

Flotation THERAPY Tank



What Is Flotation

Over 500 kg of Epsom salts (magnesium sulphate) are added to the flotation tank and mixed with 1,000 litres of water. This creates a highly buoyant environment in which people will naturally float to the surface without any effort – similar to the experience of floating in the Dead Sea. Floating in this way allows the user to escape the forces of gravity, relaxing the muscles and releasing tension.

With the light switched off and an absence of any sound there is no external stimulus for the brain to focus on. It is then quite natural to slip into a deeply relaxed mental state, moving from beta into alpha and theta brainwave patterns.

This is the point reached after deep meditation and, as well as being pleasant and enjoyable, it is where we are able to rest and regenerate our physical and mental functions. A session of flotation in the float tank will typically lead to an enhanced sense of well-being and improved physiological functioning as the combination of both deep mental and physical relaxation provides a host of benefits for the user.



The Purest Form of Relaxation

Floating takes the pressure of gravity off joints and muscles and your body is put in to a high state of physical relaxation. Blood pressure and oxygen intake reduce but at the same time blood flow and the distribution of red blood cells increases. This speeds recovery from injury and helps flush any lactate, cortisone and adrenaline that may have built up through training or performance.

Floating has been shown to loosen the muscles and give more control over your nervous system. This reduces the risk of injury during training or competition. Floating not only accelerates the recovery process, but releases vast quantities of endorphins, the body's natural painkiller. Modern training methods focus on helping the athlete to master the 'inner game' to develop the perfect synchronicity between mind, body and emotion, which is the hallmark of a champion. In the tank the athlete can reach the level of concentration necessary for visualisation to have a quantifiable impact on his or her performance.

Physical exercise can cause a build of lactic acid, which is often experienced as pain and a cramping of the muscles. It has also been linked with feelings of depression known as 'post-game let down' which can also affect part-time joggers. Floating resets the body's chemical and metabolic balance, reducing the risk of over training.

The Future Of Flotation

- Aesthetically designed for harmony and balance.
- 3D precision robotic computer cutting to +/- 1mm guaranteeing absolute accuracy.
- Double-skinned glass-reinforced plastic construction throughout.
- Ergonomically designed environment, ensuring superior comfort.
- Specially constructed anti-vibration pad, ensuring that sound interference is kept to a minimum.
- MP3 music player with 50 tracks on each SD memory card, ideal for hypnotherapy / visualisation programmes
- The float tank is a free-standing unit that is delivered in 3 fully assembled parts and can be made fully operational in less than a day. If the tank ever needs to be relocated this can be done with ease and simplicity.
- Automatic disinfection system as standard.
- All metal work is of the highest marine-grade stainless steel.
- All heaters, pumps, pipe work and filters are to food industry hygiene standards.
- Fully automatic and programmable floatation sessions.
- Gently illuminated LCD-screen digital remote control



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