



A Better Way Hypnotherapy, LLC

W. Jeffrey Kramer, DC, PhD, CHES, MHt

7-C Brendan Way • Greenville, South Carolina 29615
Office: (864) 242-5810 • E-mail: DrJKramer@gmail.com

Health Inventory Checklist for Float Tank

If you have any of the following conditions, please advise the practitioner as you should not use the float tank at this time. Thank you for helping us maintain an ecologically sound and safe floatation system.

1. Any infectious disease, i.e.
 - a. Skin Problems
 - b. V. D. or Herpes
 - c. First 24 hours of cold or upper respiratory illness
 - d. Open sores
 - e. Athletes foot
 - f. Etc.
2. Epileptic or on seizure medication
3. Menstruation
4. On any other medications, or other chemicals or alcohol
5. History of mental illness or phobias
6. History of high or low blood pressures
7. Blood pressure 180/120 or above
8. Blood pressure 90/50 or below
9. Heart problems
10. Ear problems – May want to wear earplugs
11. Contact lenses – May want to remove them
12. Skin sensitivity
13. Any recent illnesses or injuries

FLOAT TANK

Basic Instructions For Using The Float Tank

1. Please use the restroom before entering the float tank.
2. Please shower and shampoo before and after entering the float tank to remove dirt, oil, and salt water from your body.
3. Please remove all clothing and jewelry before entering the float tank (you may wear swim suite if you prefer).
4. You may enter and leave the float tank as you wish at any time.
5. You may float with your head towards either the back of the float tank or directly beneath the door.
6. Many people prefer to float with either their arms at their sides or with their hands clasped behind their head. Feel free to experiment and find the position which is most comfortable for you.
7. "Ping-ponging" is a natural phenomena for the first time user. As you relax, you will tend to become peaceful in the center of the tane
8. Small cuts or abrasions may be sealed with petroleum jelly or liquid Band-Aid to prevent irritation by the Epsom salts.
9. If this is your first experience, you may notice some tension in your neck - relax your neck into the water and you will float comfortably. Your head will safely and comfortably float like the rest of your body.
10. When you are ready to leave the float tank, sit up slowly to regain your balance, and keep your head tilted back slightly to allow the water to run off your head without getting into your eyes. Open the door, stand up slowly and allow your body to readjust to the pull of gravity before exiting the float tank.
11. Please stand in the float tank a few seconds to allow the salt water to drain from your body; squeeze the excess water from your hair, and wipe excess water from your body before exiting.
12. Please wear the shoes provided to reduce the tracking of the salt water from the float tank area.
13. Be sure to shower once again to remove all the salt solution from your hair and skin.
14. Note: since the tank has approximately 1,000 pounds of Epsom salt, it does have a unique smell of the salt; that is normal.
15. Finally, be assured that the float tank is kept very clean and free from contaminates. Nothing could possibly live in the saltwater mixture (that's why the Dead Sea has nothing living in it) and our float tank saltwater mixture is ten times denser than the Dead Sea. But for your comfort, the mixture is enzymatically balanced and then filtered through both standard and infrared filtration systems.
16. Your comfort and full relaxation are important to us; please let us know if you have any concerns or questions regarding your float experience.