

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

## Understanding Your Float...

Sitting here after your first float you either feel an improvement in yourself - in which case you will easily relate to what you are about to read....

Or you feel no difference at all - in which case simply keep an open mind.



# How floating reduces stress

Just as a cut on your body automatically heals itself.... So, when given a chance, your psyche automatically heals itself when stressed, tired or uptight.

## **It's a natural process....**

Given the chance, your psyche will also create a more positive state of being for you....one of increased wellbeing, deep relaxation, improved attitude and greater peace of mind.

Yet, because of our modern lifestyle, we rarely give ourselves the chance to feel this good.

## **Why?**

Because to bring about these positive changes, we need to consciously put ourselves into a state of deep relaxation on a regular basis

But deep relaxation has become so foreign to us that most of us would have to relearn and then practice this simple, natural process before it became second nature again. And then commitment and discipline would be required to use it on a daily basis.

## **We either don't or can't do it.**

Fortunately, however, the Float room you have just emerged from is the quickest, easiest and most effective way known to trigger this natural healing process – no training, technique or effort is required. The result is rapid stress release on all levels, deep relaxation and the calming of the mind and emotions.

This happens because the Float room provides such a powerful “healing environment” that this natural process becomes almost impossible to stop.

Simply by removing the effect of gravity and all other sensory stimulation, the psyche starts the process of rapid stress release and deep relaxation.

There is nothing complicated or mysterious about it. It's a very straight forward, natural process. That is why given time you will achieve whatever results you desire.

## **It doesn't take long.**

Most people notice some results the first time, nearly everybody within three visits – even people who believe they are fairly relaxed to start with.

Occasionally a person comes in who is so stressed, uptight or controlled they initially “resist” the powerfully relaxing environment of the float tank. It takes these floaters 4 or 5 floats before they start to respond.... then stress release and relaxation comes with a rush!

Now let's look at the kind of experience you may have had as you lay in your tank.

You will relate to at least one and usually more of these experiences. If you relate to none of them, please feel free to talk to us. We'll be interested to hear what happened...



# **12 experiences you can have in the Float room (including boredom) .....and what they mean**

When stress is released slowly in the Float room you seldom notice it. But when it is released very rapidly, as can often happen, you frequently experience feelings related to the type of stress being released. Here are five typical experiences.

1. Sensations of spinning around, rising up, sinking, rotating, standing up or being upended. Any sensation of moving when you aren't actually moving indicates rapid psychological stress release.
2. Active unrelated mental thoughts ("my mind wouldn't stop; it was all over the place"). Whether for a few seconds or the whole float, this indicates rapid mental stress release. How's your head feeling now? Often you will feel sharper, lighter or sometimes "spacey". Occasionally you may even feel a slight, dull headache.
3. Experiencing emotions, e.g. Sadness, anger, fear, irritation, laughter, etc..... This relates to rapid emotional stress release. Many people store up a lot of their feelings through life rather than expressing them. By letting them out, we feel a lot better and eventually experience more peace in ourselves.
4. Twitches, shakes, starts, jerks etc in any part of the body, usually indicate rapid physical stress release from the nervous system. (Soreness in the neck and shoulders while floating is a strong indication of accumulated stress – unless caused by an injury.)
5. Feeling nauseous. A fairly rare experience which is related to very powerful emotional stress release. Usually accompanied by emotions or other sensations.

## **The remaining seven experiences include several relating to deep relaxation.**

6. Experiencing a state of timelessness, being conscious but having no thoughts..... "I went somewhere, I don't think I was asleep" or "the time passed so quickly, I couldn't believe my time was up". You have just experienced a state of very deep relaxation. In this deep state stress is released extra fast..... fast enough to at times bring you out of your deep state as you experience feelings related to the stress you are releasing, e.g. the twitches, jerks, emotions, mental thoughts, etc discussed in numbers 1 –5.
7. On occasions you will drift in and out of this state several times during your float. Other times you will simply stay deep for very long periods.
8. Experiencing vivid memories, pictures, colours, etc. This is the other side of being in that very deep state of relaxation. When in deep relaxation the right hemisphere of the brain, which is very creative and intuitive, is always stimulated. This in itself is very valuable. Sometimes, however, this stimulation will create conscious images, colours, memories etc. These images and pictures usually relate to the stress release and balancing going on inside you



at that moment, so instead of a mentally still quiet time, you have a vivid or colourful experience.

9. Gaining realisations or sudden answers. This is the subconscious working through the intuitive right hemisphere of the brain. The deeper you go the more likely this can happen. This is not an uncommon experience and is an added bonus to whatever else you have gained from your float. Short periods of restlessness, impatience or boredom during the float. These are periods where for different reasons you are unable to “get into your float”. This may happen from time to time during your first few floats. It’s a natural reaction and nothing to worry about.
10. Not settling down at all – feeling bored, or restless, “I couldn’t get into it”. Sometimes it takes a float or two before you relax into it. That’s okay.....and yet even under these circumstances the subconscious mind benefits a lot from the float and you probably notice you now feel better anyway.
11. “I just lay there, nothing much happened, I had a few thoughts....but it was nice”. Similar to the previous experience only in this case the conscious mind is less resistant.
12. Controlled normal thoughts. Rational organised thinking. The tank is the ideal place to do some uninterrupted thinking. Some important (and minor) decisions can be made which, up to that point, may have been proving difficult. And once again your body and subconscious mind still benefit from the float, so again you should be feeling better.

**These are the 12 most common experiences that people have while floating.**

**There are many other, less common, experiences**



Answers to the 3 most asked questions.....

## How should I feel after my float?

Resting after your first float you will be feeling anything from “the same as normal” to “absolutely wonderful” .....it can vary that much.

However, most people feel some degree of relaxation together with a sense of tiredness, sleepiness or feeling “spacey” (not being with it). Others are the opposite, relaxed but not tired, more like a fully charged battery.

If this is you remember.... a couple more floats will leave you feeling better and better.

By the second or third float you will feel deeply relaxed and fresh, with a clear focused mind. Energy, sense of wellbeing, mental attitude and clarity (sharpness) will improve. There may be a greater sense of control over life and life’s situations and a true sense of calm within you.

It is possible to feel this good after your very first float, but more likely after your second, third or greater number of floats.

One thing is certain. It is inevitable that you will feel this good once you release your stress and trigger your body’s relaxation response – a positive response which releases a calm, clear energy – not the inertia and inactivity we associate with “doing nothing”.

Occasionally you may feel an incredible energy or feel really happy, high and euphoric or feel like laughing. These feelings are caused by an extra dose of endorphins which, together with other physically and psychologically uplifting bio-chemicals, are normally released into the blood as part of the relaxation response.

These endorphins give you a lovely sense of wellbeing – common feeling amongst floaters – but in these special cases a bigger release of endorphins trigger greater energy or wonderful feelings.

And once in a long while a floater experiences no change at all after their first float. Usually there is a delayed reaction, i.e. the effects come within a few hours, or by the next day..... but when there are no effects at all, a second float, normally within a couple of days, nearly always produces immediate results.

*The general rule of thumb is...*

**...the more floats you have the better you feel.**



## How long do these positive results last?

Again, in the beginning this can vary a lot.....

Benefits lasting for several days after the first float are fairly common. Within three floats this often builds up to a week...with the feelings also being stronger and more noticeable.

Your results may be better than this ...or they may be slower in coming. If you notice effects for just a few hours the first time, you will probably notice them for several days the next.

Progress is what's important.

Many partners or flatmates comment on how much they (the floaters) have changed...they are usually easier to live with, calmer, more at peace with themselves etc. However, some partners say that the floaters themselves don't notice these changes – it has to do with how tuned in you are to yourself.

It is therefore recommended that you occasionally reflect on how you are feeling and reacting in the days following your float.

It's easier to be aware of positive changes such as increased happiness, sleeping better etc. Also look for more subtle but important changes such as feeling more agreeable, calmer, not being bothered by minor irritations, argumentative behaviour etc. You may be very surprised!



# Why do floats get better?

Each time you come, your mind and body respond more easily and more powerfully to the float...so relaxation is more immediate and much deeper – i.e. a better float with improved results.

You are more familiar with the people, procedure, and environment.....so you feel more relaxed and comfortable to start with.

There is an accumulative effect of previous floats. Because you are gradually clearing away more stress and “stuff” .....you come to feel better.....for longer and longer.

**Scientific research into floating has found that 3 floats done within a 7 to 14-day period produces the best benefits.**

**Floaters all over the world have proved this to be true.**

**To help you experience this, we offer a special introductory course of 3 floats for an irresistible price – Ask for details at the Hub or online.**

**One favour you can do for yourself.....**



# **Please don't compare yourself with friends**

Sometimes a person comes floating expecting to have exactly the same float as someone they heard about or know.

Sometimes they do....

But sometimes they don't.

Then they may do a comparison and if their float was less fantastic, they feel floating just doesn't do as much for them as for the other person.... and they may feel disappointed.

If you've been reading the material up to this point, you'll realise that's just not true.

Everyone can have a wonderful float, but it may not happen the first time. It may take a little longer for some of us.

Most regular floaters have wonderful floats, yet, if you speak to them, some will tell you they had quite ordinary first floats.

Everybody and every body is different.....

We aren't all equally receptive to start with. We have different levels of initial resistance.

So, if your first float wasn't as good as someone else's first float please give yourself a chance..... it's not a competition.....allow for your individuality. The great float is coming soon.

**A gentle word of caution.....**





# **An enjoyable float followed by a restless float – it may happen to you!**

As mentioned previously, when doing a group of floats each one tends to be deeper and more relaxing than the ones before – often a lot more so.

That's normally the case... however.....

Occasionally, when a first float or early float is great, a person's next float can be less pleasurable, e.g. lots of mental activity, feeling agitated, less settled etc.

This doesn't seem right at first, until you think about it.

It's simply that the great float "prepared the way" for some major stress to be rapidly released, which occurred during the following float which was restless as a result.

If this happens to you, it's important to feel okay about it and then to take note of how you feel after the float. Are you mentally clearer, more peaceful, calmer or more relaxed?

Usually you will notice such improvements thus confirming your progress.

On the other hand, if you are still feeling uptight or agitated it may take another float to clear it completely.

**What's happening is important to you.....so you need to go with it.**

**By now it should be clear that.....**



## **A good float is one that helps you...**

A float is normally a lovely experience – a real pleasure.  
Ultimately however it doesn't matter if it is more enjoyable or  
less enjoyable than the previous float;  
Afterwards, just ask yourself...

### ***Has this float helped me?***

...Do I feel better?

Am I more relaxed?

Sometimes... when you float regularly,  
Every float can seem completely different...

This can happen... Because you always get from a float,  
What it is you most need...

**To find out more about the health & wellness benefits of floatation, and learn about our Float memberships, please visit:**

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**[www.facebook.com/UWFloat](https://www.facebook.com/UWFloat)**  
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