

Why is floating so good for you?

What effects does floating have on the body?

Floating is a method of attaining the deepest relaxation one can experience. 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 backache) 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 slower brain-waves patterns, known as *theta* waves, (normally experienced only during deep meditation or just before falling asleep and when waking up). This is usually accompanied by vivid imagery, very clear, creative thoughts, sudden insights and inspirations or feelings 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 treatments, 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.

Floating, in a nutshell, can help with the following:

- *Intense relaxation*
- *Relief of old injuries (back aches etc)*
- *Ease Arthritis*
- *Improve the condition of the skin*
- *Detoxify the system*
- *Useful in pregnancy (for the full 9 months)*
- *Increase creativity and imagination*
- *Increase circulation and energy levels*
- *Balance the left and right brain*
- *An aid for addictions phobias and depression*
- *Regulate sleeping patterns*
- *Relieve stress*

Also remember that the benefits of floating are accumulative – the more you float the better it gets and each float is never the same as the next.

FLOATING QUESTIONS & ANSWERS

Everyone feels a little nervous about their first float; ‘will I be able to breathe? 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 around an hour 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 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. If you find your mind busy with thoughts or feel bored, focus on your breathing. Breathe in deeply and slowly and exhale gently, keep doing this and imagine you are letting go more and more.... you will simply float away and feel deeply relaxed!

But I’m claustrophobic!?

It’s OK... many people are, our float pool is a very spacious float cabin for 2 with a high ceiling (and star effect!!) and you can stand up inside them. Also, the light is controlled from inside, giving you total control of your environment. A member of our staff will give you all the information you need and instructions during your pre-float welcome to ensure you feel relaxed and confident to fully enjoy your float session.

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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 float room has it's 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 you skin soft and silky.

Am I locked in?

No need to worry the door for the float pool opens and closes easily and is never locked. Also the light switch is located inside the Floatroom along with a call attendant button should you need our assistance.

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.

Can I come with a friend?

Yes, over half of our clients come with friends. It's great to have someone to talk about your experience with.

What do I bring?

Just an open mind and a tired body! We provide everything else.. towels, shampoo, conditioner, shower gel and a hairdryer.

How long should I allow?

The float session lasts one hour 15 minutes, including showering and dressing time but allow extra time as it's important for you to relax after your float.

Do you offer memberships?

Floating regularly is particularly beneficial, as the effects are cumulative. For membership information please contact info@skinnydiphealthretreat.co.uk

Can I give a float session as a gift?

Yes, of course!. They can be arranged during your visit or for information please email info@skinnydiphealthretreat.co.uk

Do I need to book?

Yes, please use our online booking system on www.skinnydiphealthretreat.co.uk select Floating from the menu bar.