

Float Therapy: Stress & Anxiety Reducer

Symptoms of Stress

Stress can affect your body, mood and behavior

- Headache
- Muscle tension
- Low energy
- Anxiety
- Depression
- Sleep problems
- Overeating/undereating
- Lack of motivation
- Upset stomach
- Angry outbursts
- Acne
- Chest pain



Stress can affect your body, mood and behavior in many ways. There are multiple things that can cause stress in your life and learning how to manage it is important to our health. When the body is under large amounts of stress it reaches a fight or flight response. When this happens, our bodies release large amounts of cortisol. This causes high blood sugar, increased blood pressure and heart rate which all can lead to more severe health problems. Stress can also lead to depression and anxiety.

R.E.S.T.

Restricted
Environmental
Stimulation
Therapy

How can float therapy help reduce stress?



While in a float treatment, it gives your body and mind a sense of weightlessness. This makes the body release endorphins (happy chemicals) into the body which helps slow heart rate and relax muscles. When the body is stressed it drains magnesium. Float pools are filled with about 900 lbs. of epsom salt which is magnesium sulfate. During a float session the magnesium is absorbed through the skin. Magnesium improves the body's production of serotonin which is a chemical that combats stress, depression and anxiety. It is also responsible for over 300 biochemical reactions in the body.

Treatment Recommendation:

We recommend a float therapy treatment once a month for general well being and low stress relief. If you have high levels of stress which have led to anxiety and depression we recommend coming weekly. Always keep in mind that the more often you come and the closer together the treatments, the faster you will notice results.

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