

Best Practices

Prior to your Float

- Call or email to book your appointments. You can also book your appointments online.
- Try to arrive 10 minutes prior to your float. Parking is available on the street or behind the building.
- We will be providing you with all the necessary information prior to your float.
- Please bring your own ear plugs, if not you can get them here.
- Shower prior and after your float – Soap, shampoo and towels will be provided.

Breathing: Your breath can be an amazing tool for calming the mind and relaxing the body. Try to breathe primarily from your nose. At first, you can consciously take deep breaths, but once you settle into your experience try less to manipulate the breath and more just observing the breath. Your body will always remember to breathe, there is no need to control your breath.

Positions: The most important thing is to get comfortable. There are only two real positions in the tank:

- With your arms at your side, palms down;
 - Arms over-head with your palms up.
- Play around with the two to see which feels better for your body. Also, try to position your body in the middle of the tank to avoid "ping-ponging" from side to side. To do this, brace your arms and legs against the sides of the tank to position your torso in the middle, and once you feel the water to be calm, slowly and evenly retract your limbs back to the mid-line of your body. Try not to generate any momentum from either side so that you remain in the middle and avoid the distraction of bumping into the side. Once you like your position and feel comfortable try to remain still and consciously relax all of your muscles.

Letting go: Don't "try" to do anything in the tank, don't force something to happen, don't expect something to happen; this is the exact opposite direction from where you may want to go while in the tank. You will not fall asleep necessarily, just be present. Repetition of a focus word such as "peace", "relax", or "let go" spoken in your mind in unison with your exhalation can help at first, but the message here is to just let go of conscious control.

Stillness: Being physically still by finding a comfortable position and remaining there combined with stilling your mind either through breath awareness or a focus word (mantra) can lead you into a state of holistic stillness. This can generate the perception of timelessness, your state of being will be extremely relaxed and this is when the body is in a state of healing.

Sensitivity: With external stimuli at a minimum, your nervous system will turn up the volume to try and sense anything. Since there is still "nothing" coming in there is a great opportunity to simply sense whatever is left to be felt within your internal body. Feel your arms, legs, torso, head, as intensely as possible. Cultivate as much sensitivity to these parts as possible. Feel the energetic uniformed consistency of these parts and observe them without judgment, without limits. Observe your thoughts, emotions and sensations.

Do's and Don'ts

- **Shaving:** For men, avoid shaving your face at least 6 hours before you float. For women, avoid shaving your body at least 12 hours before your float. Any lesions will be distracting due to the Epsom salt sting.
- **Eating:** A super full stomach is not great for floating, nor is the emptiest of stomachs. Having a light, easily digestible meal 1.5 to 2 hours pre-float is probably ideal.
- **Washroom:** Be sure to use the washroom prior to showering before you float. Talk about a distraction while in the tank.
- **Hydration:** Being dehydrated before the float may not be the best state, particularly for your brain. A healthy daily hydration practice is just good for optimal biology!
- **Smoking:** just prior to the tank may stimulate you too much. Even if you are craving a cigarette the tank may very well suppress your craving. However, you'll need to figure out what the best formula is for you and your biochemistry.
- **Caffeine:** Definitely avoid having caffeine before you float. The stimulation you experience from caffeine is the exact opposite way you'll want to go when you are in the tank. By the end of your float you most likely will not feel like you need your fix.
- **Physical Activity:** We have found performing physical activity (yoga, cardio, or resistance training) before you float to greatly enhance the floating experience. Your body has expended pent-up energy, muscles and tissues are loose and flowing with blood, your mind is clear and calm. Combining floating to this state can potentially create a deeper state of meditation. Be sure to have a little snack (not junk food) post-activity and pre-float. Nuts, fruit, juice, or smoothies are good options... Just not too much.