

The

Wellness Centre

(CASTLE QUAY)

FLOAT SPA

USERGUIDE

DO NOT touch the Control Panel screen at any time as this may interrupt the Float SPA program.

Pre-Session

1. Please use the washroom and shower provided **before** entering the **Float SPA**.
2. Please fit earplugs and/or bath cap (if required).
3. Place your towel on top of the wooden 'duck board' at the front of the **Float SPA**.
4. Once the pod has **filled completely**, **1)** step carefully from your towel into the water and **2)** fully close the lid for the best experience.
5. Gently ease yourself onto your back, letting your arms fall naturally to your sides.
6. *Avoid getting the salty water in your eyes or mouth as it can cause some discomfort.*

Float Session

1. To minimise any external sounds and for the best experience **1)** keep your ears below the water level and/or **2)** use earplugs (provided free on request).
2. Relax and enjoy the underwater ambient LED lights and sounds (approx. 5 minutes).
3. Let your mind & body completely unwind for the duration of your float session.
4. Near the end of the floatation program the underwater sounds and LED lights will come back on and you will hear a 'Goodbye Message' and the pod will then begin to empty automatically.
5. Please open the lid and carefully step out onto your towel.
6. *Please take care when walking around the room as the floor may become slippery when wet.*

Post-Session

1. Please use the shower provided to remove salty water from your body.
2. A hairdryer and some toiletries are provided for your convenience.
3. Please leave your towel in the room for us to collect, and please take all possessions with you.

...We hope you enjoy your Float SPA Session and look forward to having you back floating with us again soon...

PACKAGES & PLANS AVAILABLE

www.the-wellness-centre.com

Tel: (01534) 633060

contact@the-wellness-centre.com

Fax: (01534) 633658

Castle Quay - Millais House - Rue De L'Etai - St. Helier - Jersey

JE2 3WF