

WHY FLOAT?

Physical

People float 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 afterwards.

Without the need to fight gravity or take-in external information, you'll likely experience the most complete relaxation you've ever felt.

Spiritual

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports of creative and personal insights abound.

Float tanks 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 & sleeping' state.

After years of practice, people can enter theta state through deep meditation. Float tanks get you there effortlessly.

Learning

People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books while floating.

With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

COME FLOAT WITH US!



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**1601 Gramercy Ave.
Torrance, CA 90501**

**10am - 10pm
Closed Thursdays**

90 Minute Floats

The longer you float, the better the experience. If there's no one scheduled after you, we'll let you stay in as long as you'd like. No extra charge.

You can schedule appointments online at www.floatclinic.com.

FLOAT
CLINIC

1601 Gramercy Ave
Torrance, CA 90501

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FLOAT
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Beginner's Guide to Floating



Floatation-REST
Reduced Environmental
Stimulation Therapy



www.floatclinic.com

Floating is about everything that you won't be doing.

You won't be fighting gravity.

1200 pounds of epsom salt in the water takes care of that while you lie on your back.

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 tanks are insulated against sound. **Noise from the outside doesn't reach you.**

After you shut the door, **you float in total darkness.**

For an hour and a half **the outside world is gone, and amazing things happen.**

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.

It's likely to be the most relaxing thing you've ever experienced.

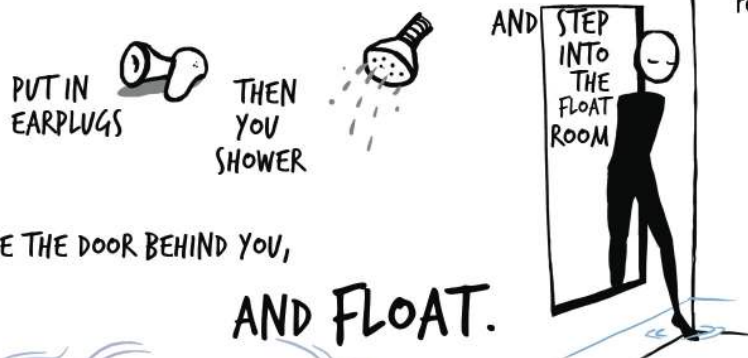
GOING INTO YOUR FLOAT

Don't shave or wax before
Eat a small meal 1½ hours prior
Remove your contacts
Don't drink caffeine before

ARRIVE AND CHECK IN.

YOU DON'T NEED TO BRING ANYTHING BUT YOURSELF.

WE'LL COVER THE BASICS TOGETHER AND ANSWER YOUR QUESTIONS.



(LOSE THE DOOR BEHIND YOU,

AND FLOAT.



AFTER AN HOUR AND A HALF, MUSIC FADES IN, EASING YOU OUT OF YOUR FLOAT.

WHEN YOU'RE READY,
STEP OUT THE TANK.

RINSE OFF
THE SALT WATER

GET DRESSED, AND BASK
IN YOUR POST-FLOAT GLOW.

What is Floatation-REST?

Reduced Environmental Stimulation Therapy, previously known as sensory deprivation, is achieved through floating in darkness.

Do I need to bring anything?

Nope, just yourself. Towels, earplugs, and everything else you need are provided.

What if I'm claustrophobic?

People with claustrophobia consistently report no problems with floating. You're always in control of your environment, and you can get out anytime.

Can I drown if I fall asleep?

Nope. Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

How are the tanks kept clean?

The highly sterile salt water is fully filtered six times between each float and is sanitized with UV Advanced Oxidization.

Can I bring a friend?

Absolutely. We have three tanks. You can't float together in the same tank, but you can book floats at the same time.

Is this new-agey mumbo jumbo?

Floating has been around for over 60 years, and continues to have scientific published research done to back it up.