



Floatation is a relaxation therapy where you float effortlessly on the surface of warm Epsom salt solution. The solution is maintained at approximately 35 degrees Celsius, and contains a high level of Epsom salt (Magnesium Sulphate). The density of the solution is approximately 1.3 times that of water, creating a buoyancy effect which is central to the experience.

People who float generally experience relaxation of muscle tension and a calming effect on the mood. Blood pressure can be reduced as part of the relaxation effect, and cortisol levels are reduced.

We ask people to agree to [terms and conditions](#) before they can float. They must not float if they:

- are under the influence of any drug including alcohol or prescribed drugs which affect their level of consciousness, respiration, judgement, balance, or awareness of their surroundings
- have open wounds, sores, or rashes
- have any contagious illness or disease
- have incontinence
- have uncontrolled kidney disease
- have uncontrolled psychosis or schizophrenia
- have an uncontrolled seizure disorder
- have an uncontrolled heart condition
- have recently had chemotherapy
- have a condition which means you shouldn't get water in your ears
- are allergic to Epsom salt (magnesium sulphate) or hydrogen peroxide
- are in the first trimester of pregnancy

In the event that the person does have one of these conditions, we ask that they consult their healthcare professional to get the go ahead that it is safe for them to float and that their floating would not cause harm to others. When they float they will be alone in a room, and in water.

When they arrive, the person will be shown around the float centre, given guidance about the experience, and an opportunity to ask any questions. When they are clear on the process, they are left alone in their own private float room. There is a lock on the inside of the door, though this can be opened from the outside in an emergency. They get undressed and have a shower before stepping into the pod. The threshold is a similar height to the side of a bath. They will then lie down in the pod and float in the Epsom salt solution.

They can choose whether to leave the pod light on and door open, or to close the door and turn the light off to float in silent darkness. The pod door has a handle inside and gas lifts, making it easy to open and close. There is a call button inside the pod which the person can press if they feel unwell, which will cause an audible alert at the reception desk, leading a member of staff to come and check if they are ok. The staff member will knock on the door; if there is no reassuring response, they will open the door to check whether help is needed.

A float generally lasts around 60 minutes, though they are free to get out any time they wish. They step out of the pod and get into the shower to wash off the salt. Safety flooring is used throughout the float

room. There are grab handles next to the pod exit and by the shower, however we do still ask that people take care as the salt solution can make surfaces slippery. They will be encouraged to sit in the lounge for a while after their float to enjoy feeling relaxed and have a cup of tea or glass of water.

There is lots more information on our website: [floatintheforest.co.uk](http://floatintheforest.co.uk)  
Please feel free to contact us if you have any questions or require any clarification.

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