

Frequently asked questions

Q. I'm claustrophobic. How can I use the tank?

A. This is a common concern. You can choose to float with the door of the tank open and with the interior light on.

Q. How is hygiene maintained?

A. The high saline content of the floatation environment coupled with a disinfectant ensures that nothing harmful can survive within the tank. The water within the tank is automatically filtered between each client and further cleanliness is ensured by showering before and after each float session.

Q. Is there any risk of drowning?

A. The high buoyancy of the water makes it impossible for the individual to go beneath the surface. Floating is completely safe.

Q. Do I need to bring anything to the float session?

A. No. Everything you need is provided by us and is included in the cost of the float. You won't need a swimsuit as our tank is situated in its own private room. Our shower has shampoo, conditioner, soap and a towel and wash cloth is provided. Body lotion, Q-tips and ear plugs are also provided.

Q. Do I need to prepare in any way?

A. No. Floating is a natural and intuitive process. The only precaution that you should take is that you should not shave 2 hours prior to floating.

Q. I'm pregnant. Can floating harm my baby?

A. Absolutely not. In fact, women far along in their pregnancy probably get more relief from the float tank than anyone else. Just lying on a bed can be extremely uncomfortable for women in the later stages of pregnancy due to the massive gravitational strain placed on the body. The float tank is a wonderful haven to which pregnant women can escape. However, we recommend that floating, like many other activities should be avoided during the first trimester.

Q. Can you recommend any books about floating?

A. Yes. The Book of Floating by Michael Hutchison, Tanks for the Memories by Dr. John C. Lilly & E.J. Gold and The Deep Self: Consciousness Exploration in the Isolation Tank by John C. Lilly.

Q. Are gift certificates available?

A. Yes! You can purchase a single-session floatation certificate for \$75, a 3 session package for \$180, or for the greatest value, you can purchase a 10 session floatation gift certificate for \$550.

Floatation Therapy



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Relaxation and rejuvenation of your mind and body

What is floatation therapy?

Imagine if you could close your eyes and feel like you are floating in air. Floatation therapy is a highly effective means of stress relief and relaxation. Floatation consists of lying in a tank containing 10 inches of super-saturated salt water. The high concentration of salt enables the individual to float effortlessly on the surface of the water. By heating the water to 93.5 degrees Fahrenheit, or skin temperature, it is virtually impossible to distinguish between parts of the body that are in contact with the water and those that are not. In effect, the floatation experience "fools" the brain into believing that the person is floating in mid-air.

The tank creates an environment similar to the Dead Sea. The buoyancy created by the dense Epsom-salt solution effectively removes the effects of gravity on the body, and brings the individual close to an experience of total weightlessness. Since the body is totally supported by the salt water, there is little for the brain to do. Every muscle is allowed to completely relax. The quietness and the darkness of the tank allow the mind to drift into the deepest possible state of relaxation. Essentially, one experiences the positive effects of deep meditation without effort.

While floating, the individual is in a dream-like state similar to the feeling just before falling asleep. In this state, the brain releases vast amounts of endorphins not only powerful in calming the body when in pain but also in aiding immune function.

What is a float session like?

The tank is situated in a lockable, private spa-like room that includes a changing area equipped with a luxurious rain shower. A light inside the tank can be left on or turned off. People who initially leave the light on during floatation often turn it off during future

sessions in order to experience maximum benefits. The door to the tank is fully controllable from within. This allows the individual to choose whether to float with the door open or closed.

After a quick shower, the individual enters the tank. The first 10 minutes often involve getting adjusted to the unique solitude that the tank offers. We recommend setting an intention for your floatation experience. Sometimes, people need to remind themselves to "let go" and "relax" while they adjust. Before you know it, time has slipped by and a deep state of calm overtakes you. The sound of dolphins become evident as the session draws to a close. It is time now to begin to exit the tank. A longer shower is necessary to remove the salt from the skin and hair. Shampoo, soap, conditioner, towel and hair dryer are provided. Because of the concentrated saline solution within the tank, we advise clients to not shave within 2 hours on the day of their float session.

Who uses float tanks?

There is no such thing as the stereotypical float tank user. Clients use the tank for many different intentions such as self-growth, relaxation, pain management, health and wellness, stress relief, the nature of consciousness or just for the adventure of trying something new. The tank has proven highly beneficial for sufferers of chronic back and joint pain, migraines, chronic fatigue syndrome, fibromyalgia and skin disorders. Athletes use float tanks for maximization of training routines or for accelerated recovery post injury. The effects of floatation are cumulative – the more regularly you float, the greater the benefits.

What are the benefits of floating?

Stress Relief

Floatation therapy offers instant relief, and requires no skill set. Floating helps to diminish fatigue, improve sleep, energize, rejuvenate, and revitalize. A float session eliminates stress, leaving you with a clear mind to focus on your highest intentions. It increases creativity, awareness, the ability to solve problems, concentration span, and energy levels. Floatation can also increase motivation, diminish depression, and facilitate freedom from habits, phobias, and addictions.

Pain Control

Floating causes the body to release endorphins, the body's natural painkiller. Released in times of comfort as well as pain, endorphins are far more powerful than many prescription drugs and have no side-effects. Sufferers of migraine, back pain, arthritis, skin disorders and many other ailments can find particular relief from regular floatation. Floatation can lower blood pressure and heart rate, and can minimize the risks of heart attacks and strokes.

Athletics

During floatation, every single muscle is allowed to rest and recover. This total relaxation gives all muscles a much needed break, and the benefits can be startling. The rate of recovery after physical exercise can improve dramatically. Recovery time from an injury can be reduced to hours or days instead of weeks or months.

Additionally, the float tank has been shown to prevent sports injuries, decrease production of lactic acid – the burn athletes feel during strenuous activity, increase production of endorphins to help relieve pain associated with injury, and boost immune function. Athletes using the tank have found rapid improvement in their performance. After years of under-achievement, a national football team acquired a tank and went on to win the NFC Championship. Baseball players on a major league baseball team noticed the tank in their locker room and decided to try the technique themselves. Many of the players began floating and the team went on to win its first World Series in decades.