

# FLOTATION THERAPY FOR: MENTAL HEALTH



## A NATURAL TREATMENT FOR:

Anxiety, Depression, Stress, PTSD, Insomnia,  
Chronic Fatigue, Burnout, Fibromyalgia

The most recent research supports the use of flotation therapy to help treat:

- **ANXIETY**
- **PTSD**
- **DEPRESSION**
- **INSOMNIA**

It is also showing to be very effective with psychosomatic disorders such as fibromyalgia and chronic pain related depressions<sup>1,2,3,4,5</sup>.

“A single flotation session is showing in fMRI comparisons to have similar effects on the amygdala as a dose of anti-anxiety medication<sup>6</sup>.”

Dr. Justin Feinstein, Neuropsychologist and Flotation Researcher.



## WHAT IS FLOTATION THERAPY?

Flotation Therapy has come back into the awareness of health professionals since 2013 as an effective Complimentary Alternative Medicine towards a variety of common mental health ailments for our modern lives and lifestyles.

The therapy uses the unique environment of a flotation tank/pod/room to create a space of maximally reduced external sensory input. The goal is minimal light, sound, tactile, gravity, temperature variations and a neutral smell which has a reliable reaction to the human central nervous system and mental state.

## HOW DOES A FLOAT TANK WORK?

The tank is a large, spacious enclosed tub that is easily accessible and allows the user to enter and exit as they please. The tank holds 10" of water which is super-saturated with 1000 lbs. of Epsom salts. The user will lie down in the water face-up and will float effortlessly due to the density of the Epsom Salt – Water solution. The end result is a warm, dark, quiet, womb-like floating experience that last for 60-90 minutes producing a uniquely potent calming of the central nervous system.



## AN ALTERNATIVE APPROACH

Flotation Therapy is not claiming to be a miracle of any kind, simply an effective environment to naturally, dramatically, and efficiently calm the central nervous system by a very strong relaxation response (parasympathetic activation). Findings by Dr. Feinstein illustrate that flotation therapy can have significantly greater effects upon the central nervous system when compared to a control group of sensory reduced, facilitated relaxation<sup>6</sup>.

## WORKING WITH YOURSELF AND THE ENVIRONMENT

Trying anything new can be intimidating, here are some things to remember when practicing flotation therapy:

- You're always in control, your session ends when you need it to.
- Be compassionate with yourself, there's no right or wrong way to do it. Work at your own pace.
- If it's challenging for you to be in silence, start with 20 minutes of ambient welcoming music that fades into silence.
- Use simple relaxation techniques such as calm, slow, attentive belly breaths.
- Practice opening and closing the door a few times to gain confidence & trust within the space.
- Let yourself have this time for this therapy. Our minds can be resistant to allowing ourselves this sort of personal intimate space.
- Try it more than once, the first float has a lot of firsts and it can take up to 3 floats done within a 4-6 week period to connect with the therapy.
- Avoid "heavy" meals and/or caffeine before a flotation session.
- Try floating at various times of the day to see what works best for your needs.

## HOW LONG IS A FLOAT?

A 60-90 minute treatment should be completed for optimal results. A minimum of 60 minutes gives the user time to "work" with the environment if they are struggling mentally or physically to settle into the experience at first<sup>1,2</sup>.

## HOW OFTEN SHOULD I FLOAT?

A minimum of 12 sessions executed on a weekly basis will show positive benefits. Depending on the severity of one's ailment a more intense protocol could be conducted without contraindications<sup>1,2</sup>.

## FREQUENCY RECOMMENDATIONS:

### Moderate Intensity:

Week 1-4 – 2x / week

Week 5-8 – 1x / week

### High Intensity:

Week 1 & 2 – 3x / week

Week 3 & 4 – 2x / week

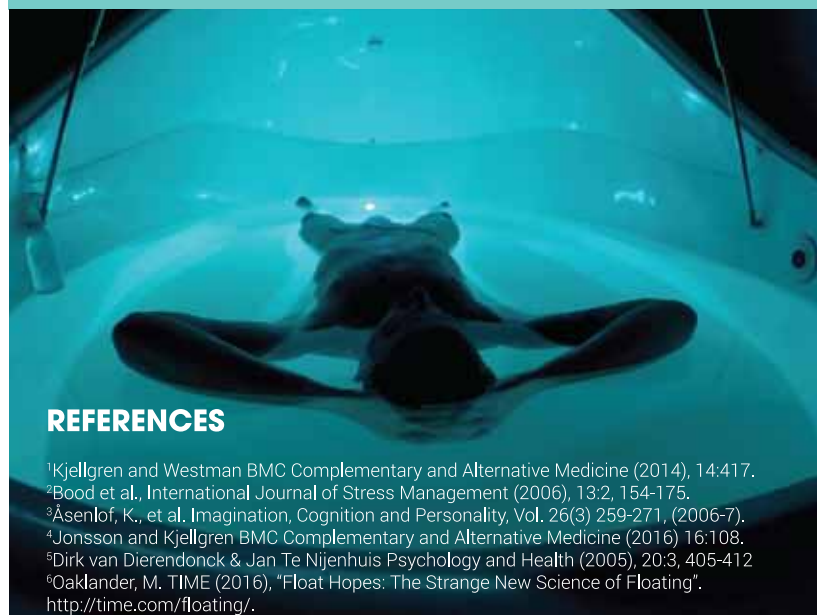
Week 5 & 6 – 1x / week

### Low Intensity:

Week 1-12 – 1x / week

\*Frequency/Intensity can vary depending on users severity of condition(s)

\*Any week can be repeated if the user feels they should.



## REFERENCES

<sup>1</sup>Kjellgren and Westman BMC Complementary and Alternative Medicine (2014), 14:417.

<sup>2</sup>Bood et al., International Journal of Stress Management (2006), 13:2, 154-175.

<sup>3</sup>Åsenlof, K., et al. Imagination, Cognition and Personality, Vol. 26(3) 259-271, (2006-7).

<sup>4</sup>Jonsson and Kjellgren BMC Complementary and Alternative Medicine (2016) 16:108.

<sup>5</sup>Dirk van Dierendonck & Jan Te Nijenhuis Psychology and Health (2005), 20:3, 405-412

<sup>6</sup>Oaklander, M. TIME (2016), "Float Hopes: The Strange New Science of Floating".

<http://time.com/floating/>.