

High-Tech Floatation Spas

FREQUENTLY ASKED QUESTIONS

What is floating? Floating is a luxurious escape from the constant stress of life's daily pressures. You float effortlessly on your back in a specially designed mineral spa filled with a clear Epsom Salt water solution. Both lightproof and soundproof, this peaceful space frees you of gravity, noise, and other distractions. As if in deep meditation, your body and mind achieve calmness, entering into a theta brain wave state resulting in a profound state of relaxation.

What are the benefits of floating? *Prevention Magazine* calls floating one of the "Best Healing Remedies." Based upon the therapeutic powers of the Dead Sea, the warm Epsom Salt water offers an extremely powerful tool for improving health and can provide great relief from mental and physical stress, fatigue, chronic pain, headaches, and arthritis. Many use floatation as part of a pain or stress-management system or to help produce positive behavior changes such as losing weight and quitting smoking. Doctors have observed that maintaining the body erect against the force of gravity creates stress on the spine and joints and may be part of the cause of arthritis and other uncomfortable conditions. By allowing the body to float, this stress is temporarily alleviated, thereby allowing muscles and joints to relax and heal faster. Floating induces whole-brain thinking, where we can improve concentration and become more creative and expressive. It strengthens the immune system, triggers the release of endorphins, and reduces the level of harmful biochemicals in your body. Athletic performance is improved through greater stamina, speed, strength, and quicker recovery time from workouts. Athletes and others also use floatation as a visualization tool for accelerated learning.

How big is the float spa? The spa is a roomy four feet wide by eight feet long. It is somewhat like stepping into a large bathtub. You will find our open environment design has a seven-foot-high ceiling, fresh air vent, and sliding door. There is more than ample room to step inside, lie back, and float with a feeling of spaciousness and total comfort.

What is Epsom Salt and how does it work? Epsom salt is actually magnesium sulfate ($MgSO_4$) in a pharmaceutical-grade crystal form that's had all its impurities removed. It has the concentrated power to draw toxins to the surface of your skin, giving your body a powerful systemic detoxification.

How do I float, and why can't I sink? No training, preparation, or skill is required. Anyone, regardless of body type, will float like a cork, effortlessly, on top of the heated Epsom Salt solution. The Float Spa contains 1,000 pounds of Epsom Salt dissolved in 150 gallons of water only ten inches deep. It is this density of the water (five times the density of sea water) which allows your body to become totally buoyant. You cannot sink below the surface of the water.

Who should not float? Pregnant women, small children, and anyone with a contagious condition. Anyone with a history of heart trouble, blackouts, or a seizure disorder should float only upon the advice of their health care professional. It is advisable not to eat a heavy meal for at least several hours prior to floating. Also, the salt water can sting an unhealed cut or freshly shaved skin.

Is it private? Yes. You enter the spa through your own dressing area equipped with a private shower.

Is it sanitary? Yes. Microorganisms cannot exist in such a salt-saturated environment. In addition, everyone entering the spa is required to first shower and shampoo thoroughly in order to remove dead skin and loose hair. Our spa is sterilized and filtered after every session by a powerful ozonator and UV sterilization system designed to maintain the water's soft, clean, and crystal-clear appearance.

What temperature is the water? The same as skin temperature; approximately 93 to 95 degrees. After a few minutes, the floater cannot tell where their skin ends and the water begins.

Can I hear outside sounds? The float spa is protected from outside noise. Your ears are under water and you will only hear what is transmitted through the underwater music transducers or in-spa intercom.

What do I wear? You can wear a bathing suit if you like; however, since the float spa is totally private, most people don't wear anything. Ear plugs are optional.

Can I play music? You can float in silence or listen to relaxing or subliminal cassettes or CDs. Bring your own or use ours. An on/off air switch inside the spa allows you to control the music.

How do I know when my time is up? There is a two-way communication system inside the spa. We will alert you with voice or music that will be played near the end of your session to gently signal that your time is almost up.

What can I expect after a float? A float is compared to the relaxed feeling after a therapeutic massage or a deep comfortable night's sleep. Researchers have found that floaters' heart rates and breathing slow down and their blood pressure drops. This favorable drop in blood pressure may be due to the additional finding that floaters had lower levels of cortisol and other stress hormones that influence high blood pressure. Frequent floaters speak of seeing things anew and describe the world as fresh, glowing, intensified, and more vivid. Regular floaters feel stronger, healthier, and happier.

How long and how often can I float? One hour is the typical session. Float times range from a half hour up to two or three hours. People float monthly, weekly, and even daily. It may take some people one or two sessions in order to relax and enjoy the freedom from stress, gravity, and outside distractions. Benefits are cumulative; research suggests that the more often you float, the more you may increase your tolerance to stress.

How much does it cost? Float rates vary depending upon the length of the session. Discounts are available for first-time and frequent floaters. Credit cards are accepted. Floating makes a great present, and gift certificates are available.

How will I know what to do the first time I float? By arriving 20 minutes prior to your first scheduled float, you can view a brief video on the float experience. In addition, we will provide a thorough orientation. We'll show you the few simple steps to take in order to have a relaxing and enjoyable float experience. Simply put, you will enter your private changing room; then shower, shampoo, and rinse to remove body oils and loose hair. Then, step into the spa, which is adjacent to the shower. Just lay back, relax, and press the air switch at your fingertips in order to turn out the lights. When you are done floating, just turn on the lights. Then step out of the spa back into the shower, where you will rinse off.

What do I do while I float? First-time floaters often spend their first minutes thinking and wondering if they are doing it right. After 5 to 10 minutes, the inner chatter stops and your body's innate intelligence naturally brings about the "relaxation response." Every float is a different experience for every person.

How would you describe a typical float session? As you enter your private mineral spa, your body is gently cradled by the warm salt water. You are instantly weightless, floating peacefully and effortlessly on your back. Enjoying the freedom from light, noise, and gravity, your body relaxes and releases the tension it holds. Your mind stops chattering and brain wave activity is reduced, resulting in a deep state of mental and physical relaxation. You are now in a stress-free world of limitless potential, unaware of time and space. Your healing has begun. While floating motionless, feel what goes on inside your body, mind, and spirit. In this loving, accepting, and supportive atmosphere, you are free to think, be, or feel whatever you wish. An hour passes like several minutes. As if awakening from a deep sleep or therapeutic massage, you are renewed and relaxed. You will come out glowing and radiant. Your skin will be toned and refreshed. Your mind will be clear and alert. The night after a float you will sleep deeply and comfortably. A feeling of well being will stay with you for days.

How can I learn more about floating or about owning my own float spa? Check our website, www.thefloatspa.com. Call High-Tech Decks & Spas, the exclusive world-wide distributor of The Float Spa, at 888-SALTSPA.

How do I schedule an appointment to float? Just call the office during business hours and we will be happy to schedule an appointment at your convenience.

Contact High-Tech Decks & Spas ~ www.thefloatspa.com ~ 1-888-SALTSPA