



Checklist

Preparing For Your Appointment

WHAT TO BRING • WHAT TO DO • WHAT TO EXPECT

This guide has been created in effort to help simplify the preparation for your appointment with us. With this, we have created this free guide in the form of a "checklist," which you may print if you wish, and/or use to just simply review.

— Of course, please contact us with any questions! ☺

- ☐ Please arrive 15 minutes prior to your appointment time for check-in.
- ☐ Please bring a pair of clean, white socks with you to your appointment. (in the event you do not have white socks, we have clean white socks available for purchase).
- ☐ Once you arrive, we will ask you (and/or anyone else in your group to begin our check-in processes).
- ☐ We will collect any remaining balance(s) for which you may have (if you have not prepaid in advance).
- ☐ Personal items (bags, food, beverages, etc.) are not permitted within our Salt Cave or Zen Den.
*Lockers are available free of charge for which to store your belongings; you are permitted to take the key with you into your session.
- ☐ We do NOT recommend taking electronics (cell phones, watches, etc.) into our Salt Cave or Zen Den.
*The salt could be corrosive to the metals within them. Again, lockers are available free of charge for which to store any personal items.
- ☐ Our Salt Cave is approximately 72-74°F. Currently, we unfortunately are not providing blankets as a result of COVID-19. However, our guests are welcome to bring a blanket of their own to utilize for their session(s).

Thank you for scheduling with us,

Hocking Hills Serenity Salt Cave
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