

# 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.

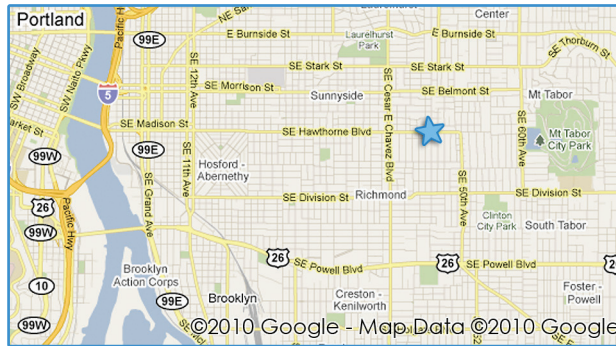
After years of practice, people can enter theta state through deep meditation. Float tanks get you there effortlessly.

## 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.

## Come float with us!



SE 45th & Hawthorne

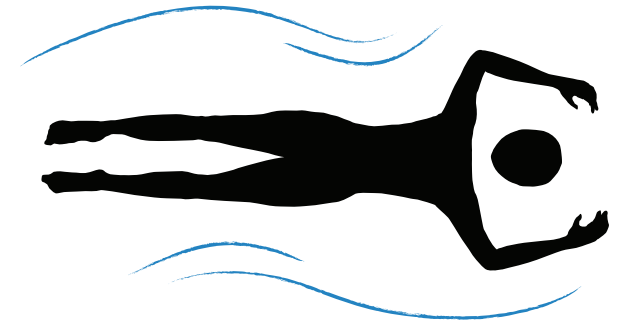
Monday 3pm-Midnight  
Tues - Sun Open 24 hours

**1½ Hour Floats** \$77

**2½ Hr Late Floats** \$77  
*offered at 11pm & 2am*

Schedule online at [www.floathq.com](http://www.floathq.com)

# Beginner's Guide to Floating



float On

4530 SE Hawthorne  
Portland, OR 97215

**503.384.2620**

[www.floathq.com](http://www.floathq.com)

*"Being in a float tank is like relaxing in outer space."*

[floathq.com](http://floathq.com)

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

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

The 850 pounds of epsom salt in the water takes care of that while you lie on your back.

The water is kept at 93.5 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.**

For an hour and a half **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

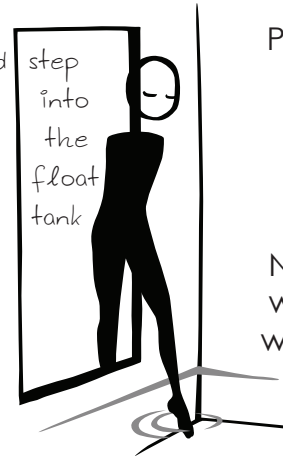
Don't drink caffeine before    Eat a small meal 1½ hours prior  
Remove your contacts    Don't shave or wax before

Arrive and check in.


You don't need to bring anything but yourself.

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

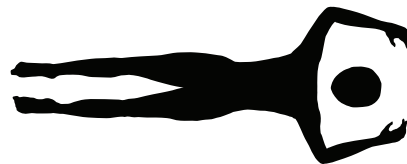
Then, you shower  put in earplugs  and



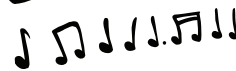
Close the door behind you,

 turn off the lights when you're ready

and float.



After an hour and a half, music fades in, easing you out of your float.



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

get dressed, and bask in your post-float glow.



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

rinse off the salt water



### 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, robes, earplugs, and everything else you need are provided.

### What if I'm claustrophobic?

People with claustrophobia consistently report no problems with floating, and two of our float tanks are, in fact, gigantic open rooms.

### 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 highly sterile salt water is fully filtered three times between each float and is sanitized with UV light.

### Can I bring a friend?

Absolutely. You can't float in the same tank together, but we have a total of 6 tanks and can float groups.

### 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.