



5632 Bee Ridge Road
Unit 101, Sarasota, FL 34233
mindspasarasota.com
(941) 378-9959

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How Many Times Will I Need to Float?

The number of times you will need to float depends on your goals and objectives. **We highly recommend that you float at least 3 times** to adjust to the sensory deprivation environment and feel the full benefits. Every float you have will be different, and beyond the deep relaxation you feel, floating tends to bring to the surface any mental and physical issues occurring in your life so that they can be addressed. Floating is a safe, non-invasive and integrative therapy and the pod can be used as a tool for self-development and mindful living. The positive, calming effects of even a single float can be felt for days afterward.

Clinical studies and university research regarding the use of floatation therapy to treat symptoms of anxiety/depression chronic pain, arthritis, fibromyalgia, burn out syndrome and other conditions have used differing treatments schedules with varied results. Most studies observed the effects of **floating once a week** over a given time period, with highly positive results compared to control groups or other modalities. For more information and references to studies, please inquire at MindSpa.

How Do I Prepare for a Float?

Please see our **"Preparing For A Float" guide** available on the MindSpa website.

Will I Feel Claustrophobic?

No. You have complete control during your float session, meaning you can open or close the lid at any time and keep the lights on or off. Many first time floaters choose to place a towel in between the lid and the body of the float pod for reassurance. Once you let yourself float calmly, you will probably notice any anxiety towards being inside the pod diminish. At that point you can choose to close the lid completely. Keep in mind that the pod has a ventilation system with fresh air flowing above your head.

Is There Any Risk of Drowning?

No. Of the many tens of thousands of times people have floated, no one has ever drowned. The pool of water is 10 inches deep and you remain positively buoyant the entire time. It would take effort to force yourself under the water since you tend to pop up like a cork. Even if you fell asleep and subconsciously started to turn your face into the water, the salt water would irritate your eyes enough to wake up.

How Clean Is the Water?



The water is highly sanitary, and much cleaner than swimming pools, jacuzzis and conventional hydrotherapy equipment. The 900 pounds of Epsom salt in the water is a natural antiseptic: micro-organisms cannot survive in it (the salt content is similar to that of the Dead Sea). After every float session, the water is passed through a surface skimmer and 30 micron filter. To ensure complete sanitation, the Float Pod has an advanced **24/7**

Ultraviolet Light and ozone sterilization system which is running when the pod is not in use. In addition, we have a routine maintenance schedule which includes treating the water with **hydrogen peroxide, spa enzymes and oxidizers**. In accordance with State of Florida health codes, once a week we add a very small amount of oxidizing chlorine to cleanse the system. Finally, patients are required to shower and cleanse before each floatation session, making sure that they enter the float pod in as hygienic a condition as possible. In the event that the salt solution is compromised by a patient's improper usage by bodily fluids, the water will be completely drained and disposed of, and refilled with a new salt solution at the expense of the client. (We require that all patrons sign a waiver form which includes this liability as a condition for floating.)

Is it Okay to Fall Asleep in the Pod?

Yes. People often fall asleep while floating. Since there's no way you can drown, falling asleep is perfectly normal and expected due to the deep relaxation you'll experience. It's been estimated that one hour of sleep in the isolation tank is equal to four hours of bed sleep.

Do I Have to Float Naked?

No, but we highly recommend it. The idea of floating is to reduce any and all distractions and sensations, including clothing. You want to completely remove the boundary between your body and its surroundings. If you decide to wear a bathing suit, you may notice that you become more aware the material touching your skin, leading to a reduction in your overall float experience. Most people prefer to feel completely free while floating, and being in the nude is by far the most favorable way to float.

What if I'm Pregnant?

We encourage pregnant mothers to float to help relieve back pain associated with pregnancy. In some cases due to the extreme silence in the pod, mothers have heard their baby's heartbeat. Mother and child equally share the womb experience. However, we do ask that you **wait until your first trimester is over** to book an appointment.

What if I Have My Period?

It depends. Floating can help relieve cramps, but we ask that you do not float during the time of greatest menstrual flow. At other times during your period, please use adequate protection (for example, a tampon) and wear a bathing suit bottom.

Is Floating Suitable for Children and Teens?

Yes. Floating can be therapeutic for children and teens who suffer from anxiety, depression and attention deficit disorders, as well mature adolescents interested in the float pod as tool for creativity enhancement, sports conditioning and general relaxation. Parents and guardians are required to sign a waiver form for minors, and parents of young children are invited to stay in the float pod suite while the child is floating.