

WHAT IS FLOATING ?

Inside the floatation tank is 550 kg of specially formulated Epsom-salt solution added to 1000 liters of water, creating a 30 cm deep solution, which is heated to 35.5 degrees C (skin temperature).

The temperature of the water means that once you are settled in the tank, it is virtually impossible to distinguish between parts of the body that are in contact with the water, and those that aren't.

The buoyancy created by the dense Epsom-salt solution effectively removes the effects of gravity on the body, and brings the individual close to an experience of total weightlessness. Unless you are an astronaut, this is the only situation you will encounter where your body is free from the harmful forces of gravity.

Freed from all sensation of gravity, temperature, touch, sight and sound (which together account for 90% of normal neuromuscular activity), you conserve and redirect vast amounts of natural physical and mental energy.

The ultra-deep relaxation of floating "resets" the body's hormonal and metabolic balance, strengthening resistance to and accelerating recovery from the effects of stress, illness, injury or strenuous exercise.

With no commands needing to be sent out, the logical side of the brain is rendered redundant, and its activity slows down until it synchronizes with the creative side. This leaves the individual in a dream-like state, akin to the thoughts experienced just before you go to sleep. In this state, the brain releases vast amounts of endorphins.

THE DREAM POD CABIN

Duration	Price
60-Minute	1,500
90-Minute	2,200

le
Spa
by Stay



FLOATING POD



The Spa



FLOATING GUIDE

Here's how you can prepare for your journey:

Have a light meal

It's distracting if you float on an empty stomach. It's best to avoid caffeine too (or have it at least five hours before).

Be ready to get salty

Refrain from shaving or waxing on the same day, so the salt water won't sting.

Wear your birthday suit

You will not need to bring any swimsuit gear or other clothing for you to float with. No clothing of any kind is allowed in the pods for sanitary reasons, as well as both the overall physical and spiritual aspects of the experience..

Hello inner beauty

If possible, come without makeup or products on, as you'll have to wash it off before floating.

Bring an open mind

Your float essentials are covered – we provide fresh towels, earplugs, Vaseline, and toiletries. You may wish to bring your personal comb or brush.

Do I need to bring anything?

If you have longer hair, you may want to bring a comb. Also, something to put your contact lenses into while you're in the pod. Other than that, we provide everything you need (towels, earplugs, body wash/shampoo, hair dryers...)

What if I'm claustrophobic?

Being in the pods is more like floating in outer space than being shut in a box. You're always in control of your environment, and even people with extreme claustrophobia have reported having no problems with their time in the pod. You can even choose to float with the door open if it makes you more comfortable.

Can more than one person float in a tank at a time?

Only one person per tank. We do however have two pod rooms, so up to two people can come float simultaneously in our wellness centres

Do you have your own private room?

Yes, you have your own private pod room equipped with your own personal shower, which you'll use before and after your float. For this reason, most people do not wear a swimming costume as this presses against the body and takes away from the experience.

Will my skin wrinkle like it does in the bathtub?

No. The epsom salt in the water is a natural skin emollient. Your skin will feel silky smooth.

Can I float if I'm pregnant?

Absolutely, pregnant women love floating! There is even a special position you can float in that relieves all of the weight of the baby off of the mother's body. If you are in your third trimester, or have any concerns, please consult with your physician before coming in.

Can I drown if I fall asleep in there?

No. Some people fall asleep, but the water is so buoyant that you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

Do I have to stay in the whole time?

You can get out anytime. That said, the 60-minutes usually goes by way faster than you'd expect, most people are report being quite surprised when their time is up.

How do you clean the Pods?

Floating is extremely sanitary. With the combination of our filtration system, which runs at minimum three complete filtration cycle's after every float session and with the natural bacterial killing qualities of salt, the water inside the tank is cleaner than tap water. We also use UV light and non-toxic disinfectants in all the pods.