

# Relaxation and rejuvenation using a floatation tank

■ BY LEIGH OVIATT, LICENSED MASSAGE THERAPIST AND OWNER OF PRANA WELLNESS CENTER

In this day and age, we are so inundated with technology, stress, and trying to keep up with the pressures of daily life, it is hard to find the time to destress and recharge. One approach to achieve relaxation and rejuvenation is to use a floatation tank or enjoy a session in an infrared sauna.

## What is a floatation tank?

A float tank is an enclosed tank of water big enough to stretch out in, containing 10 inches of water and 850 pounds of Epsom salts, making your body extremely buoyant. It is completely dark, quiet, and warmed to skin temperature, allowing your body and mind to relax and go into homeostasis.

You lose track of where your body ends, and the water begins, feeling a profound sense of relaxation. You completely lose track of time and physical orientation, your body unwinding and stretching out into the depths of the tank.

The extreme buoyancy of the water lends the environment an almost zero-gravity quality, allowing your body to float effortlessly. The float lasts 90 minutes, and you shower before and after the float. The water is filtered 3 times between each session through an extensive filtration system, skimmed, and sanitized with UV light and a concentrated hydrogen peroxide solution.

Float tanks were first developed by neuroscientist John C. Lilly in 1954 in order to study the effects of sensory deprivation on the mind. The user was completely submerged in a tank of water and had to wear a breathing apparatus and wetsuit.

Over the years, float tanks evolved into the current style where one floats comfortably on their back in warm, super-saturated salt water, allowing them to completely relax.

Rather than calling it "sensory deprivation" the experience is now referred to as REST, or Restricted Environmental Stimulation Technique.

## What are the benefits?

Clinical and psychological studies show that floating eases chronic pain, reduces blood pressure, aids in injury recovery, and reduces stress by triggering a drop in levels of cortisol, the stress hormone. It has been shown to help fight addiction and depression, improve sleep patterns, elevate mood, and even improve sport performance.

Many professional athletes and sports teams now have floating as part of their training regimen. Some of the first sports teams to use them were the Philadelphia Eagles and the Dallas Cowboys.



It is also extremely effective in helping people with pain management who are suffering from fibromyalgia.

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It has been shown anecdotally and scientifically to support an increase in creativity, intuition and nonlinear thinking. Soaking in the Epsom salt (magnesium sulfate) rich water has many benefits, as well. Magnesium is most readily available to the body when absorbed through the skin. Magnesium is essential to more than 300 different biochemical reactions in your body, making it crucial for good health. Studies show that at least half of the American population is magnesium deficient.

## Infrared sauna

Sauna therapy has been around for centuries as a great way to detoxify your body and improve

your overall health. The dry, radiant heat of an infrared sauna is more therapeutically beneficial than a traditional sauna because the heat penetrates your soft tissue at a deeper level where most toxins are stored.

Sweating is one of the body's most natural and effective ways to remove toxins. As a result, this helps with disease and illness prevention and improving general health and vitality. Sweating can help the rid the body of accumulated heavy metals and environmental chemicals, as well as alcohol, nicotine and other harmful substances. Fewer toxins in the skin means improvements in skin complexion, tone, texture, elasticity and overall appearance.

Infrared saunas can also help with weight loss. A single 30-minute sauna session has been shown to burn upward of 600 calories!

Your core body temperature increases, making the body work harder to cool down, which causes an increase in heart rate, metabolic rate and cardiac output, allowing you to burn calories as you relax. The heat deeply penetrates joints, muscle, and tissue, allowing deep relaxation, increased blood flow, and pain relief.

Whether you need to relax and rejuvenate, explore your creativity, recover from an injury or chronic pain or are searching for alternative healthcare options, the float tank and infrared sauna offer many wonderful therapeutic benefits.