

Effectiveness of floating

Regardless of the effects to our consciousness, for during the 60-minute float in the tank you feel like you're stepping out of your own body, decisive effects to the human organism can be noticed. Just to mention some aspects, the resulting benefit to your health is most important.

- Comprehensive scientific studies have proved that a stay in a float tank is a great means for reducing mental pressure.
- The blood pressure is normalized in the float tank, regardless of being either too high or too low.
- Rheumatic discomforts are reduced.
- The immune system is strengthened.
- In many cases a weightloss can be observed.
- All muscle groups relax.
- Skin problems are relieved, just like back and spine problems.
- Blockades are eased by the deep relaxation.
- The floating state activates the production of endorphines, the so-called happiness hormones, and increases our general well-being.
- The deep relaxation regulates our breathing and our blood circuit. Being free from gravity an undescrivable healing effect can be experienced.
- Reduction of jetlag symptoms.
- Increase of the power concentration, creativity and productivity.
- Balance of environmental stimulus satiation and slowdown of metabolism.
- Support of meditation, autogenic training and superlearning.
- Reduction of Chronic pain and fatigue.
- Pre menstrual tension and Post natal depression.
- Reduction of pregnancy problems.



Unit price: / Session:

30 Min 30 EUR 45 Min 45 EUR 60 Min 60 EUR
90 Min 80 EUR 120 Min 100 EUR

Time tickets:

3h 150 EUR 5h 225 EUR 10h 400 EUR

Membership:

6 Months = 140 EUR/Month ((4 hours per month)

Gift certificates:

1 Cert. = 60 EUR 2 Certs. = 100 EUR

Opening hours:

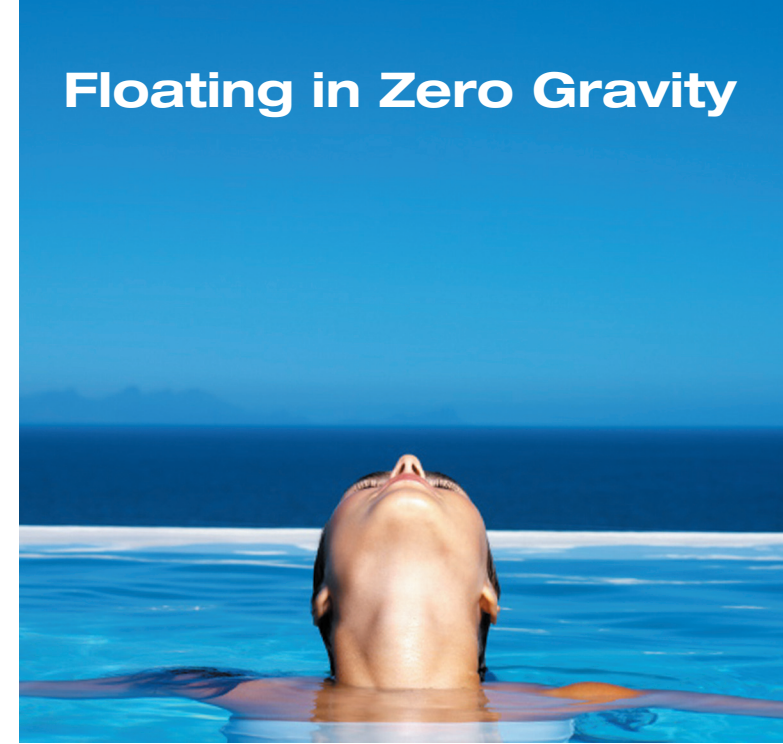
daily 10:00 a.m. – 10:00 p.m. (last float session 08:30 p.m.)

Personally arranged appointments outside these opening hours possible.



Float Spa Ltd.
Dachauerstr. 21
80335 Munich
Tel: (089) 51 56 69 39
Mobil: 0179-547 86 81
www.floatspa.de

Floating in Zero Gravity



Effortless deep relaxation in
downtown Munich



What is floating?



The outstanding characteristics of floating are the exceptional deep mental relaxation, calming down and feeling good, a release of tensions.

The environment is the float tank in which you can stretch out comfortably in all directions, just like in a large bathtub. The float tank is 2.6 meters long, 1.45 meters broad and 1.6 meters high.

Approximately 350 kilograms of particularly pure Epsom salt (magnesium sulfate) are dissolved in 300 liters of water, the temperature corresponding to your individual external body temperature. A highly saturated solution develops, causing a greater buoyancy than found in the Dead Sea. This salt solution, which is 25 cm deep, enables an effortless floating on the water's surface, allowing you to experience a pleasant relaxation of all muscles.

With the door closed, the float tank is a space insulated from sound and light. The saline bath within the tank is warmed to exactly the outside skin temperature of the float tank, thus isolating all sensory perceptions of the outside world.

The capsule makes you feel secure and the warm saline bath coupled with the sensation of complete weightlessness and floating conveys a rare deep feeling of calmness to a person living in a world of constant stimulus satiation.



For many people, a one hour stay in a float tank can be compared to a week long holiday. Signs of stress vanish from your face, the body is completely relaxed. Everyone has the feeling of being in the most pleasant place on earth - of relaxing, recharging, easing pain and appreciating beauty from the inside and out. Every person should indulge in the experience of a float tank at least once in their lifetime.

Body and Psyche

Top athletes discovered floating and integrated it into their daily training. The depth effect reduces muscle pain by decreasing the lactic acid production and increasing the release of beta endorphins. Moreover, visualization and practice of imagination in the float tank improve not only the ability to coordinate and strengthen the consciousness, but also loosen logjams and energy blockades in the body and mind.

Creativity and Logic

EEG measurements show that the activities of both brain hemispheres are better synchronized and balanced. The right hemisphere (intuition and creativity) is activated in the tank. An adjustment of the dominant left hemisphere (logical, analytical, lineal) takes place and results in a more balanced interaction between logic and creativity

Increased production of Theta waves

While floating an increased production of Theta waves can be detected (4 - 8 Hz). This indicates the state between consciousness and sleep.

With the exception of very experienced Zen masters, only a few people in an awake state are able to reach the Theta state outside the tank. In the float tank you will reach this state effortlessly and you will remain in it for most of the float session.

While being active our very busy brain only produces Beta waves. As soon as we relax completely they are replaced by the slower Alpha waves.

Scientists estimate that approx. 85 - 90% of all activities in our nerve center can be traced back to the fact that our body has to deal with the effects of gravity.

With all sensory perceptions isolated while you are in the float tank, the brain relaxes even past the Alpha state. The normal performance of our sensory organs: processing signals such as light, sound and balance are stopped, allowing the activity of our brain waves to slow down until the Theta state is reached.