

Floatation Therapy

This is a treatment that is designed to relax both the body and mind. In fact it works on four levels; physical, emotional, spiritual and intellectual. Many spas and floatation centres have floatation chambers. They are suitable for one person at a time and are womb like chambers, or floatation rooms that are slightly larger and less claustrophobic, with a normal door, providing easy access for young and old, the able and less able. They are also used in hospitals, health farms, fitness centres, sports clubs and even large business corporations who value the benefits to learning and memory.

The water in the floatation room is concentrated salt water, approximately 10" in depth and heated to a comfortable temperature of about 35.5°C, allowing the body to float effortlessly. It creates an environment that is similar to the Dead Sea. When you float all external stimuli are removed, you will have the choice of wearing ear plugs and having all lights off, providing a calm, quiet and relaxing environment allowing you to drift off into a total state of relaxation. Some floatation centres will provide the choice of music playing and lights on if you prefer. Each floatation room or chamber normally has access to a private shower and changing facility, making the whole experience a personal and relaxing treatment.

Benefits of treatment

Eases aches and pains

The buoyancy from the water eliminates the body's specific gravity which brings the floater to a near state of total weightlessness. Many of the body's problems such as backache, joint pain, muscular tension and aching feet are physical and caused by gravity and our own upright posture. Floating allows the body to totally relax easing aches and pains and releasing it from the effects of gravity which then allows the body to use its' energy in a different way. During a float the brain also has time to relax and revitalise and this will help the floater concentrate on the emotional and psychological rather than the physical aspects of daily life.

Induces Total Relaxation

Floating increases production of theta waves in the brain, this is the stage at which brain activity slows down almost to the point of sleep and it creates a feeling of calmness and serenity. It is said that one hour of floating is equal to four hours of deep sleep.

The blood pressure is lowered, endorphins are released into the body and it also enables creative thought and extra sensory perception. It is recognised that when the brain reaches this almost deep meditative state, it helps with clarity of thought, creativity, insight and inspiration and it is better able to access knowledge and information that is normally beyond conscious awareness. Memory is improved because it is in an ideal state for storing information in our long term memory.

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spa & beauty therapy in practice

Promotes a Sense of well being

Floating increases the production of endorphins the body's natural opiates or 'feel good' hormones and conversely it helps to reduce the production of stress hormones; adrenaline, cortisol, norepinephrine and ACTH thus reducing, irritability, tension and anxiety. It also helps to boost the immune system, regulate sleep patterns, treat jet lag, improve athletic performance, prevent sports injuries and speed up healing.

Restores Homeostasis

Floating in a floatation chamber removes all the external stimuli that can affect mood, cause stress and generally prevent total relaxation. This creates an atmosphere that will allow the body to focus all its energy on restoring balance. It will create harmony and homeostasis in the body, balance between the left and right brain, balance in the skeletal and muscular systems and perfect balance between mind, body and spirit.