



Float Recommendation Guide

Similar to other health and wellness services such as physical therapy, Acupuncture, and neuropathic medicine, floating requires a committed series of initial visits to achieve maximum benefits. Float studies indicate that consistent sessions (one to four times a month or more) are the key to obtaining the kind of profound, well-documented mental and physical benefits floating has to offer.

		INITIAL FREQUENCY - WEEKLY -	MAINTENANCE PHASE - MONTHLY -
Spiritual Benefits	STRESS RELIEF Reduction in harmful stress hormones	1 to 2 sessions	Minimum 2 sessions
	ANXIETY RELIEF Increased sense of well being to build upon through consistency	1 to 3 sessions	Minimum 2 - 4 sessions
	BRAIN SYNC Enhanced creativity and problem solving	1 to 2 sessions	Minimum 2 sessions
Physical Benefits	PAIN RELIEF Stimulates the body's own pain killers for chronic pain, migraines, arthritis, sports injuries and more	1 to 3 sessions	Minimum 2 sessions
	ATHLETIC RECOVERY AND PERFORMANCE Deep relaxation of muscles, reduction of injuries, elevated mental state and concentration	1 to 2 sessions <i>1 to 2 sessions before an event</i>	Minimum 2 sessions prior to intense workouts and events to enhance performance
	SLEEP ISSUES 90 minutes in the tank equates to about 4 hours of restful sleep and helps regulate sleep patterns	1 to 3 evening floats	Minimum 1 to 2 sessions
Mental Benefits	MEDITATION + MINDFULNESS Begin or deepen meditation practice, unlock higher states of consciousness, and access Theta	1 to 2 sessions <i>in conjunction with at home meditation practice</i>	1 to 4 sessions <i>recommended 2 hour float to deepen practice</i>

These recommendations are based on the feedback we have received from clients, associates in the float industry, and information we have gathered from other float center owners. Your results may vary.