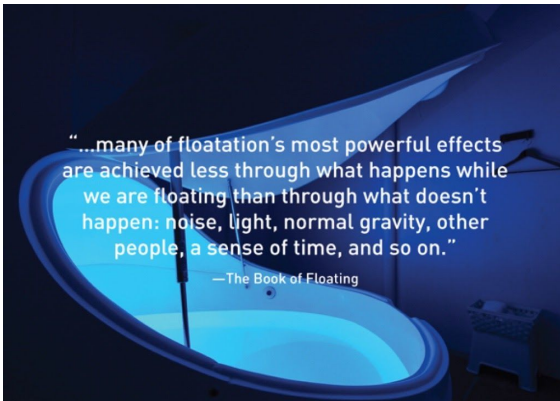




Float Therapy

Free your mind. Heal your body.
A Guide to Sensory Deprivation



What is Float Therapy?

Floating for one hour will help to lower levels of stress, anxiety and increase feelings of relaxation and wellbeing.

90% of our central nervous system’s workload is related to gravity, light, sound and touch. While in the float tank the water is heated to 95.3 degrees – this is skin-receptor neutral, which means you lose track of where your body ends and the water begins.

It turns out that when you’re not fighting gravity or constantly taking in information your body has a lot of extra resources at its disposal.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, and your body gets to rest, de-stress and heal.

For some, floatation therapy provides the ultimate in relaxation and recovery; others turn to floating to boost creativity and visualization; for everyone, floating offers a welcomed rest from the hustle and bustle of the modern-day world.

Whatever reason you have for floating , we want to provide a top quality space for you so that you can perform at your best!

Floating combines the sensation of weightlessness with an experience known technically as Restricted Environment Stimulation Therapy (REST). Over 1,000 pounds of Epsom Salts (Magnesium Sulphate) are dissolved into a pool with water that is maintained at human skin temperature. This super-saturated Epsom Salt solution creates a hyper-buoyant environment where users naturally float on the surface without any effort.

The effortless floatation frees the user from the effects of gravity, facilitating a deep relaxation of the body and a state of meditative calm within the mind.

Benefits of Floating

Floatation Therapy is a unique and powerful tool that is highly effective at combating chronic stress and its associated conditions. Floating is also highly enjoyable and creates profound experiences of relaxation and wellbeing.

Float therapy frees your mind of distractions, while reducing inflammation in your muscles and joints as the salt water's magnesium detoxifies your cells.

PHYSICAL

During floatation, there's an increase in full body circulation. Oxygen is delivered to cells with greater efficiency, and the brain is better able to function. The act of floating encourages the body to relax and allows its systems to function unimpeded.

Physical benefits of floatation include:

- Decreases the production of cortisol, ACTH, lactic acid and adrenaline

- Increases production of endorphins

- It is an incredible way to absorb magnesium and sulphate with the epsom salts which is excellent for a range of physical benefits.

- Speeds up rehabilitation and recovery

Floating can prevent sports injuries by keeping muscles and joints relaxed and flexible. Blood circulation is increased which leads to faster healing. A buildup in lactic acid often causes us to be fatigued and creates muscle soreness. The magnesium that is absorbed from the salts in the water detox the body of lactic acid.

- Relieves pain (arthritis, migraines, injuries and so on)

- Boosts immune function

- Improves circulation and distribution of oxygen and nutrients

- Reduces blood pressure, pulse, heart rate and oxygen consumption

- Improves athletic performance

Many Professional athletes are incorporating regular floating into their routines, whether it be for the physical benefits, to sharpen their mental game, or both!

Simply put, floating calms our overly stimulated systems and restores the body's chemical and metabolic balance.

MENTAL

Research consistently demonstrates that floatation therapy has a significant impact on mood enhancement. Suggested reasons for this increased level of happiness include elevated levels of dopamine and endorphins, through to the deep meditative state achieved during floatation therapy. -

Floatation therapy can help with a host of mental health issues such as anxiety, PTSD, ADD, and ADHD. Floating in the dark is a profoundly serene experience.

Conditions like anxiety, depression & ADHD respond to the process of calming the mind. With no sensory input the continuous flow of pointless negative thoughts slows right down. For once, you can be in touch with your true self.

Floating benefits the mind:

- Increases creativity and problem solving ability

Most floaters enter the theta brain wave state while in the tank. While in theta, the mind is most open to absorbing new information and retaining it for longer periods. A Georgetown University study showed that experiencing stress while trying to learn actually causes one to absorb 13% less information than learning from a relaxed state of mind.

- Heightens visualisation

"By becoming blind, we learn to see" greatly applies to the floatation tank. When one decreases their sensory input, sensory awareness is increased. While floating, one has the capacity to go within and make sense of the world outside. They emerge from the tank with their senses more expanded and acute and with increased clarity

- Creates mental clarity, alertness

- Facilitates freedom from habits, phobias and addictions

Studies also show that floatation therapy decreases stress hormones such as cortisol.

Other benefits include reduction in arthritis, balancing of the left and right brain, regulation of sleeping patterns and detoxification.

FAQ

What temperature is the water?

The water temperature is maintained at skin temperature – 93.5. At this temperature, after about five minutes of floating, you can no longer feel where your body ends and the water begins.

How sanitary is the water?

The water in the float tank is much cleaner than water in a swimming pool or hot tub because of the high concentration of Epsom Salts which creates a sterile environment in which microorganisms cannot survive. Clients are required to thoroughly shampoo, soap, and rinse on-site before entering the float tank. Between each float, the water is filtered multiple times. It first passes through a powerful UV light. In the UV water disinfection technology, the UV light disinfects by penetrating microorganisms and destroying their DNA. DNA plays an important role in organisms' functions and reproduction hence destroying the DNA prevents the organism from being active and multiplying. No bacteria, viruses, molds or their spores can survive when exposed to the correct dose of UV light. It is then treated with H₂O₂ (Hydrogen Peroxide). Following this treatment, it passes through a 1 micron filter to remove anything remaining.

Is there enough air in the float pod?

Yes, the tank is designed not to be airtight, so there is plentiful air supply.

What if I'm claustrophobic?

Since claustrophobia centers around not having control over one's environment, floating in our tanks is not a problem. You have the choice and control as to whether the door is fully open, partially open, or closed. Additionally, our tanks are approximately four feet high, so even with the door closed, there is plenty of space above you.

Do I wear anything in the pod?

Since it is a private experience, most people wear nothing. Anything you wear will press against your body, becoming a distraction. In this regard imagine it as similar to getting into your bathtub. Although this is recommended, it is up to each client.

How private is the tank?

You float in your own private tank within your own private room. We also provide robes for your convenience if you need to get out and go to the restroom during your float.

What effect does Epsom salt have on my skin?

Your skin will feel amazing after a float! While we DO know that magnesium sulfate is GREAT for your skin, the scientific community isn't quite in agreement on exactly how MUCH is absorbed transdermally.

Will my skin wrinkle?

No. Because the water in flotation tanks contains high salt levels, it doesn't rob your skin of salt, (which is what causes wrinkling). Rather, it leaves your skin feeling soft and silky.

What if I can't swim?

Floating doesn't require any swimming skills whatsoever. You'll actually float like a cork regardless of your shape or size.

Do people sleep in the float pod?

Yes, some people fall asleep in the tank, and some people use the tank for sleeping. Your body and mind get what it needs.

Can pregnant women use the float tank?

Yes! But please consult with your physician and/or midwife prior to making an appointment with us. As a woman's body gets heavier with pregnancy, floating offers great relief from the pull of gravity. Many expectant women who float with us love using the head pillow to float on their stomachs!

Can I float if I am menstruating?

Although some float spas allow this, we ask that you do not float if you are menstruating.

Is there anyone who should not float?

Unfortunately, we do not permit floating for anyone with untreated/uncontrolled diabetes or epilepsy, or anyone who cannot enter or exit the float pod unassisted (unless you bring your assistant with you!). We are unable to assist you in getting in and out of the pod. Also, anyone under the influence of alcohol or drugs, those with infectious diseases, open skin wounds, or those with suicidal tendencies should not float. Also, please wait 2-3 weeks after getting a tattoo and 24-48 hours after body shaving and/or waxing, due to the intense amount of salt and open skin. OUCH! Color treated hair must be more than two weeks old AND run clear when rinsed under water AND not stain a towel. The salt may strip some of your color, as well as the possibility of staining the float pod, which will result in a VERY expensive, \$800 in charges, at the client expense, to clean the tank and replace the salt solution.

Can I wear a swim cap?

We do have swim caps to wear, although in our experience, even the tightest of swim caps do not hold out the water. It may be best to schedule your appointment right before you go to your hair appointment. The full benefits of floating are achieved with nothing touching the skin.

Can 2 people float in the pod simultaneously?

Our tank is designed for individual use only.

First Time Floater Tips

1. Go in without expectation.

First time floaters have all sorts of expectations which can lead to disappointment in themselves after a float. When you sit in the waiting area before or after an experience, you may think, "I don't know if I'll be able to shut my brain off". My response? "So don't shut your brain off. Go in without expectations, go in open to anything and everything."

Why this helps: First of all, not all of us were born like Gandhi. Meditating can be downright challenging for some of us, and placing the expectation that you'll have no thoughts or that you'll be able to quiet that busy mind of yours for 60 or 90 minutes straight on the first try is not important to your experience in a float tank.

2. Relax.

Why this helps: Well, duh... right? Of course if you're going for a float, you want to relax. Seriously though, this is crucial. Try taking a few minutes before your float to transition into the experience. Read a book, close your eyes and do some deep breathing, or simply repeat a mantra to yourself while you're showering off for your float. "I am safe and protected, this time is for me" is one idea you could roll with.

3. Ask yourself what you're really afraid of.

One of the common reasons people haven't gone for a float yet is because they're afraid of something. Not being able to quiet the mind, being claustrophobic, drowning (virtually impossible in a float tank), you name it. When you're afraid of something, I ask yourself what you're afraid of and then future pace the outcome you've creating in your mind until it can't go any further. Inevitably, you will end up at a place of acknowledgement for how unrealistic your "what if" scenario truly is, and this usually squashes the fear on the spot.

Why this helps: Most of the time, we don't even know why we're afraid, so this is a very powerful practice, both in and out of the tank.

4. Don't try to stop your thoughts from flowing.

I've already touched on this a little, but I think it's important enough to elaborate. This is the number one reason most people fail to try. Whether you're a highly creative person or you have ADD (or both lol) this may be a concern for you. You shouldn't worry about this, because floating isn't a place for rules. You can use floating however you like, and no matter what it's going to provide the physical benefits. You're floating in nearly 1000 pounds of epsom salts in a dark tank void of all sensory disruption. You can think all you like, but this experience is relaxing!

Why this helps: When you're floating for the first time, you'll have an adjustment period. The first float is all about getting to know what it's like when you're left alone with yourself, how it feels to float on top of water and what kind of thoughts flood your mind that you may not have been aware of before. Each time you float it's a new experience, and some floats you'll drift off into a meditative place and some floats you may strategize and plan your to-do list. It's all good!

5. Go on a light stomach and avoid drinking a lot of fluids before you float.

Being in a tank with complete sensory deprivation means hyper body awareness. You should have a very light meal or nothing at all before a float so your mind isn't drawn to focus on my digestive system. And avoiding liquids is pretty cut and dry - you can't pee in the tank! (Seriously, don't pee in the tank.)

Why this helps: Need I say more? Maximizing the benefits of your float can be as simple as remaining in the tank for the duration of your 60 or 90 minute session. And while you're free to get in and out as much as you please, it's a much more rewarding experience if your float goes uninterrupted. That doesn't mean you have to float for 60 or 90 minutes every time. Some floaters get out early, some book doubles.

6. Schedule some quiet time for after your float to integrate the experience.

This 60 or 90 minute experience is a luxury for most of us. It's a time where no one can get ahold of you to ask for something or demand your attention. It is a time where you're only responsible for yourself – bliss. Pure. Bliss.

Why this helps: Jumping from one super blissful experience back into the chaos of your day can be jolting. Take even 5 minutes to yourself after a float to really soak in the experience you had, ponder thoughts or personal stuff that came up (journaling is recommended) and drink some water. Then, set an intention and step back into the flow of your day. P.S. – The Wellness Zone @ Bloom has a cozy little lounge with free herbal teas and water, take advantage.

7. Look at floating as a priority self-care ritual.

Floating isn't expensive if you compare it to other relaxation services like spa services or anything else you do to chill. That said, floating is a unique setting in which you not only reap the physical benefits of reducing your cortisol levels, balancing your hormones and for some even losing weight or breaking an addiction, you're also getting a chance to do some deep personal work, undisrupted business strategy or catch up on some much needed rest.

Why this helps: No other experience compares to floating, and this is why you should consider it a priority and make the time. We all have 24 hours in a day, 7 days in a week, and 365 days in a year, no more, no less. It's up to us how we choose to use this time each and every day, no matter what job you work or where you live.

8. Bonus Tip: A lot of first time floaters will find themselves bobbing around in the tank. This is easily remedied by following these steps:

1) After you shower, dry your face/ears and put in your earplugs. 2) Step into the tank and lie on your back. 3) Put your arms out to the sides of the tank and hold yourself still for 20-30 seconds or until you feel stabilized. 4) Release your arms to your sides and you'll find yourself floating in one spot without bobbing around.

The Float

- Don't shave or wax before floating
- Eat a small meal 1 1/2 hours prior to your session
- Remove your contacts
- Don't drink caffeine before floating
- Arrive and check in

You don't need to bring anything but yourself. We'll cover the basics together and answer your questions.

Have some complimentary tea with us if you'd like and float on.

See you soon!