



Floatation Orientation Form

Floatation therapy is intended to be a positive experience and some people find that they tend to relax even more with their second session and each session thereafter. Although the preferred method is to float with the lid closed, it is completely fine to float with the lid open if you feel more comfortable. You have control over the lighting and music from within the pod. You may float in a swimsuit, although many prefer to float in nothing at all. Please keep in mind, the pod and/or surrounding areas may be slippery so please exercise caution.

The float room is cleaned and disinfected between each session and the water quality is tested daily to make sure it follows the appropriate guidelines. The float pod has Ozone and UV purification and completes the required number of cycles in between each client to help ensure your safety.

You will begin the process by showering off before you enter the float room and you will want to shower again after your session to remove the salt solution from your hair and body. We provide robes, shampoo, conditioner, and body wash.

If you have any of the following conditions, it is not recommended that you use the float pod at this time. Please see your health care provider for a release form should you wish to continue.

- Epilepsy.
- Kidney Disease.
- Diabetes that is not under control.
- Low Blood Pressure.
- Recent heart attack, severe arterial disease, or, other cardiovascular problems.
- History of dizziness, fainting, heat sensitivity, narcolepsy, or, seizures.
- Sensitivity to magnesium or sulfate
- Contagious skin disease.

As with any medical condition or concern, we suggest that you consult with your health care provider before using the float pod.

Please refrain from using the float pod under the following conditions:

- If you are under the influence of alcohol or drugs.
- If you have recently colored your hair and it is transferring any color when wet (rub wet hair thoroughly with a white towel and if there is no color bleeding onto the towel you should be fine).

If you are not able to get yourself safely in and out of the float pod, you must bring your own helper(s) as our staff is not trained in assisted transfers. If you bring your own helper(s), you/they accept full responsibility and liability for transfers in and out of the float pod.

Shaving prior to flotation is not recommended as it may cause discomfort when floating in the salt solution.

We provide sealed packages of ear plugs, ointment (for small scapes and cuts), single use eye drops, swim caps, and a flotation halo for your comfort.

Please exit the pod if you feel nauseous, dizzy, or light headed. The pod does have an emergency intercom should you need to access it; when you push the button and release it the front desk will be able to hear you or know that you may need help.

Any contamination of the float water may result in a cleaning and salt replacement fee of up to \$2,000.00.