic heart disease, or are currently pregnant.
- For your comfort, please avoid shaving or waxing the day of your float experience.
- For a fully relaxing experience we recommend avoiding caffeine and eating no more than a light snack just prior to your float.

You may call our Spa Concierge directly at 1.877.223.8550 with any questions regarding your upcoming Float Therapy experience.



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AT WOODLOCH

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