

Why Float?

Physical

Clients can use float therapy to:

- relieve stress
- recover from injuries
- fight addiction
- eliminate chronic pain
- and much more!



Floating naturally increases your

dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that lasts for days. Without the need to fight gravity or take in external information, you will likely experience the most complete relaxation you've ever enjoyed.

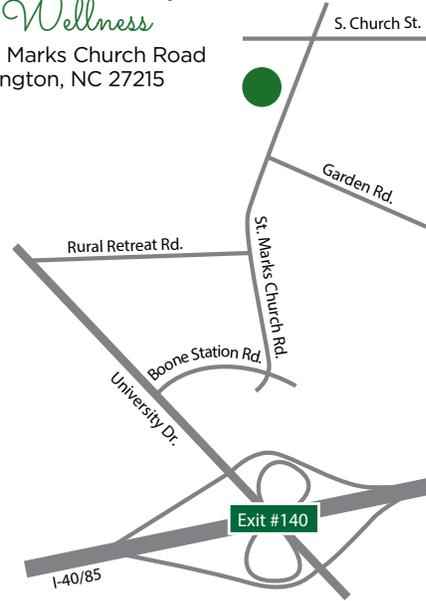
Spiritual

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports abound of creative and personal insights. Floating can also be thought of as training wheels for meditation. After about 30-45 minutes of floating, your mind starts producing theta brainwaves, which are responsible for that "between waking and sleeping" state. After years of practice, people can enter their theta state through deep meditation. Float therapy gets you there effortlessly.

Mental

Clients have cut strokes off their golf game, developed complex scientific theories and drafted whole portions of a book while floating. With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

Simply Massage
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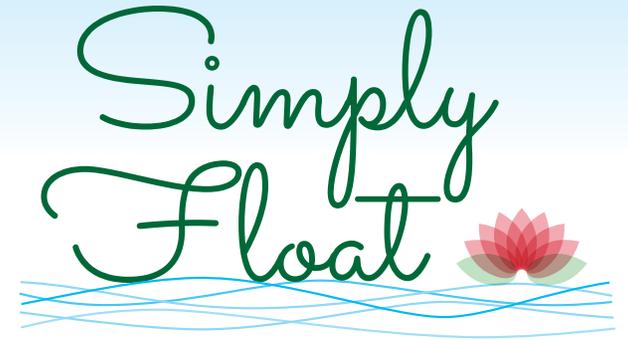


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Simply Massage & Wellness

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A Beginner's Guide to Floating

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Floating is about
everything you
WON'T be doing!

You won't be fighting gravity. The 1000 pounds of Epsom salt in the water takes care of that while you lie on your back and relax.

You won't be taking in external sensations. The water is kept at 93.5 degrees. This is 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 rooms are insulated to prevent any outside noise from reaching you.

After shutting the door, most clients turn off the light and float in total darkness. If you're not ready for total darkness, you can leave the light on.

It turns out that when you're 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 pumps out dopamine and endorphins, and your body gets to rest, de-stress and heal.

Floating has been around for more than 50 years, and there is much research to back up the benefits. It's likely the most relaxing thing you've ever experienced.



The Float

Before Your Float

- Don't shave or wax before your float.
- Limit caffeine consumption a few hours before your float.
- Avoid eating a large meal just before your session.
- Remove your contacts.

When You Arrive

- We'll cover the basics together and answer your questions.
- You will shower and begin your float.

Get Ready to Relax

- Put in earplugs and step into the float room.
- Close the door, lie down, relax and turn off the lights if you like.

After Your Float

- When your time is up, music will fade in, easing you out of your float.
- Turn on the lights and step out when you're ready.
- Then shower off the salt water.
- Get dressed and bask in your post-float glow.

You may wonder...

Do I need to bring anything?

We provide towels, washcloths, earplugs, shampoo and bodywash.

What should I wear to float?

We highly encourage clients to float without clothing. Swimsuits and clothing can create distractions that prevent you from fully benefiting from float therapy.

What if I'm claustrophobic?

Our float rooms are approximately 7 feet tall inside, so there's plenty of room to stand up. People with claustrophobia report no problems with floating because you are in complete control of your session. If you are really nervous, you can schedule a tour of our facility prior to scheduling an appointment.



Can I drown if I fall asleep?

No. Some clients fall asleep, but the water is so buoyant that you stay afloat. The worst that can happen is getting a bit of salt water in your eyes.

How is the water cleaned?

Between each float session we run an extensive filtration system that includes UV treatment, advanced oxidation, a particle filter and skimmer. We also follow very strict quality control procedures, testing the water daily to ensure we adhere to state sanitation regulations.

Is there a cumulative effect?

Yes, the more you float the better and longer-lasting the effects.