



How to get the most out of your float session

By Kimberly Raymond, Owner of Dharma Floats

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Introduction

If you are a first time floater, how do you know what to expect? Most people have done some sort of research about floating before they commit to their first float. Many have heard about floating from a friend or family member who has tried it out.

When people come in for the first float there are usually a lot of questions. Will I feel claustrophobic? How do I know when my float is done? What do I wear in the float tank? Are ear plugs required? Just to name a few.

Each float center you visit is happy to answer these questions for you. Every float center is unique and has its own atmosphere and requirements, so don't hesitate to find out what these are. Most requirements are posted and listed on the float center's website, if not please ask when you arrive or when you call for your appointment.

As of this publishing I have been a regular floater for just over 5 years. I opened my float center in January 2015 and have introduced many to floating and the benefits of floating on a regular basis. It is my hopes that floating will be a wonderful and beneficial experience for you as well.

Warmly,

Kimberly Raymond

Owner...Dharma Floats

Floating 101

No matter how you found out about floating or who introduced you, floating is a wonderful way to relax, heal, and find yourself. Floating is simple, you get in 12 inches water that is heated to 93 degrees (give or take) that has a 1000lbs of Epsom salt dissolved in it and float on the surface. Nothing could be simpler. So why all the fuss and hype? The float experience is like no other.

Overcoming Stress

- Floating increases dopamine production
- Helps with Insomnia
- Decreases blood pressure
- Recovery from Jetlag
- Reduces stress and stress related illness
- Helps with the recovery process for PTSD
- Helps ease symptoms of depression and anxiety

Manage Pain

- Highly effective in managing arthritis pain, back pain, and sports injury pain
- Improves chronic pain

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- Helps to relieve pregnancy related discomfort
- Shown to help relieve pain and emotional stress of fibromyalgia patients

Creativity

- Ideal environment for meditation
- Increase Theta brain waves
- Increase feelings of serenity and self confidence
- Increase in endorphins
- Improved focus and concentration
- Enhanced athletic performance

The list of benefits described above are just a few of the benefits you can enjoy from floating on a regular basis. Of course, each person is different and the results will be unique to the individual. The float experience is as unique as the person floating. It is different each time. No two floats are the same.

Sometimes people have unrealistic expectations for their first float, that it will magically cure all that ails them or that they will achieve nirvana with one float. This will not happen. I recommend having more realistic goals for your first float. The first float is just that, the first of many floats. Think of floating as a great tool in your toolbox of health and wellness, just like yoga or going to the gym or getting regular checkups. Floating is meant to enhance your wellbeing.

Before you Float

How to get the most out of your float session

If you are a first time floater arrive at least 10 minutes before your float for any required paperwork and/or tour of the facilities. Please check with the float center for their requirements (each one is different).

Limit or eliminate caffeine for a minimum of 2 hours before your float session. For best float experience, no caffeine.

Turn off all electronics if they will be with you in the float room so that your float experience will not be interrupted by noise.

If it makes you feel comfortable, do a pre-float meditation before you shower.

Enjoy your pre-float shower, don't rush it! Wash all the days worries down the drain. Wash your hair and body thoroughly (do not use conditioner before a float).

Use ear plugs to keep salt out of your ears (usually provided by the float center)

Carefully enter the float tank/pod/room and lay back and relax!

*depending on the float center there may be music to start your float or you can bring your own, if not...you can ask

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During your Float

This is a great time to do deep breathing exercises or if you have a meditation mantra to use. It usually takes about 15 min to settle into a float session (different for each person). Close your eyes and get comfortable. You will not sink...you are in highly saturated salt water that is very buoyant. Some float centers provide pool noodles or a float halo for your comfort...you can ask. Settle in and enjoy your float! *If for ANY reason you wish to end your float session early you are free to do so...just exit the tank. Once you are floating, remember that it takes a minute or two for the water to settle from the movement. To help center you, put your arms out. You might ping off the side for just a bit, then when the water has settled completely, slowly bring your arms in to a comfortable position.

After your Float

When your float session ends, slowly return to a sitting position with your head tilted back so the salt water does not run into your eyes. If you have long hair, ring as much of the salt water out of your hair as possible before getting out. Carefully exit the tank/pod/room, your muscles will feel relaxed. Enjoy your post float shower. Rinse the salt off your body and out of your hair, now is when you can use conditioner in your hair...if you choose. Don't forget to get all of your belongings from the room. Some float centers have complimentary beverages with each float session or a meditation room for relaxing after a float, check with your float center. Don't forget to book your next float before you leave! People get the best results when they float regularly.

Mindset

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Floating can be a powerful tool in your wellness practice. Most frequent floaters know how beneficial it can be and mindset plays a big role in how you feel. One of the best things you can do for maximizing your float experience is going into your float session with an open mind. Visualize something that makes you feel good. Say positive words to yourself and repeat. Hum your favorite song...you get the picture! Most importantly close your eyes and let go of everything, this is your personal time...to just BE! Allow yourself to just be present in the moment! Happy floating everyone!

Namaste