

FAQs

What should I bring with me?

Just yourself. We provide towels, robes, sandals, earplugs, paraben free shampoo and conditioner, contact containers and solution. No need to bring a swimsuit unless you want to.

Do I need to know how to swim?

No you don't. There is only 10 inches of water in the tank, so you can sit up at any time. 800 lbs. of dissolved Epsom salt makes the water incredibly dense. You float on top of the water, similar to a cork no matter what size or shape you are. People often sleep in float tanks and there is no risk of rolling over even if you are asleep.

How are the tanks kept clean?

Even though it is very hard for anything harmful to live in the tank solution due to the very high levels of epsom salt, we ozonate and thoroughly filter the tank solution between every appointment. Ozonators act as powerful sanitizers that destroy most of the bacteria and viruses present in spa water.

What if I want to get out early?

You are free to enter and exit the tank whenever you'd like. Our tanks have latch free manual sliding doors so you can always sit up, open the door, get some air and even leave the door open while you continue your float. You are under no obligation to stay in the tank for the entire float session. If you would like to schedule a time to see the tank before committing to a float, just give us a call.

Can I float while I'm pregnant?

Absolutely. Floating has proven to be a safe and wonderful way for expecting mothers to take weight off their joints, sore muscles and completely relax. Some women report that it's a great bonding experience with the child. If you have any concerns, please consult your physician prior to your float.



COME
FLOAT
with US!

75 Minutes for You

First-time floaters: One float for \$65; 3-Pack for \$160. Reduced Rates for Members and Expecting Mothers. Ask us about our group floats and corporate packages.

OPEN Mon/Wed-Sun
9AM to 11PM and
Tues from 5pm to 11pm
by appointment only

Book online at
www.oaklandfloats.com

Same day appointments call us at
510.423.8772

344 40th Street, Oakland, CA
(near Broadway & 40th)

  [@oaklandfloats](https://www.instagram.com/oaklandfloats)

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FLOATS

Beginner's Guide to
FLOATING

Serving
Oakland and
East Bay floaters
since 2012

What is FLOATING?

Floating is about everything that you won't be doing.

WHY FLOAT?

FLOAT 101

- One person per tank
- Zero gravity effect
- 800 pounds of Epsom salt
- 10 inches of water
- Warm 94 degree salt water
- No distractions
- Your only companions are your mind, breath and heartbeat

WALK THROUGH

1. Arrive and check in
2. Tour and orientation with our float hosts
3. Shower and put in your earplugs
4. Step into the tank, close the door, let go and float
5. When your time is up, gentle music fades in, easing you out of your float
6. Shower and rinse off the salt water
7. Get dressed and enjoy your post-float glow
8. Enjoy warm tea in our cozy lobby

TOP 5

PROVEN BENEFITS OF FLOATING

Deep Relaxation

Quiet, womb-like, meditative environment, free of distraction and interruption.

Reduced Stress and Anxiety

Improve communication between your mind and body, sleep better, think clearer.

Improved Cognitive Performance

Improved memory retention, creativity, alertness, mental stimulation, strengthened neural pathways.

Physical Recovery

Process lactic acid faster, speed up muscle repair, and reduce inflammation post physical activity.

Pain Management

Take the strain of gravity off your joints, reduce inflammation, cradle your body in warm salt water.

OUR MISSION

is to provide a safe, comfortable and accessible floating experience to our neighbors, friends and guests in the Oakland and surrounding communities. Every floater is unique, and comes to floating for their own reasons, and we strive to create an experience that supports the full spectrum of positive benefits that floating has to offer.

WE PROVIDE a comfortable reprieve from screens and electronic devices both inside and outside the tanks.

WE KEEP things simple, offering 2 traditional Samadhi float tanks and 2 hand-crafted floatation chambers with a sliding door you step into.

OUR EXPERT float hosts are prepared to facilitate a good experience for all floaters - from first timers to weekly regulars.

WE BELIEVE that your float shouldn't end just when it starts getting good, so our standard float provides a full 75 minutes of floating. And if you want to float longer, you can!

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FLOATS

On the day of your float: Don't shave or wax, eat a small meal about 1.5 hours prior, don't drink caffeine

Let the water do the work



Samadhi float tanks



Custom float chambers