

# Float Pod



## What is Floatation Therapy?

Flotation Therapy is a luxurious way to soothe and heal the body from the constant stress of life's daily pressure you can leave the noise and confusion behind and experience total relaxation and deep healing in your private, peaceful space. Many describe it as being like drifting in space. For others, it is simply deeply relaxing. Falling asleep is common; it is that relaxing.

## Common Floating Questions

### **Q: What Makes Me Float?**

**A:** In short, 900 - 1000 lbs. of Epsom salts. The salts create a super-state of buoyancy, reproducing a microgravity state, like floating in deep space. The volume of Epsom salts guarantees that your face stays out of the water at all times, allowing you to fully relax back into a completely effortless state of floating without the fear of drowning.

### **Q: What if I begin to struggle?**

**A:** For some people the biggest struggle is being in the calm and the nothingness. For most people that begin to feel anxiety, you can just focus on your breathing and enjoy the nothingness. There is an intercom system and at the touch of a button you can be connected to the front desk.

### **Q: Is Floatation Therapy Safe? Could I drown? Can I sleep?**

**A:** The depth of the water in float tanks is only 10 inches, and is packed with 900-1000 lbs. of Epsom salts. No matter the size, shape or weight of your body: you float. While it is possible to drown in any pool of liquid, float tanks are much safer than most other bodies of water because they contain a high concentration of salt. It is impossible to sink in a float tank, and you must exert a conscious effort to turn onto your side or attempt floating face-down. Many people safely sleep while they are floating. At the end of your float sessions the water jets will automatically turn on and will gently wake you up if you fall asleep. So, don't worry, we won't forget about you.

### **Q: How Clean Is the Water?**

**A:** The high concentration of Epsom Salts creates an environment in which it is very difficult for microorganisms to grow; which is how The Dead Sea got its name. Between every single float, the water is filtered through a double filtration process that includes passing through a super filtration system, most importantly, an ultraviolet purification filter. Additionally, clients are required to thoroughly shampoo, soap, and rinse on-site before entering the float tank; this further helps maintain water quality and sanitation. The entire interior surface area of our float tanks is cleaned and sterilized daily.

### **Q: What Do I Wear in The Float Tank?**

**A:** Most people decide to wear a bathing suit/swim trunk or nothing at all, it is entirely up to you. You are in total privacy in your float room, wear whatever makes you comfortable.

### **Q: How do I prepare for my first Float Therapy Session?**

**A:** Avoid shaving, tanning, waxing or anything else that would increase the sensitivity of your skin. We provide Vaseline in each Pod Suite to protect any small cuts and grazes from stinging. We do NOT recommend floating if you've had your hair dyed within 3-4 weeks, the high salt concentrate can make your color come out resulting in damage to the Float Pod water. Hair must rinse clear when showering. We recommend eating something small prior to your float, but allowing at least 30 minutes to digest before your appointment. We provide shampoo, conditioner, body wash, Q-Tips, robe, flip-flops, towels, hair dryer, lotion and a few select hair products.

**Q: What Should I Expect of My First Float Experience?**

**A:** It varies person by person. For many, the first float is really an exercise in getting used to the experience. Most of us lead such busy and stressful lives that it seems we have totally forgotten how to be fully relaxed. Some people experience profound meditative mindsets and spiritual insights; others simply float in peace and quiet. By the second float, though, you find yourself more prepared to fully ease into it and begin your real journey with floatation therapy. The experience is entirely up to you and can also vary float by float!

**Q: Can I Play Music in The Float Tanks?**

**A:** There is a music button that you can turn on or off. If you choose to listen to music, you will hear soothing spa music that will help you relax and drift the stress away.

**Q: Are there any age limitations on floating?**

**A:** Yes. While we do encourage everyone to float, children under the age of 13 are not recommended to use the float pod as they may not be able to stay calm long enough to get the full benefits of floatation therapy, but the physical benefits of floating, easing away tension in the body, are as useful to children as they are to adults. Similarly, there is no upper age limit on floating. If you're "elderly", you'll experience all the same benefits, and enjoy some respite from those persistent aches and pains. You do, however, need to be physically stable and able to get in and out of the tank safely, which involves a three-foot-high threshold into the pod itself and getting into high saline content water, which can be slightly slippery. You **must** have full control over bodily function. Unfortunately, those with unpredictable intestinal or urinary function should not float, including women experiencing heavy menstruation, as this poses a risk to the quality of the water, and therefore safety of others. Any damage to the water in our float tanks from release of bodily fluids will unfortunately result in a \$1,000 charge to client for the replacement of 1,000 lbs. of Epsom salts.

**Q: Can you provide help getting in and out of the float tank?**

**A:** Unfortunately, our staff are not able to assist with getting clients in and out of the tanks

**Q: Is there anyone who should not use a float tank?**

**A:** Float tanks are not recommended for some people. Anyone with one or more of the following conditions should not use float tanks: uncontrolled epilepsy, drug or alcohol intoxication, infectious disease, open wounds and serious psychological conditions.

**Q: What should I bring to float?**

**A:** We recommend you bring any grooming products you may want post-float (hairbrush, product, cosmetics etc.). We will provide all other amenities you need: towels, shower products, earplugs, makeup wipes etc. In addition to your float room supplies, our restrooms include extra towels and a hairdryer.

**Q: How many float sessions should I do?**

**A:** Much like exercise, meditation or therapy, floating is a practice. It is common to have a pleasant and relaxing experience during your first float, and you can expect to find that the experience strengthens and lengthens each time. You may only realize the full therapeutic potential of floating after multiple sessions. Many people find that floating 1-2 times a week allows them to sustain the benefits of floating.