

The Spa

FLOAT TANK FAQ'S

WHAT IS A FLOAT TANK? WHAT IS FLOATING? WHAT DO YOU DO?

Our float tank is in your own private room in the spa, it is a pod style tank that is filled with around 30cm of water and filled with 500kg of Epsom salt which keeps the body buoyant in the water. It is heated to body temperature, so that you will not feel where the body meets the water, more like you are floating on air.

The buoyancy created by the dense Epsom-salt solution removes the feeling of gravity on the body, making the body feel weightless, which gives you the perfect environment to allow your body to release the daily strain on your muscles and joints. With ear plugs in, and the tank's interior lights off, the quietness and darkness allow the mind to drift into the deepest state of relaxation possible.

HOW DOES IT WORK? WHAT DO I NEED TO DO?

Wearing whatever you are most comfortable in, we will have you arrive to The Spa around 15 minutes before your float session begins. You will shower first to remove any oils from the body. You will have a robe and some slippers to pop on and we will take you through to your private float room and make you comfortable.

After your session is over, you will then shower again to remove the natural Epsom salts from the body. You do have the option of also having a spa treatment with your booking. If you are having a spa treatment, it is recommended to float first, and then go through to enjoy your treatment afterward.

YOU MUST CONSULT WITH CLIENT AT TIME OF BOOKING CHECKING THE BELOW CONTRAINDICATIONS BEFORE BOOKING

- ◆ **Claustrophobia** – please let the client know the tank lid can be left open if they think this may help them enjoy a session.
- ◆ **Epilepsy that is not medically controlled** – even though the client is buoyant, they can harm themselves if they suffer an episode inside the tank or getting in and out. If someone has a seizure while in the float tank there would be no way for us to know that they were in distress and get them the required medical attention. If client is persistent that they can float and they have not suffered a seizure for a long time, medical clearance will be required before we can book. This will need to be emailed through before booking.
- ◆ **Open cuts or wounds** – minor scratches are ok and can be covered with a barrier cream to prevent stinging. Deep Wounds are a no.
- ◆ **Clean shaven** – the sensitive skin can burn and become irritated. Do not shave less than 3 days out from a float.
- ◆ **Freshly dyed hair** – this can run in the tank.
- ◆ **Keratin hair treatment and hair extensions** – the salt can ruin these treatments.
- ◆ **No alcohol before floating**. This can cause negative effects and increase the risk of injury.
- ◆ Recommended no coffee 3 hours prior – it can make it harder to switch off during your session
- ◆ **Motion sickness and vertigo** – floating can have a negative effect on client's wellbeing. They are still able to come and see if a float works for them but need to be notified of this possibility.
- ◆ **Pregnancy** – totally fine during pregnancy and has many positive effects. Just ask if client is experiencing any severe nausea or sickness as the floating and motion can again have a negative effect.

