

FAQ

Can I Float if I'm Pregnant?

Absolutely! There will be a womb within a womb! Floating can relieve a lot of the aches and pains caused by pregnancy. If you are in your third trimester, or have any concerns, please consult with your physician before coming in.

Do I need to bring anything?

If you have longer hair, you may want to bring a comb. Also If you have contact lenses, please bring something to store them into while you're floating. Other than that, we provide everything you need (towels, earplugs, body wash/shampoo, conditioner, a hair dryer)

Is there anything I should do to prepare?

Don't drink caffeinated beverages for several hours beforehand as it can interfere with your ability to relax. A day before you float, avoid shaving or waxing since the Epsom salt solution can irritate your skin. Eating a light meal about an hour to 90 minutes prior to your float should alleviate any hunger pains.

Can I float if I am menstruating?

Yes. Just follow the same protocol you would for a swimming pool.

What do I wear and is the room private?

Your room is completely private so most people choose to float in the nude. Our float room is equipped with its own shower and is for your exclusive use.

Do I have to stay in the whole time?

There aren't any latches on the tank doors, and you can get out anytime. That said, time usually goes by quite quickly.

What if I am Claustrophobic?

You have complete control of your environment. You can leave the light on or get out anytime. You can start by leaving the float tank door slightly open till you feel settled and relaxed. Being in the tanks is more like floating in outer space than being shut in a box. You're always in control of your environment, and even people with extreme claustrophobia have reported having no problems with their time in the tank.

How do you clean the tanks?

The water is fully filtered 4 times between each float, passing through a hot tub caliber filter as well as a high intensity UV light with an ozone injection system. The water is also treated with Bromine to sterilize any remaining pathogens. We are fully regulated under Manitoba Public Health Act for Pool Water and Safety. The Epsom salts are a natural disinfectant and are at a super loaded amount, however with that said, you will not smell like you just came out of a public swimming pool or

a hot tub.

Do I get dehydrated from soaking for so long?

No your skin doesn't even prune up. You do absorb a lot of Magnesium from the Epsom salt.

Can I drown and fall asleep in there?

There is less than a foot of water and over 900 pounds of Epsom salt, it would be impossible to drown in a float tank. Some people fall asleep because of the deep relaxation floating provides, but the water is so buoyant that you stay afloat. Just one hour of floating is equivalent to 2-3 hours of deep sleep. Many of clients who suffer from insomnia or jet lag get immense relief from floating.

What is Epsom Salt?

Epsom salts are naturally occurring pure mineral compounds of magnesium and sulfate. Magnesium plays an important role in regulating over 325 enzymes, reducing inflammation and muscle tension. Sulfates enhance the absorption of nutrients, flush toxins and ease migraine headaches.

What if I can't swim or float?

Floating doesn't require any swimming skills and with such high levels of salt the buoyancy will keep you floating like a rubber duck.

What's the longest someone can float for?

Some of our clients do not want to leave our pods, that being float sessions can last anywhere from 2 to 4 hours, depending on their experience in floating.

Can children float?

Yes. We do require anyone under 18 to be accompanied by a parent or guardian.

Is there anyone who should avoid floating?

We do not recommend floating for Epileptics, Heart Conditions and Ear Infections. You will be required to complete a medical questionnaire prior to your session to determine if floating is safe for you.

Can more than one person float at a time?

Only one person per pod at a time. We do have three float pods, so up to 3 people can float at any one time.

How many times do I need to float to feel the results?

Many of our clients experience significant benefits on their first float. Just like Yoga, Meditation, working out and any form of active wellness, floating is also a practice, the more you float the more you will enjoy floating's cumulative benefits.

Will I feel spacey or disorientated afterward?

Everyone has very unique float experiences. Most feel relaxed similar to wonderful massage. Be gentle and give your self time after your float, grab some tea and feel free to share you experience, but we understand if you want to enjoy the quiet and absorb the experience.

What should I expect after my first float?

We all have expectations and are normal part of our instant and busy society. As a rule of thumb we suggest to not hold any expectations before your float session and to have a neutral mind, simply to enjoy the gift of the present moment. By letting go of expectations, the mind is a boundless clean slate.

Is this a new-age mumbo jumbo?

Floating has been around for over 50 years and has numerous of published scientific research to back it up. No mumbo or jumbo here.