



Beginner's

GUIDE

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FLOATING

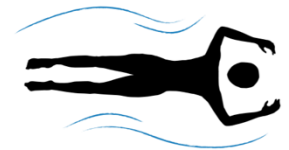
why float?

Health & Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more.

Studies indicate that floating increases your dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that lasts for days afterwards.

Without the need to fight gravity or take-in external information, you'll likely experience the most complete relaxation you've ever felt.



Meditation

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports of creative and personal insights abound.

Float tanks can also be thought of as training wheels for meditation. After about 30-45 minutes of floating, your mind starts producing theta brainwaves, which are responsible for that 'between waking & sleeping' state.

After years of practice, people can enter theta state through deep meditation. Float tanks get you there with hardly any effort at all

Self Improvement

People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books while floating. With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

AQua Float

the Basics

Floating is about everything that you won't be doing.

You won't be fighting gravity.

The 850 pounds of epsom salt in the water takes care of that while you lie on your back.

The water is kept at 93.5 degrees. This is skin-receptor neutral, which means you lose track of where your body ends and the water begins.

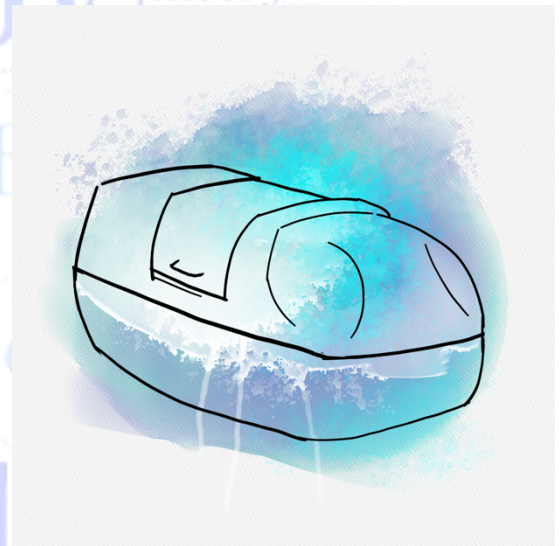
Your ears stay just below the water, and the tanks are insulated against sound. Noise from the outside doesn't reach you.

After you shut the door and turn off the light, you float in total darkness.

During your float the outside world is gone, and amazing things happen.

It turns out that when you're not fighting gravity or constantly taking in information **your body has a lot of extra resources at its disposal.**

Your mind is free to mull things over without distraction, your brain waves slow down, and **your body gets to rest, de-stress, and heal.**



It's likely to be the most relaxing thing you've ever experienced



Frequently Asked Question (FAQ)

Do I need to bring anything?

Nope, just yourself. Towels, earplugs, and everything else that you might need are provided.

What if I'm claustrophobic?

People with claustrophobia consistently report no problems with floating, even in smaller sized float tanks.

Can I drown if I fall asleep?

Nope. Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

How are the tanks kept clean?

The salt water is fully filtered between each float to ensure a safe and clean environment.

Can I bring a friend?

Currently we can only accommodate one floater at a time, but we do have facilities where your friend can wait for you.

Is floating just a new fad?

Floating has been around for over 60 years, and has lots of published research to back it up.




GOING INTO YOUR FLOAT

Don't drink caffeine before Eat a small meal 1½ hours prior
Remove your contacts Don't shave or wax before

the Float

Arrive and check in


You don't need to bring anything but yourself.
We'll cover the basics together and answer your questions.

Then you  shower (no shampoo / no conditioner. Take off your make up

Put in your  earplugs if you need them

remember to switch off the Shower lights before you get into the tank (the lights of the room will go off by themselves



And step into the tank, wipe the tank area above your head, lay down, decide if you need the  halo for your head or not, relax

And **FLOAT**



After an hour or an hour and a half, the light inside the tank will come on. This is the time to slowly sit up and exit the tank at your own pace.

Rinse of the salt water..

Whenever possible don't use soap and shampoo to benefit longer from the Epson Salts

Get dressed and bask in your post float glow.

If time allows have a tea with us.

BENEFITS OF FLOATING

01 Pain Relief

Floating significantly helps to reduce back and neck pain. Long terms studies are further supporting the benefits found by customers for chronic conditions like arthritis and fibromyalgia.

02 Complete Relaxation

Floating is the most relaxed you can possibly be. The density of the water makes it feel like you are floating on a cloud.

03 Deeper Sleep

Many customers report having the best sleep of their life after floating. It's a fantastic way to wind down after a long day

04 Anxiety Reduction

Research shows that floating powerfully reduces symptoms of anxiety

05 Stress Relief

The stress hormone cortisol drops dramatically even after just one float therapy session. This in turn also helps to improve hypertension

06 Theta State

During a relaxing float our brains reach the calm state of the theta brainwaves which is the same state we get during REM sleep. Some people liken one hour of floating to four hours of sleep

07 Skin Health

The Epson salt water of the float tank is beneficial for skin health and conditions like eczema and psoriasis when done on a consistent basis

08 Magnesium

Although harder to validate improvements in symptoms of restless leg syndrome and sleep quality may be due to getting extra magnesium into your system from floating.

09 Creativity

The theta state and deep relaxation of floating allows you to tap into the creative and intellectual power of your subconscious mind

10 Brain Injuries

External stimuli following concussions and the sensory deprivation of a float tank is the perfect place to let the brain heal itself

11 Sports Performance

Athletes can benefit from the deep relaxation along with use the distraction free environment of the float tank to enhance performance through the practice of visualization



About Floating

Floatation therapy, also known as floating, floatation, sensory deprivation, or **R.E.S.T (Restricted Environmental Stimulation Therapy)** involves relaxing in a spacious tank in a salt-water solution that's dense enough for all people to remain buoyant. It is one of the most effective means of stress relief and relaxation available. Now widely accepted as a therapy, floatation has been used to help a wide range of physical and mental conditions.

The term sensory deprivation is often used as the environment is designed to limit sensory input and allow you to experience complete relaxation.

SOUND

Your ears (with optional earplugs in) stay just below the surface of the water; the tanks are insulated against sound leaving you in peaceful silence.

SIGHT

After you shut the door and turn off the light, you float in total darkness - you won't notice a difference between keeping your eyes open or closed. (You're free to keep the door open and the light on until you grow accustomed to this unique environment.)

TOUCH

Inside the tank you'll find 10 inches of water and about 450Kgs of dissolved Epsom salts - a solution that allows you to float effortlessly. The water and air are both kept at body temperature neutral, which means that when you fully relax, you lose track of where your body ends and the water or air begins.

During your float, the outside world is gone and amazing things happen. It turns out that when you're not fighting gravity or receiving sensory input, your body has a lot of extra resources at its disposal. Your mind is free to navigate without distraction, your brain pumps out dopamine and endorphins, and parasympathetic nervous system activity increases to help you rest, de-stress, and heal. It's likely to be the most relaxing thing you've ever experienced.



PHYSICAL BENEFITS

PAIN RELIEF

Floatation eases chronic pains throughout the body including the neck and back and it also can help with spinal misalignment issues. Floating has been shown to ease the symptoms of chronic pain including arthritis, fibromyalgia, and cancer-related pain - conditions with few natural treatment options.

INCREASED BLOOD CIRCULATION

The weightless environment of the floatation tank allows for the muscles and joints of the body to relax, increasing blood flow and helping to accelerate the repair of muscle tissues. This is especially beneficial for those with injuries or chronic pain.

RELAXATION RESPONSE

Floating in the tank reduces the activity of the sympathetic nervous system, which releases the stress hormone cortisol and is responsible for the 'fight or flight' response. The sympathetic nervous system tends to be always turned on for many people in today's society due to business and the stress caused by the constant bombardment of work that has to get done and constant reminders pinging from our smartphones.

With the relaxing and tranquil environment of the float tank, the parasympathetic nervous system is activated allowing for physical and mental relaxation, stimulation of metabolic processes, replenishment and general recuperation.

INCREASED IMMUNE FUNCTION

Immune function is enhanced by suppressing stress hormones which weaken the immune system and suppress the digestive and reproductive systems.



USE IN ATHLETIC TRAINING

The solution in the tank has the added benefit of being composed of magnesium sulphate (Epsom salt), which have long been used in athletics for eliminating lactate build-up and speeding up recovery time. Furthermore, many athletes use the relaxing environment of the float tank to visualize and improve their performance while giving their bodies a much-needed break.

HEIGHTENED SENSES

Research shows that regular floating leads to increased visual acuity, improved tangible perception, increased taste sensitivities and improved auditory sensitivity.

MAGNESIUM ABSORPTION

The high concentration of Epsom salts (magnesium sulphate) may be absorbed through skin. Magnesium has been shown to be deficient in the standard North American diet. Magnesium assists in regulating high blood pressure, preventing cardiovascular disease, preventing osteoporosis, relieving menopause symptoms, providing PMS relief, creating healthier bones and teeth, and is involved with detoxification. Magnesium is awesome and may be at the centre of many of the additional benefits floating provides over meditation alone.

MIND

STRESS REDUCTION

Modern life is full of deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Floatation therapy is one the most powerful stress relief technique there is. Floating has been shown in controlled studies compared to bed rest to be the most relaxing experience on Earth. Some people have equated an hour in the tank to four hours of sleep. (Relaxation measured by perceived stress, hormone measurement, and brain wave activity).



IMPROVED CREATIVITY

A small study of five university professors found that six float sessions allowed them to generate more “creative” ideas, which coincided with a self-reported increase in free imagery and remote associations. Similarly, in a study with 40 university students, a single flotation increased their scores on a standardized test used to measure creativity.

LEFT BRAIN/RIGHT BRAIN

The two sides of the brain operate in very different ways. The left side handles details, processing information, and logic. It operates analytically and systematically, think of the left brain as the essential yet boring side of the brain.

The right side of the brain is responsible for creativity and helps with problem solving. It operates visually, intuitively, and takes in the big picture. The right side is usually constrained and held back by the left brain which tends to be dominant in most people. Floating can boost right-brain function by turning off all external input and quieting the left brain, allowing both sides of the brain to work in harmony.

HISTORY OF FLOATING

How would you go about creating an environment that could isolate a brain from external stimulation?

In 1954, a doctor and neuroscientist named John C. Lilly needed to eliminate incoming sensory information to create a control group for his experiments and invented the first isolation tanks. Along the way, Lilly discovered that sensory deprivation has a load of benefits that went above and beyond the captivating experiments he was doing.

By the 1970's, the tanks design had evolved from Lilly's original laboratory chambers to the first designs of the comfortable commercial tanks that we have now. This means you no longer have to be submerged in the water with air tubes, you don't have to wear a diver's helmet with a black faceplate, and you don't have to have experiments run on you to take advantage of this unique experience and environment.