

FLOATING

QUESTIONS & ANSWERS

Everyone feels a little nervous about their first float; ‘will I be able to breath? Will I float? Will I feel claustrophobic?’ Here are the most commonly asked questions, together with answers...

What is floating?

As explained by a pre-eminent scientist, ‘floating is a method of attaining the deepest rest that humankind has ever experienced.’

Essentially, it’s spending an hour or so lying quietly in the dark, suspended in a warm solution of Epsom salt about 10” deep, and so dense that you float effortlessly. We play some gentle music to help you to relax. In short, it’s complete mental and physical relaxation.

Might I be bored or frightened?

Anyone who floats regularly will tell you how blissfully comfortable and deeply relaxed they feel whilst floating. You’re as close as you are ever likely to be to an experience of weightlessness; and, surprisingly, there is no feeling of being confined in a tight space

But I’m claustrophobic!?

Its ok...many people are, but we don’t use float tanks, rather float rooms...you can stand up inside them. Also, the light is controlled from inside, giving you total control of your environment.

What effects does floating have on the body?

In the gravity free environment the body balances and heals internally as all the senses are rested. Research shows that floating measurably reduces blood pressure and heart rate whilst lowering the levels of stress related chemicals in the body. Old injuries and aches, (especially back ache) experience relief as floating helps blood circulation. Floating is used widely in the treatment of stress, anxiety, jet lag and to improve concentration and creativity. Sports performance and ‘wind down’ is also enhanced during floating. Also, one hour of floating has the restorative effects of 4 hours of sleep!

What effects does floating have on the mind?

During a float, you produce shower brain-waves patterns, known as theta waves, (normally experienced only during deep meditation or just before falling asleep). This is usually accompanied by vivid imaginary, very clear, creative thoughts, sudden insights and inspirations or feeling of profound peace and joy, induced by the release of endorphins, the body’s natural opiates. Because of these effects, floating is used effectively in the treatment of depression and addictions, including smoking and alcohol. It is also used in schools and universities as tools for super learning.

Is Floating Successful for everyone?

Floating, as with other things, doesn't suit everybody. It needs willingness on your part to let go and see what happens, and you may need to float a few times before you are able to relax completely, both physically and mentally. Depending on your own journey through life, a float might provide an hour of total physical relaxation – or a profound healing experience, emotionally and spiritually transforming. Floating can be a wonderful aid to opening doors into your inner world, gradually allowing access to those deeper levels at which real changes take place.

What if I can't swim?

Floating doesn't require any swimming skills what so ever. You'll actually float like a cork, and, it doesn't matter what shape or size you are.

Is it private?

Yes, you float within your own individual room (so there is no requirement to wear a swimming costume or trunks). Our room has its own shower and is for your exclusive use for the duration of your session.

Will my skin wrinkle?

No. Because the water contains high salt levels it doesn't rob your skin of salt (which is what causes wrinkling). Rather, it leaves your skin soft and silky.

Am I locked in?

No, you've been watching too many horror movies! The door simply pushes open. Also, the light switch is located inside the float room.

How is water hygiene maintained?

We have to comply with stringent health and safety regulations. The water contains mostly salt and so the solution is sterile. We add a limited amount of (swimming pool) chemicals to ensure it's totally clean. Also, we filter the water thoroughly between each float session.

How long should I allow?

The float session lasts an hour and 15 minutes including showering and dressing time but allow extra time as it's important for you to relax after your float. We have a luxury relaxation room for you to use afterwards, with complementary drinks.

How much does it cost?

A single session is £28.00. It is important to have 3 float sessions to feel the full benefits of floating, and we do offer an introductory package of 3 sessions for £65.00.

Can I give a float session as a gift?

Yes, many birthdays are spent here courtesy of gift vouchers. They can be arranged over the phone or during your visit.

Do I need to book?

Sometimes you can get a same-day float but usually you'll need to book. You can call us on 01726 814114.