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LEARN MORE ABOUT THE BENEFITS OF FLOATING!

GET CONTROL OVER STRESS, IMPROVE YOUR SLEEP, AND EXPLORE YOUR MIND.

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WHY FLOAT?

A PERFECT ENVIRONMENT FOR BOTH PSYCHOLOGICAL AND PHYSICAL RECOVERY.

THERE ARE MANY REASONS YOU MIGHT WANT TO TRY FLOATATION THERAPY!

SOME OF THE BENEFITS:

- · Reduces chronic pain and inflammation
- Promotes muscle recovery
- Manages stress, anxiety and depression
- Improves sleep patterns
- Increases creative thinking and problem solving abilities
- · Increases personal insight
- Decreases blood pressure
- · Reduces the production of cortisol (the stress hormone).

IT ALSO FEELS REALLY GOOD!

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