

Why Float?

Health And Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more.

Studies indicate floating increases dopamine and endorphin levels, boosting mood and leaving you with a pleasant afterglow lasting for days.

Without the need to fight gravity or take in external information, you will likely experience the most complete relaxation you have ever felt.

Meditation

Everything you experience while floating comes from within yourself. It is the perfect time to reflect on your life, and reports of creative and personal insight abound.

Float pods can be thought of as training wheels for meditation. After about 45 minutes of floating, your mind starts producing theta brainwaves, which are responsible for 'between waking and sleeping' state.

After years of practice, people can enter theta state through deep meditation. Float pods get you there with hardly any effort at all

Self-Improvement

People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books while floating.

With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

BASICS

Floating is about everything you will not be doing.

You won't be fighting gravity.

The 850-1000 pounds of Epsom salt in the water takes care of that while you lay on your back.

The water is kept around 93.5 degrees. This is the skin-receptor neutral, which means you lose track of where your body ends, and the water begins.

Your ears stay just below the water, and the tanks are insulated against sound. With this and earplugs, the noise from the outside does not reach you.

After you shut the door and the lights turn off, you float in total darkness.

If you allow it, the outside world dissolves, freeing your mind and body to allow for amazing things to happen.

It turns out that when you are not fighting gravity or constantly taking in information, your body has a lot of extra resources at its disposal.

Your mind is free to mull things over without distraction, your brain waves slow down, and your body gets to rest, de-stress, and heal.

It is likely to be the most relaxing thing you have ever experienced.

THE FLOAT

Going Into Your Float

Do not drink caffeine

Do not shave or wax the day of

Do not eat a large meal prior

Arrive 15 minutes early and check in

You do not need to bring anything but yourself

We will cover the basics together and answer any questions you may have

Use the bathroom before beginning your session

Enter your assigned float room and shower

Put in earplugs

Step into the float pod

Free Your Mind, Body and Soul
and enjoy your float

Filtration system will turn back on to let you know your float is over

Rinse off the saltwater in the shower

Get dressed and bask in your post-float glow

Stick around for a hot cup of tea, color, or grab something to read if you'd like

FAQ

Can anyone float?

Yes! It can be great for everyone, including pregnant women. Minors are required to have parental permission, and may be required to have adult supervision inside the float room. We highly recommend those suffering from any medical conditions to consult their physician prior to floating, as well as any other services we offer.

What if I am claustrophobic?

People with claustrophobia consistently report no problems with floating.

Can I drown if I fall asleep?

Some people fall asleep, but the water is buoyant so you stay afloat.

How are pods kept clean?

Salt is a natural anti-microbial and antiseptic, especially at the high concentration present in the float pods. The water is also filtered between each float.

Do I need an appointment?

It is recommended to book an appointment. Store hours may vary, and float rooms may be occupied.

Visit www.fymwellness.com for more information on floating and other services.