

Anxiety & Stress

Studies have shown that floating is a great complementary treatment for generalised anxiety disorder. Anxiety sufferers in one study showed significant improvement in anxiety symptoms, mood, and sleep regulation after multiple sessions. Another study suggested floating can result in short term relief from PTSD, Agoraphobia, and social anxiety.

Creative Minds, Clarity & Focus

Sensory Enhancement is one of the benefits many people obtain by floating. Senses are heightened and creativity, clarity, focus, awareness, ideas-generation, problem-solving are amongst the benefits listed in research studies.

What else might be good for me?

The magnesium-based 100% pure Epsom Salts we use are good for you. They soften and replenish your skin and help counteract the magnesium deficiency that most of us have, due to depleted magnesium levels in our food.

Support ?

It is understandable some people may be anxious before a Float. Enclosed spaces or some other phobia may stop you doing something that would be really beneficial for you. We have a number of practitioners that can provide support to address fears, phobias and concerns about floating, as well as other issues.



Maybe something to consider when you visit the Hub for a Float. There are a number of therapies and treatments available, so whether you are suffering from aches and pains, an injury, or are simply looking to relax and unwind

BOWEN Therapy

Access BARS

Reflexology

Shiatsu

Sports Massage

Hopi Ear Candling

Sekhem

Baby Massage

Hot Stones Massage

EMMETT Technique

EFT Tapping

Reiki

Indian Head Massage

Swedish Massage

Aromatherapy

Baby Reflexology

Remedial Massage

Counselling

Classes and workshops available at the Hub include:
Yoga - HOT Yoga - Pilates - Hypno-Birthing - First Aid for Children - YOGA Bellies (for pregnancy) - Reflexology Master Classes - EMMETT Technique training - EMMETT4ANIMALS - Qi Gong - Essential Oil Workshops

Urban Wellness Float is located inside the Urban Wellness Hub

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U R B A N
W E L L N E S S
F L O A T

relax
reset
restore

WHAT DO PEOPLE SAY AFTER VISITING SCOTLANDS' ONLY FLOAT ROOM....

"An incredible and truly amazing experience"

"I've never experienced anything like it"

"I fell asleep and was sooooo relaxed afterwards"

"I was apprehensive before going in, but when my time was up I didn't want to get out"

"3 years I've had knee pain - it's gone"



What is Floating?

Floating, or to use the proper name R.E.S.T. (Restrictive Environmental Stimulation Therapy) is sensory deprivation leading to sensory enhancement, which has been around since the 70's.

Floating started in the USA and used by N.A.S.A. for astronauts' zero gravity acclimatisation and has become increasingly popular in the UK. It's only in the last 3 years that the medical community has published scientific research papers on the health-related benefits of Floating. These studies reinforce the many health benefits of Floating.

Floating is an individual and unique experience. No two Floats are ever the same and the more you Float the health benefits are cumulative.

Like running a Marathon, you have to train both your body and mind. Doing crosswords and Sudoku and other mind puzzles - helps train the brain. Floating is no different, the more you Float the greater the benefit to your body and your mind.

In our custom built Float Room, air and water is heated to skin temperature and despite only 260mm of water, it's saturated with Epsom Salts (pure and natural food grade magnesium sulphate) to provide buoyancy like the Dead Sea, which allows people to float weightlessly (think zero gravity).

You enter our spacious Float Room through a large door. High ceiling and stunning multi-coloured star lighting and relaxing music adds to the experience. You are always in complete control of your environment whilst in the Float Room. Also, the room is soundproofed to ensure you can **relax.reset.restore**

Floating is the only time in your life your nervous system won't have to deal with gravity.

Multi-coloured Starlight Ceiling



How can Floating help me?

Floating is widely accepted as a tool which may help many people with many different conditions, such as....

- Chronic Pain Relieved - the spine lengthens and muscles are able to recover
- Lower Cortisol - your body lowers cortisol levels which may help counter anxiety and stress
- Increases Dopamine - brain releases elevated levels of endorphins (happy hormones)
- Muscle & Joints Relax - and bones too, take a well-deserved break
- Mind Becomes Still & Calm - the stress simply floats away and you can focus on rest
- Studies claim Floating helps lower blood pressure
- Combats jet lag and fights sleeplessness
- Produces Theta Waves - a meditative state of consciousness is achieved

Sports, Athletics, Performance & Injury Recovery

- Aids quicker muscle recovery - ideal pre and post events & injury recovery
- Facilitates in enhanced physical performance
- Heightens senses
- Mental clarity & focus
- Aids visualisation/sports performance techniques
- Improves oxygen circulation
- Reduces body fatigue and cortisol levels
- A pro active health care tool, to help reduce sporting injuries, aches and pains
- Reduces lactic acid build up

Pregnancy

Research studies show the following benefits

- Relieves pregnancy discomfort
- With the outside sensory reduction (i.e. the time out away from everything) it will heighten connection with your body and baby
- Reduces stress in the mumma (keeps the hormones balanced for both mum and baby)
- Gives you the experience of floating in the womb as your baby is doing with you (again creating the mother and baby bond)
- Use the Float Room session to practise a visualisation, hypno-birthing routine or deepen a birthing meditation

ONE HOUR OF FLOATING HAS THE RESTORATIVE EFFECTS OF 4 HOURS OF REM SLEEP

RELAX

RESET

RESTORE