

# App Bookings

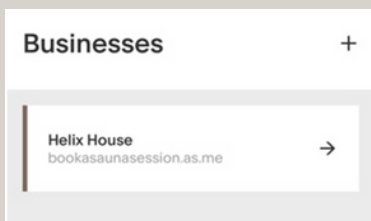
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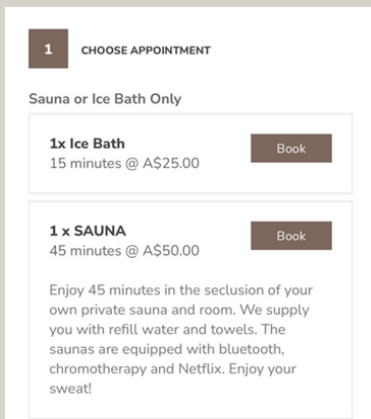
Download the 'Acuity Scheduling Client' app.



Scan the QR code.

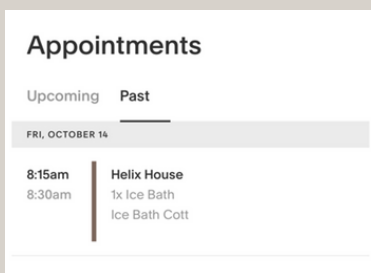


Once you scan the QR code, Helix House will automatically be added as a business.



Click on Helix House and for the first time you will need to login using your email and password.

You will then be able to select from your 1x sauna or 1x ice plunge.



Once your booking is made you will be able to manage your bookings from the Calendar section of the app.