## What is a floating?

A float tank (also called an isolation tank or sensory deprivation tank) is essentially the perfect bath tub. The typical tank is 8' long and 4.5' wide. Air is allowed to freely flow in and out, and the door never locks or latches.

It holds about 10" of water, which is saturated with 850 pounds of Epsom salt (magnesium sulfate). This creates a solution more buoyant than the Dead Sea, and you float on your back about half in and half out of the water. The water itself is kept at the average skin temperature (93.5°F), which allows you to lose track of your body. The tank is sound proof and, when you turn off the líght, completely dark. No gravity, no touch, no sight, and no sound. Just pure nothing.

Coming to Klamath Falls...

## Bliss Float!



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Sensory deprivation The feeling is that of floating in space; there is no sense of where your body ends and the water begins. Once the lights are off, you float ín darkness. Your ears are just below the water surface and there are no outside noises.

Total bliss.



## Why Float?

People float to reduce stress, recover from injuries, addiction, reduce chronic pain and illness, meditate, boost mood, relieve PTSD and much more! "Being in a float tank is like relaxing in outer space"

floathq.com