



## FIRST FLOAT CHECKLIST

### STEPS TO TAKE BEFORE FLOATING/FIRST VISIT

- Please arrive 15 minutes prior to your scheduled appointment time.
- Be sure to use the restroom before entering cabin.
- Do **NOT** shave shortly before floating.
- If you have cuts/scrapes or any open wounds do to stinging because of the high salt content you are **NOT** permitted to float. For female clients, floating is **NOT** permitted during your monthly menstrual cycle under any circumstances.
- Remove jewelry, contact lenses, hair pieces, accessories, etc. prior to floating.
- Shower prior to entering the cabin to rid of make-up, oils, lotions, hair products, sanitation etc.
- Shower immediately after exiting tank to rinse off excessive salt from skin, hair and ears.
- Epsom salt is a great hair volumizer and has NO effect on hair colors or dyes. However, floating is not recommended within 48 hours of new hair coloring or treatment.
- Earplugs are provided to prevent water from going in ears as they are partially submerged in the water.
- Avoid touching the eyes and face during float to prevent eye irritation/burning from the high salinity of the water. (Put a facecloth over your eyes)
- It is recommended that you do not eat a big meal or drink caffeine within two hours of float appointment.
- Massage Xcape will provide the basic toiletries in our float room to accommodate your needs.
- We have a **48-hour cancellation policy**. If you fail to make or reschedule your reserved appointment within **48 hours of your scheduled time**, you will be charged for the full session or your gift certificate/Groupon/Living Social will be marked redeemed.

Prior to entering the cabin, the floater will rinse off in the attached shower to remove the body of excess oils, lotions, make-up and hair products. Ear plugs are provided to ensure that water does not go into your ears while you float as they will be partially submerged in the salt water. The floater will then enter the private cabin and water, and begin the float experience. A typical float session lasts one hour.



### What is floating?

A: Floating is an experience of ultimate peace and relaxation in which you spend one hour in a private, specialized cabin filled with ten inches of highly-saturated Epsom salt water causing one to float completely effortlessly atop the water at near zero-gravity.

### Q: Can Anyone Float?

A: **Yes**, Floating can be done by nearly anyone from stressed-out managers, overworked moms, athletes, and those individuals just wanting to escape from everyday life and experience a state of complete physical, mental, and emotional relaxation. We do however highly recommend that if you suffer from any medical conditions (clinically-diagnosed depression, etc) that you consult with your primary care physician prior to floating. (Must be at least 18 years old or with a parents consent)

Q: What if I am claustrophobic?

A: Many people are concerned with whether they will feel enclosed or trapped like in a coffin or tanning bed. However, our state-of-the-art specialized float cabins are spacious (8ft long and 4 1/2 ft wide with an 8ft tall ceiling), allowing one to put his/her arms over their head, out to the sides, and even stand up in the cabin if necessary. Although many choose to float in complete darkness, inside lighting is available and at the control of the floater. Lastly, although the doors to the private float room are locked, the doors to the float cabin remain unlocked and can be opened at any time by the floater.

Q: What if I cannot swim?

A: The floatation cabin is only filled with 10-12 inches of water and has such a high-density of Epsom salt that any individual, big or small, will float like a cork atop the water. In fact, many people restfully sleep while in the floatation cabin.

Q: What is Epsom Salt?

A: Similar to in the Dead Sea, Epsom salt (Magnesium Sulfate) is a mineral which has been shown to help detoxify the body, strengthen the immune system, trigger the release of endorphins, and provide relief for physical, mental, and emotional stress and fatigue.

Q: Will I get hot or cold in the water?

A: No, you will not feel either hot or cold. The self-monitoring homeostatic tank continuously regulates the temperature of the water to 93.5 degrees Fahrenheit, which is the temperature of the surface of the skin, creating a feeling of truly floating in the air.

Q: What effects does floating have on the body?

A: Due to the near weightlessness of the body during floating, the muscles, ligaments, bones, and joints have close to zero gravitational force exerted on them, causing a significant reduction or elimination of tension and stress on these tissues. Research has shown that floating considerably reduces blood pressure and heart rate while lowering the hormone levels associated with stress. In addition, floating has been shown to accommodate the release of the body's natural pain reliever, endorphins, and accelerates the healing of injuries by improving blood circulation to the damaged areas.

Q: What effects does floating have on the mind?

A: The deep mental relaxation initiated by floating allows the brain to produce a greater amount of theta waves, which are accompanied by an increase in mental clarity, creativity, imagery, and memory. In addition, the release of the endorphins induces the feeling of elevated mood states which are effective in helping alleviate anxiety, depression, and negative mental habits.

Q: Is the water sanitary?

A: Yes. The water in the float cabin is completely filtered through our high-tech filtration in between each float session. Every individual is required to rinse off in the attached shower immediately prior to entering the float cabin as well as after floating. Although the high salinity of Epsom salt kills 99.9% of bacteria in the water, our sophisticated PRIDE (Programmable Redox Intelligent Disinfectant Equipment) system continuously monitors the water and adds the specific appropriate amount of chlorine to maintain a constant water hygiene. The water in our float cabins is hundreds of times more sanitary than the normal swimming pool or hot tub.

Q: What Do I Wear?

A: Due to possible water contamination from bleach, detergents etc. from garments we require you to not wear anything at all for your float experience, it is done in complete privacy.

Q: What if I am pregnant, is floating safe?

A: Definitely! Pregnant women get significant relief in pain and muscle tension from the state of deep relaxation achieved from floating. We do recommend that a pregnant woman consult her physician prior to floating, especially during the first trimester.

Q: Things to remember.

- A: - Do **NOT** float if you are under the influence of alcohol or drugs.  
- Do **NOT** float if you are injured or have open or bleeding wounds.  
- Do **NOT** float if you suffer from incontinence, nausea or epilepsy and are not on medication and have been medically advised not to float.
- Do **NOT** float if you under the age of 18 without prior written parental consent.

## BENEFITS OF EPSOM SALT

Epsom salt is a natural antiseptic that inhibits the growth of microorganisms. The best example of this in nature is the Dead Sea in Israel. According to the Epsom Salt Industry Council of the US, when magnesium sulfate is absorbed through the skin it draws toxins from the body, sedates the nervous system, reduces swelling, and relaxes muscles. Epsom salt is a natural skin emollient, skin exfoliator, and much more. In a float tank, there's no "prune skin" effect that you get when you lie in the bathtub for a long time.

Many years ago, Epsom Salt was the most popular medical drug in England, although the people who used it did not know exactly why it was so valuable. They knew nothing of its antiseptic and antidotal qualities, but they did understand that in some way it was good for health and promoted longevity. They found that not only did it keep away sclerosis, kidney

diseases and rheumatism, but that it also was very useful in correcting any tendency to put on too much weight. Studies show these benefits from the major components of Epsom Salt may:

- Ease stress and improves sleep and concentration
- Help muscles and nerves function properly
- Regulate activity of 325+ enzymes
- Help prevent artery hardening and blood clots
- Make insulin more effective
- Reduce inflammation to relieve pain and muscle cramps
- Improve oxygen use to flush toxins
- Improve absorption of nutrients
- Help form joint proteins, brain tissue
- Help prevent or ease migraine headaches
- Magnesium is the second-most abundant element in human cells and the fourth-most important positively charged ion in the body, so it's little wonder this low-profile mineral is so vital to good health and well being. Magnesium, a major component of Epsom Salt, also helps to regulate the activity of more than 325 enzymes and performs a vital role in orchestrating many bodily functions, from muscle control and electrical impulses to energy production and the elimination of harmful toxins.
- The National Academy of Sciences, however, reports that most Americans are magnesium deficient, helping to account for our society's high rate of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies and stress-related illnesses, chronic fatigue and a host of other ailments. The Academy estimates the average American male gets just 80% of the magnesium required for good health, while females get only 70% of their recommended levels. Nutritionists say Americans' magnesium levels have dropped more than 50% in the past century.

Massage Xcape is here to provide individuals with a unique, exciting, one-of-a-kind experience which truly allows you to attain a greater sense of well-being and enhance the quality of your life. From our exclusive float cabin to our tranquil relaxation room, we genuinely feel that your experience will benefit you in many ways and you will leave this experience feeling happier, healthier, and more peaceful than you have in years.