

Floating ~ Rules and Regulations

A small ritual, a 'preparation ceremony' if you will, facilitates the transition from the common world to the extraordinary world of the relaxed state you will experience in the spa. It is good to enter the spa with a purpose.

Getting Started

First: **remove all of your sharp jewelry** (smooth wedding bands are fine) and place them in the glass box provided on the shelf under the dolphin. The spa has a delicate lining which can be cut very easily with sharp objects. Please do not forget your jewelry when you leave. We are not responsible for lost articles.

You must be completely undressed in the spa or the filters will burn out from the lint. The filters are designed for skin flakes, hair, bacteria and other organisms only! **Do Not Go Into The Spa With Any Skin Ulcers or Open Wounds or Cuts.** Epsom salt does not treat open surfaces kindly. Epsom salt should be avoided by women who are menstruating especially if they use a tampon. Also, **avoid shaving the day you will be floating if you have sensitive skin.**

We allocate 15 minutes before and after floating for dressing and undressing, bathing and rinsing off the salt. It is important that your body gets wet, and to do a head to toe scrub with a wash cloth. Spend the time to **shower thoroughly before** going into the spa. Adhering to such stringent guidelines will ensure a clean floating experience for everyone who enters.

DRY YOUR FACE AND THE EDGES OF YOU HAIRLINE. We cannot stress this point enough! Please do not forget to dry your face. Epsom salt solution has a habit of seeping into the eyes if a wet pathway is provided. Keep the eyes dry at all times while in the spa. The salt solution is NOT dangerous to the eyes, but will sting for a few minutes, which is very distracting and takes away from the experience.

Slide the spa door open, hold on to the metal bar and step into the spa, then sit down. Now its time to lie down. What is most important inside the spa are 1) the ability to RELAX your shoulders and your neck, and 2) the position of your hands. First, your shoulders and neck will not be able to support your head during this time. The 'pudding' sensation of the water does that very well. Learn to trust it. **RELAX YOUR HEAD AND SHOULDERS.** Beginners sometimes come out with tension because they've been holding their head up the entire time. DON'T!! Be aware that the water will reach the point of the temples.

Change positions slowly, deliberately and with forethought. Pregnant women in their third trimester love to lie down on their belly. This can be done rather easily, but needs special instructions from an experienced floater. ASK US!

When signaled from the staff, via a knock on the door, it is time to shower. Move slowly to a standing position and while holding onto the metal bar, slide open the door. Stand still and allow as much of the solution to drip off of your body, helping it by squeezing your hair and 'squeegee'ing your body. Do not touch the outside of the spa. As the water evaporates, it leaves the salt behind and is messy to clean up. Remove the ear plugs if you have chosen to wear them.

The water temperature of the shower has a thin line of demarcation between hot and cold, so be careful! Stand to the side and point the arrow almost straight up for the best temperature. Wait until the water heats up. Now is the time to thoroughly rinse (NOT WASH) your hair. Towel dry as much as

possible in the shower area. You may hear the hum of the filter go on if there is another person waiting to go in the spa behind you. Don't worry. You will still have 15 minutes post float time to rinse, dress, and dry your hair. Please bring your own towels. We have a hair dryer for your use.

Please be seated and center yourself before entering the real world.

WE REQUIRE PAYMENT BEFORE YOU ENTER THE SPA ROOM.

Please sign and date below that you have read the Floating Rules and Regulations:

Sign Name: _____

Print Name: _____

Date: _____