

# 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!



Cornwallis business centre  
Cornwallis House  
UNIT 16  
Howard chase  
Basildon, Essex SS14 3BB

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Schedule online at:  
[cloud10flotation.cloud](https://cloud10flotation.cloud)



# cloud10 FLOTATION



## Guide To Floating

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

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# basics

# the float

# FAQ

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

### You won't be fighting gravity.

The 550 kilos of epsom salt in the water takes care of that while you lie on your back.

The water is kept at 34.8 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 or more **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

### Get showered & use loo

Your float room contains a shower which you should use prior to your floating session. This removes any dirt, oil, makeup to make your float more enjoyable.



### Put in supplied earplugs

Insert the supplied earplugs to prevent the salty water from entering your ears and eliminate any noise.



### Step Into the Floatation Pod

Enter the floatation pod and sit down, then lay on your back. The salty water will fully support your weight and you will float on the water. Lay your head back and relax fully. If you start moving around you can touch the sides or bottom of the pod with your arms to stay still. Now enjoy your blissful float.



### Relax

Once you feel comfortable and acclimatised to the tank. Just Relax. Let your thoughts float away and remember to control your breathing. Take deep relaxing breaths and simply let go and bathe in tranquility.



Have some complimentary water/herbal tea with us if you'd like, and enjoy your post-float glow.



### How do I float?

Get in, sit down and lay back. 500kg of salt water will cause super buoyancy and do the rest.

### 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 2 float rooms so 2 people can float at the same time.

### 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.