Floatation Therapy

At **'The Wellness Centre (Castle Quay)'** we are very proud to present the first **Float SPA** in the U.K. - a scientifically proven, time-efficient method of unwinding, soothing your body, and regenerating from the daily grind. Floating is a means of intense relaxation, based on the perfect state experienced in our foetal existence. The beneficial effects of floating mimic those found in nature (the Dead Sea in Jordan), known for its high salt concentration, attracts thousands of visitors each year to relax and treat various medical conditions by immersing themselves in the water. A floatation pod combines this natural healing phenomenon with modern technology, making it accessible in an urban environment.

Floatation Explained

Floatation therapy is a powerful stress relief and wellness tool, offering multitude of physical and mental benefits. During a floatation session, the client rests within a sensory-controlled environment, floating on the surface of warm water **(36° - 36.5°)**, which is super-saturated with ***Epsom Salt*** **(MGSO4)**. This experience is both highly nourishing for the skin, and deeply relaxing and rejuvenating for the body and mind. It reduces harmful stress hormones, alleviates pain and tension, and stimulates the release of beneficial endorphins within the brain. When all external stimuli are removed, the human brain goes into what is called the 'Alpha' or 'Theta' brainwave state. This is the state which directly precedes sleep, and is similar to the state induced by relaxation training, hypnosis, meditation, yoga and massage, both from a psychological and physical perspective. One primary result of floating, is allowing the client a short amount of time to be free from the effects of gravity. Muscles and joints are relieved of their load, enabling them to relax completely. While floating, the body is in a state of weightlessness, due to the water's high *Epsom salt* concentration, which allows the client to float effortlessly on the surface of the water. Each floatation pod blocks all noise and light, thereby creating an atmosphere free of any distractions, resulting in complete physical and mental unwinding. The fewer distractions there are, the more intense the regenerative effect on the body. This weightless, stimulus-free environment frees the brain from the constant task of orienting the body in space (proprioception) and processing sensory input. By creating a kind of neurological gap, the brain and nervous system are automatically redirected to the task of deep relaxation and restoring balance (homeostasis) in the mind & body.

Benefits of Floating

University research has confirmed the anecdotal experiences of people taking part in floatation: dramatic reduction in circulating stress hormones; downshifting of the mind from normal waking consciousness (beta state) or hyperactive consciousness (gamma state) to a more serene and meditative state of conscious (alpha or theta state); holistic balancing of the body and mind; as well as noticeable physical benefits to nearly every organ of the body. However, individual results may vary. A single floatation session yields immediate benefits. The detrimental effects of stress on the body are dissipated: tense muscles relax, and the mind is able to let go and relax into a state of deep calm. These effects can last for days or weeks, and successive floatation sessions have cumulative effects.

Target Audience

Floatation Therapy is for almost everyone…!

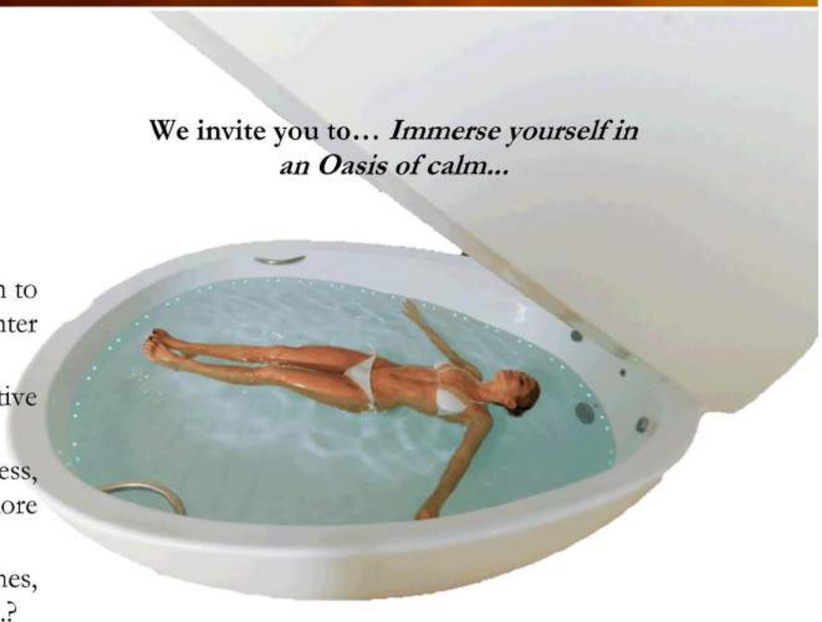
- **Anxious & Stressed People** - whom wish to achieve a deep state of relaxation and counter anxiety, stress, and/or depression..?
- **Athletes** - whom wish to gain a competitive edge over their opponents..?
- **Business People** - whom wish to de-stress, re-gain their energy and/or cultivate more creativity in their business..?
- **Injured People** - whom suffer with aches, pains, and/or musculo-skeletal conditions..?
- **Students** - whom need to rest their brains and wish optimise their memory..?
- **Tired Employees** - whom need to re-charge their batteries from time to time..?

Floatation Therapy in some rare instances may prove unsuitable for people suffering from specific health conditions e.g. (severe skin conditions, schizophrenia, panic attacks, etc.). As such if there is any concern we would recommend consulting with your G.P. prior to booking.

Hygiene

The **Float SPA®** system provides unparalleled hygiene, essential for customer satisfaction. Before and after every client session, the total volume of water is cleaned twice using several different methods i.e. (chemical filtration (Hydrogen Peroxide (H2O2)), mechanical filtration, Ultraviolet filtration and air filtration). Even when the Float SPA is not being used it automatically circulates and cleans the water several times a day. The pod's surface *antibacterial sanitary acrylic*, and the disinfection performed on the inner surface of the float tank after each session provides an ultra-clean & safe environment for the perfect relaxation experience.

We invite you to… *Immerse yourself in an Oasis of calm...*



float SPA
pure relaxation

The designers at 'float SPA' have engineered their floatation pods to induce maximum relaxation and rest. They envisioned the units looking like pebbles lying on a sandy beach. Nature, serenity, balance and harmony are notions that come to mind upon admiring the Float SPA's interior and exterior design. Warm and comforting earth tones, organic forms, natural materials and soothing scents are used to contribute to the total relaxation experience.