

Q: How is the spa cleaned and disinfected?

A: While the spa is so high in saline that no living organism can survive, as an extra bacterial prevention, the entire solution is pumped out and filtered through a 3 part filtration and sterilization system using Ultraviolet Light and Ozone. The spa is filtered before and after each client; as well as at the end and beginning of each day. Also, all clients are required to shower before entering the spa.

Q: When should a person NOT float?

A: A person should avoid the float spa if they:

- (a) have an infectious respiratory or skin disease*
- (b) have open wounds*
- (c) incontinence*
- (d) Epilepsy or other serious seizure disorder*
- (e) heart arrhythmia*
- (f) high-risk pregnancy*
- (g) are under the influence of drugs or alcohol*
- (h) currently menstruating*
- (i) have colored or permed your hair within the last 7 days.*

Q: What do you wear while floating?

A: Clothing is optional. Those that choose to float without attire feel greater relaxation and freedom from the restriction of clothing. Even though the float spa is completely private, some may feel more comfortable wearing a swimsuit.

Q: Do I need to bring anything?

A: Just yourself! Robes, towels, soap, & shampoo, blow dryer, ear-plugs, & Q-tips for your float will be provided for you. You may want to bring grooming tools for afterwards.

Q: What do I need to prepare for floating?

A: It is recommended that you not shave for 24 hours before floating. Freshly shaved skin may sting upon entering the spa. If you wear contact lenses, you will want to remove them to avoid damage from possible salt water exposure. You should also avoid drinking caffeine and eating for 2 hours prior to your float.

Q: Will the Epsom salt harm my skin?

A: No. Epsom salt is highly recommended for various skin conditions.. It is non-toxic and non-harmful if swallowed. The high magnesium level of Epsom salt is nourishing to the skin.

Q: Are there any age, height, or weight restrictions?

A: No. Our spa is 4 by 8 feet in size; to fit all shapes and sizes. Floating is safe for all ages.

Q: How often should I float?

A: You could float everyday without harm. The initial relaxation from floating could last from 1 day to 7 days. The cumulative effects of floating can result in greater ability to maintain a state of relaxation.

Q: Is it safe to float if I am pregnant?

A: YES! Floating can provide extreme relief from the massive gravitational strain placed on the body during pregnancy. However, floating is not recommended for pregnant women in the first trimester. We will require doctor's release for those with high risk pregnancies.

Q: How do I know I will float?

A: It is scientifically impossible to avoid floating in a spa that contains 800 pounds of dissolved salt.

Q: How long should I stay in the float spa?

A: The choice is yours! The longer you stay in the spa, the greater the health benefits.

Q: Would I drown if I fell asleep in the float spa?

A: No. The salt water is too buoyant to allow for drowning. It is very difficult to rollover in the spa because of the density of the solution. The feeling of salt, in the eyes, nose, and mouth would alert the floater to wake up. Many people fall asleep in the spa. One hour of sleep in the spa is roughly equivalent to four hours of regular sleep.

Q: What will it be like for me?

A: Each person's experience differs, but one thing that is guaranteed is complete relaxation of the physical body.

Q: What happens if I get water in my eyes?

A: A spray bottle of distilled water and spa towel will be provided for you before use of the spa.

Q: How do I float? Is there a right or wrong way?

A: There is no right or wrong way to float. Just lie back, breathe deeply, and relax.

Q: Will I be able to resume my daily activities after using the spa?

A: Absolutely! You may even feel more focused and energetic.

Q: Is this some new age trend?

A: No. Float therapy has been around for more than 50 years; with plenty of science validating the positive health effects.

Q: Is your float spa a sensory deprivation tool?

A: Our float spa offers both sensory deprivation and stimulus reduction. We offer our clients the choice between complete silence and darkness or soft lights and music. We invite you to explore what level of sensory reduction you prefer. Our goal is to provide you with relief from the sensory overload experienced in daily life.

Hydrate! Hydrate! Hydrate!

It is important to remember to drink plenty of water before and after your float session.