

Pre-Float Essentials

DON'T consume any caffeine for a couple of hours before your float – caffeine can make it difficult for you to quiet your mind while floating.

DON'T consume excessive amounts of fluids prior to floating to avoid the distraction of needing to use the WC during (but we advise having a small meal about 90-minutes before you float to keep your stomach from rumbling).

DON'T shave or wax any part of your body the day of your float - the high levels of salt can cause a stinging sensation on newly shaved or waxed skin.

DON'T float if you have any open wounds. We supply a non-petroleum jelly to cover small nicks and scratches, but you should avoid floating with anything larger.

DON'T float if you've gotten a tattoo within the last 30-days.

DON'T float if you've received a spray tan within the last 2 weeks or used tinted self-tan in the last 3-4 days. This can damage our water and may require us to drain the float rooms, passing on the costs to you (see our terms and conditions for details).

HAIR

Your hair will get wet (swim caps to do not prevent this).

DON'T float if you have hair extensions or keratin treatments. The Epsom salt can shorten the life of keratin treatments and can weaken the glue used in hair extensions.

DON'T float if you use beeswax or any other wax-based or heavy oil/grease-based hair products. The Epsom salt will pull these products from your hair and force them to 'clump' – which will clog our filtration system.

DON'T float for 2 weeks after dying your hair (3-4 weeks for reds, purples, or blues) as it can leak into the water, damaging our tanks and removing your dye. And do not float at all if your hair is dyed with temporary colour.

Hair dyes, waxes, and oils are **EXTREMELY** damaging to our system – if you contaminate the float solution, we may have to drain the system, dismantle the filters, refill and replace the large quantities of Epsom salt. This is expensive and we may have to pass the repair costs and loss of income onto you (see our terms and conditions for details).

Contraindications

If you have one of the following health conditions, we ask that you **do not float**:

- Open wounds, sores, or rashes
- Any contagious illness or disease
- Incontinence
- Uncontrolled kidney disease
- Uncontrolled psychosis or schizophrenia
- An uncontrolled seizure disorder – if you have epilepsy, please contact us before making an appointment so that we can discuss this with you
- An uncontrolled heart condition
- If you are on active chemotherapy (if you are undergoing other cancer treatments consult a medical professional before floating)
- An ear infection
- An allergy to Epsom Salt (magnesium sulphate) or Hydrogen Peroxide
- A history of uncontrolled low or high blood pressure
- Are in your first trimester of pregnancy

Consult a medical professional before floating if you have:

- **A Heart condition**
- **Asthma**
- A severe skin condition such as **psoriasis** and **eczema**
- If you have **tubes in ears**

Further Considerations:

- **Floating whilst pregnant** - many pregnant women find floatation therapy beneficial for alleviating physical discomfort and fostering a deep connection with their babies. While studies have shown that it's safe to float throughout the whole nine months of your pregnancy, we recommend floating after your first trimester to be safe. **However, it's recommended to consult with a healthcare provider before engaging in any new wellness practices during pregnancy, especially if experiencing any pregnancy-related complications.**
- Those with **spinal conditions** or instability should seek advice from a medical professional to determine whether float therapy could benefit or have harmful effects on their spinal condition.

- If you suffer from **severe motion sickness** in other circumstances (e.g. in a boat or car), there is a chance you could suffer from it while floating. If you usually use medication to control your motion sickness in these circumstances, you may wish to consider doing so in the case of floating.
- If you are **diabetic**, please be aware that floating reduces the cortisol level in the body, which in turn lowers blood sugar levels. Please consult a medical professional before floating if you have concerns about floating & diabetes.
- Floating reduces your blood pressure – if you already **have low blood pressure** then please take extra care when exiting the float room. Sit up, then pause to assess yourself before standing.
- Floating **with a pacemaker** is completely at your own risk. We must be made aware in advance if floating with a pacemaker. By floating you are accepting the risk that your heart rate could slow down to a rate that would trigger the pacemaker. This risk is continually assumed by the client for any irregularity or reduction in heart rate that is experienced in the days following the floatation session. We recommend seeking medical advice before floating with a pacemaker.
- **Tinnitus** can be exacerbated by quiet environments. People with tinnitus can absolutely float but may be distracted/irritated by the effects of tinnitus - we suggest listening to music or keeping the lights on, maybe only at the beginning of your float journey, and experiment to see how things change/evolve.
- Generally, people with impaired mobility and/or impaired vision can float (depending upon their doctor's approval), **providing that a caregiver accompanies them in the room** and sits quietly throughout the duration of the float to provide assistance if required. **This is especially important in case of any emergency**, as our staff will have many people's wellbeing to look after, and they do not have the specialised manual handling training necessary to assist people getting in or out of the float room.

Disclaimer

We must emphasize that only medical professionals can provide diagnoses or medical advice. The information shared in this document is based on reports from float centres worldwide along with our centre's experience and is not a substitute for professional medical guidance. Floatation Therapy is generally safe. We recommend when it comes to your health and specific medical concerns, to always consult with your trusted healthcare provider. They can assess your circumstances and provide accurate information regarding any potential risks or interactions related to float therapy. It is crucial to approach all information, including what is presented here, with a critical mindset and conduct research to make informed decisions. Your health and well-being should always be the top priority, and seeking professional medical advice is the best action.