

# why float?

## Health and Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more.

Floating naturally increases your dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that can last for several days.

Without the need to fight gravity or take in external information, you'll likely experience the most complete relaxation you've ever felt.

## Meditation

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports of creative and personal insights abound.

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 & sleeping' state.

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

## Self-Improvement

People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books while floating.

With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

## Come float with us!



First 60 minute float \$45  
Regular price \$59

Special packages and memberships are also available.

View details and schedule online at [www.ForeverFloating.NET](http://www.ForeverFloating.NET)

# Forever Floating

## Beginner's Guide to Floating



Forever Floating  
1703 Hudson Street  
Longview, WA 98632

Call 360-42FLOAT

"Being in a float tank is like relaxing amongst the stars."

[www.ForeverFloating.NET](http://www.ForeverFloating.NET)

## basics

## the float

## FAQ

Floating is about everything that you won't be doing.

### You won't be fighting gravity.

The 1100 pounds of epsom salt in the water takes care of that while you lie on your back.

The water is kept at 93.5 degrees. This is skin-receptor neutral, which means **you lose track of where your body ends and the water begins.**

Your ears stay just below the water, and the tanks are insulated against sound. **Noise from the outside is greatly reduced.**

After you shut the door and turn off the light, **you can float in total darkness.**

During your float **the outside world is gone, and amazing things happen.**

It turns out that when you're not fighting gravity or constantly taking in information **your body has a lot of extra resources** at its disposal.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, and your body gets to rest, de-stress, and heal.

It's likely to be the most relaxing thing you've ever experienced.

### GOING INTO YOUR FLOAT

Don't shave or wax before  
Eat a small meal 1½ hours prior  
Remove your contacts  
Don't drink caffeine before

Arrive and check in.  
You don't need to bring anything but yourself.

We'll cover the basics together and answer your questions.



Close the door behind you,  
turn off the lights when you're ready,  
and float.



When your time is up,  
music fades in, easing  
you out of your float.



Turn on the lights and  
step out

get dressed, and bask  
in your post-float glow.



### How are the tanks kept clean?

The high level of salt concentration creates an environment where bacteria cannot live. Moreover, the salt water is filtered and a UV light is used before your float to ensure that the water is safe and clean.

### What if I'm claustrophobic?

People with claustrophobia consistently report no problems with floating. You're always in complete control while floating. Most people are unaware of their surroundings.

### Can I drown if I fall asleep?

Nope. Some people fall asleep, but the buoyancy of the water makes sinking impossible.

### Can I bring a friend?

Absolutely. You can't float together, but lots of people schedule a float simultaneously to experience floating at the same time.

### Is floating worth the cost?

Only you can decide this, but we certainly think it is (in our biased opinion). We view floating as an investment in yourself that can make you happier, healthier and more productive.

### Will my skin wrinkle?

Highly unlikely. Epsom salt is commonly used as a beautification treatment. Your hair and skin will most likely be silky smooth after your float.