

## Introduction to the floatation

Float is above all a technique to reduce stimuli, we try to eliminate all the stimuli that act on our sensorium:

- visual stimuli
- auditive stimuli
- temperature stimuli
- gravitation stimuli

We will now go through all sensory levels, and give you a few tips and you will be perfectly prepared for your first floating experience.



Visually, we get a maximum diminution stimuli mainly by a lack of light, which means, we turn the light off. Thus, we obtain a rest from the visual organs.

The light in the room is activated by a motion sensor, as long as you move it remains active, when you rest in the pool after a few minutes it goes off. In the tank there is a nightlight which can be activated inside or from outside to wake you up. In the room with the pool one light is activated to alert you at the end of the session. In addition you can float with candles (on request)

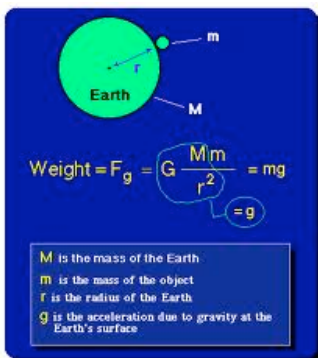


As for the auditive senses, the sounds are absorbed up to their maximum with good sound insulation of the rooms and heavy water that absorbs (the walls of the tank get a very good insulation, too). You can put earplugs to prevent the ingress of water into the ears. If you do not wear these you should thoroughly rinse in the shower and dry with cotton swabs to avoid salt deposits.

Listening to (meditative) music is recommended if you have difficulties to return to a complete rest in the quietness. If you float alone (in the tank), you can also choose 5 minutes of music at the beginning and at the end be awakened gently by meditative sounds.



Our skin has temperature sensors sensitive to hot and cold. Between 34C and 36C, these sensors are not active, so we keep our pools and tank at the ideal water temperature of 35C. This allows your body to be in harmony with brine and it allows our body to almost disappear.



We locate and perceive gravity in particular at the place where we are in contact with the ground, a table, a chair, a mattress or other - by pressure sensors under the skin. We eliminate all this pressure during the floating session or they are too weak to allow us to capture or locate them, since the pressure is well spread over the entire back of the body. We create an illusion of weightlessness, as we no longer feel our weight.

We have a great perception of gravity in our musculoskeletal system. For complete immobilization of the active (moving) parts of this system, our body is placed in all dimensions in an optimal and stable position. Thereafter, the sensory parts our musculoskeletal system stop

working. We do almost never get into this state, but only as we float or maybe even in a very deep meditation. The result obtained is an even deeper relaxation.

## Tips for floating:

You must protect the eyes and mucous membranes from the concentrated brine. Avoid splashing, touching the face with wet hands and be careful with your wet hair - salty water can flow into your eyes. As long as you avoid these situations, nothing will happen. Otherwise a moist cloth to wipe and a spray with pure water are at your disposal.

Positions: First, lie flat on your back, put your arms close to your body and let go your head - its position will initially not be ideal, the spine of the neck is bent back. By progressive relaxation, the entire spine will extend more and more straight and even the position of the neck will be better, more enjoyable. Rather than placing



the arms along the body, it is also possible to lengthen them back above the head, to put under your head, on your belly or even palms turned upward along the body. In the tank, we recommend that you stabilize with outstretched arms and legs to touch



the walls of the tank. When you double float, we advise you to stabilize yourself by holding the hands because every uncontrolled and unforeseen physical contact will disrupt your state of relaxation.



The hygiene of the water is obtained by a normal system of filtration and disinfection (as in a swimmingpool) by adding the extremely high salt content. The water therefore provides all the safety of cleanliness required. These are the same effects found in the Dead Sea where almost no life is possible. Any microbes in the water, saline destroys them. Because of the high salt content of the water we do not need any chlorine for disinfection!



Before the float it is necessary to take a shower. Saline water can better penetrate and optimally give you all the desired effects for your skin by cleansing and nourishing. After floating it is recommended that you take a shower to remove the salt from your body, but without using soap, shower gel or shampoo that could destroy all these beneficial effects.

If you have any questions, please feel free to ask us!