



Float Therapy

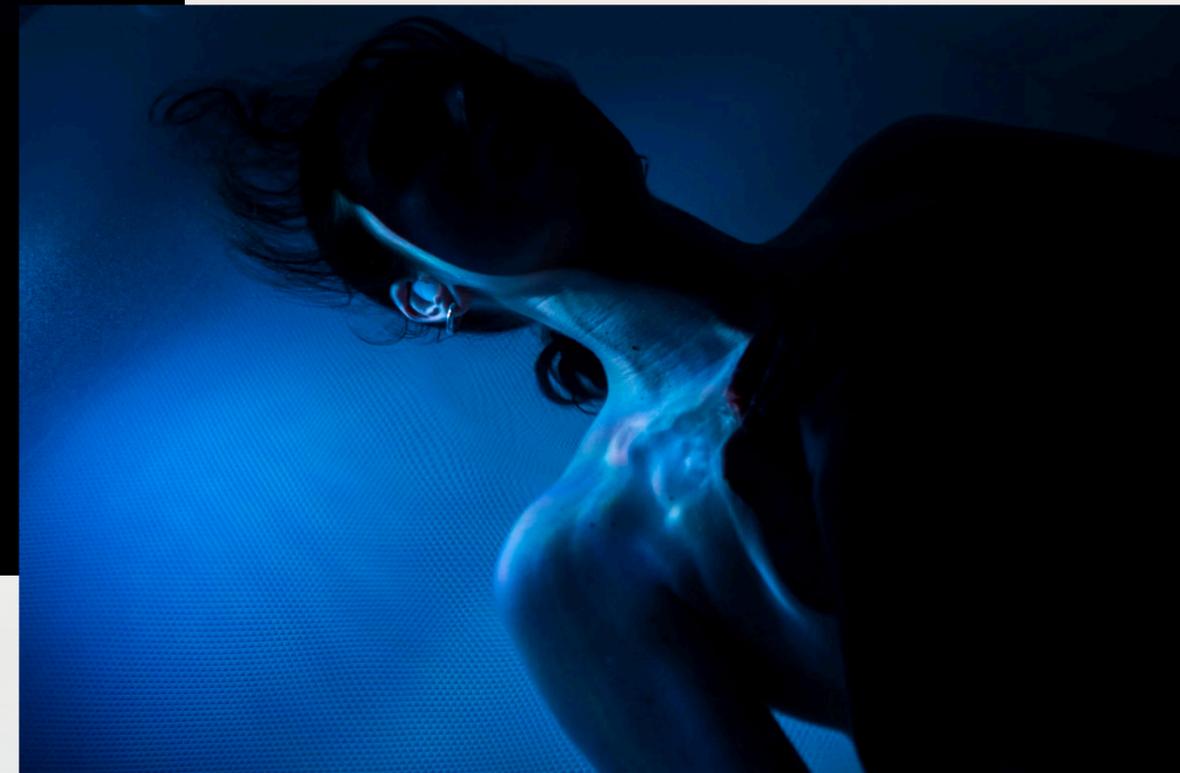
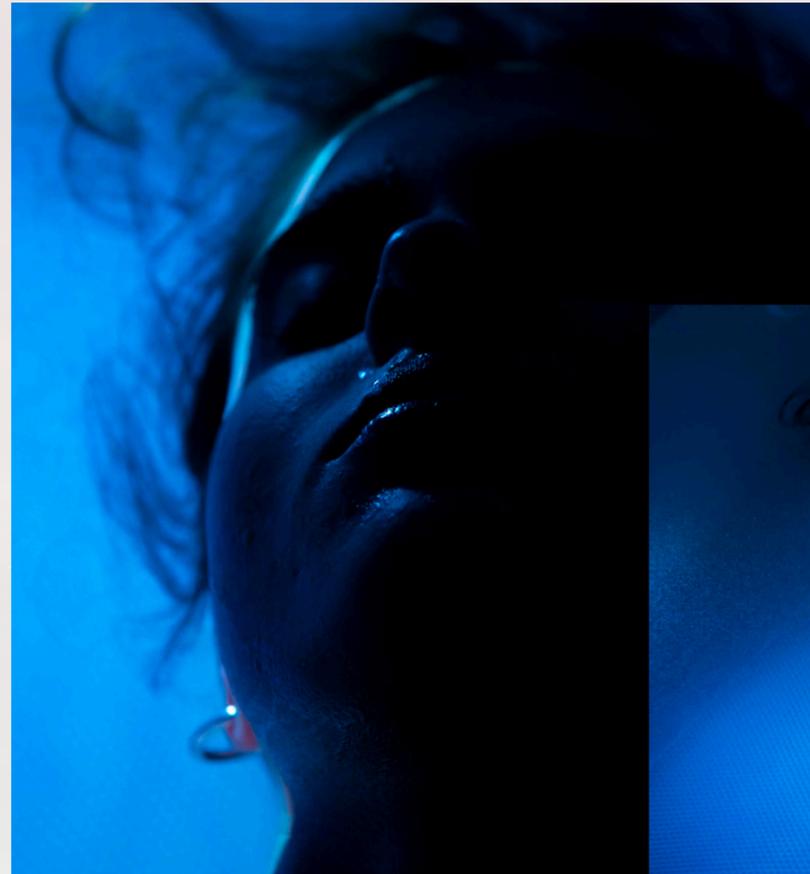
Introduction to Float Therapy (Sensory Deprivation)



What is it?

A closed chamber containing saturated Epsom salt water is maintained at human skin temperature, allowing users to naturally float while reducing the perception of touch, light, and sound.

Scientists initially built float tanks in the 1950's to better understand the nature of consciousness.





Zero Gravity

A Float tank holds 1000 Litres of water, saturated with roughly 500 kg of Epsom salt. This creates a solution with a density comparable to the Dead Sea, allowing a person to float on the surface about half-in and half-out of the solution. It's also very shallow, only 25cm height making it impossible to accidentally turn-over or sink.



Neutral Temperature

The temperature of the solution is kept at approximately 93-95°F / 34-35°C, the average external temperature of the human body. This is a temperature known as skin-receptor neutral, meaning the user loses track of where their skin ends and the solution begins, provided that he/she remains still and produces minimal movements.



Light & Sound Reduced

Float Tanks are near-perfect acoustically insulated and when you turn off the light, it's completely dark.

Let your Mind truly Rest

In the absence of the sensory stimuli through which we perceive physical reality, the mind can find true rest found only in rare periods of deep sleep and highly absorptive meditation.

Most people experience deep relaxation, with physical and mental benefits that continue well beyond the flotation experience.



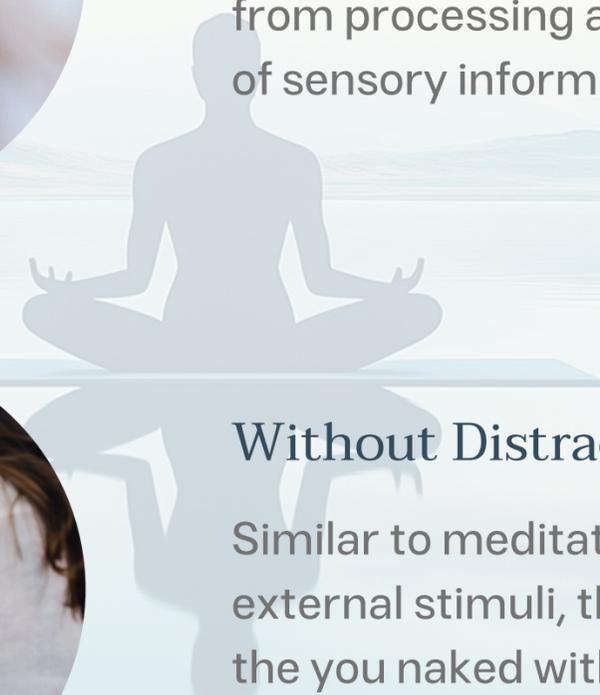
Relief from Sensory Noises

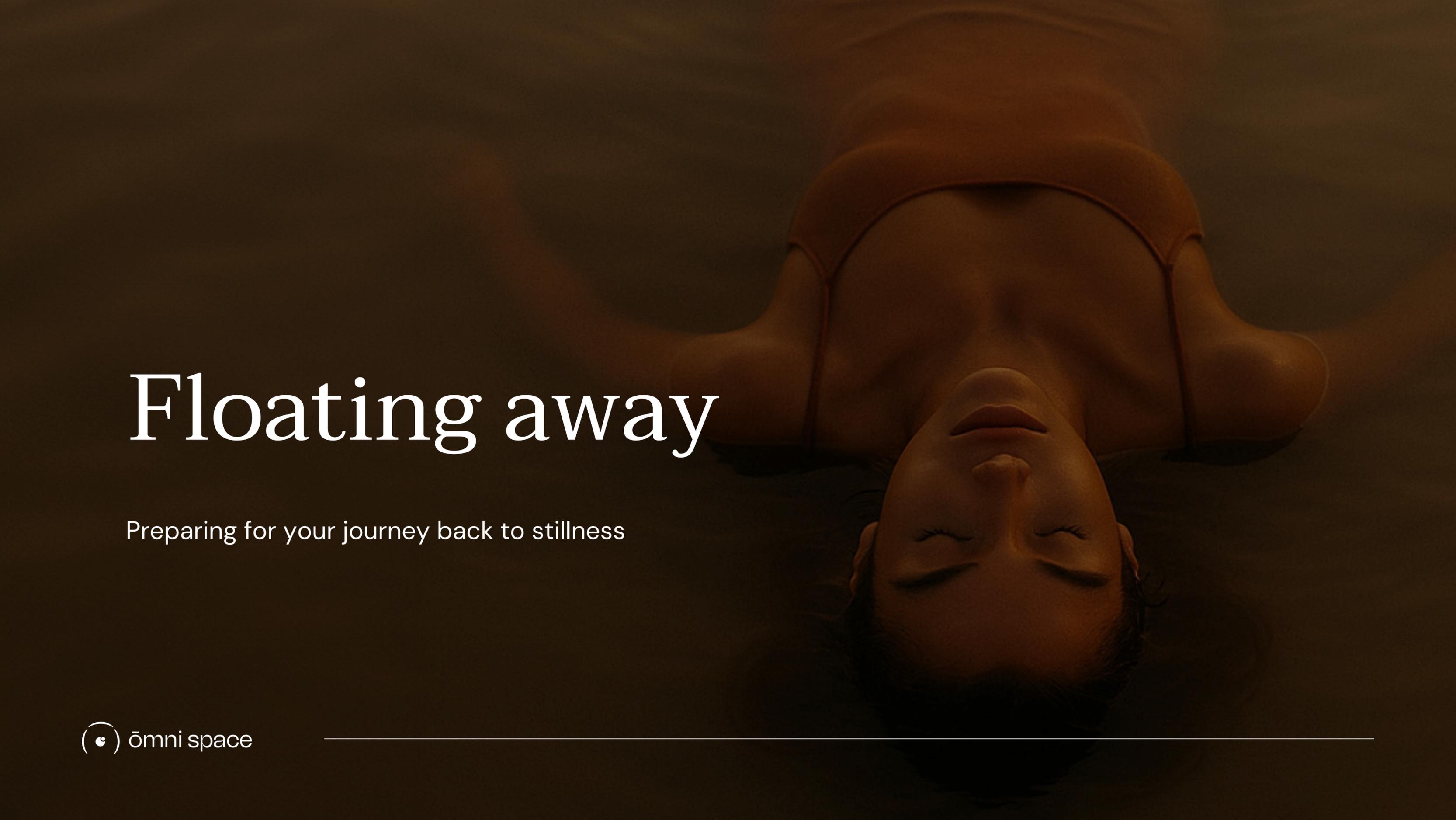
Because the amount of input is reduced, the brain can take a rest from processing an excessive amount of sensory information.



Without Distractions

Similar to meditation, by removing external stimuli, the float tank leaves the you naked with your own mind and body.





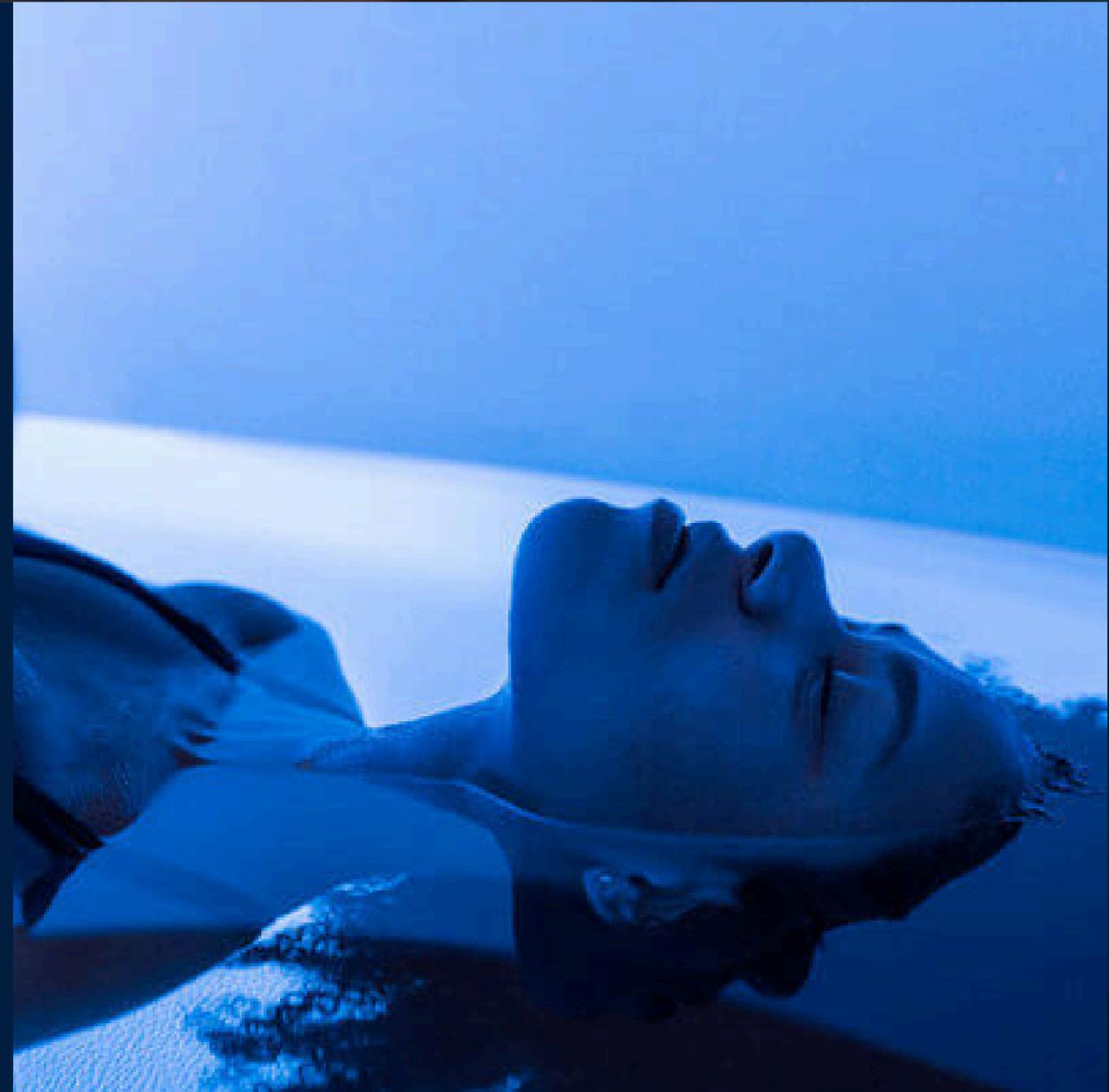
Floating away

Preparing for your journey back to stillness

How to Begin

Always double check the preparation check-list before you begin to ensure a smooth uninterrupted session.

Once you've settled in, try to relax your body. There's no need to exert your neck or arch your back to keep yourself afloat. Let the bouyant water lifts you up.



What to Expect



You may feel restless and notice these sensations during the initial adjustment period. It is no different from when one tries to sit down and meditate, but only last a few minutes and pass by quickly.



Thoughts

Lots of thoughts cross your mind: trivial, serious, funny, sad, happy, etc. Know these are just thoughts. They will pass.



Restlessness

You may get anxious about time. Doing nothing and being alone with your mind might feel boring at first. Time feels slow, but this too will pass rather quickly.



Body sensations

Your body becomes more sensitive. Many sensations, mainly itches arise making it hard to stay still. However, they will disappear if you let them be and not re-act.



How to Relax

- Give your best effort to remain motionless. If sometimes you must move, just try again.
- As you remain still, soon thoughts and sensations will fade away, leaving you with a stilled mind.
- Once stillness settles in, let it go and watch yourself dissolve into pure bliss. Once you're there, you'll know it.
- Listen to the ringing Ōm sound in your ears that emerges out of silence.





Common Concerns

Feel at ease

Common Concerns

frequently asked questions

Is there any risk?

In 60 years of existence, there has been absolutely no risk or accident involved with Float.

However, to prevent unpredictable risks, it is common practice to prohibit floating while under influence of psychoactives and for people who suffer from epilepsy or seizures.

What if I fall asleep?

It's very common for first-timers to mistake the state of stilled mind as sleep as it is so calm while there's no sensory input at all. However, sleeping in the Float Chamber is very difficult (we tried to sleep through the night, bad idea).

I keep thinking too much. My mind won't relax.

Meditation is like lifting weights. You'll get better with it. Most of the time we're so used to the constant noise and mind chatter that it may take some practice to calm your mind. With floating, almost everyone can do it after 2-3 floats.

Relax, it's your first Float!

Can I turn over and drown?

The salt water solution is even more buoyant than the Dead Sea and is only 25 cm deep. It is impossible to turn over as you will touch the floor right away. The buoyancy also makes it impossible to sink.

I'm claustrophobic. I fear being locked in and suffocate.

Rest assured, there is no lock and the door is very easy to open. Think of it as a waterbed in a very quiet room you go in to rest. If you don't like it, you can come out anytime.

Because there is a large body of water kept at skin temperature (34 Celsius or 94 Fahrenheit), it is inevitable that humidity accumulates over time. This makes the air a little stuffy, but once you get used to it, this is normal.

Also, our Tanks and Rooms has active ventilation run at all times. We also had many who floated over 3-5 hours and experienced floaters report no difficulty breathing.

My shoulders/neck hurts. Is this normal?

Our postures have adapted to our lifestyle. If you work in the office, there's a high chance that you'll experience a shoulder/neck pain in the first few floats. This is totally OK, just don't think about it too much. You'll notice a gradual change in posture for the better as you float on.

Enjoy
Floating!

