

Why Float?

Floating for one hour will help to lower levels of stress, anxiety and increase feelings of relaxation and wellbeing. 90% of our central nervous system's workload is related to gravity, light, sound and touch. While in the float tank, the water is heated to 35.5 degrees this is skin-receptor neutral, which means you lose track of where your body ends and the water begins. 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.



Physical

- Sports Recovery, speeds up rehabilitation and recovery
- Natural pain relief can help with arthritis, fibromyalgia etc
- Boost immune function
- Reduces blood pressure pulse and heart rate
- Improves circulation and distribution of nutrients and oxygen
- Improves athletic performance
- Absorption of magnesium & sulphate excellent for a range of benefits
- Magnesium is involved in hundreds of biochemical reactions in the body

Mental

- Increases creativity and problem solving ability
- Heightens visualisation and meditation
- Creates mental clarity and alertness
- Facilitates freedoms from habits, phobias and addictions
- Floatation therapy decreases stress hormones such as cortisol
- Regulates sleeping patterns and relief from jet lag
- Increases theta brain wave patterns achieved in deep meditative states and just before sleep

Share your experience
- we have 4 float tanks available

Float with us...

1 Float Session **€70**

3 Floats Sessions
€165 (sharable)

Members €49 per Month
3 Month Minimum Commitment
Contact us for more info

Sessions are 1 hour long



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Floatation Therapy

Sif Beatha

F L O A T
H O U S E

The Ultimate Relaxation Experience

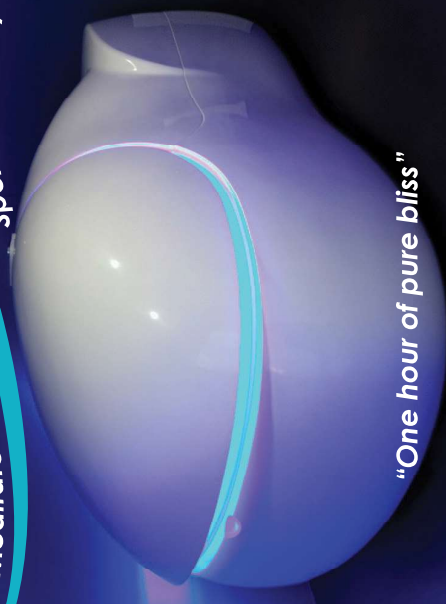


De-stress

Natural pain relief

Meditate

Sports recovery



"One hour of pure bliss"

Floatation Therapy



"I've come to realise that when the mind and body are relaxed and absent of chronic stress, it has an amazing ability to heal itself."

Sli Beatha (way of life) Float House raised the standard for floating in Ireland bringing a dedicated stand alone float centre (Float House Ireland) to Naas Co. Kildare in 2016 with 2 modern float tanks, and since then has grown in size now being the largest float centre in Ireland with 4 state of the art float tanks.

Over the past 8 years, thousands of people have floated in float house Ireland; people have used floating to meditate and to problem solve, to de-stress, manage anxiety & depression, to help with sleep problems, alleviate jet lag, recover from injuries & sports training, chronic pain, and even help with habits and addictions.

Floatation Therapy is a unique and powerful tool that is highly effective at combating chronic stress and its associated conditions. Floating is also highly enjoyable and creates profound experiences of relaxation and wellbeing. Floating combines the sensation of weightlessness with an experience known technically as Restricted Environment Stimulation Therapy (REST). Over 1,000 pounds of Epsom Salts (Magnesium Sulphate) are dissolved into a pool with water that is maintained at human skin temperature. This super-saturated Epsom Salt solution creates a hyper buoyant environment where users naturally float on the surface without any effort.

The effortless floatation frees the user from the effects of gravity, facilitating a deep relaxation of the body and a state of meditative calm within the mind. From a health perspective, floating has been shown to reduce blood pressure, calm the nervous system and increase alpha wave patterns in the brain. Recent studies suggest that it dramatically improves the immune system by reducing anxiety, worry and stress.

"Many professional athletes are incorporating regular floating into their routines, whether it be for the physical benefits, to sharpen their mental game, or both! Simply put, floating calms our overly stimulated systems and restores the body's chemical and metabolic balance."

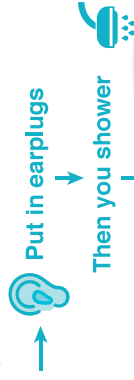
The Float

- Don't shave or wax before floating
- Don't eat a large meal before floating
- Remove your contacts
- Don't drink caffeine before floating

Arrive and check in

You don't need to bring anything but yourself.

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



Dry your face

And step into the tank

Close the door behind you, turn off the lights when you are ready



and Float.....

After an hour, music fades in, easing you out of your float

Turn on the lights and step out when you're ready

Rinse off the salt water

Get dressed and bask in post-float glow

Have some complimentary tea with us if you'd like and **float on.**

Open late

FAQ's

What if I'm claustrophobic?

The pod is 8ft 6" long by 5ft 6" wide with lots of space to maneuver around. You control the opening of the pod and even the light, to ensure your experience is right for you. People worried about claustrophobia consistently report no problems with floating. You're always in control of your environment and can get out at any time.

How are the tanks kept clean?

The high saline content of the floatation environment ensures that nothing harmful can survive within the tank. The water within the tank is automatically filtered between each customer (and 24-hours a day when not in use). The water is filtered through a 1 micron pool filter (that's 1/100th the diameter of a human hair!) and is sanitized with a small amount of disinfectant and UV light.

What do I wear in the tanks?

We recommend that you don't wear anything so that you can feel truly free and so you are not distracted by your clothing. However we completely understand this can be daunting the first time, so you can wear a costume if you like. You have your own private room to do as you please.

I'm pregnant. Can I float?

Absolutely! There will be a womb within a womb! Floating can relieve a lot of the aches and pains caused by pregnancy, if you are in your third trimester, or have any concerns, please consult with your physician before coming in. It is not permitted in the first trimester or the last month of pregnancy.

Is this new-agey mumbo jumbo?

No. The first floatation tank was developed in 1954 by the American neurophysiologist Professor Dr. John C. Lilly while working at the National Institutes of Mental Health (NIMH) in Maryland, USA. From 1983 floating increased in popularity as more became known about its effects. Today, floatation therapy is a rapidly growing trend around the world.

Do I get dehydrated from soaking for so long?

No - your skin doesn't even prune up. You absorb a lot of magnesium in the Epsom salt which has oodles of benefits.