

Why Float?

Health and Wellness

People float to relieve stress, recover from injuries, control addictions, reduce or eliminate chronic pain, improve sporting performance and much, much more. A deeply relaxing float will increase your dopamine and endorphin levels which, in turn, boosts your mood and leaves you with a pleasant afterglow which can last for days afterwards. Many people find that their sleep is deeper and more peaceful, following a float. Feeling almost gravity free, in total comfort and with nothing to see, hear or feel, floating is truly liberating for your mind, body and soul.



Meditation

We offer the same environment to everyone, the quality of your experience is completely down to you. People who can enter, even, a mildly meditative state find that they come out feeling 'Super-relaxed'. In this state, your body and mind are able to carry out 'essential repairs'.

Self-improvement

During floatation, clarity of thought aids problem solving; visualisation helps athletes and the recovery effects of Epsom Salts can lead to improvements in a golf handicap or a PB for many sports people.

**Come float with us,
it really is as good
as it sounds**

FIND US AT



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BOOK NOW AT

WWW.FLOATATION.LIFE

Follow us    @floatationlife

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Experience Nothing



**A guide to
Floating**

FAQ

Do I need to bring anything?

Not really, maybe personal things like a hairbrush, deodorants etc. We provide towels, shampoo, shower gel, ear plugs, face wipes, and drinking water and a dedicated hair drying area

I can't swim, can I still float?

In 11 inches of water? Our water is 10% denser than the Dead Sea, you CAN'T sink.

Is the water clean?

Absolutely! We filter the water through a UV and a particulate filter before and after a float and at the beginning and at the beginning and end of the day. We test the water regularly and add hydrogen peroxide in small amounts as advised. Hygiene is essential to us.

Can I bring a friend?

Why not, we, currently have 2 pods but with the space to install another 2 in the near future. It's nice to make an occasion out of it with a friend or loved one.

What if I'm claustrophobic?

Our tanks are the largest on the market, the size of a Fiat 500. You have COMPLETE control of your environment. You're not locked in and you can always step out, leave the light on or leave the door sopen. Most customers tell us the tanks are "...bigger than we thought!"

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Experience Nothing

The 1, 2,3 of floating

1

Arrive 10 minutes early to unwind in our pre-float area on our massage chairs listening to Zen music through headphones.

3

When you are ready, close the doors, turn the lights off and lay back.

5

Dry your hair in our hair drying area then go to the Chill-out zone, take a seat on the large massage chairs and relax watching short videos with soothing music.

2

Go to your allocated room, lock the door, undress, shower and step into the pod.

4

Soft music will play to indicate the end of your 1 hour in the pod, carefully get out, shower and dress.

6

Take time to come round then, when you are ready, rejoin the real world. Don't forget to book your next session before you leave.

The Basics

Feel almost weightless.

450kgs of Epsom salts in 11 inches of warm water in perfect comfort with no pressure points can make it feel like you are floating in the sky.

Embrace isolation

There is nowhere else in the world where you can experience such peace and calm as in a floatation tank
- It is truly TRANQUIL.

Skin temperature water

You will see nothing, hear nothing and eventually get to the state in which you feel nothing. This is what we call the '1st Magical state!'

Float in absolute, perfect calm

Shower, then enter and close the door to your pod safe in the knowledge that you won't be disturbed..by ANYONE!

