

MY PLACE FLOATS

10624 S. Eastern Ave Suite H
Henderson, NV 89052
(702)444-2035

Information and Informed Consent for Floats

Requirements:

1. ALL guests must shower before and after floating.
2. ALL guests must bring their own towel and/or robe.
3. ALL guests must bring their own personal toiletries and basic amenities (we do provide shampoo, conditioner, and body wash).
4. ALL guests must remove any jewelry (including earrings, body piercing(s); wedding ring/bands— not required but advised)

Although we have a safe and secure environment, we cannot be responsible for any lost or damages to personal belongings. Please keep all belongings with you. Please do not bring expensive clothing or jewelry. All personal belongings are the responsibility of the owner.

**ANY and ALL damages by contaminants brought into the float, either knowingly or unknowingly, is the responsibility of the guest and fees can occur of up to \$1000. _____ (*initial*)

Recommendations:

1. Bring ear plugs (some people are prone to ear aches if water enters the ear)
2. Come in early and relax in our quiet room (drops cortisol level to reach full benefits of floating)

Float Therapy Information

Float therapy is a form of sensory-deprivation. The float tank is insulated from sound and light allowing you to separate yourself from the outside world. When floating, you cannot tell where your body ends and the water begins. This gives you a unique and relaxing experience.

**For women who are pregnant, the Floats can be helpful as long as the body temperature is under 102.2 degrees. Our floats are set at 96 degrees and can be lowered as requested. Always consult with your physician.

Benefits

- ♥ Increased blood circulation
- ♥ Can lower blood pressure when not contraindicated—see #13 in *Health Contraindications*
- ♥ Pain management
- ♥ Relax joints & muscles
- ♥ Increased healing of muscle tissue
- ♥ Boosts immune system
- ♥ Stress reduction
- ♥ Deeper sleep
- ♥ Wonderful for smoothing skin due to the Epsom Salt
- ♥ Helps boost the natural magnesium level in the body

Health Contraindications

- 1) Open or healing skin wounds, lesions, and any infectious or contagious disease.

- 2) Any communicable disease or disorder.
- 3) Persons who are diabetic and are insulin dependent (can increase risk of infection)
- 4) Persons who are pregnant.
- 5) Persons with kidney disease.
- 6) Persons who experience discomfort in a warm, humid environment or from cutaneous (on the surface of the skin) exposure to concentrated magnesium sulfate (Epsom salt) water solution.
- 7) Persons who are not fully bowel and bladder continent.
- 8) Persons who have any condition which may be adversely affected by cutaneous absorption of magnesium.
- 9) Any infectious diseases, i.e. skin rash, first 24 hours of cold or UTI, open sores, athlete's foot, herpes
- 10) Epileptic or on seizure medication
- 11) On any other medications, other chemicals or alcohol
- 12) Contact lenses – need to be removed
- 13) Blood pressure 180/120 or above; blood pressure 90/50 or below or heart problems
- 14) Ear problems – may want to wear earplugs
- 15) Skin sensitivity
- 16) Any recent illnesses or injuries

Time session: 30mins, 60mins, 90mins

LATE ARRIVALS AND CANCELLATIONS

We require a credit card number to hold all appointments. In the event you need to cancel your scheduled appointment with us, we do require at least 24 hour-notice. In the case of a same day cancellation or if you fail to show up at your scheduled appointment time, you will be charged a \$50 fee for your missed service. This is as a courtesy to the staff member, and so that we may possibly accommodate the needs of other clients. However, we understand that emergency situations do arise, and we will accommodate you if, at all, possible.

If you arrive late, the length of your treatment will be reduced to end as scheduled, therefore allowing the provider to take their next scheduled appointment on time. If you must cancel, please call 24 hours in advance to avoid the cancellation fee.

I have read the information, requirements, contraindications, and time sessions and have had the chance to ask questions on the service. I do not have any of the contraindication stated above and understand that I need and will provide a doctor's note prior to receiving service. I hereby release My Place Floats and its staff, members and associates from all liabilities regarding my service(s) associated with the salt floats.

Print Name _____

Signature _____

Date _____

LIABILITY CONSENT

I _____, understand that the salt floats offered by My Place Floats are not intended for medical treatment. They are considered a wellness service. I understand that if I know or think I may be pregnant, I will consult with a physician and have been advised of any risks. I realize that there are other services provided at My Place as a convenience. There is no obligation that I purchase other services offered. I have read all the above and understand all features of the above consent.

Signature: _____

Date: _____