



FLOATING GUIDELINES

Please read through thoroughly before your float session.

Our purpose-built float room has been put out with your comfort in mind. The float room is 100% private, allowing you to completely shut out the outside world. Our state-of-the-art DreamPod float pod allows you to float without any worries. The large pod lid is easy to move due to its hydraulic struts, and the lid itself does not lock or seal you in. You are in control of the pod at all times and you are able to float with the lid open or closed. In the pod itself, you can choose to float with the chakra lights on or off.

When you come in for your first float, our team will show you to the float room and talk you through the experience. You'll be required to take a shower in the washrooms provided prior to your float session. This ensures that no makeup, natural body oils, lotions or product contaminates the pod water. After your float, you'll shower again, as the water in the pods is super salty. If you need to dry your hair or use mirrors to apply your makeup, the washrooms have everything that you need.

We supply towels, bath robes, flipflops, earplugs, shower essentials and a hairdryer (please bring own hairbrush if required.)

What if I'm claustrophobic?

The pod is roughly the size of a queen size bed, or a small car. Most people are surprised by how big the pod is, even if they've seen photos of them before. Even tall people can float and stretch right out, and if you reach up while floating, you won't be able to reach the ceiling. You have control over the pod at all times, and you're never locked in.

The pod lid is very large and easy to open and close, and it never seals shut so the pod is always ventilated. While we recommend that you float with the pod lid closed, you can choose to keep it open the entire time.

Inside the pod itself, you have a button for the light which can stay on at all times if you wish. There is also a call button. Pushing this will alert our staff and we'll knock and come in to check on you if you require it.

There's no rush to jump straight into the pod and lie down. Spend some time sitting in the water checking out the space before settling on a comfortable position. If you're not having a good time after trying it out, you can end your session.

Is the water clean?

We adhere to an extremely strict set of testing protocols. The water is tested frequently for specific gravity, pH balancing, sterilisation and temperature.

The high concentration of Epsom salt creates a hostile environment for germs and bacteria. The water is also run through a triple filtration and purification process with a UV sterilizer.

You'll find that our water is cleaner than a swimming pool and far more gentle to your skin.

Will I be cold while floating?

Our pod water is heated to 35.5 degrees (skin temperature).

We recommend that your pre-float shower isn't too hot so that the pod water temperature doesn't appear too cold when you first get in.



If you'd like to leave the pod lid open that's quite ok, just remember that the water temperature may drop during your float if it's left open.

[What do I wear in the float pod?](#)

We highly recommend you float nude. Clothing and swim wear can be a tactile distraction in the float pod and detract from your experience.

Don't worry, your float room is completely private!

[Can I float if I'm pregnant?](#)

Absolutely! Floating is ideal for pregnant ladies as it may be the only chance they'll get to escape gravity and the growing weight of their belly, though we don't recommend floating in your first trimester.

The Epsom salt in the water also works as a natural sedative, so it's perfect if you're having trouble sleeping. The salty water won't dry your skin out like normal table salt would.

Every woman and pregnancy is different, so to ensure floating is suitable for you, we advise you to speak to your medical practitioner before booking.

[What if I am not able to meditate immediately during my first float?](#)

Your first float can be anything from puzzling to amusing, calming or meditative.

It's an experience like no other, so give your mind and body some time to get used to it. We've found that most people need to float 2 or 3 times before their brain "gets it".

[Am I going to freak out in the pod?](#)

There's absolutely no reason you should, but if you do, you're free to step out of the pod at any time.

[Can I float if I'm menstruating?](#)

For hygiene reasons, anyone who is menstruating we ask you not to float & reschedule your appointment for another time.

[Can I float if I recently dyed my hair or got a spray tan?](#)

We ask that you please don't float less than a week after dyeing your hair or applying spray tan, and a little longer with red hair dyes.

Consider floating first, then dyeing your hair or applying tan. Dyes can permanently damage our shiny white float pods, which takes considerable time and expense to repair, and you may be liable for replacement water/Epsom salt costs, repair costs, and lost revenue while the pod is being repaired.

If in doubt, just ask us and we'll be happy to advise if it's safe for you to float.


[Can I float after waxing/shaving?](#)

We highly recommend not shaving or waxing in the 24 hours before you float, as the salty water may sting your skin a little.

[Will my hair get wet?](#)

Yes, your hair will get wet while in the float pod.

To prevent any tactile distractions, we recommend not using a shower cap or swim cap in the float pod (it won't hold the water out anyway).



We ask that you shampoo your hair before your float to remove any dirt, oils or products that may contaminate the water. A shampoo and condition post-float helps to get all the Epsom salt out of your hair. We have a hairdryer available if required.

What do I need to bring?

Nothing! We supply all shower essentials, towels, bathrobes, flip flops, earplugs and hairdryers.

If you need to do your makeup or brush your hair after your float, perhaps bring that along with you.

We have a clothing hangers in the floating room, so that clothes won't get any Epsom salt on.

Am I too heavy to float?

Each pod contains over 500kg of Epsom salt, which makes the water extremely buoyant, no matter your size – everyone floats.

What if I fall asleep in there?

People fall asleep in the pods all the time, and it's perfectly safe. The super buoyant water prevents you from accidentally rolling over and drowning.

Who can't float?

Floating is perfectly safe, but there are some circumstances where it is not recommended.

These include:

- within 24 hours of waxing or shaving
- within 5 days of getting a tattoo
- within 1 week of dyeing your hair or getting a spray tan (see FAQ about hair dye and spray tan)
- if you're under the influence of drugs or alcohol. We have a zero-tolerance policy on this.
- if you are epileptic and at risk of having a seizure in the float pod
- if you have low blood pressure. Floating decreases blood pressure even further.
- if you have impaired kidney disease
- if you have a contagious disease
- if you have any skin infections, skin ulcers, open wounds, or severe eczema or psoriasis
- within 2 weeks of having gastroenteritis/diarrhoea
- if you have recently had chemotherapy. Please discuss your intention to float with your medical practitioner
- if you are sensitive to chlorine, bromine, sulphate or magnesium

Can kids float?

Yes, children can float but we ask that children under 16 be accompanied by a parent or guardian. Children are also able to float together with a parent or guardian if desired.

You know your kids better than anyone, so if you think they're old enough and they'll be comfortable with the experience, they may find it beneficial.

Most young kids won't be able to lie still for the full 60 minutes, so you'll need to take that into consideration.

If you haven't floated before yourself, it may be a good idea to give it a go before bringing your child in, so you know exactly what they'll experience and whether it's right for them.



Can more than one person float at a time in the pod?

If desired, the DreamPod is big enough for two people to float together.

In fact, floating side-by-side in the same pod with your partner is great for bonding and can help those who suffer from anxiety or other fears relax inside of the pod.

Is it private?

Absolutely!

The rooms are lockable, and our staff will only knock on the door in the unlikely event of an emergency. We understand that to enjoy the full benefits of floatation therapy, you need complete quiet and the feeling of security.

If you've brought a friend or family member, we ask that they do not join you in the float room.

Why do I have to shower before and after my float?

A pre-float shower ensures that all makeup, natural body oils, lotions and product are removed from your body and hair. Without this first shower, an oily film would develop on top of the pod water and ruin your float experience.

This is also the reason we ask that you shampoo your hair but not use conditioner in this first shower – the conditioner acts like an oil in the float pod.

A post-float shower ensures that all Epsom salt is removed from your body. If you stepped out of the pod and went straight home, you'd develop a thin layer of white Epsom salt from head to toe! Best to wash that off before you leave or wipe it off should you wish not to shower.

Will my skin get all pruney?

Not at all! The high concentration of Epsom salt have an emollient (softening and soothing) effect. So, no pruney fingers!

Got more questions? Please feel free to contact us and we'd be happy to help!

Contact 066 221 2084

Enjoy your float...