



## Royal Spa Floatation Therapy Pod



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<https://thehealingoasismassageandspa.com>

### What is Floatation Therapy?

Imagine being suspended in a bath of Epsom salt or magnesium sulfate. It's dark, quiet, and the water temperature matches your body temperature so you feel like you are floating in mid air. Sounds relaxing right? Floating in a floatation tank is certainly calming, but this therapy offers more than simple relaxation.



### What's is physically happening to my body during my float?

Magnesium sulfate is a mineral that nearly everyone is deficient in. When you float in a floatation tank, your body absorbs these minerals and your body's magnesium and sulfate levels increase. This helps to calm your nervous system and enhances your body's natural ability to heal. The deep relaxation state that you enter when floating helps to reduce stress by lowering your cortisol levels, cortisol is a stress hormone. Blood flow is stimulated and dopamine and endorphins are released. Dopamine is a neurotransmitter that effects movement, memory, pleasure reward and motivation, behavior and cognition, attention, sleep and arousal. Endorphins are chemicals in the brain that reduce feelings of pain and trigger positive feelings. The extreme buoyancy that individuals experience when floating is essentially like experiencing anti-gravity. It's like relaxing in outer space!

### Are floatation tanks a new thing?

Float tanks have actually been used for science since the 1950's. Isolation tanks and the idea of sensory deprivation were first developed by Dr. John C. Lilly in the 1950s while attempting to isolate the mind from the body for the National Institute of Mental Health.

### Is float therapy scientifically proven?

There is far more research into floating than we can fit here, but in a nutshell, floating is scientifically proven to have significant, positive, and lasting impacts on our minds and bodies.

### What are the disadvantages of float therapy?

Are there any side effects? Users may experience a heightened sense of smell, sound and light after a float session. First time users may experience nausea. Skin should not wrinkle as Epsom salts have an emollient (softening and soothing) effect. You can not float if you have open wounds or sores.

### Will I feel tired after float tank?

Possibly, this is often due to the deep relaxation that is achieved during the float, which can result in disorientation when returning to reality. Some people may also experience fatigue because their bodies are so relaxed that it can take some time to adjust to being upright and moving around again.

## Here are some additional benefits:

Floatation therapy has also been proven beneficial for the following:

- Insomnia and sleep problems
- Fibromyalgia
- Digestion
- Arthritis
- Autism
- Tendency towards diabetes
- Muscle strains
- Addiction problems
- ADHD
- Pregnancy (need Dr approval)
- Migraine
- Anxiety
- Stress/Depression
- Athletic performance

While floatation therapy is not a magic cure, it can be helpful at managing or improving many conditions. Always consult your physician about any medical or psychological concerns you are having.



## Will I fall asleep in float tank?

Yes, falling asleep in a float tank does happen. It is ok the water is so buoyant that you can't drown. Worse thing that may happen is you get salt water in your eyes.

## Will a float tank ruin my hair?

If you float too soon after dyeing your hair with semi-permanent or permanent dye, it could damage both your color and the float tank. The high salt content in the water can strip the color from your hair. That's especially true for vibrant colors like red, pink, and purple. We do provide swim caps if needed.

## Do you wear clothes during float therapy?

Since it is a private experience, most people don't wear any clothing. You'll have the room to yourself and be required to shower before and after. Anything you wear will press against your body, becoming a distraction. Plus, who wants to take a salty, crusty bathing suit home in a plastic bag.

## Should you shower after float therapy?

Yes before and after stepping in and out of the float pod. You have quick rinsing shower before and then after that will remove any left over Epsom salts accumulated during the float. Rinse your hair thoroughly as well as cleaning out left over salt water from your ears is recommended. We provide robes, towels and flip flops. We also provide a hair dryer, you will need to bring your own comb or brush.

## Can you float on your period?

Yes, you can float while menstruating. Just treat it like going to a swimming pool while on your period. Pro tip: if you happen to be using a tampon, consider coating the string with petroleum jelly (provided in the room) to prevent salt water from wicking into the tampon.

## Should I get a massage, facial or body wrap before a float?

Floating before a massage, facial or body wrap is often, commonly perceived as the way to go. If you've got a lot of muscular tension, then floating before a massage is going to make your massage easier. As for facial & body wraps before is also good because then your skin is already clean.

## Can I do Red Light Therapy with a float?

Yes and it is very recommended. Doing both will give you maximum benefits, doing RLT first then float.

## What if I am claustrophobic?

Most report no problems, you are in control of your environment, the lid, the lighting and the sound.

## Who should not do float therapy?

Float therapy is not recommended if you have the following: Open wounds or scrapes on your skin. Skin conditions, such as eczema or psoriasis during a flareup. An infectious disease, such as the common cold or flu.

## Pricing

30 min Float - \$30.00

60 min Float - \$60.00

4 - 30 min Floats - \$100.00

8 - 30 min Floats - \$160.00

4 - 60 min Floats - \$220.00

8 - 60 min Floats - \$400.00