

Salt Water Float Therapy

What is Float Therapy?

Float therapy involves floating in a large bath tub with body temperature water about 12-15" deep. The water contains over 900 pounds of Epsom salt. Ideally the environment in the room removes all modern distractions including sound and light. The salt gives the water a buoyancy making it easy for your body to float. You can fall asleep in a float pool and still be floating :) This allows your body and mind to release tension and deeply relax. It is an alternative therapy to help stress, anxiety, reduce pain and much more.



Epsom Salt

Epsom salt is high in magnesium which can help remove harmful substances from your body. When floating in epsom salt water your body absorbs the magnesium which helps replenish it in the body. Magnesium has healing properties and is needed for over 300 biochemical reactions in the body. The amount of salt in a float pool creates an inhospitable environment for anything to live in, including pathogens. This is where the Dead Sea gets its name. A float pool has a higher salt content than the Dead Sea.



Benefits of Float Therapy

Mental Health

- Reduces anxiety
- Supports relaxation
- PTSD treatment
- Helps the mental game with athletes
- Decreased stress
- Sensory deprivation
- Meditation

Overall Health

- Reduces inflammation
- Deep relaxation
- Muscle recovery for athletes
- Can relieve migraines
- Decreased pain
- Speeds up rehab and recovery
- Can create creativity
- Fibromyalgia relief
- Endorphin production increases

Cardiovascular Health

- Improved sleep
- Reduces high blood pressure
- Improved circulation
- Lowers heart rate
- Decreases production of cortisol
- Reduces high blood sugar

Treatment Recommendation:

Like most natural healthcare, the more you come and the closer the treatments are, the faster you will see the benefits. If you are looking for basic general wellness once a month is great. If you are looking to treat, help control or possibly alleviate an issue, more sessions closer together are typically needed. What are your goals/lifestyle/issues?

See the guide below for treatment frequency recommendations.

Once a Month

- Reset Senses
- Low Active Lifestyle
- Stress Relief
- Fast Paced Schedule
- Self-Care Routine

Twice a Month

- Reduce Inflammation
- Boost in Energy
- Boost Immune System
- Has an Active Lifestyle
- Regular Migraines and Headaches

Weekly

- Chronic Pain
- Big Test Coming Up
- Athletes
- Sleep Struggles
- Depression and Anxiety

Daily

- Prepare for Competition
- Fast Results
- Mental, Emotional and Physical Healing
- Injury Recovery
- Self-Reflection

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