

# Why Float?

## Health & Wellness

People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more. Studies indicate that floating 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.

## Meditation

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 with hardly any effort at all.

## Self Improvement

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.

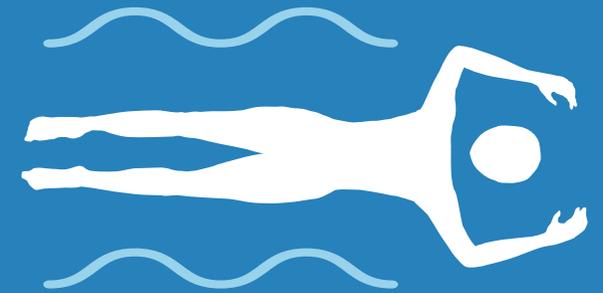


ZERO GRAVITY  
**FLOAT**

Floatation  
Centre

# Beginner's Guide to Floating

Deep sensory REST



Schedule online at [zerogravityfloat.ie](http://zerogravityfloat.ie)

Open 7 days [f](#) [t](#) [i](#) @floatcork

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Good Health  
Accelerate Recovery  
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Breathe  
Mindfulness  
Meditation Advanced  
Calm  
Epsom Salt  
Improve Concentration  
Stillness  
Hair & Skin  
Vitality  
Inner Peace  
Relieve Pain

# Basics

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

**You won't be fighting gravity.**

The 500 kilograms of epsom salt in the water takes care of that while you lie on your back.

The water is kept at 35 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 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 waves slow down, and your body gets to rest, de-stress, and heal.

**It's likely to be the most relaxing thing you've ever experienced.**

# The Float

## GOING INTO YOUR FLOAT

- \* Don't drink caffeine before
- \* Remove your contacts
- \* Eat a small meal 1 1/2 hours prior
- \* Don't shave or wax before

## Arrive and check in.

You don't need to bring anything but yourself.

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



# FAQ

**Is this like 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?**

Nope, just yourself. Towels, earplugs, and everything else that you might need are provided.

**What if I'm claustrophobic?**

People with claustrophobia consistently report no problems with floating, even in smaller sized float tanks.

**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 are the tanks kept clean?**

The salt water is fully filtered between each float, we use a commercial grade UV system and food grade hydrogen peroxide as a disinfectant to ensure a safe and clean environment, our tanks and rooms are fully ventilated and sanitised for 1 hour between floats.

**Can I bring a friend?**

Absolutely. It can be great to have someone around to talk to about the experience afterwards.

**Is this new-agey mumbo jumbo?**

Floating has been around for over 60 years, and has oodles of published research to back it up. No mumbo or jumbo here.