Float Tanks: Sanitation, Research, and Regulations

Ashkahn Jahromi
ashkahn@floathq.com

Graham Talley
graham@floathq.com
What Are Float Tanks?
Why People Float

- Rest & Recovery
- Chronic Pain
- Injury Recovery & Prevention
- Addiction
- Insomnia
- Acute Stress Conditions (PTSD)
- Meditation & Mindfulness
- Exploration
What’s different about float tanks?
The salt in the solution makes it extremely corrosive.

Magnesium Sulfate has a significant impact on water chemistry. The salt makes the float solution expensive, so dumping it is only a last resort.
Pumps run between users, not during floats.

Filtration systems are self-contained.
Different level of risk.
The salt solution is more slippery than regular water.
You’re unmonitored when floating.
One client at a time.

Visual check between users.
Almost no risk of swallowing the solution.

Shower before and after floating.

No kids in the tank.

Not active and sweating.

Only 11 inches of solution.
Different Treatment Systems
Salt
Figure 1. Average Log CFU/mL of Organisms Over Time Points

Organism Viability Over Time

- Ef Control
- Ef Salt Water
- Pa Control
- Pa Salt Water

Organism Challenges

Average Log CFU/mL

T0, T1, T24
• Salt
• Chlorine / Bromine
• UV + H2O2
• Ozone (with or without UV)
Current State of Guidelines and Regulations
CCS 12804
4.12.11 & 5.12.11-0001
North American Float Tank Standard

http://www.floatation.org/current-standard
Conclusions
25% Magnesium Sulfate
Does Interesting Things to Water
Floating is a low risk activity that is helping a lot of people.
Float tank codes and policies still have many questions to answer.
Go float!
Graham Talley
graham@floathq.com

Ashkahn Jahromi
ashkahn@floathq.com