

## BENEFITS



### RELAXATION

Escape stress, work and electronic distractions. Quiet your mind and get ready for an amazing journey!



### IMPROVED SLEEP

Floating helps the body to enter a deeper restful state, and even shift into altered states of brainwave activity.



### PTSD & STRESS

Many people find relief while floating. There are many studies to show that that floating helps relieve PTSD and anxiety symptoms.



### PAIN RELIEF

Floating can help reduce and even eliminate both acute and chronic pain. It has helped millions of people just like you find relief.



### RECOVERY

Float therapy is commonly used to recover from sports injuries, surgeries, pregnancy related discomfort and muscle soreness. Try a float after a massage!



### CREATIVITY

Deep relaxation helps clear your mind, generates new ideas, tap into solutions, and refocus

## WHAT IS FLOAT THERAPY?

Experience profound relaxation with float therapy ~ a unique escape from the weight of gravity. It provides your body with a temporary reprieve, allowing it to rejuvenate. As you effortlessly recline on a buoyant bed of Epsom salt and water, everything naturally falls into place. Your sole responsibility becomes embracing the moment, unwinding, and savoring the tranquility.

Immerse yourself in the comfort of a spacious Float Tank filled with 10 inches of water and around 1,100lbs of Epsom salt. The water is maintained at 94.3 degrees, ensuring a skin-receptor neutral experience. In this cocoon, you lose awareness of where your body ends and the water begins, as you effortlessly recline on your back with your ears just below the waterline.

Free from external distractions, your mind declutters. In this serene environment, your brain releases dopamine and endorphins, allowing your body to recharge, heal, and destress. Amidst the chaos of the modern world, floating stands out as perhaps the most profoundly relaxing experience you and your body can encounter.

For more information, please visit our website!



# FLOAT THERAPY

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## FAQS & TIPS

### HOW LONG IS A FLOAT SESSION?

Our float sessions are typically 90 minutes with 60 minutes of float time. This allows for showering before and after your float. Additional time is available in increments of 15 minutes. Ask us if you would like more information.

### HOW IS THE WATER IN A FLOAT TANK CLEANED AND MAINTAINED?

The water in our float tank is exceptionally clean and safe. With a high concentration of magnesium sulfate (Epsom salt), known for its natural antimicrobial properties, bacteria cannot survive. Our advanced filtration system, utilizes Ozone (O<sub>3</sub>) and UV light, as primary sanitizers, supplemented by Hydrogen Peroxide. This method, endorsed by the CDC and FTA, exceeds Florida State Health Department regulations. To ensure maximum cleanliness, the float tank filters its entire contents 3-5 times between each use and operates a continuous 24/7 filtration cycle when not in use. In addition, we sanitize surfaces and floors utilizing Pure Green 24 and/or Protex, [disinfectants that meet the CDC and EPA criteria for use against these pathogens: RSV, SARS-CoV-2 (Covid 19) and variants, MonkeyPox, MRSA, Staph, Norovirus, Enterovirus, Polio, E.coli, Salmonella, Influenza A Flu Virus, SARS & Ebola.]

We also conduct weekly maintenance, and deep cleaning both the inside and outside of the tanks, surpassing industry standards. Furthermore, users shower before entering the tank, adding an extra layer of cleanliness, sanitation, and protection to your float experience.

*We exclusively reserve the right to evaluate and refuse service to any persons prior to floating at Seaside Wellness. Please be aware that any contamination of the float tank solution from hair dyes, henna/new tattoos, colorants, bodily fluids, vomiting or other contaminants will result in a charge for salt replacement. Each float salt replenishment is \$1500. All floaters are required to have a valid credit card on file.*

### DO I NEED TO BRING ANYTHING?

Come as you are! We keep towels, ear plugs, and other useful things here for you. While you may wear a swimsuit if that makes you more comfortable, we encourage floating nude. Firstly, it helps keep the tanks cleaner, and more importantly, it is a better experience.

### WHAT HAPPENS IF I FALL ASLEEP?

It is perfectly fine to fall asleep in the tank. In fact, some individuals sleep in float tanks on a regular basis! Because the water is much denser than your body, it is impossible for you to sink. The worst that could happen is an abrupt awakening to salt in your eyes.

### WHAT IF I'M CLAUSTROPHOBIC?

People with claustrophobia consistently report no problems with floating. The tank is a lot more spacious on the inside than it appears, but if you are feeling claustrophobic at any point you can always float with the tank door open.

### ARE THERE ANY CASES WHERE SOMEONE ISN'T ALLOWED TO FLOAT?

Float therapy is very accessible and can benefit most people. Recent hair color, keratin treatment, henna/tattoos should wait a minimum of 2 weeks prior to floating. People under the influence of drugs or alcohol are not permitted to float. If you have epilepsy, a pacemaker, eczema, blackouts, recent surgery, chemotherapy, serious injury, or similar conditions, it is best to consult with your physician before you float. Pregnant women should obtain clearance from their doctor prior to scheduling, though floating can be very helpful in easing the pains of pregnancy. Yes! You can absolutely float during your period with the use of a tampon or feminine hygiene cup. Obviously we don't want any foreign matter entering the float solution so if you are unable to go 90 minutes without 'refreshing' you shouldn't float until you have a lighter flow. You know your body better than anyone else so use your best judgement on when is the best time to float.

## TIPS FOR BEFORE YOUR FLOAT

- Limit caffeine consumption for a more restful float.
- Eat a small meal 1 hour prior.
- Remove your contact lenses.
- Don't shave or wax before your float.
- Use restroom prior to floating.

## YOUR FLOAT EXPERIENCE WHAT TO DO?



Shower: Ensure your body and hair are clean, free from lotions, hair products, deodorants, and perfumes. Use shampoo and body wash only, refraining from conditioner in your pre-shower, as it adds additional oils to the tank. If you wish, swim caps are available for purchase or you may bring your own. It is recommended that you remove any jewelry.

Earplugs are optional and help keep salt out of your ears. It is best to put them in prior to your shower for an optimum seal. If you prefer to wear a swimsuit, please shower in it to remove ocean water, sand or detergents.



Carefully step into the tank and float away into relaxation. You can control lights and/or optional music/audio using our source, or your own phone via bluetooth connection.

After your float is finished, take a refreshing shower. Shampoo, Conditioner & Body wash are supplied. Then dry, dress and float into the rest of your day feeling recharged and revitalized!

