

LIVING WELL INVITES YOU TO EXPERIENCE



floating...

Why Float?

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life and get in touch with your creative side and gain personal insights. People float to reduce stress, recover from injuries, fight addiction, eliminate chronic pain, lose weight and more.

Spiritual Effects

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

Anyone Can Float

Both women and men have benefitted from floating. People have cut strokes off their golf game, developed complex scientific theories and drafted whole portions of books while floating. With nothing will distract you, your level of concentration and knowledge absorption is astonishing!

Healing Powers of Salt Water

One thousand pounds of Epsom Salt (magnesium sulfate) is dissolved in the water. Ninety-four degree water temperature helps support deep healing sleep, reduces inflammation and stress, and is a natural detox treatment to support safe effective weight loss.

How To Prepare for Your Float

- Don't shave or wax the same day as your float
- Eat a small meal 1/2 hour prior
- Remove your contacts
- Don't drink caffeine within 4 hours prior

Once You Arrive...

You will check in and you don't need to bring anything other than yourself. We will cover the basics and answer any of your questions. Then you will shower, put in earplugs and step into the float tank. Close the door behind you and turn off all the lights when you're ready...and float. It is likely to be the most relaxing thing you have ever experienced.

Come FLOAT With Us!

SPECIAL OFFER!

**Single Float for \$75 or
Five Float Package for \$299**

(\$60 each float)

Individuals, Couples or Families!

View details online at:

www.livingwellgalleryandspa.com