

## *Floatation: What is important?*

### *One should refrain from Floatation in case of:*

-Not yet having reached the age of 16 years -Having infectious diseases, major open wounds, rashes or injuries -Being prone to epileptic seizures or consciousness black outs (absences) -After taking psycho active drugs or drinking alcohol -In case of extremely high bloodpressure and tachycardiacal problems -When relying on a pace maker -When having problems to control urinating.

### *Before Bathing:*

1. If you're wearing any, please take off your contactlenses and jewelery (salt water may stain metal).
2. Please go to the toilet first (Floatation may activate your kidneys)!
3. Have a shower, using only pH neutral soap. If you had a (oil-)massage before or if you are using any skin creams or moisturizer, please make sure to wash it off well. You don't need to be affraid salt water will dry your skin, actually salt water is good for your skin and leaves it soft and smooth after bathing (see "after bathing").
4. Use the special gel which our staff will give you, to close minor wounds.

### *Commencing your Bath:*

- Be carefull when stepping into the floatation vessel, it may be slippery! When you are lying down and feel ready,
- Press the red button ● to stop the circulation pump.
- Press the ↓button to lower or raise the cover.
- Press the ⏻ button to switch off or turn on the violet spotlights.
- Press the ✨ button to switch off or turn on the starlights.
- Press the 🎵 button to stop or start the music.

### *About Floating....*

Trust in nature and surrender yourself to the warm water. It may be a strange feeling at first, especially to let go of your head. Don't be afraid, your head will also float. As long as you don't turn over, salt water will not come into your eyes. **In case salt water should splash into your eyes** or for any other reason, try to **refrain from rubbing your eyes** with your hands, which are salty, **but use the rolled up towel** instead.

### *In Case of Emergency or Important Questions*

There is a button for using the intercom on both sides of the ceiling, directly above your head.

### *At the End of your FloatationSession*

The circulation pump will come on automatically. Press the ↓button to open the cover, if it does not open automatically. Please stand up carefully and strip as much salt water of your body before, also carefully, stepping out of the bath. Please use the support rod while stepping out.

### *After Bathing*

**Shower well.** Salt Water is good for your skin. We advice you **Not** to use any soap or shampoo after floatation, but to only **rinse off the salt very well.** Then have your special *Energy Cocktail Drink.* After Floatation it is especially beneficial to have a **Steam Bath**, because all your **pores are open and the skin is breathing.** You may also want to go for a swim in the pool. After that you can shower with (pH neutral) soap & shampoo.