

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!

Tues - Sun open morning - late night
Monday open afternoon - late night

[View our full schedule on our website.](#)



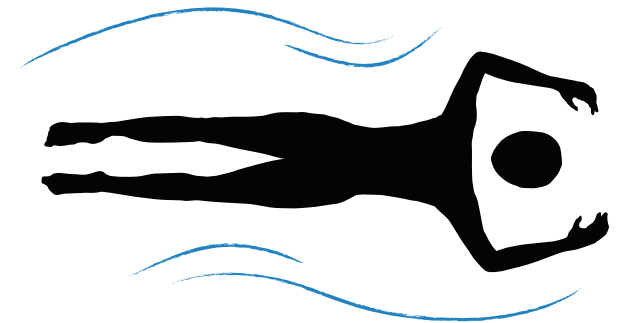
1½ Hour Floats \$99

2½ Hr Late Floats \$99

Late Floats starting after 10pm may be extended up to 2.5 hours!

1 Float-a-Month Membership **\$64**

Beginner's Guide to Floating



An Employee Owned Co-operative!

float On

4530 SE Hawthorne
Portland, OR 97215

503.384.2620

Schedule online at
www.floaton.coop

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

floaton.coop

basics

the float

FAQ

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 94.5 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.

Preparing for your Float

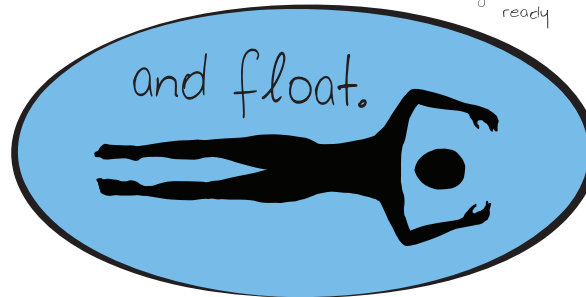
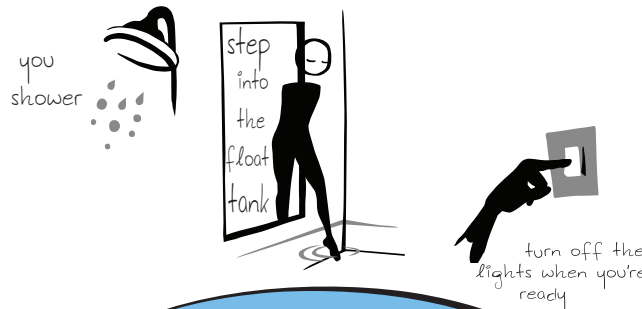
- Have a snack or light meal
- Avoid shaving or waxing
- Avoid caffeine or alcohol
- Remove your contacts
- Check out our Video Walkthrough!

FloatOn.coop/Walkthrough



Arrive and check in.

You don't need to bring anything but yourself. We'll cover the basics together and answer your questions.



music fades in to signal the end of your float.

rinse off the salt water



get dressed, and bask in your post-float glow.
Have some complimentary tea with us if you'd like, and float on.

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 pools.

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 just some new-age fad?

Floating has been around for over 60 years & has plenty of research behind it. It's grounded in science, but it's also pretty magical.

Anything We Can Do Better?

email us at feedback@floaton.coop

Any water in your ear post float?

A little bit of white vinegar tends to clear up any salt left in your ear (if you forgot to use the ear drops in your room).

How was the temperature?

Let us know if you got too warm or too cool during your float! We'll note on your account to adjust the temperature next time you come in.

Other Ways to Get Your Float On

Barter

Got something to trade?
Let us know!

Volunteer

Earn floats by volunteering your time at select non-profits in Portland.

Other Programs

Check our website for updates on available programs to earn floats.

www.floaton.coop/programs

Ask our team for details!

\$99
90 Minute Floats

\$99
2.5 hr Late Floats

\$64

1 Float-a-Month

Additional Floats
for only \$64

Floats Don't Expire
for Three Years

Share Discounted Floats
with Anyone You Want

Unlimited FREE Floats After Your 6th in a Month!

10% Off All Retail Items
and FREE Kombucha

Only a 3 Month
Commitment

An Employee Owned Co-operative!

floatOn

Feeling Good Post Float?

Help us spread the word about floating!
Leave us a review!



Tips — for your — Future Floats



"Every float experience is different,
and they just get better."

floatOn

www.floaton.coop

Neck Pillows

In addition to our Float Halos, we have several other neck pillows and float support options to try out for your next float.



Different Times

The time of day can really have a big impact on your float.

Some people do better floating in the early morning, while others have the most profound floats late at night.



Before Your Float

Show up early so you're not stressed about time, avoid alcohol or excessive caffeine.

Bring a change of clean clothes (we think a clean pair of socks are especially nice post-float).



Temperature

Was your float too cool? Too warm?

Let us know! We can adjust the water temperature for you and note your preferences for future floats.

The goal is to keep the temperature neutral so you aren't distracted by the water during the float.



Different Lengths

For many, 90 minutes is the perfect length for floating.

But for others, longer floats make for a better experience.

Extend your late night float to 2.5 hours for no additional charge. Or book multiple floats back to back to create a custom length.

After Your Float

Give yourself time to ease back into the world. Consider taking a walk, reading, or journaling. Indulge your senses with your favorite music, a delicious meal, a massage or a beautiful sunset.

Relax and savor your post-float glow.



Music

We recommend doing the first few floats in silence, but if you'd like to switch things up, you can bring playlist of your own music!

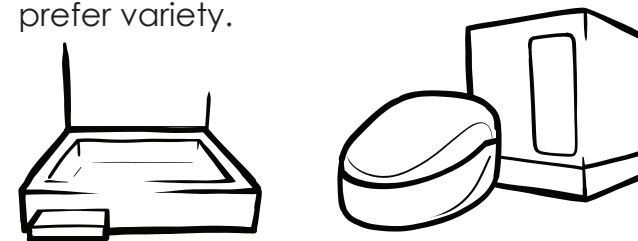
Our staff can assist you in connecting your device to the tank speakers.



Different Tanks

We have 3 styles of float tanks: Two large open float pools, a futuristic pod, and three cabin style tanks.

Some regulars gravitate towards one particular tank, while others prefer variety.



Additional Pro-Tips!



www.floaton.coop/tips