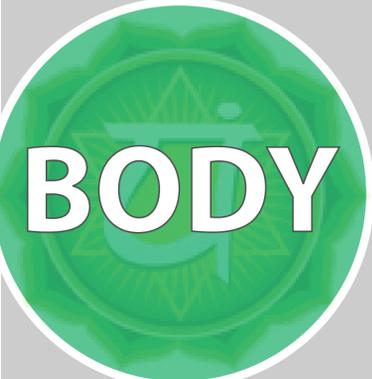




**Personal Development
Through Floating**

Float Recommendation Guide™

Similar to other health and wellness services such as physical therapy, acupuncture and naturopathic medicine, Floating requires a committed series of initial visits to achieve maximum benefits. *Float studies* indicate that consistent sessions (one to four times a month or more) are the key to obtaining the kind of profound, well-documented mental and physical benefits floating has to offer.

Benefits		Why You Float	Initial Frequency	Maintenance Phase	
 <p>MIND</p>	<p>Stress Relief <i>Reduction in harmful stress hormones</i></p> <p>Anxiety Relief <i>Increased "sense of well being" to build upon through consistency</i></p> <p>Brain Sync. <i>Enhanced creativity and problem solving</i></p>	<p>Stress Relief</p> <p>Anxiety Relief</p> <p>Brain Synchronization</p>	<p>Weekly</p> <p>1 to 2 times</p> <p>1 to 3 times</p> <p>1 to 2 times</p>	<p>Monthly</p> <p>Min. 2 times</p> <p>Min. 2 to 4 times</p> <p>Min. 2 times</p>	
	 <p>BODY</p>	<p>Pain Relief <i>A stimulation of the body's own pain killers for chronic pain, migraines, Arthritis, sports injuries and more</i></p> <p>Athletic Recovery and Performance <i>Deep relaxation of muscles, reduction of injuries, elevated mental state and concentration</i></p> <p>Sleep Issues <i>90 minutes in the tank equates to about 4 hours of restful sleep Helps to regulate sleep patterns</i></p>	<p>Pain Relief</p> <p>Athletic Recovery</p> <p>Performance</p> <p>Sleep Issues</p>	<p>1 to 3 times</p> <p>1 to 2 times</p> <p>1 to 2 times (before event)</p> <p>1 to 3 evening floats</p>	<p>Min. 2 times</p> <p>Min. 2 times (prior to intense workouts and events to enhance performance)</p> <p>Min. of 1 to 2 times</p>
		 <p>SPIRIT</p>	<p>Meditation and Mindfulness <i>Begin or deepen meditation practice. Unlock higher states of consciousness Access Theta</i></p>	<p>Meditation Practice</p>	<p>1 to 2 times <i>(in conjunction with an at home meditation practice)</i></p>

These recommendations are based on the feedback we have received from our clients and information we have gathered from other float studio owners and others in the float industry. Your results may vary.