

The FloatZone

**Floatation Therapy
R.E.S.T.**

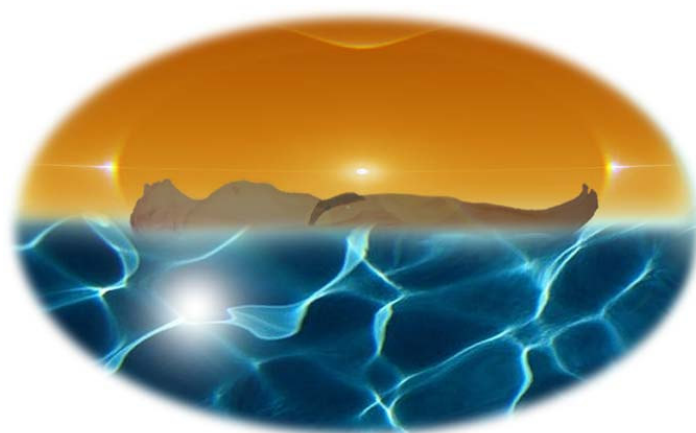
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An Introduction To Floatation Therapy

Effects Of Floating On The Body & Mind

Floating relaxes the body and reduces physical stress on the joints and muscles. While lying back and floating in the tank, your body will experience several subtle benefits. The sudden de-stimulation of large areas of the nervous system triggers a spontaneous chain-reaction throughout the body known as the parasympathetic response. The whole body chemistry changes at a time like this. Decreased muscle tension, blood pressure, heart rate and oxygen consumption result. Blood vessels dilate, increasing cardio-vascular efficiency and supply of oxygen and nutrients to every single cell in your body. This is called the vasodilatory effect.

Floating reduces stress, improves your mood, and boosts your auto-immune system functioning. Tests indicate that floating reduces the levels of stress and stress related neurochemicals such as adrenaline, norepinephrine, ACTH, cortisol. At the same time it increases levels of endorphins which help to relieve pain and significantly improve your mood.

Excess stress chemicals also hamper the effectiveness of your autoimmune system. Highly stressed people are more likely to succumb to infections and viruses, than those who have well functioning immune systems due to the absence of stress.

Floating is the ultimate stress buster. It does not require any special training or techniques, just lie back and let it happen. Floating is also helpful in alleviating several other physical disorders such as asthma, arthritis, multiple sclerosis, cardio vascular disorders, and tension related problems like headaches, back aches and insomnia.

While in the tank, there is a scientifically recorded slowing of the brain wave activity. Significantly relaxed brain waves are associated with vivid memories, free association, sudden insights and creative inspiration. Our mentally busy brains ordinarily produce beta waves while we are active. When we start to relax, slower alpha waves occur. Scientists estimate that about 85-90% of all nervous center activity is a result of our bodies dealing with the effects of gravity. With the total sensory deprivation environment of the tank, the brain relaxes even beyond the alpha state. The normal workload of processing our sense organ signals such as light, sound, balance is removed, and our brain wave activity slows down to a theta state. Reaching theta is effortless in the tank. Outside of the tank, most people are unable to enter the theta state while still awake (In fact this is the kind of brain wave activity we see in experienced Zen meditation practitioners in deep Satori meditation). However; in the tank, we enter this state effortlessly and enjoyably and stay that way for most of the float.

In the theta state, you are far more creative; your learning abilities are at their highest; your ability to visualize effectively, and response to auto suggestion is greatly enhanced.

The hemispheres of the brain are effortlessly balanced during flotation. EEG measurements also show that the activity in the two sides of the brain becomes more balanced and synchronized. The right brain (intuitive and creative) becomes more active in the tank, creating a shift away from the normally more dominant left brain (logical, analytical and linear thought) scenario, to more of a partnership of logic and creativity

Science & Research

Besides being great fun to use, the floatation tank is a well-documented "tool" for individuals who wish to explore the full potential of their bodies, their minds and their natural abilities.

Floatation is based on a scientific approach to deep relaxation called Restricted Environmental Stimulation Technique or REST. Floatation REST shields body and mind from external "environmental" stimulation. This reduces their workload by up to 90%, conserving vast amounts of energy which is then re-directed inwards. The effect is called the parasympathetic response, or Relaxation Response. One of the main proving-grounds for floatation REST has been world-class sports and athletics ... where success depends on the athlete's ability to achieve "peak" performance from mind, body and spirit - under conditions of extreme pressure. Tension and stress wear down our bodies, lower our resistance to illness and injury, upset our emotional balance, reduce our ability to think clearly, and even make us more accident-prone. Floatation releases deep muscular tension (often unconsciously "locked" into the body), starting a chain-reaction that spreads throughout the body to every organ, tissue and cell: Blood pressure, heart rate, muscle tension and oxygen consumption (cell metabolism) are reduced to healthy levels. Harmful stress-related hormones such as cortisol are removed from the bloodstream, enhancing emotional well-being. The level of T-cells rises in the bloodstream, strengthening the immune system. Large amounts of endorphins (the body's natural opiate) are released by the brain as it relaxes deeply into the theta state, relieving fatigue and chronic pain. These beneficial changes happen automatically. The effects are immediate, and remain measurable for days or weeks after a float. The Relaxation Response of floatation REST stimulates the body's own powers of healing and regeneration. The effects are cumulative - so that every time you float, you strengthen your body's resistance to the effects of stress, illness or injury.

We momentarily pass through the theta state every night as we fall asleep. Deeper and more powerful than the alpha state which can be reached through meditation, theta is associated with "deep" learning ability and conscious control of normally unconscious functions of mind and body. During floatation REST, you spend most of the time in this powerful brainstate.

This is accompanied by a subtle shift in awareness - and brain activity - from the dominant "left- brain" (logical, analytical, detailed) towards the intuitive "right-brain" (creative, synthetic, large- scale). This unique "whole-brain "theta state gives access to unparalleled powers of imagination and concentration.

The float tank originated from American government research into the physical origins of consciousness - the links between mind and body. In 1954, Dr John Lilly MD - a top government neuroscientist - built an experimental device to "isolate" the brain from its routine workload of processing information about the external world. This, he discovered, gave people access to a range of "higher" brain functions. His ideas became the basis of floatation REST: Gravity: You float weightlessly - as if in "zero-gravity" - on the surface of a 10" deep pool of buoyant salt solution, containing almost half a ton of Epsom Salts dissolved in water. Gravity creates up to 90% of the brain's workload - calculating where gravity lies and directing the body to perform complex physical actions without falling over. Gravity's constant downward

pull is also the main cause of wear-and-tear to the back and joints. Temperature: The solution is kept at skin-temperature and so feels neither hot nor cold. This removes another subtle yet constant source of stimulation to the nervous system and brain. Touch: The only thing in contact with the millions of sensitive nerve-endings which cover the skin (the body's largest organ) is silky, skin-temperature fluid. During floatation there is no sense of separation between the body and its surroundings ... body boundaries gently dissolve and vanish. Sight & sound: Floating in complete darkness and silence liberates large areas of the brain devoted to processing sensory information, further increasing the depth of mental relaxation.

Dr Lilly soon realised that his "isolation tank" opened up some new and unexpected pathways of communication between mind and body. Since then, these pathways have been explored by many individuals at the leading-edge of our culture ... Nobel physicists Richard Feynman, Robert Milliken ... philosophers Buckminster Fuller, Aldous Huxley, Alan Watts ... psychotherapy pioneers R.D. Laing, Fritz Perls ... spiritual teachers Oscar Ichazo, Bab Ram Das, E.J. Gold ... creative artists John Lennon, Robin Williams, Michael Jackson ... athletes such as the Dallas Cowboys and Carl Lewis ... and a host of other luminaries and celebrities from all walks of life.

The Seven Theories Of Floating

Michael Hutchinson, author of "The Book of Floating"

1 The Antigravity Explanation

2 The Brain Wave Explanation

3 The Left-Brain, Right Brain Explanation

4 The Three Brain Explanation

5 The Neurochemical Explanation

6 The Biofeedback Explanation

7 The Homeostasis Explanation

1 The Antigravity Explanation.

The buoyancy afforded by the dense Epsom salt solution eliminates the body's specific gravity, bringing the floater close to an experience of total weightlessness. Gravity, which has been estimated to occupy 90 percent of all central nervous system activity, is probably the single largest cause of human health problems - the bad backs, sagging abdomens, aching feet, painful joints, and muscular tension that result from our unique but unnatural upright posture. This theory asserts that, by freeing our brain and skeletal system from gravity, floating liberates vast amounts of energies and large areas of the brain to deal with matter of mind, spirit, and enhanced awareness of internal states.

2 The Brain Wave Explanation.

More interesting than the well known alpha waves generated by the brain in moments of relaxation, are the slower theta waves, which are accompanied by vivid memories, free association, sudden insights, creative inspiration, feeling of serenity and oneness with the universe. It is a mysterious, elusive state, potentially highly productive and enlightening; but experimenters have had a difficult time studying it, and it is hard to maintain, since people tend to fall asleep once they begin generate theta waves. One way of learning to produce theta waves is to perfect the art of meditation. A study of Zen monks conducted by Akira Kazamatsu and Tomio Hirai, in which the monks' brain-waves were charted as they entered the meditative states, indicated that the four meditative plateau's (from alpha to the more sublime theta) "were parallel to the disciples' mental states, and their years spent in Zen training." Those monks with over twenty years of meditative experience generated the greatest amount of theta, the monks were not asleep but mentally alert. However, since many of us are unwilling to spend twenty years of mediation to learn

to generate theta waves, it's helpful to know that several recent studies (at Texas A&M and the University at Colorado) have shown that floating increases production of theta waves. Floaters quickly enter the theta state while remaining awake, consciously aware of all the vivid imagery and creative thoughts that pass through their minds, and after getting out of the floatation environment, floaters continue to generate larger amounts of creativity-promoting theta waves for up to three weeks.

3 The Left-Brain Right-Brain Explanation.

The two hemispheres or the neocortex operate in fundamentally different modes. The left hemisphere excels at detail, processing information that is small-scale, requiring fine resolution: it operates analytically, by splitting or dissection. The right hemisphere on the other hand, is good at putting all the pieces together. It operates by pattern recognition - visually, intuitively rapidly absorbing large scale information. Just as in the sunshine of a bright day it is impossible to see the stars, so are the subtle contents of the right hemisphere usually drowned out by the noisy chattering of the dominant verbal/analytical left brain, whose qualities are the more cultivated and valued in our culture. But recent research indicates that floating increases right-brain (or minor hemisphere) function. Floating turns off the external stimuli, plunges us into literal and figurative darkness - then suddenly the entire universe of stars and galaxies is spread out before our eyes. Or as brain researcher Dr. Thomas Budzynski of the University of Colorado put it, "In a floatation environment, the right hemisphere comes out and says, 'Whoopee'".

4 The Three Brain Explanation.

In a series of seminal studies produced over the last twenty-five years, Paul MacLean, chief brain researcher at the National Institute for Mental Health (US), has produced convincing evidence that the human brain has three separate physiological layers, each corresponding to a stage in our evolutionary history. In this "Triune Brain Theory," the most ancient layer is called the reptile brain, and it controls basic self-preservative, reproductive and life sustaining functions. Sitting atop the reptile brain is the limbic system, which MacLean had dubbed the visceral brain, because generates all our emotions. The most recent part of the brain to develop is the "thinking cap" of convoluted gray matter called neocortex, seat of our abstract, cognitive functions; memory, intellect, language, and consciousness. While many of these three separate brains have overlapping functions they are all quite different in chemistry, structure, action, and style. Three brains should be better than one, but unfortunately, due to a ruinous design error, there is insufficient communication and coordination between the neocortex and the two older levels. This lack of communication results in a chronic dissociation between the higher and lower brains, which MacLean calls schizaphysiology, and which we experience in the form of conflicting drives - unconscious and conscious, savage and civilized, lusty and loving, ritualistic and symbolic, rational and verbal. There are times when the levels do act in harmony, as in peak experiences when body and mind unite in exhilarating moments of vitality, when our actions come effortlessly, spontaneously. But it's hard to predict when these perfect moments will occur. Now there is evidence that suggests that, due to heightened internal awareness and decreased physical arousal, floating increases the vertical organisation of the brain, enhancing communication and harmony between the separate levels. Floating, it has been

hypothesised, can provide us with peak experiences almost at will.

5 The Neurochemical Explanation.

Neuroscientists have recently discovered the brain is an endocrine organ that secretes numerous neurochemicals which influence our behavior. Our brains secrete hormones that make us happy, anxious, depressed, shy, sleepy, sexy. Each of us creates different amounts of these various neurochemicals, and those who create, for example, more endorphins - natural opiates - experience more pleasure as a result of a given experience than those who create fewer endorphins. Tests indicate that floating increased the secretion of endorphins at the same time as it reduces the levels of a number of stress-related neurochemicals, such as adrenaline, norepinephrine, ACTH, and cortisol - substances that can cause tension, anxiety, irritability, and are related to ailments such as heart disease, hypertension and high levels of cholesterol. One other neurochemical theory is the "return of the womb" explanation. Since pregnant women produce up to eight times the normal endorphin levels, the fetus experiences true prenatal bliss. When a floater is suspended in the dense, warm solution, enclosed in darkness, body pulsing rhythmically and brain pumping out endorphins, it's possible that subconscious memories are stirred and profoundly deep associations called up. It is no coincidence that at least one commercial float centre is named "The Womb Room."

6 The Biofeedback Explanation.

Because of biofeedback research (including Johns Hopkins's researcher John Basmajian's conclusive study of subjects consciously firing off single motor-unit neurons), we now know that humans can learn to exercise conscious control over virtually every cell in their bodies. Processes long thought to be involuntary, such as the rhythm and amplitude of our brain waves, healing, blood pressure, the rate or force of heart contractions, respiratory rate, smooth-muscle tension, and the secretion of hormones and neurotransmitters are now thought to be controllable. The way biofeedback machines work is by enhancing concentration, by focusing on a single, subtle change in the body, which is being amplified by the machine, we are able to shut off our awareness of the external environment. This shutting-off of external stimuli is exactly what the floatation environment does best - almost as if in an "organic" biofeedback machine, in the tank every physical sensation is magnified, and because there is no possibility of outside distraction, we are able to relax deeply and focus at will upon any part or system of the body.

7 The Homeostasis Explanation.

The human body has an exquisitely sensitive self-monitoring and self-regulating system that is constantly working to maintain the body in homeostasis - an optimal state of balance, harmony, equilibrium and stability. Considered in these terms, we can define stress as a disruption of our internal equilibrium, a disturbance of our natural homeostasis. Research now indicates that many of floating's most powerful effects come from its tendency to return the body to a state of homeostasis. When we view the mind and body as a single system, it becomes clear that external stimuli are constantly militating against the system's equilibrium, every noise, every degree

of temperature above or below the body's optimal level, every encounter with other people, everything we see and feel can disrupt our homeostasis. But when we enter the tank, we abruptly stop making constant adjustments to outer stimuli. Since there are no external threats, no pressures to adapt to outside events, the system can devote all its energies to restoring itself./ The normal state, of course, is health, vigour, enthusiasm, and immense pleasure in being alive.

©Michael Hutchinson

In Focus

Floating During Pregnancy

Pregnancy & Birth Magazine:

For real water babies, a floatation tank session is a must. The tank is filled with water only 10 inches deep, but the high concentration of salt means that your body is suspended, giving you a feeling of weightlessness and soothing stress, aches and pains - great for pregnancy backs and feet. While you're floating your brain produces slow theta brainwaves, which make your thought patterns clearer and more creative, as well as endorphins - the hormones responsible for happiness.

OK, so the thought of being shut in a dark tank of water sounds a bit scary, but you can open the door or switch on the light at any time: therapists say it's rare to feel claustrophobic. And the best news is that floating is safe throughout the whole nine months of pregnancy. Just imagine an hour to yourself, resting in warm water with gentle music soothing your senses and nothing to think about but you and your baby. Just lie back and enjoy...

Stress Relief For The Busy Mother

Family Matters Magazine:

Good Health

Float Away Your Fears

Sally White swears by weekly sessions in a floatation tank to keep her calm, relaxed and stress free. "I had my first float four years ago" she says. "I'd been in a minor car accident, and was suffering whiplash injury. The symptoms just vanished."

Since then, Sally, 27, has been a regular floater. "It was particularly helpful when I was going through a stressful period in my life. When you are in that tank, your mind is at peace. After, you always sleep well."

Today, Sally finds floating helpful in the week before her period starts, as it relieves her tiredness and irritability.

Relaxing in a floatation tank offers the chance to shut out the entire world, and it's a good way of boosting your energy and self-esteem.

Floatation tanks are dark and quiet, so you feel dreamy and weightless," says Ron Kemeny, of the South London Natural Health Centre. Tanks are large baths filled with 10 inches of water kept at body temperature and saturated with Epsom salts. This means that, no matter how heavy you are, you are unaware of being in water

and have a sensation of weightless suspension.

According to Ron, many busy mums enjoy a weekly float. "An hour away from worries put them into perspective," he says. "If you're kicking a habit or starting a hobby, you'll be less distracted and quicker to learn. Some women listen to a motivating tape - such as an assertiveness or diet programme - while they're lying in the tank."

Floataction induces a deep state of physical and mental relaxation, rather like hypnosis. It also appears to activate the right side of the brain, the part that controls the creative part of our nature. Studies suggest that floataction can lower blood pressure and steady the heart rate. It also relaxes muscles, and some sufferers of multiple sclerosis find it helps to relieve stiffness. Floataction may also raise levels of endorphins, the body's 'feel good' hormones, which is why some specialists use it to treat anxiety and depression.

Floating And Arthritis

Arthritis News: Dec 2002/Jan 2003

Floataction

Floataction involves lying in warm water in specially designed tanks or pools at health spas and natural health clinics. The high concentration of Epsom or Dead Sea Salts in the water buoys the body, allowing you to lie back and completely relax without fear of going under the water.

Those that go for floats regularly say that it is one of the most relaxing and stress-relieving experiences that they have ever had and that it is also a lot of fun. 'I recently went for my first floataction experience' says Kate Johnson. 'Someone was on hand to help me get in and out, but apart from that, I was left alone, which was blissful and really relaxing. The Dead Sea salt in the water held my body so that I could just lie back and relax. Initially I was a bit dubious, but my muscles lost their tensions and I floated away to another dimension.'

When you participate in a floataction session you are deprived of external stimuli and your brain doesn't need to work on keeping you vertical. This lets the activity levels in the brain drop, allowing you to enter deeper states of relaxation. Your body actually emulates the state you are in just before you drift off to sleep. Floating also stimulates the release of endorphins - the feel good chemicals in the brain. This decreases the perception of pain and improves the frame of mind. The only other activity that stimulates this chemical in the brain is exercise.

The medical benefits of floataction include, amongst other things, the lowering of blood pressure, pain reduction and improvement of stress-related conditions including digestive problems. Floataction is also particularly good for people with arthritis as floating in the water eliminates the gravity on the joints and actually improves the blood flow, improving the general condition of affected joints.

Complementary therapist, Sally Hill, undertook a study to evaluate the effects of

floating in some people with arthritis: 'I first became aware of the therapeutic effects of floatation therapy for people with arthritis while I was running a therapy centre,' she says. 'Because the body is weightless in the water, movement is incredibly gentle allowing the exercising and stretching of joints and muscles to take place effortlessly. People with arthritis can experience a range of movements that they are unable to achieve on dry land, which has a positive effect on their cell tissue and overall self-esteem.'

You may need to have a few sessions before you really benefit from floatation. but it is worth sticking with it. Some people go as often as twice a week, others three times a year.

If you're not sure which relaxation techniques or therapies will suit you, give it a few weeks before you decide whether to carry on or not. It's all about getting to know your body and what it responds to best. Before you know it, you'll be so relaxed that you'll have forgotten what stress is, and you'll hopefully notice an improvement in your arthritis too.

Frequently Asked Questions

How long does it take?... The float room is booked for a period of seventy-five minutes. This allows for a float session of approximately one hour. The remaining fifteen minutes will allow sufficient time for the client to use the shower facilities both before and after the float session.

How do I stay afloat?... It is impossible to sink in a float tank. The tank solution is ten times more buoyant than seawater. The salt content (22%) is precisely calculated to support your body fully and evenly.

Will Epsom salts affect my skin?... The Epsom salt solution is very beneficial to the skin. The high concentration of salt prevents the skin from wrinkling during a float, as well as keeping you buoyant. It results in the skin feeling soft and supple.

Will I Benefit From One Float Session?... You will definitely benefit from your initial float. You will almost certainly feel more relaxed with a feeling of well being. However, it has been proven that regular floating significantly increases the benefits to the body and mind. It is recommended that you float once every three to four weeks in order to maintain and improve the many benefits of the therapy.

Can floating really improve my life?... In this age of the "quick fix", it's been said that if someone could capture the effects of floating in a pill, it would quickly outsell Valium, Prozac and Viagra put together. There is a growing movement towards natural solutions to the problems of daily life, solutions with no unwanted side-effects. The benefits of floating are natural, long-term and cumulative. Every time you float, you reinforce the health benefits of the Relaxation Response. In the tank, your body "learns" what true relaxation feels like, a skill it will never forget.

Is there any proof that floatation actually works?... There are over one hundred universities and medical research facilities, several dozen sports science units, and at least two national sports institutes working with floatation REST. The effects of floating have been scientifically researched and documented since the first tank was built - as a research tool - over forty years ago. Floatation REST even played a part in NASA astronaut training programs. Detailed information on REST research can be obtained from IRIS (International REST Investigators Society) in the USA.

What do I do while I'm floating?... You don't have to "do" anything! Floatation is usually a passive experience. Within ten to twenty minutes you are on the edge of sleep, in a dreamy but conscious state where time doesn't seem to exist. Most people just lay back and enjoy it. However, if you want, you can actively "direct" the experience. You can use the tranquillity to focus on creative solutions to aspects of your everyday life, mentally prepare for an important meeting or exam, or pray, meditate, do breathing exercises. You can even take this one step further, by running audio or video based training programs in the tank. Suitable subjects include visualisation or meditation exercises, academic or technical information, motivational programs ranging from weight-reduction through to executive decision-making skills and, in particular, sports training programs. A variety of videos are available for hire from the centre or, alternatively, you are welcome to bring your own.

Will it do anything for my love-life?... Michael Hutchison in his excellent (and unbiased) "Book of Floating" mentions that an improved love-life is a widely reported bonus of regular floating. Certainly, many sexual problems are related to mental stress and physical tension. We are sure that this is a promising area for future research.

Can I Be Sure That The Tank Is Hygienic?... Yes, and there are two reasons for this. First, the high salt concentration makes it impossible for harmful bugs, viruses or bacteria to survive. Second, the entire solution is filtered and sanitised after every float session. In fact, the float tank is one of the most hygienic places in the world to spend time in. A full chemical and bacteriological testing program carried out by the Australian health authorities in 1989 confirmed that there are no health risks associated with commercial floatation.

Should I be worried about feeling claustrophobic?... Most people that express apprehensions about feeling claustrophobic in the tank are pleasantly surprised at how spacious it feels on the inside. The relaxing experience of floating tends to dispel fears very early on. Although it is unlikely, should you have any concerns whilst floating, the door is simple to open, the light can be switched on (from inside) and you can easily contact the receptionist via the incorporated intercom system. If you have any serious concerns, please consult your GP prior to floating.

What Should I Wear Whilst Floating?... Most people choose to wear nothing at all whilst floating as it dilutes the level of sensory escape. Each float tank is situated in it's own private room, which also houses a shower for use both before and after floating. Shampoo and shower cream is provided, and clients can choose to bring their own personal towel or use the centre's hire facilities. Disposable ear plugs are provided with each float.

Are there any known side affects to floating?... There are no known side-affects to floatation therapy.

Prices And Membership

Float Prices

Single Float Session - £30.00

Introductory Offer - First Time Floaters Only - 3 Floats - £60.00

Membership Schemes

The Benefits Of Membership

Affordable Schemes For The Serious Floater

Three levels of annual membership are available at The FloatZone enabling the serious floater to select a scheme tailored to his or her personal floating requirements and financial budget. Becoming a member entitles you to substantial savings on the cost of your therapy, as well as other membership privileges.

Crystal Membership

Renewable annually

£240.00

Float Entitlement

1 Float Per Month (12)

Privileges

Free Single Float Gift Voucher - Free Towel Service - 33% Discount On Additional Floats

Gold Membership

Renewable annually

£500.00

Float Entitlement

2 Floats per Month (24)

Privileges

Free Single Float Gift Voucher - Free Towel Service - 33% Discount On Additional Floats - 25% Discount For Any Guest Floating At The Same Time

Platinum Membership

Renewable annually

£650.00

Float Entitlement

1 Float Per Week (52)

Privileges

Free Single Float Gift Voucher

Free Towel Service

33% Discount On Additional Floats

25% Discount For Any Guest Floating At The Same Time

Float Vouchers

£30.00

The Original Gift

Treat Someone You Love To The Experience Of Total Relaxation

A float voucher is an original and worthwhile gift for anyone at any time. The vouchers are valid for twelve months from the date of purchase and come in their own presentation wallet. Vouchers can be sent to yourself or the intended recipient with a personal greeting of your choice.

Vouchers can be purchased over the telephone, 01227 459780, email, or by calling in to the centre. If ordering by email, please specify how many vouchers you require, where you would like them sent and what personal greeting (if any) you would like to be written in the card.

Vouchers can only be exchanged for floatation therapy sessions and have no redeemable cash value.

Alternative Therapy Prices Available By Telephoning The FloatZone
01227 459780

The Pathfinder Float Tank



System FX-2... Futuristic Floating

Ergonomic Design

Enter the spacious floating area through a full-width sliding door, easily opened or closed from inside or out. While floating weightlessly inside the PathFinder, you have touch-control over the in-tank light, the underwater stereo sound system, the video system, the AromaFloat vaporiser, and the tank intercom.

Videofloat

Use the on-board video playback system for in-tank relaxation or accelerated learning programs. A powerfully effective sports-training tool, video-equipped float tanks are used by national and Olympic athletes to "imprint" perfect sports techniques onto the neuro-muscular system during deep relaxation.

Aromafloat

The AromaFloat vaporiser introduces the fragrances of natural aromatherapy oils into the PathFinder's digitally-controlled ventilation system during a float session. Specific essential oils have traditional therapeutic uses, and can add subtle new dimensions to the floatation experience.

Full Remote-Control

The PathFinder is remotely-controlled from the reception office. The remote-control station connects by cable to the tank's Drive Module which houses the magnetic-drive filtration system, the constant-feed sanitisation unit, the air circulation system, and the PathFinder's Black Box - the main microprocessor.

Digital Precision

Built into the shell, readily accessible for inspection or service, are the precision electronics that create the "perfect" floatation environment. Temperature, air quality, and sound-levels in the tank - plus an array of maintenance sensors - are controlled with the ease and accuracy that can only be achieved through advanced digital technology.

Rugged Durability

Although it is a precision instrument, the PathFinder is rugged. The shell is formed from isophthalic resins - tougher yet lighter than steel, and far more durable. Electrical circuitry is protected to IP68 standards against dust or water, and against electrical faults by an intrinsically-safe earth leakage circuit breaker.

