

WHY IS IT SO IMPORTANT TO USE THE FLOATATION TANK?

Relaxing in a large tank filled with 10 inches of water in which 1200 pounds of Epsom Salts have been dissolved is an experience that can never be forgotten. By simply restricting the influx of normal stimulation through the sensory paths we create a craving, a hunger for those same perceptions. Most people at this point become wonderfully sensitive to, and aware of, what can only be described as the “non-environment”.

The awareness center known as the brain, in addition to all its other functions, is also a very complicated REDUCTION mechanism. Throughout its evolutionary path it has permitted only a certain limited frequencies to penetrate to the awareness – precisely those that are needed for the survival of the human (race). By judicious reduction of even these narrow sensory nutrients (such as light, sound, touch, temperature, gravity, etc.) we begin to activate those areas of our brain involved with the higher faculties: those related to the evolution of higher (some say “Cosmic”) consciousness.

It stands to reason that when survival is no longer a primary requirement and an energy drain, our real reasons for being on the planet make themselves known. These reasons are as unique as the individuals themselves and are explored, slowly and carefully at first, after the first number of floats which deal with ordinary survival issues. Like a giant and powerful dynamo whose source of energy is little by little leaking – the logical, analytical, mathematical, statistical, scientific, mechanistic and calculating parts of the brain slows its activity down to a mere trickle – making room for and encouraging the “higher reasons” and functions of life such as creativity, cooperation, reproduction, wholism, peace and perfection.

As fleeting moments of Given Original Design become more and more commonplace, great changes occur in one’s perspective. Many individuals report that after 6 to 8 floatation sessions they are no longer afraid of death. For others major priorities adjust to fit in closer alignment with their own Given Original Design.

But whatever truths you experience, the physiological by-products are always the same: less pain, lower blood pressure, reduction of distress levels – and a much higher capacity to cope with the addiction to different modes of survival to which we are all subject.

If you need any more information, references, books, or any other left-brain convincing that you need to experience the right-brain freedom from sensory perceptions, please do not hesitate to call on our staff to help you. Have a great float and a more rewarding life.

What's so great about the floatation spa experience?

Here's a sampling of what our clients have said:

"Wonderful and invigorating"—PS, Furlong, PA

"Calming, soothing..."—SH, Princeton, NJ

"Thought-provoking..."—EL, Flemington, NJ

"Felt as comfortable as a guppy in the deep blue sea"—JP, Princeton, NJ

"Afterglow [is] great"—EL, Flemington, NJ

"Aaaahhh!"—SV, Windsor, NJ

"A 'Gumby' experience!"—PE, Rahway, NJ

"Completely rejuvenating"—MC, Princeton, NJ

"Very relaxing..."—ED, New York City

"We felt great!"—RG and RP, Rochester, NY

"Unique experience..."—PL, Voorhees, NJ

"Yummy! Better than chocolate!"—CH, Princeton, NJ

"A must for everyone..."—AH, Belle Meade, NJ

To learn more about the floatation spa experience or any of the many holistic health services offered at the Health Integration Center, or to schedule a floatation session for yourself, a family member, or friend, call (609) 924-7337. The Health Integration Center is located in Skillman, New Jersey, near Princeton, off the intersection of Routes 206 and 518.