

FLOATING FAQs

WHAT IS FLOAT/REST THERAPY?

Floating, float therapy or R.E.S.T. (Restorative Environmental Simulation Therapy) is a service which utilized a float pod to create a weightless environment, free from any external stimulation. Float pods, also known as sensory deprivation tanks, were invented in 1954 by physician, neuroscientist, and writer John C. Lilly. Lilly wanted to test the effects of sensory deprivation on the human brain, thus the sensory deprivation tank was born.

It was discovered that spending time in an environment free from the effects of gravity and the over-stimulation of the outside world created tremendous psychological and physical benefits.

HOW DOES IT WORK?

The foot float pod is filled to a height of approximately 10 inches with water and about 800 to 1,000 lbs of Epsom salt, creating a solution that is more dense than the human body. The water is kept at approximately 94.1 degrees, which is the average external temperature of the human skin, this helps to eliminate tactile stimulation so after about 10 minutes of stillness, the border between you and the water disappears, which can create the illusion of no longer having a body at all.

The float pod reduces the strain that gravity puts on our bodies, benefiting those suffering from chronic pain, arthritis, scoliosis, fibromyalgia, and other conditions. Flotation therapy is also helpful in conjunction with physical rehabilitation.

Magnesium is a critical element to many functions of the body: it aids enzyme production, supports strong bones, and is necessary for the production of insulin. Studies show that cancer, stroke, type 2 diabetes, and heart disease are all linked to low magnesium levels, and three out of four Americans are deficient in magnesium! The water inside our float pods is saturated with magnesium salt, and one of the best ways to absorb magnesium is through your skin.

Epsom salt is enormously rich in magnesium, in which about 80% of Americans are chronically deficient. It is responsible for over 350 enzymatic functions within the body. One of the best ways to supplement magnesium is through the skin, so soak it up!

WHY FLOAT?

Float tanks help create an environment for deep relaxation by reducing overstimulation and inhibiting the body's stress response. This activates the parasympathetic nervous system, reducing stress and activity in the sympathetic nervous system. This also lowers the stress hormone, cortisol, in the body. This then brings the immune and endocrine systems into balance.

We live in a world that constantly bombards us with stimulation. Some stimulation can be good, but too much leads to stress, anxiety, and premature aging. The float pod is your reset button. The Float pod minimizes visual and auditory stimulation. This leads float pod users to detach from everyday distractions and connect back to a place without such distractions. By decreasing sensory input and lying weightless in a floating pod, the body can actually relax and restore. Floating allows the body to rest without any of its pressure points being touched or disturbed. When you incorporate floating into your healthy lifestyle, you give your mind a way to remove all the stress that builds up over time, which also helps to boost creativity, abstract reasoning, and memory. Floating has also been shown to lower blood pressure, improve concentration and focus, reduces anxiety, and can even help with addiction.

The pod creates an environment of weightlessness in which is very beneficial for your muscles and skeletal structure by allowing total relaxation, taking strain off your joints and allowing your spine to decompress.

WHAT IF I'M CLAUSTROPHOBIC?

This is probably the most common apprehension about floating. We find that people who have this concern are able to get comfortable after the first few minutes. Remember that you are in complete control, and can exit the tank at any time. You can choose to close the float pod, or if you are concerned with claustrophobia you may leave the pod door propped slightly open; though please note that with the top open you may feel cooler from the ambient air temperature than if the Float Pod were closed, which provides the best R.E.S.T experience.

HOW IS THE TANK KEPT SANITARY?

Our clinical Float Pod meets or exceeds all Florida Health Department guidelines for public pools and spas. The 800-1000lbs of Epsom salt already creates an environment that is antibacterial. The Float Pod filters 24/7 when not in use and solution in the tank is regularly sanitized and disinfected. So, unless the tank is in a float session, it is constantly in filtration. Spa enzymes and clarifiers remove impurities from the solution. The solution cycles through the filtration system, which is equipped with a particulate filter, ozone and UV water purifiers to maintain the highest level of cleanliness. The Float Pod is cleaned and the entire contents filters at least 3-5 times before and after each use, so you can feel confident that your floating experience is both hygienic and enjoyable. Our filtration process includes mechanical, UV and ozonation steps as well as regular water maintenance protocols and testing.

Hard surfaces and walking areas are disinfected using Puregreen24, a level IV EPA registered "Green" disinfectant containing silver and citrus nitrate, safe for contact with children and animals.

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.

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.

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

Float therapy is very accessible and can benefit most people. If you have epilepsy, a pacemaker, eczema, blackouts, a recent surgery or serious injury, or similar conditions, it is best to consult with your physician before you float. Pregnant women should also talk to their doctor before scheduling, though floating can be very helpful in easing the pains of pregnancy. We ask that you abstain from floating if you recently dyed your hair, spray tanned or had henna or tattoo work done.

ABILITY TO SAFELY GET YOURSELF IN AND OUT OF THE FLOAT POD?

If you have issues getting in and out of a bathtub, you may experience some trouble getting in and out of our tank. Our staff is not trained in assisted transfers. If you need assistance you must bring your own helper. Please call us with any medical conditions that may be of concern to your safe enjoyment of our facility.

CAN A PREGNANT WOMAN USE A FLOAT TANK?

Yes, pregnant women may use float tanks. Floating while pregnant allows you to escape the added weight of pregnancy by taking the strain off the body and spine (and feet!). It promotes excellent sleep, a lovely sense of wellbeing, and can help with all the aches and pains normally associated with pregnancy. For many mothers, the environment creates a heightened sensitivity and connection with the baby, and some have reported a profound experience of “mirroring” from floating in a quiet, warm and secure environment while their baby does the same.

Because circumstances are unique with each pregnancy, use of float tanks should be discussed with your health care professional. The following information will be relevant:

- A “Float” is a 60 minute session in a 94 degree environment suspended in 10 inches of purified water super-saturated with 1000 lbs of pharmaceutical grade MgSO₄ (Magnesium Sulfate, a.k.a. Epsom salts). Cutaneous (through the skin) absorption of MgSO₄ has not been shown to produce negative side effects associated with ingestion or injection of the mineral.
- The Solution is sterilized between sessions through a process of commercial-grade circulation, filtration and purified using a combination of UV (Ultraviolet Light) and Ozone.
- Hard surfaces are disinfected using Puregreen24, a level IV EPA registered “Green” disinfectant containing sliver and citrus nitrate, safe for contact with children and animals.
- Only known physical limitations are the ability to get in and out of the tank unassisted.

PRIOR TO FLOATING:

Prior to floating you will complete paperwork and be given verbal instructions for your float experience. Please read all materials and follow staff guidance for the best experience. Please remember the following guidelines are applicable for each float:

YOU AGREE:

- I will use caution at all times in the float room and when entering or exiting the Float Tank or shower. (Your feet and the floor surfaces may be wet and slippery)
- I will always check in at front desk under your name before proceeding to the float area
- I will shower before and after each float session; further, I will take extra caution when stepping toward the shower area and while showering
- I will not wear jewelry while I am floating
- I will not eat, smoke or vape while in the float room
- I will not use or engage in any floating while under the influence of legal drugs that may be contraindicated for floating, illegal drugs or alcohol
- I will follow all other rules and instructions provided by Seaside Wellness Group LLC, personnel whether spoken or written
- I will not solicit or be involved with any solicitation of any kind or in any manner or by any means while at Seaside Wellness Group LLC

Pregnant women may float, however circumstances are unique with each pregnancy, use of float tanks should be discussed with your health care professional. Minors under 18 must have Parent or Guardian permission and credit card on file.

We reserve the right to refuse service to anyone at our discretion.

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.

YOU AGREE NOT TO FLOAT IF YOU HAVE:

- Active use of alcohol or illegal drugs
- Cuts, wounds, dermatitis, active infections
- Uncontrolled heart arrhythmia
- History of high ($\geq 180/120$) or low ($\leq 90/50$) blood pressure
- Very low blood sugar or “brittle” diabetes
- Uncontrolled seizures or epilepsy
- Kidney failure
- Congestive Heart Failure
- Any condition which may be adversely affected by cutaneous absorption of Magnesium
- Active suicidal ideation or severe depression
- Recent tattoo or hair color/treatment (including Keratin treatments)
- Spray Tan, Henna or other agents that may transfer off the body and into the float tank or equipment
- Allergy or sensitivity to Epsom salt
- Motion sickness or seasickness
- Inability to enter or exit the float tank alone
- Perforated ear drum or other ear problem
- Inability to control bowel/bladder and/or voluntary/involuntary release of bodily fluids of any kind, including incontinence or a heavy menstrual period
- We reserve the right to deny access based on our assessment of a person's smell and sobriety.
- **We have a \$1,500 contamination fee for our float pod.** Voluntary or involuntary release of bodily fluids, communicable or infectious diseases, oils, creams, and hair dyes in the float solution may enact the contamination fee for salt replacement, cleaning, and loss of income for closing the float pool.

**WE WANT YOU TO ENJOY YOUR FLOATATION EXPERIENCE!
IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE DO NOT HESITATE TO ASK!**

FLOAT THERAPY SESSION INSTRUCTIONS

Floatation Meditation Therapy provides a deep state of relaxation that stimulates blood flow through all of the body's tissues, releases natural endorphins, and the brain gives out alpha waves associated with relaxation and meditation. We want you to have an amazing and safe experience at Seaside Wellness Group and request that you be aware of and agree to the following information to ensure a comfortable, clean and safe Meditation Floatation experience.

After you finish floating, immediate benefits include soft skin, relaxed body, calm mind and an increased sense of well-being. For the next day or so you'll likely notice a reduction of pain and inflammation, and an exceptional night's sleep after floating. A practice of floating will increase these effects and allow them to sustain longer, providing consistent benefits.

Our clinical Float Pod meets or exceeds all Florida Health Department guidelines for public pools and spas. The 800-1000lbs of Epsom salt already creates an environment that is antibacterial. The Float Pod filters 24/7 when not in use and solution in the tank is regularly sanitized and disinfected. So, unless the tank is in a float session, it is constantly in filtration. Spa enzymes and clarifiers remove impurities from the solution. The solution cycles through the filtration system, which is equipped with a particulate filter, ozone and UV water purifiers to maintain the highest level of cleanliness. The Float Pod is cleaned and the entire contents filters at least 3-5 times before and after each use, so you can feel confident that your floating experience is both hygienic and enjoyable. Our filtration process includes mechanical, UV and ozonation steps as well as regular water maintenance protocols and testing.

Hard surfaces and walking areas are disinfected using Puregreen24, a level IV EPA registered "Green" disinfectant containing silver and citrus nitrate, safe for contact with children and animals.

- Please use restroom prior to your float session.
- Remember you are in complete control of your float!
- It is important that you shower both before and after your float. Do not use conditioner on your hair prior to floating; however you can do this when you shower after your float. Be sure not to shave two to three hours before entering a float tank because the salt is sure to sting.
- Our float sessions are 60 minutes. It is encouraged that you stay for the entire duration of your float. Your first few experiences may bring up many feelings, so give yourself ample time to reflect and process.
- The water in the Float Pod is approximately 94.1 degrees, which is slightly less than core body temperature. The tank is filled with approximately 10 inches of water and 1000 pounds of dissolved Epsom salt, which facilitates relaxation and suspension. You will not drown in the tank and can safely fall asleep. We also provide earplugs, ointment for minor scrapes and cuts, shower products and even a floatation pillow if you would like

additional neck support. Hair caps are available for purchase or you may bring your own if you wish to use one. It is recommended that you do wash your hair prior to applying swim cap. Remove contacts and be sure not to let salt get in the eyes. There is a water bottle and washcloth to wipe your eyes should this occur.

- Music/audio access is at the head of the float tank. Bluetooth/connection instructions are available there if you wish to utilize.
- Carefully enter the float tank, you may sit on the edge of the tank and swing your legs in. Use caution as surfaces may be slippery. *DO NOT lean or push on the float pod lid as it may shift*, use handrails as needed. We DO NOT provide assistance in/out of the float tank.
- Utilize switches in the pod for light, music and intercom as needed. Press and hold intercom to speak. Room light will turn off after a few minutes after you begin your float, although shower light will remain on. Room light is motion activated, and will come back on when you exit tank.
- You can choose to close the float pod which acts as a cocoon, encapsulating your float experience, or if you are concerned with claustrophobia you may leave the pod door propped slightly open; though please note that with the top open you may feel cooler from the ambient air temperature than if the Float Pod were closed, which provides the best R.E.S.T experience
- Take a moment to acclimate yourself to the tank, take a few deep breaths. When you're ready lie back and float!
- When your float time is up, the jets will cycle on and let you know it is time to come out. We will notify you a few minutes before your float time is up.
- When finishing your float, take a few minutes to sit upright to reorient yourself.
- Use caution when exiting the tank, you can again sit on the side of the tank and swing your legs out, using provided handrails as needed.
- Shower once again. You may now use conditioner, if desired.
- Exit shower, dress and gather all of your belongings. Please stop by front desk to check out with staff.
- IF MORE THAN 10 MINUTES have passed since your float session time has expired (90 minutes), we reserve the right to enter to room.
- Bath robe is provided in the unlikely event of fire or other emergent situation.

SPRAY TANS, HAIR DYE, HENNA, TATTOOS OR OTHER AGENTS THAT MAY TRANSFER OFF THE BODY AND INTO THE FLOAT TANK EQUIPMENT WHERE YOU WILL BE SUSPENDED. **DO NOT FLOAT IF LESS THAN 2 WEEKS** SINCE THESE OCCURRENCES) INABILITY TO CONTROL BOWEL OR BLADDER: FLUIDS SUCH AS VOMIT, URINE, FECAL MATTER, BLOOD OR TOXINS SUCH AS CHEMOTHERAPY ELEMENTS, TOPICAL MEDICAL OINTMENTS OR OTHER STRONG CHEMICALS TRANSFERABLE FROM THE BODY TO THE TANK AND ITS SOLUTION. **IF ANY OCCURRENCES OF SUCH CONDITIONS WERE TO CONTAMINATE A FLOAT TANK/POD AND THE ENTIRE SOLUTION ELEMENTS WERE TO BE DRAINED, THE TANK/POD CLEANED AND DISINFECTED AND A FULL REFILL AND RESET OF THE FLOAT/POD WERE TO OCCUR, YOU MAY BE RESPONSIBLE FOR A \$1500 FEE.**