

Why float?

Physical

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 lasts for days afterwards.

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

Spiritual

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.

Learning

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.

See the website for current hours, pricing, special promotions and more.

Book your appointment online today!

Directions: 2 miles south of 189 exit ramp on Shelburne Rd. Turn right onto Pine Haven Shores Rd. Go about 100 yards to the Bluewater Center parking lot. We are on the right and back side of the building. Look for the sign 1135 Satori Float & Mind Spa.



Satori Float Spa

145 Pine Haven Shores Rd
Suite 1135
Shelburne, VT 05482
www.SatoriFloatSpa.com

Beginner's Guide to Floating

"Being in a float tank is just like being in outer space."

Satori Float Spa

(802) 498-5555

Basics of Floating

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

You won't be fighting gravity.

The 800 pounds of Epsom salt in the water takes care of that while you lie on your back.

The water is kept at 94 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 doesn't reach you.**

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

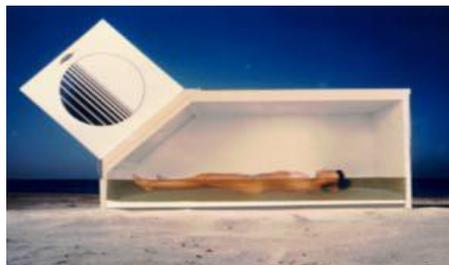
GOING INTO YOUR FLOAT

- Don't shave or wax before
- Eat a small meal 1 ½ hours before
- Don't drink caffeine before
- Remove your contacts

Arrive and check in. We'll give you a tour, cover the basics together and answer your questions. Then you'll put in earplugs, shower and step into the tank. Close the door behind you, turn the light off when you're ready and **FLOAT**

Soft ambient meditation music can be played for all or part of the float session. Most people find that some music at the beginning and end of the float works best.

When your time is up the quiet and gentle filter system will start preparing the tank for the next floater. You'll turn on the light and step into the shower to rinse off the salt water. Get dressed and bask in your post-float glow.



Is this like the film *Altered States*?

Yes. But you're not submerged in water. You don't eat ritualistic mushrooms, and only a small percentage of floaters turn into proto-human monkeys.

Do I need to bring anything?

Earplugs, towels, organic body wash/shampoo, conditioner and moisturizer are provided. The tank does not dry out the body. Bring a comb or brush if needed after final shower.

What if I'm claustrophobic?

People with claustrophobia consistently report no problems floating. You're always in control of your environment, and you quickly lose track of the walls around you.

Can I drown if I fall asleep?

Nope. Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

How is the Tank kept clean?

The water is fully filtered three times between each float and treated with ozone. The tank is also treated daily with hydrogen peroxide.

Can I bring a friend?

We have two tanks, so a friend can float at the same time in a separate tank. Or use one of our Mind Spa massage tables while they wait.

Is this new-agey mumbo jumbo?

Floating has been around for over 50 years, and has oodles of published research to back it up. No mumbo or jumbo here.