

# What is FLOATING?

Quite simply, flotation is the most effective method for stress relief and relaxation. The flotation tank has 10 inches of water saturated with 1000 pounds of Epsom salt, creating incredibly buoyant water for you to float on. The water is heated to skin temperature (93.5 F). Once you're settled, it is virtually impossible to distinguish what parts of your body are in contact with the water and which aren't, tricking your brain into a "floating" sensation.

As you situate yourself, you will be able to close the door to the tank. Don't worry if this sounds a bit intimidating; it doesn't lock or anything. You can open it up on your own at any time! Once inside, you will have no light, no sound, and essentially no feeling of touch. You will experience a level of quietness and darkness that will allow the mind to drift off into an incredible state of relaxation.

Unless you're planning a trip to outer space, our flotation tanks are as close as you will get to weightlessness. Surprisingly, a large amount of the brain is used to deal with the effects of gravity. With this lack of processing, the logical side of the brain is able to slow down until it synchronizes with the creative side of the brain. This will leave you in a dream-like state, similar to thoughts experienced just before you drift off to sleep. At this state, the brain releases a plethora of endorphins, sending you into a euphoric state.

The state of relaxation attained is incredibly deep. However, your brain will stay quite alert. As you enter this state, the brain moves from its standard alpha state and starts to generate theta waves. This is a level of meditation desired by Buddhist monks and others interested in entering a deep state of meditation. Instead of spending hours, days, weeks and years learning to achieve this, you will get the experiences with a simple flotation session. Best of all, the effects are cumulative - the more you float, the more intense the effects of each subsequent session!

Here at Gravity Spa we want to be associated with more than just relaxation. Our mission is to improve the quality of life in our community, as well as encourage individual and collective growth of the human spirit. We intend to break the boundaries of a traditional spa by offering unique services to the area. If you are seeking heightened creativity, pain relief, sports enhancement, relaxation, super learning or simple curiosity, we guarantee that your experience at Gravity Spa will not be one you forget.

**"In the province of the mind,  
what one believes to be true is  
true or becomes true, within  
certain limits to be found  
experientially and  
experimentally. These limits  
are further beliefs to be  
transcended. In the mind,  
there are no limits."**

*~John Lilly*

## INTRODUCTORY PRICING\*

Float Session (1 hour)	\$40
Float Session (1.5 hour)	\$50
Float Session (2.5 hour)	\$75
Float Session (5 hour)	\$150
Float Session (all night)	\$200
Massage (1 hour, any style)	Varies
Reiki (0.5/1 hour)	\$40/\$50
Facials	See website
Power Vinyasa Yoga	See website
Glowstick Yoga	See website
Workshops	See website
Acupuncture	See website

\*Introductory pricing only, subject to change.

Gravity Spa is home to Dayton's first flotation tanks! We also offer massage therapy, workshops, yoga and more.

**Call 937.696.9595 or visit  
gravityspa.com to  
book online!**

**Gravity**  
SPA

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Flotation · Massage · Workshops · Yoga

# Floating FAQ

## Do I need to bring anything?

Nope, just yourself. Everything you need is provided, including towels and earplugs. Remember, don't shave or wax beforehand, eat a small meal about 1 1/2 hours prior, and try to avoid caffeine before your float.

## Will I become claustrophobic?

It is very unlikely. The space inside the flotation tank is approximately 4 feet wide by 8.5 feet long, you are in complete control and can go in and out as you wish. You may even float with the door open if you like. Since there is an absence of space, time and sensation, it is difficult to feel claustrophobic within the tank.

## How are the tanks kept clean?

There is 1000 pounds of medical grade Epsom salt dissolved in each of our tanks. The solution is so high in salinity that no living microorganism can survive. After each session, the entire volume of the solution is pumped out and filtered through a three part filtration and sterilization system utilizing Ultra Violet light and H2O2. UV is the safest, most effective system available. It maintains the water's soft, clean and crystal clear appearance. In addition, all clients are required to shower prior to entering the tank.

## What will it be like for me?

We don't know what it will be like for you since it is such an individual experience. The most common reports are profound peace and relaxation, deep concentration and enhanced creativity. We like to avoid saying too much before people use the tank, so they aren't influenced by what someone else says.

## Would I drown if I fell asleep?

Nope! The depth of the solution is only 10 inches and the density of the solution is such that it will always support you, regardless of your size or weight. If you were to turn over the salt in the water would sting your eyes and wake you, so drowning is not possible. Since you are floating you do not need to know how to swim. We actually encourage people to sleep! One hour of sleep in the tank is roughly equivalent to 4 hours of regular sleep.

# How It Works

# 1

Check in at the front desk. You'll be given a quick tour, and any additional questions you have can be answered.

# 2

Remove your metal jewelry and contact lenses. Shower, shampoo, rinse thoroughly and dry your face before you get in the tank.

# 3

Before you lie down, open and close the lid several times. If you try to open the lid and it doesn't move, try the other end.

# 4

A signal will let you know the time is up. Sit up, stand and squeegee the solution from your body before getting out of the tank.

# 5

Bask in the enjoyment of your first float. Remember, the effects get better with every session! Take a few minutes to have a cup of tea and reorient yourself in our lobby.

# 6

Feel free to capture your memory in our notebook, or add to one of our group float paintings before you leave!

Follow us on twitter @gravityspa, and 'like' our facebook page for exclusive deals on our services! Call 937.696.9595 or book online at gravityspa.com today!

Float for as little as **\$40!**