

## Floating Guidelines

We will show you around the Floatroom suite before your session begins. Here is a prelude to help you to get the most from this wonderful therapy.

- Prior to entering the Floatroom suite please use the WC if necessary.
- Once within the suite remove all jewellery.
- Please shower, then dry your face.
- Insert the earplugs that are provided.
- Cover any cuts with a thin layer of Vaseline to seal out the salt water.
- Get in the water slowly; position yourself in the middle and lie down. You're floating!
- Allow your arms to place themselves into a comfortable position.
- As this is your first float you may feel some tension in your neck...consciously relax your head back into the water and you will float comfortably.
- If you still feel neck tension, float with your arms above your head or clasped behind your neck. This may help to ease the tension, which is a symptom of stress.
- Remember that there is a lot of salt in the water so *do not rub your eyes*.
- Music will be played for the first ten minutes of your float to help you relax, and then there is silence. (You may enter and leave the Floatroom at any time during your float.)
- There is no need to consciously control your thoughts, allow the "brain chatter" to happen, this is part of de-stressing. – Reserve any experimentation with meditation and visualisation etc. to at least the fourth float when the relaxation response is well established.
- When the music starts up again after the silence your session is over.
- To leave the Floatroom, sit up and get your balance. Turn the light on and stand up slowly before stepping out.
- Please wring the salt from your body and hair so as to leave as much of the salt solution in the Floatroom as possible!
- You will want to shower afterwards to rinse the salt solution from hair and body.
- Please place earplugs in the bin provided.
- After changing, you need to relax in the lounge area for at least ten minutes – this transition back to the real world is important too!

## Your First Float



Before you take your first float, there are several things for you to consider.

In a dark, quiet environment, you will be floating in “heavy” water, heated to skin temperature. You will have the feeling of floating weightlessly in space.

*Your experience will depend on your state of mind and your expectations.*

Reactions have ranged from euphoria to boredom; the most common response is deep relaxation. Knowing what to expect physically will make your experience a truly satisfying one.

*Generally much of the first float is spent getting used to this new environment.* It is a good idea to familiarise yourself with the surroundings right away.

You will be aware initially of your breathing and your heartbeat. *This is a good sign!* In the absence of external stimulation, this awareness will actually help you to relax.

During the relaxation process, you may be aware of the areas of your body that hold more tension and resist relaxation. Old injuries are often cushioned by the body’s tightening of the surrounding muscles.

Often the back of the neck is an area of some special tension. Let your head fall back a little and your neck will relax. Don’t worry about your head. It will not sink. You may want to experiment with different arm positions to help you relax. There are several – at your sides, straight up over your head, or behind your neck.

Enjoy!

## After Floating

Always sit for at least ten minutes in the lounge area after floating. This gentle transition back to the outside world is very important if you wish to gain the maximum benefit from your float. Just rushing out immediately will burn off many benefits before your nervous system has had a chance to integrate them – so a quiet sit is well worth it, particularly when you don't feel like it.

It does take three floats to really begin to get the most out of floating. You will probably find your second and third floats quite different from the first. Some reasons for this are: -

- Relaxation is much deeper and more immediate.
- You become more familiar with staff and procedures here and so you feel more at home.
- There is an accumulative effect of previous floats.

The first float is normally very good – subsequent ones are generally much better.

Please rest as long as you wish in the float lounge – there is a hair dryer available to use and fruit tea is available

We encourage questions about the floating experiences that you may have as understanding the experience can be as important as the experience itself.

There is always an experienced member of staff available to answer any questions

Thank you.