

## LIFESHOTS FLOAT THERAPY

### **How to prepare myself for floating?**

Come to Lifeshots Float and Mind Spa at the time of appointment or a few minutes before the scheduled time with an open and positive state-of-mind. Most importantly...relax. The RelaxoPod will enhance that experience if you arrive relaxed; the experience will be more beneficial to you. There are a few additional things to consider:

- Try not to shave right before arriving. It isn't the end of the world if you do...but salt water on freshly shaven face or legs isn't the most pleasant thing on Earth. Your skin may sting and distract you from achieving deep relaxation.
- If you wear contacts, it would be in your best interest to remove them before floating (bring a container in which to store them).
- If you have caffeine before you float, it may also interfere with your ability to relax.
- Eating a light meal about 90 minutes to an hour ahead of time will keep your stomach from being a distraction.

### **What is Floating?**

Floating is an experience of ultimate peace and relaxation in which you spend one-hour in a private, specialized pod, filled with ten inches of highly-saturated salt water. This causes you to float completely and effortlessly atop the water, experiencing near zero-gravity.

### **Who can Float?**

There are no typical isolation Pod users. People of all ages and walks of life enjoy the experience equally. Floating can be done by nearly anyone from stressed-out managers, overworked moms, athletes, to those individuals just wanting to escape from everyday life to experience a state of complete physical, mental, and emotional relaxation. Unless you are over 7-feet tall, or over 500 pounds, you are able to float. We do, however, highly recommend that if you suffer from any medical conditions (clinically-diagnosed depression or others) that you consult your primary care physician prior to floating. For guests from ages 13-18 we require parental presence, or written permission. Due to the comfort of all our guests, all of our float sessions are quiet sessions so we don't offer them to young children.

### **What if I am claustrophobic?**

People who say they are afraid to use the Pod because they are claustrophobic probably assume that they will be confined to an enclosed space. Our float pods are spacious (8ft long and 5ft wide), allowing one to put his/her arms over their head, out to the sides, and sit up in the pod if necessary. Although many choose to float in complete darkness, inside lighting is available and at the control of the floater. You can also use the Pod with the door open if you wish. You are in control of the situation, and can get in and out whenever you want. Use the floating experience in a way that is comfortable for you.

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## **Can pregnant women Float?**

Yes. We do, however, recommend that pregnant women avoid floating during the first trimester. If you have any concerns about the effects of floating on your pregnancy, consult your physician and get permission from them before you float. It is interesting that pregnant women probably get more relief from floating than most people. The extra weight carried by the mother-to-be can be very stressful, due to the forces of gravity. Floating eliminates the negative effects of gravity which can cause joint pain, inflammation, and stress on the organs, as well as on the unborn baby.

## **How do you clean the Pods?**

For your protection, the water in the float Pod is completely filtered through a high-tech filtration system after each float session. The cleaning process includes 1 micron filtration, Germicidal UV lamps, and an Advanced Oxidation Process of ozonation with hydrogen peroxide dosing, making the water more sanitary and hygienic than a swimming pool or hot tub.

## **How long do people usually stay in the Pod?**

Our floatation Pod sessions last for minimum of 60 minutes with option of 90 or 120 mins available. You will have a few extra minutes to take a quick shower before and after your session.

## **Are there situations in which I will not be permitted to use the floatation Pod?**

We will not allow you to float if you have any of the following conditions:

- Infectious skin or respiratory disorders
- Open wounds
- Incontinence
- Epilepsy or serious mental conditions
- A high-risk pregnancy
- First trimester of pregnancy
- Have colored or permed your hair within 7 days
- Under the influence of any drug or alcohol
- Under the age of 13, (13-18 without parental presence or written permission).
- We expect you to inform us of any conditions for your own safety and the safety of other floaters!

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## **Do I need to bring anything?**

If you have long hair, you may want to bring a comb. Also, something in which to put your contact lenses while you are in the Pod. You can carry your own swimming costume but we do provide one at an extra cost. Besides this we provide everything you need (towels, earplugs, body wash/shampoo).

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### **Will I float even if I can't float anywhere?**

Yes. It is impossible not to float in the Pod. 600 hundred kg of epsom of salt dissolved in the water makes the solution so much denser than your body, that your body is pushed to the surface like a cork. Your face is out of the solution and your ears are underwater. So no matter your weight or height, you will float on your back like a cork.

### **Is there a right way to do it?**

All the ways are right. Each person should find whatever position is comfortable for them. Some people float with their hands at their sides, some with their hands folded across their chest or abdomen, or even behind their heads. You can keep your head at either end or sit up if you like. You may float with the door open or closed. Float the way which is comfortable for you and explore this unique experience.

### **What to expect?**

It is such an individual experience. Not only will it be different for you than it is for anyone else, it will be different each time. The most common reports are profound peace and relaxation, deep concentration, and renewed creativity.

### **Is it dangerous to sleep in the Pod ?**

No. It is safe to sleep in the Pod. In fact, many people safely fall asleep in the Pod as a result of being so relaxed. Even those who say they never sleep on their backs in bed, do so very easily in the Pod. People may think it is unsafe due to the fear of rolling over, but because of the solutions density, it is very difficult to turn over. If this were ever to happen the salinity of the water would irritate the eyes and nose, immediately waking the floater.

### **Is there enough air in the Pod ?**

Yes. The Pod is designed not to be airtight, so there is a plentiful supply of air. In addition, here is a vent across the rear of the Pod for air.

### **Is there a best time to use the Pod ?**

No. This is a matter of individual preference. Some people prefer morning, some prefer evening. The best way to find out, is to experiment by using the Pod at different times of the day.

### **What if I cannot swim?**

The floatation pod is only filled with 10 inches of water and has such a high-density of salt that any individual, big or small, will float like a cork on top of the water. Many people even restfully sleep while in the floatation pod.

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### **Will I be able to resume my daily activities afterward?**

Yes. Many people enjoy savoring peace and relaxation before having to do something hectic or tedious. However, some first-time floaters may experience a “detox effect” as a result of the detoxification power of the salts. **Take note:** The detox effect can leave one feeling fatigued, so first-time floaters should plan their day accordingly.

### **How often should I float?**

While you can float every day without harm, we find that the relaxing effects of a one-hour float typically lasts beyond that day. For best results, we recommend regular sessions, and many clients find that floating once or twice a week provides the most benefits.

### **Will I get hot or cold in the water?**

You will feel neither hot nor cold. The self-monitoring, homeostatic Pod, continuously regulates the temperature of the water to 35-38 degrees C, which is the temperature of the surface of the skin, creating a feeling of truly floating in the air.

### **How long have float Pods been around?**

Floating has been around for over 40 years and has countless published research to back it up. The first float Pod was developed in 1954. These involved full submersion in water, and a breathing device which completely covered the face. The first “lay down” commercial Pods were invented in the early 70s.

### **Can two people float together?**

No, they can't. Floating in the Pod is intended to be a private, individual experience.

### **Do I wear anything in the Pod ?**

Since it is a private experience, its prerogative of the individual to wear a swimming costume which is comfortable but some people don't wear anything. In this regard, do what suits you best.

### **Do I need to shower?**

Yes, you need to shower before and after you float. We have a private shower room adjacent to pod room for your comfort and convenience. Shampoo, soap, and conditioner are also provided.

### **Do I float in private?**

Yes. The floatation Pods are in private rooms with a shower attached.

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### **Can I wear a bathing cap?**

Yes, if you choose, but it won't keep your hair dry. It would have to be too tight around your head to keep your hair dry.

### **What effect does salt water have on my skin?**

The Epsom salt solution is beneficial to the skin. The solution will leave your skin silky smooth, and not dry it out. The high Epsom salt content of the water means that the water will not draw the salt from your skin and cause wrinkles, like a long bath does. Salt has been used for centuries as a medicinal treatment for various skin conditions, including in the ancient Roman Empire. It is non-toxic and is not harmful if swallowed.

### **Can I float if I just dyed my hair?**

While there is no guarantee that the salt won't strip color from your hair, we recommend that you check if the water running through your hair in the shower at home is fully clear. If there is still some color coming out, you should wait a couple more days/showers.

### **If I have a cut or scratch, how can I float without irritating it?**

While a Band-Aid will come off in the water, a liquid bandage would be acceptable. However, it is not recommended that you float if you have an open, bleeding wound, in the process of healing.

### **Can I use the Pod when menstruating?**

No. It is not recommended.

### **Is the salt dangerous to my eyes?**

No, but it can be a little uncomfortable. So keep your hair pushed back and your hands away from your eyes to avoid it. We provide a spray bottle with clean water on the side of the Pods, so you can always clean your eyes during your float session if necessary.