



Floatation Therapy – Further Information

Invented in 1954 by Dr John Lilly and Glenn Perry, USA, a Floatation Tank is a light-proof, sound-insulated bath with a roof and sliding door, with a shallow pool of body-temperature water mixed with nearly 350kg magnesium salts; 5 to 7 times denser and more buoyant than sea water, which completely supports the human body.

The brain responds by relaxing deeply and subtly changing its electrical activity to Theta waves, the state between awake and asleep, difficult to achieve and maintain for any length of time. You're then in a very deep state of relaxation, barely awake, and yet still conscious and feeling what is going on inside of you.

Some people experience feeling their Inner Intelligence scanning their body and rearranging muscles, joints and bones. Because you are in water, and there is no bed under you, your body can easily move and readjust itself. We often hear accounts, and have ourselves experienced, the body moving bones and vertebrae back into place, sometimes with a noise accompanying the motion – and surprise! With the readjustment comes postural balance and often pain relief. As the brain calms, you can also suddenly become aware of some surprising solutions to problems you are having.

During the past 30 years the remarkable effects of the float tank have been systematically studied and applied in such areas as health care, medicine, fitness training, sports science and education. Meanwhile, floating has caught on in America, Australia and Europe.
