

# WHY FLOAT?

## Health & Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more.

Studies indicate that floating 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.

## Meditation

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.

## Self Improvement

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.