

# Why float?

## Health and Wellness

*People float to relieve stress, recover from injuries, fight addiction, alleviate chronic pain, PTSD, rheumatoid arthritis, migraines, and much more.*

*Floating naturally 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 effortlessly.*

## Learning

*People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books after floating.*

*With nothing to distract you, your level of concentration and knowledge absorption is astonishing.*

## Come Float with Us!

Prices starting from \$39.00 for an Introductory Float.

Regular One Hour Float \$69.00

Call Today or Book Online.

See our website for latest specials and membership opportunities.

We book group or corporate packages and offer military discounts\*.

(Discounts on regular priced items only)

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Dream Pods v2

## A Beginners Guide to Floating



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# Basics of Floating

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

You won't be fighting gravity.

The 1,000 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 the total darkness.

During your float the outside world is gone, and amazing things can 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 pumps out dopamine and endorphins, and your body gets to rest, de-stress, and heal.

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

# GOING INTO YOUR FLOAT

Don't shave or wax before. Eat a small meal 1 1/2 hours before. Don't drink caffeine before. Remove your contacts.

Arrive and check in. We'll give you a tour, cover the basics together and answer your questions. Then you'll shower, put in earplugs and step into the tank. Close the door behind you, turn the light off when you're ready and **FLOAT** . . . .



Soft ambient meditation music can be played for all or part of the float session. Most people find that some music at the beginning and end of the float works best.

When your time is up the quiet and gentle filter system will start preparing the tank for the next floater. You'll turn on the light and step into the shower to rinse off the salt water. Get dressed and bask in your post-float glow. Relax and enjoy a cup of post float tea.

# Frequently Asked Questions

• **Is it safe?** According to the Float Association, "In the 40 years that float tanks have been publicly available in the US, there have been no reported health outbreaks, injuries, or deaths related to them."

• **Claustrophobic?** Our pods are 5'x9' and have plenty of room for people of all sizes. The pod door can be left to open and the pod can be illuminated from inside with relaxing LED color settings.

• **Sleeping in the tank?** Many people find the experience so relaxing they find themselves sleeping in the tanks. Due to the buoyancy of water your body will be unable to turn over while asleep. There have even been studies that suggest that sleeping in the tank is more effective than regular rest.

• **What to wear?** It is common practice to float without any clothes, but users may use swimwear. The Pod is located in a private room to allow for a comfortable experience.

• **What should I bring?** It is recommended to remove contacts prior to float so bring a contact case, and perhaps a brush or comb. We provide towels, waterproof earplugs, and shampoos and conditioners for pre and post float showers.

• **What to avoid before float?** Avoid caffeine a couple hours prior to your session, and avoid eating large meals just before.

\* **Can I drown if I fall asleep?** No! Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is being awoken by a bit of salt water in your eyes.

\* **How is the Pod kept clean?** The water is fully filtered eight times between each float and treated with UV Light. The tank is also treated daily with hydrogen peroxide.