

Before You Float

Many people have some fear or concern before they use the tank the first time. Fears such as being alone in the dark, drowning, not having enough air, and others. The fears are usually the thought or the idea that YOU won't be in control of the situation, but in this situation you are totally in control. You can go in and out of the tank as you please. There is no particular way to use the tank that is more correct than another. Any way you use it, that is comfortable for you, is correct.

When you get to the tank, open the door just to feel the weight of it. It is light as a butterfly's wing, so there shouldn't be any sense of oppressive, enclosed space. You can easily get out, anytime you want.

The Tank is Not Airtight

The tank is designed so that it is not airtight. You'll have plenty of air. To keep the tank air fresher, an air circulation system brings additional air from the room. The air enters at the rear of the tank. You may prefer to have your head at that end.

Plenty of Salt

The tank environment is humid. There are 30 to 40 cm of water in the tank, and salt has been dissolved in it up until saturation limit. When you lie back you will float like a cork. Your ears will be under water. There are earplugs available if you would like them, and we recommend them if you have ever had ear problems.

Buoyant Body Positions

You can experiment with the best body position for you. For example, hands behind head, on your chest, along your sides. If you have tension in your neck you can relieve it by clasping your hands behind your head or using a head float.

Keep the Salt Out of Your Eyes!

If you get any salt water in your eyes you will be uncomfortable for a few minutes. To avoid getting drips of salt water in your eyes, push your hair back on your forehead when you change from lying down to sitting up. Also keep your salty hands away from your eyes. If you do happen to get salt in your eyes, have your towel where you can easily reach it, and use it to wipe your eyes.

More Ouch!!

If you have cuts or scratches or have recently shaved, there may be stinging for several minutes. If you have any open cuts use liquid bandage to seal them.

Last Stop Before Boarding

Remove your metal jewelry and contact lenses. Shower, shampoo, rinse thoroughly and dry your face before you get in the tank.

The End

Then get into the tank. After an hour passes, a signal will let you know your time is up. Sit up, stand and squeeze the solution from your body before getting out of the tank. We recommend that you use the slippers available. Because of the salt water, your body will acquire increased properties of conductivity, so you may feel only the slightest pinch when touching the sanitation installation for the first time after getting out. Do not be afraid, though, you are in no danger.

Reflects Your Life

At the beginning of each float you can set an intention for what you would like to accomplish during your float. You may also use your float to observe where you hold tension in your body or your mind. You will develop many of your own ways of using your floats. We don't say more because we don't want to spoil your own adventure.

Enjoy your float and check with your guide for any additional information.