

Contact: KMR Communications, Inc.
P: 212.213.6444
F: 212.213.4699
info@kmrcommunications.com



What Is Floatation And How Does One Float?

New York, NY 2002 - Over the years, many solutions have been suggested for the stresses of modern life such as acupuncture, reflexology and yoga. Another option has been introduced, which truly allows one to relax without exerting an ounce of effort. This option is FLOATING. Floating is lying down on one's back on a solution of water saturated with a high quality Epsom salt (MgSO₄) about one foot in depth. The water is maintained at skin temperature (94°F) and is soft and silky to the touch.

Due to the high density of the solution, your body floats like a cork on the surface totally free from gravity in the floatation environment that is soundproof and light-proof, offering a safe oasis where the stress and tensions of everyday life can be left behind. The feeling is as if you are floating out in space. The brain is free from all the functions of interpreting and processing light, sound, temperature and gravitational forces and sensations, leaving it to expand into ordinarily inaccessible areas. Thus, a wonderfully freeing and opening process begins to take effect, healing takes place more rapidly...learning is enhanced...problems are more easily solved...your cells are bathed in beta endorphins, the natural mood elevators and pain reducers in the body...a beautiful silence is experienced and a lightness of being that cannot be felt in any other way on Earth unfolds.

WHO IS FLOATATION FOR?

Floatation is for anybody of any age who wants to release themselves from the excess mental and physical stress caused by an overload of day-to-day external stimuli. Floatation rehabilitates overworked or injured muscles and joints, speeds recovery time, improves concentration, increases energy, opens channels of creativity, deepens meditation and aids in exploring expanded states of consciousness, as well as improving focus and memory. Floatation can enhance positive behavior modification efforts such as quitting smoking, conquering alcohol and drug addiction and controlling weight loss.

WHAT ARE THE BENEFITS OF FLOATING?

The floatation tank has been designed to minimize the effects of light, sound, gravity and touch. The reduced sensory input allows the mind to naturally take an inward journey towards its own peaceful and undisturbed state. This journey creates new levels of relaxation and awareness. Studies have shown that one hour of floatation produces enhanced "theta" activity of the brain, which correlates with deep states of relaxation. It has also been suggested that one hour of floatation rejuvenates the body as effectively as many hours of sleep or meditation.

Studies have repeatedly demonstrated that regular use of floatation environments:

- reduces stress, therefore preventing stress related disease

- lowers blood pressure
- cleanses the body of lactic acid and other body wastes
- speeds healing
- allows the mind to learn information more rapidly and comprehensively
- relieves pain from injury and ailments
- creates harmonious brainwave patterns
- promotes hemispheric and whole brain integration
- enhances creativity
- is instrumental in eliminating addictive behavior

These and many other measurable effects last during the floatation period and for weeks afterward. The effects are cumulative.

ENHANCED IMMUNITY

Stress produces harmful chemicals in the body, including excessive cortisol, adrenaline and ACTH (secreted up to 40x more in Type A personalities than Type B). These chemicals weaken the immune system. The deep state of relaxation reached during a float session reduces the buildup of these chemicals and enhances the body's homeostasis, or natural state of balance. Simply by floating once a week or once every few weeks, you can strengthen your body's immune system.

BEAUTY

The buoyancy factor or antigravity effect gives the floater the feeling of total weightlessness. Inner peacefulness releases tension from the expression of the face and body. Many other inner changes, such as increased self-confidence, a sense of physical, psychological, emotional and spiritual well-being can bring about a marked improvement in a person's posture, movement, speech and skin condition.

Additionally, Epsom salts is known to have therapeutic properties helpful in eliminating body toxins, reducing bruises and pain in body joints.

The Floatation Chamber at Oasis on Park will be situated in a sound-proof room. There is light inside for beginners or for those who may not feel secure in the dark, although it has been found that almost all users are floating in the dark within three sessions.

If you would like more information regarding the Floatation Chamber, I would be happy to put you in touch with Bruce Schoenberg, director of Oasis Day Spa and Oasis on Park.

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