



**Everyone feels a little nervous about their first float. Here are the most commonly asked questions, together with answers...**

### **What is floating?**

As explained by a pre-eminent scientist, 'floating is a method of attaining the deepest rest that human kind has ever experienced.'

Essentially, it's spending an hour or so lying quietly in the dark, suspended in a warm solution of Epsom salt about 10" deep, and so dense that you float effortlessly. We play some gentle music to help you to relax. In short, it's complete mental and physical relaxation.

### **What do I need to bring with me?**

All we ask you to bring is a towel. We provide earplugs, shampoo, conditioner and shower gel. You float with in your own individual room (so there is no requirement to wear a swimming costume or trunks). Our room has its own shower and is for your exclusive use for the duration of your session.

### **I'm claustrophobic; can I use the floatation room?**

Most people who suffer with claustrophobia are fine. Our floatation room is large and you can stand up inside it. There is a light inside the room which you choose to leave on and you are also welcome to leave the door open. However after the first float most people who are worried about claustrophobia go on to float with the door closed and the light off and they feel safe and relaxed.

### **How is the floatation room kept hygienic?**

We have to comply with stringent health and safety regulations. The high saline content of the floatation environment ensures that nothing harmful can survive within the tank. The water within the tank is automatically filtered between each customer and is sanitised with a small amount of Bromine.

### **Is there a risk of drowning or not floating?**

The high buoyancy of the water makes it impossible for the individual to go beneath the surface. Once settled it even becomes difficult to touch the bottom of the pod with your hand just beneath you. There are over 800 lbs of medical-grade Epsom salts to ensure that anyone can float, no matter what shape or size you are.

### **Might I be bored or frightened?**

Anyone who floats regularly will tell you how blissfully comfortable and deeply relaxed they feel whilst floating. You're as close as you are ever likely to be to an experience of weightlessness; and, surprisingly, there is no feeling of being confined in a tight space

### **Is Floating Successful for everyone?**

Floating, as with other things, doesn't suit everybody. It needs willingness on your part to let go and see what happens, and you may need to float a few times before you are able to relax completely, both physically and mentally. Depending on your own journey through life, a float might provide an hour of total physical relaxation – or a profound healing experience, emotionally and spiritually transforming. Floating can be a wonderful aid to opening doors into your inner world, gradually allowing access to those deeper levels at which real changes take place.

### **Will my skin wrinkle?**

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



### **Am I locked in?**

No, you've been watching too many horror movies! The door simply pushes open. Also, the light switch is located inside the float room.

### **How long should I allow?**

The float session lasts an hour and 15 minutes including showering and dressing time but allow extra time as it's important for you to relax after your float. We have a luxury relaxation room for you to use afterwards, with complementary drinks.

### **How many floatation sessions do I need to receive benefits?**

Floating has a cumulative effect; the more you float the more, better results you will get. Whilst it varies from person to person, we strongly recommend that if you have never floated before, you at least sign up for 3 floats.

### **What effects does floating have on the body?**

Never do the muscles of the body completely relax. Even when sleeping they continue to "hold" the body often reinforcing bad posture and alignment which causes chronic pain in the gravity free environment the body balances and heals internally as all the senses are rested. Epsom salts are absorbed through the skin and as the muscles relax the whole body, they will begin to realign itself, easing muscle tension, shifting old patterns and changing bad posture and inflammation in joints.

Research shows that floating measurably reduces blood pressure and heart rate whilst lowering the levels of stress related chemicals in the body. Old injuries and aches, (especially back ache) experience relief as floating helps blood circulation. Floating is used widely in the treatment of stress, anxiety, jetlag and to improve concentration and creativity. Sports performance and 'winddown' is also enhanced during floating. Floating has also been shown to offer benefits for the management of arthritis. One hour of floating has the restorative effects of 8 hours of sleep!

### **What effects does floating have on the mind?**

Floatation therapy is deeply relaxing and can be used to effectively manage anxiety and stress. During a float, you produce shower brain-waves patterns, known as theta waves, (normally experienced only during deep meditation or just before falling asleep). This is usually accompanied by vivid imaginary, very clear, creative thoughts, sudden insights and inspirations or feeling of profound peace and joy, induced by the release of endorphins, the body's natural opiates. Floating gives you a chance to explore your own mind. Because of these effects, floating is used effectively in the treatment of depression and addictions, including smoking and alcohol. It is also used in schools and universities as tools for super learning.

### **What effects will floating have on a better sleep?**

Our recent study by the Great British sleep survey found that a staggering 51.3% of Britons struggle to get to sleep. Insomnia is a common problem and persistent insomnia can have a significant impact on your quality of life. It can limit what you're able to do during the day, affect your mood and lead to relationship problems with friends, family and colleagues. For many sufferers of insomnia, floatation therapy has proven a very successful therapy as it helps to mentally de-stress. Theta waves, which are the gateway to sleep, allow the body to transition into the delta waves required for REM. Many sufferers of insomnia also struggle to relax their muscles at night and while prolonged sleep is usually not possible in a float tank, the therapy session allows people to sleep better during the night. Floatation therapy removes the effects of gravity on the body which allows muscles to reach deep levels of relaxation. This is particularly useful for those suffering from back and neck pain.