About Float Tanks

Introduction

Float tank *(aka floatation tank, sensory deprivation tank, or isolation tank)*:

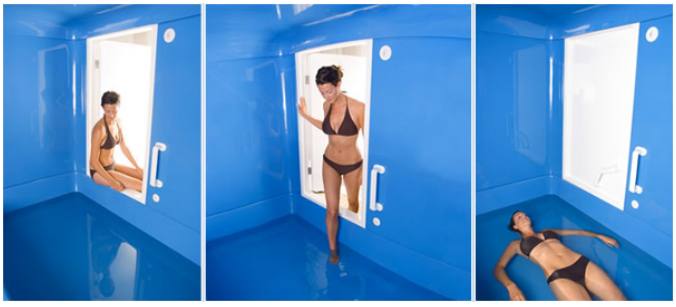
A tank filled with water that has enough Epsom salt mixed in to allow a person to float on the surface. The water is kept at skin-temperature, making it imperceptible, and the tank is sound-proof and pitch-black, creating a place for our bodies to be free from gravity and all stimulation from the outside world.

An Abstract Abstract

A float tank is not as much an object as it is an environment. An environment whose purpose is to act as a counterbalance to every other interaction we have with the world around us. It is the pursuit of a pure nothingness. A place of rest. It is an environment that allows our bodies and our minds to sink away from the society that has been built around us, and to instead turn focus internally. A chance to check in with ourselves, uninhibited and unadulterated by the external forces that are otherwise omnipresent. There is no magic in the float tank, the magic is us. Our bodies have spent millions of years learning how to take care of themselves, and the float tank simply provides the optimum environment with which to do it.

Appearance

The float tank as we know it today comes in a variety of shapes and sizes. They are called by several different names: most commonly 'rooms,' 'tanks,' and 'pods.'



Salt

Each tank holds a solution that is about 2/3 water and 1/3 Epsom salt. With the 10" of solution that most float tanks are designed to hold, this comes out to about 850 lbs of Epsom salt. The Epsom salt adds density to the water, which in turn makes our bodies very buoyant. As a person lies on their back in the float tank, their body floats on the surface, half in and half out of the water. This buoyancy has an incredibly rejuvenating effect on the human body.

How salty is the float tank?

Buoyancy in the float tank is most commonly recorded as a measurement of specific gravity (a comparison of relative densities). With pure water holding a specific gravity of exactly 1, the ocean comes in at about 1.025. Float tanks usually sit in the 1.27 - 1.3 range, making them **up to 12 times more buoyant than ocean water.**

Ocean water
is about 3% salt.

Float tank water
is about 35% salt.

The closest experience to this that most people know of is the Dead Sea, a hypersaline lake in Israel known for its ability to keep people afloat. The specific gravity of **the Dead Sea is about 1.16, just half that of a float tank.**

At a specific gravity of about 1.32, the salt has reached its saturation point (at the temperatures that float tanks are kept). This means that any more salt will refuse to even dissolve into the solution, gathering in clumps at the bottom, or floating in crystalline form on the surface. Basically, they have so much salt in them that **float tanks skirt the border between a liquid and solid state of matter.**

Neutral Temperature

The temperature of the water is kept at 93.5 degrees Fahrenheit, the average external temperature of the human body. This is a temperature known as skin-receptor neutral, meaning the water creates no cues for the skin to report as tactile stimulation.

Soundproof

The tanks and the rooms around them are soundproofed to block all noise from the outside world, and light-trapped to create complete and total darkness.

~~External Stimuli~~

The combination of these elements creates an environment that is free from all external stimulation. Our body responds to this environment by basically taking a gigantic mental and physical sigh of relief. No longer worried about filtering the outside world to look for potential danger, our production of stress-related hormones drop to almost nothing, our brainwaves lower in frequency to a state associated with mental relaxation and free-thinking, and there is a natural spike in the neurochemicals that make us feel joy.

Magnesium Sulfate

All of this is compounded by the inherent relaxation created by absorbing Epsom salt (Magnesium Sulfate). While used primarily in the float tank to actually make people float, Epsom salt comes with the added benefit of softening skin and hair, cleansing and detoxifying the body, and getting people the magnesium most of us are lacking.

Types of Tanks

The tanks themselves come in a variety of shapes and forms.

All models of float tank vary in style and aesthetics, but this has little impact on the quality or experience of the float.

Floataway

Floatarium

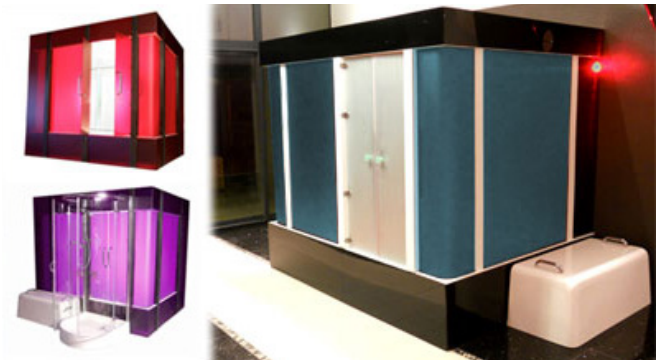
Aquason

Pyramid

i-sopod

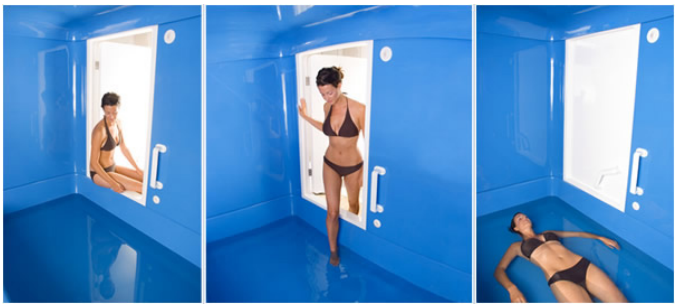
Larger Float Tanks

Manufacturers are often experimenting with the size and dimensions of float tanks, a design decision that actually can have an impact on the general comfort and experience of the tank. The common dimensions by far are the tanks that are 8 feet long, 4-5 feet wide, and 4-5 feet tall. The most commonly varied dimension is that of height.



Width seems to be the only dimension that has a noticeable impact on the float experience itself. A wider tank is one of the most common requests we get, and manufacturers have begun to make tanks to meet this demand.

Beyond this, there are float tanks that have moved away from walls and ceilings all together, siding rather for a tank that is simply open to the expanse of the room. These are certainly a rarity amongst float centers, and as such we haven't personally had a lot of interactions with this style of floatation. While at first it seem like bigger is naturally better, there is something to be said about the fort or womb-like nature of the enclosed tanks that our most regular customers seem to appreciate.



There are some tanks on the market that increase their height to allow for full upright standing in the tank. More than actually changing the experience of the float, we've found these taller tanks to be incredibly effective at convincing people to try floating for the first time, helping squelch their fears of potential claustrophobia (although claustrophobia has seemingly no effect in any model of float tank).

History of Floatation

1950's - Questions

The history of floatation starts in the laboratory. During the early 50's there was a big question in the world of neurophysiology as to the source of our brain's consciousness. Is the brain simply an organ reacting to external stimuli, or is there some internal force that it responds to as well? There were many theories as to how the brain would react to a completely sensory free environment. Most scientists believed that our brains would shut down into dreamless coma-like state. Others thought they would continue to generate experiences for us to interpret, simply looking entirely internally for their motivation. One man named John C. Lilly decided to find out.

1954 - The 1st Tank

By 1954 Lilly had built the first ever floatation tank in the National Institute of Mental Health Lab in the Virgin Islands. Around this time people began to dabble with sensory deprivation, but mostly by having people lay in dark rooms with cardboard between their body parts to reduce sensations, resulting in many reports of discomfort from lying still in a bed for prolonged periods of time. Lilly's tank used water to allow people to float comfortably, and to effectively reduce all sensation of touch.

It was far from perfect. For one, you were completely submerged under water, requiring the use of a diver's helmet with air tubes coming into it. The air bubbles released made a persistent noise, and the floaters were advised to take deep breaths and hold them as long as possible to facilitate better floatation.

Despite all of this, the results were incredible. People were not slipping into a comatose state. In fact, Lilly found more and more people coming out feeling amazing, reporting of personal discovery and self-actualization. This encouraged Lilly to continue his exploration of the float tank, building one or two more tanks in different laboratories in the United States.

1972-73 - New Tanks

For the next 20 years, floating remained exclusively in the laboratory setting, until 1972, when Lilly partnered up with Glenn and Lee Perry. He asked them to design a commercially available float tank that people could have in their homes, and he named this tank the 'Samadhi.'

Glenn Perry and Lilly worked together to develop the tank (designing a light proof enclosure, adding table salt to increase buoyancy, replacing that table salt with Epsom Salt to reduce the sting) until 1973, when the first Samadhi tank was up and running, effectively starting floatation as an industry.

1979 - 1st Float Center

It wasn't until 1979 that the first float center was opened, a 5 tank center in Beverly Hills run by Samadhi. This center was met with immediate success, and was emulated all across the US. Float centers started to pop up in every major city, new manufacturers started to enter the market, and the industry as a whole began to make a name for itself. The Samadhi's went on to open a 20 tank center in San Francisco that doubled as a showroom for their tanks, and were completely booked out for weeks at a time.

Early ‘80s - The Boom

The 80’s truly became a decade of growth for floatation. It was during this time that a US Float Tank Association was formed, the first ever organization to represent the floatation industry. A wave of research began to pick up where John Lilly had left off, testing the float tank’s effect on anything from physical recovery to stress relief to smoking cessation to susceptibility to hypnosis. Researchers Peter Suedfield and Roderick Borrie coined the term REST (Restricted Environmental Stimulation Therapy) to replace the more ominous term of ‘sensory deprivation.’ Soon to follow was the formation of IRIS (the International REST Investigators Society), a group of researchers devoted to exploring and quantifying the float tanks possibilities.

The tanks were drawing the attention of media. Celebrities started to use and buy float tanks (Michael Crichton used one to overcome writer’s block, while George Carlin described it as his “one true relaxation”). Annual conferences were being held by the Float Tank Associate and IRIS to facilitate growth in the industry and to share new research that was being developed. The world of floating was on the rise.

Mid ‘80s - The Decline

This is an odd history to read in light of what we know today: an industry that’s still in its infancy, unknown to most the world. How did an industry that was seeing such success simply fall off the face of the earth? What’s most commonly attributed to this is the AIDS epidemic. In a time when it was controversial that Princess Diana was even shaking hands with AIDS victims, fear of communal water was rampant. The pool and spa industry were hit hard, and while pools and spas were widespread enough to bounce back, this was not true of the floatation industry.

1990’s - All Quiet

As the 90’s progressed centers began to downsize and close down, research began to peter, and the industry as a whole went into a state of dormancy. There are almost no centers known to have opened in the 90’s in America. Places to float were mostly limited to a handful of devotees who had a tank in their home, and opened this tank up to the general public, less to make money, and more to share the experience.

2000’s - Regrowth

It wasn’t until the later half of this last decade that floating began to make a resurgence. With the exception of one (Space Time Tanks in Chicago), every major US float center has opened their doors within the last 3 years.

2010's - 2nd Boom

The United States float industry seems to be growing more rapidly than any other country in the world right now. The numbers are hard to get a grasp on, but from our own estimates, the number of float centers in the US has increased by 20-25% in the last 3 years. The centers that are opening are larger and more publicized than in the past, and general awareness of floating has been dramatically on the rise. In a very quantifiable sense, every US manufacturer that we've spoken to has told us that they're selling twice as many tanks this year as they were the year before, and the people they're selling them to are in states they never thought floating would reach.

For the last three years there has been an annual Float Summit aimed at bring the international float community together. The first summit was in London in 2010, and was attended by about 25 people. The second summit was in San Francisco in 2011, and despite being entirely comprised of Americans, had an attendance of about 45 people. This last year's most recent summit was in Sweden, and drew a crowd of 80 people from the float industry (mostly Europeans). The recent Float Conference put on by Float On in Portland pulled in over 160 attendees, continuing the trend of almost doubling with every event. When looking at all these indications as a whole, it becomes very evident that the float industry has begun its second wave, and will continue to rise.

List of Benefits

What's truly impressive about float tanks is that almost every one of these benefits lasts for several days past the float itself.

The longer and the more often the float tank is used the stronger the effects become, the longer they last, and the better off someone is when they come in to float again.

This creates a positive spiral of recovery and health that simply works to reinforce itself, giving people a path and a means towards a better life.

The following information is taken from over 200 research articles containing both lab experiments and case studies, published between the 1960's and the present.

Benefits of Gravity Reduction

The density of the salt water puts the floater in an environment where approximately 80% of the gravity we usually feel is no longer affecting our body.

We use a large portion of our mental and physical resources counteracting the force of gravity on a moment to moment basis, and the relief of this effort leaves our body with a surplus of energy and processing power at its disposal.

When left with this abundance, our body spends its efforts on resting, recuperating, and healing anything that needs attention. In addition to this, the gravity-reduced environment allows our body to decompress, especially throughout the joints and the spinal column. It is the combination of these elements that creates the following benefits.

Pain Relief & Injury Recovery

In addition to the constant pain, physical injuries keep many people from working. Float tanks can help get people back to work and save companies money in worker's comp.

Expediting healing in broken bones

Expediting healing in sprained joints

Relief from back pain

Relief from neck pain

Spinal alignment

Structural alignment

Physical rehabilitation

This in particular is a huge market that could be heavily impacted with the integration of Float Tanks. (See physical/injury recovery)

Medical Conditions

Arthritis

Scoliosis

Fibromyalgia

What's uniquely exciting about this relief from Fibromyalgia that it's a condition that currently has very few known remedies. A recent pilot study with Fibromyalgia patients found a significant decrease in pain both from the beginning to the end of a float, and from float session to float session.

Athletic Training

Float tanks have huge implications for athletics, mostly stemming from the fact that you can actually train your body harder and faster with the use of a float tank. This means that anything from gyms, to private trainers, to high level athletes could benefit from floating.

Lactic acid reduction

Improved reaction time

Physical recovery

Our bodies can physically rest up to 4 times faster in a float tank than in a bed. REM cycles are not expedited (so you can't decrease the amount of time you need to sleep at night), but expedited physical rest can mean a lot to people who are training their bodies. Doing an upper body workout usually requires letting your upper body rest for 48 hours before it will be beneficial to work that same part of the body again. With a float tank, an athlete can simply float after their upper body workout, and then get right back to it the next day.

Injury recovery

Injuries have been shown to heal up to twice as fast while floating, with a gradually diminishing effect for several days after. This can bring sports players back onto the field faster, and is an ideal treatment to coincide with many forms of physical rehabilitation.

Injury prevention - Many injuries are a result of stress and tension in the body during the moment of injury. Floating encourages a relaxed physicality that helps prevent injuries from occurring.

Visualization

Even without a float tank, visualization can actually build muscle memory at about 70% the efficiency of actually physically practicing a skill. This is thanks to mirror neurons, one of our brains vital learning mechanisms. Being in the tank provides the ideal environment to take advantage of visualization techniques, increasing this learning efficiency. (See Superlearning)

Pregnancy

Many centers have reported that pregnant woman are some of the most satisfied float customers. By flipping onto the stomach, all the weight of the baby can be effectively removed from the mother's body, a welcome relief in the 8th or 9th month. We've also had women report deep levels of connection with their unborn children while floating in the tank.

Strengthened Immune System

The abundance of resources freed up while floating allows our body to reallocate that energy towards building up our defenses, giving us a nice boost of immunity during and after a float.

Benefits of Sensory Deprivation

We live in a world that is overbrimming with sensory stimulation. Our brains take in this information and look for warnings of potential danger. This was an efficient system when the only fast moving objects around us were lions pouncing out of bushes to attack. However, our modern world of blinking advertisements, speeding cars, and honking buses overwhelm this system. Our fight-or-flight response is constantly firing, creating unwarranted levels of emotional and physical stress.

When you're in a float tank this system is at rest. Our brains look for sights and sounds for warnings, but there are none. The float tank gives us a feeling of safety and comfort that is unparalleled by any other environment. Our fight-or-flight regulates many of the hormones associated with stress, including adrenaline and cortisol. When our fight-or-flight goes dormant, the production of these hormones drops lower and lower, allowing us to relax on a biological level. In response to feeling safe and relaxed, our brains start pumping out dopamine, a neurochemical our body uses to reward us with pleasure, encouraging us to repeat the actions that got us to this state.

This relaxation also acts to downshift the frequency of our brainwaves. Humans spend most of their waking day in the what's known as the Beta and Alpha brainwave states. These are very high frequency brainwaves that are associated with high-functioning logical thinking and action. We use these states to help us monitor our surroundings and react quickly to incoming danger. As we sink into our REM sleep, we use our lowest frequency brainwaves, putting us into what's known as the Delta state. In between these two extremes is the Theta state. These are brainwaves that have a frequency of 4-8 Hz, and are experienced briefly every night as we drift off into sleep, and every morning as we come back to waking.

The float tank gives us an extended period of time in the Theta state. This is not something most people are accustomed to experiencing on a regular basis. Practiced meditation is one place that people can find long periods of Theta. Peak performance during vigorous athletic activity is another (e.g. Runner's High). We also all basically live in the Theta state when we're children. From ages 2 to 6 our primary mental activity is done in Theta. Many people have flashbacks to early childhood memories in the float tank as a result of this.

Theta waves are generated primarily from the right hemisphere of our brain. Because of this, float tanks are amazing at enhancing our right hemispheric activities, such as creativity, inspiration, and non-linear thought. Our usually dominant left hemisphere (responsible for things like fight-or-flight, spatial reasoning, our language center, our physical connection with our body) falls into the background. This allows people to let that inner-monologue in their head go quiet (a significant relief to most "Type A" personalities), and allows them to have out of body experiences. From the research that has been done, scientists have come to know the Theta state as a place of healing, rest, and emotional rejuvenation.

The benefits we receive from putting our bodies into a place of sensory relief is profound, and the following list is hardly exhaustive.

Stress Relief

This alone could be a packet of information unto itself. Stress is rampant throughout our culture, and the havoc this can have on the human body is well documented. Our fight-or-flight system basically gives priority to a select number of our bodies faculties at the expense of most of our basic regulatory functions. This is an effective means of surviving a tricky situation, but it not how our bodies are meant to be constantly running.

A plethora of ailments arise from our bodies not being able to return to their comfortable homeostasis. Severe enough stress can even completely stunt growth in the human body. Float tanks are possibly the most relaxing environment we can put our bodies into. Stress relief comes almost instantly from floating, and simply gets stronger and lasts longer the more you float. Consistent floating can help alleviate all of the following.

Hypertension
(high blood pressure)

Apoplexy or stroke
(related to hypertension)

Coronary heart disease
The highest leading cause of death in the United States (about 1 out of 6 deaths, as reported by the CDC)

Ulcers

Migraine or tension headaches

Asthma

Rheumatoid Arthritis and Osteoarthritis

Depression

Burn out syndrome

Fertility issues

Temporomandibular (TMJ) Syndrome

Trichotillomania

...and more
Research is showing more and more ailments to be closely related to stress.

Emotional Pain Relief

The float tank is an ideal environment for working through traumatic or painful memories without the emotional charge they usually carry. The reduction of stress hormones prevents the body from triggering the same emotional stress cycles usually created when reliving painful memories, allowing us to reprogram our brains to dissociate these traumatic memories from the stressful neurochemicals they usually release.

PTSD

(Post Traumatic Stress Disorder) - This is another exciting application for float tanks because there are so few effective treatments for PTSD right now. This is made more significant by the fact that there is a huge increase in PTSD patients recently due to our fervent inclination towards war.

Studies have shown that PTSD can be profoundly helped by floating. Although time alone in the tank can bring up traumatic memories, the floater's body is sending out signals via dopamine, reduced cortisol production, and physical relaxation that 'everything is okay.' As a result, they are able to process through experiences and remove them from their painful associations.

Psychological Therapy

Psychiatry or therapy is another large market that could benefit from the integration of float tanks. The tank is a place of natural introspection and self-realization that pairs perfectly with the therapeutic process. Industry wide, there are consistent reports of people coming out of the float tanks and open up to us about personal breakthroughs and emotional growth.

Autism

People with autism generally have a lot of trouble filtering the sensory information around them. While a healthy brain can simply ignore background noise, this is not the case with Autism. Autistics are often overwhelmed by the world around them, which makes a float tank an especially relaxing environment. This is only added to by how good Epsom salt is for Autistics (see Sulfates).

Insomnia

Stress relief is incredibly effective at helping people sleep at night, including people with insomnia. In addition to this, many people have trouble falling asleep because their brain has trouble downshifting from their Alpha waves into the Theta waves that act as the gateway to sleep. By floating, people's brainwaves are naturally dropping into this Theta state, meaning their body can easily make the transition into the Delta waves required for REM. Float On had an intern with severe insomnia his entire life, sleeping no more than 3-4 hours a night. As he was interning, he floated once a week for 6 months, and reported that he got a full night's worth of sleep for several days after his first float. By the second month he was able to sleep soundly for the entire week between his floats, without a remission back into insomnia.

Jet lag

Floating can help reset your sleep cycle. Not only does it help with jet lag, but it can relieve a cramped body created from flying, and will make sleeping on the next flight much easier.

Addiction

Most physical addictions are a result of a certain drug becoming our brain's main source of substantial dopamine release. As our bodies become more and more dependent on that drug, the dopamine released during our routine lives becomes less effective at satisfying that craving. The float tank provides a natural source of substantial dopamine release in our brain. Having a healthy source for this gives an addict's brain somewhere to look other than their addiction. In effect, the float tank weens the brain away from a drug dependency by enabling them to have a natural, internal alternative.

Painkillers

According to a congressional testimony by the American Society of Interventional Pain Physicians, Americans now consume 80% of the world's opiate painkillers. The BBC reports that 14,800 deaths a year are related to prescription drug abuse, more than heroin and cocaine combined. This number is rapidly growing, with very few remedies being presented. Float tanks have time and time again been an incredible tool for assisting in the process of breaking a pain killer addiction. Float On reports that two of their most regular customers have used the float tank to quit their pain killer addictions cold turkey. One floats so regularly that they had to create a custom 16 float/month membership just for him. The other has told us that floating has been so effective for him that he wants to open a drug rehabilitation center focused around the use of float tanks.

Smoking

Smoking cessation is another large industry unto itself. Sensory deprivation has been shown to have an incredible success rate in helping people quit smoking. In fact, about twice that of other traditional treatments (the nicotine patch, etc.). When combined with behavioral therapy, these success rate go into the 70-80% range. But what's really impressive about sensory deprivation is the effect it has on the duration of smoking abstinence people maintain. While most conventional treatments drop dramatically in their success after 1-2 years, sensory deprivation studies have shown only a nominal decrease when compared along the same timeline.

Alcohol

Like smoking, sensory deprivation has demonstrably shown significant success in reducing alcohol consumption, both immediately, and for several years to follow.

Narcotics

Drug rehabilitation centers would benefit greatly from the use of float tanks. Sensory deprivation is an effective means of helping with any substance abuse treatment, and integrating the tanks into drug rehab centers is another huge untapped market.

Enhanced creativity

There is both anecdotal and experimental evidence to support the enhanced creativity that the float tanks provide.

Float On ran an art program, creating a book of artwork from 150 artists (a tactic that we plan on mimicking). The reports of creative breakthroughs, and of personal inspiration, abound.

There are also lab studies showing increased skill at jazz improvisation, and other creatively taxing activities. Both technical skill, and overall depth and quality of creations rose in conjunction with floating.

Hemispheric Brain-wave Synchronicity

EEG readings taken in relation to sensory deprivation show an increased synchronicity of brainwave frequencies across our left and right hemisphere. This indicates a level of mental efficiency, health, and clarity that is still being explored by scientists today. So far, both research and anecdotal evidence has shown:

Enhanced problem solving

Enhanced cognitive ability

Superlearning

The float tank is the prime environment for absorbing information. Free from distractions, our minds are ready to devote themselves to learning and retaining knowledge. Being that we are spend most of our developmental years in the Theta state, that is where our brain is accustomed to rapid learning and retention. The float tank allows you to take full advantage of this.

Skill acquisition

Our bodies use what are known as mirror neurons as a vital tool in learning physical skills. Mirror neurons replicate actions we see others doing in our own body, so that we can physically build a muscle memory, simply through observation. Even without a float tank, visualization techniques allow up to 70% the skill acquisition one would receive from actually physically practicing a skill. The float tank simply enhances this ability. With the use of video in the float tank, a person could simply watch the perfect tennis swing and improve their own without stepping a foot onto the tennis court.

Language acquisition

Our ability to learn language has been shown to go up an order of magnitude in the Theta state.

Memorization

Our bodies use periods of Theta and Delta waves as a time of consolidation and strengthening of neural synapses. As we acquire memories and knowledge throughout the day, this is our brains time to solidify it. As such, memorization is greatly enhanced in the float tank. This can be incredibly useful for any sort of studying, from an actor learning their lines, to college students crunching for finals.

Susceptibility to Hypnosis & Increased Suggestibility

Many studies have used this heightened suggestibility to boost the effects of both the float tank, and the behavioral pattern that is trying to be ingrained. The combination of these can significantly increase success rates with things such as smoking cessation and weight loss.

Weight Loss

Floating allows the activation of the parasympathetic nervous system, otherwise known as our "rest-and-digest" system. This is where our body does many of its regulatory activities. As you can imagine, our "rest-and-digest" system activates our metabolism, leading to weight loss. In addition to this, when combined with motivational weight loss recordings played in the tank that attempt to influence people's behavioral pattern, floaters were found to have continued weight loss for up to 6 months after a single session in the tank.

Overall Well Being

As subjective as this sounds, there is actually a psychological evaluation that attempts to quantify people's general well being, which float tanks have been shown to dramatically improve.

Benefits of Epsom Salt

Epsom salt is Magnesium Sulfate Heptahydrate ($MgSO_4 \cdot 7H_2O$). It is most commonly mined from the earth, and needs to be processed and have water bonded to it (the $7H_2O$) before it's ready for modern day consumer use.

People have been taking Epsom salt baths for centuries, and its restorative properties have been passed down from generation to generation.

We absorb Epsom salt wonderfully through our skin. In fact, our absorption of both Magnesium and Sulfates are significantly higher when soaked through the skin rather than ingested.

It also allows these elements to bypass our digestive track, which both saves us energy and is especially important in helping our body process sulfates well. Besides it's naturally relaxing effect, we use both Magnesium and Sulfates for literally hundreds of uses throughout our body.

Skin and Hair Health

Despite most people's immediate impression that soaking in a tub with that much salt will dehydrate or pickle you, Epsom salt is wonderful for skin and hair. In fact, Epsom salt's main use in the world right now is cosmetic. Being a entirely different compound than table salt, the Epsom salt does not dehydrate you in any way. Your skin doesn't even absorb it the same way it would water, meaning no amount of time in the float tank will ever leave you pruned up.

Muscle and Joint Soreness

Since Epsom salt was discovered (in the town of Epsom in England!) it has been used for relaxing sore muscles and joints.

Benefits of Epsom Salt

Magnesium

Magnesium is the 4th most abundant element found in the earth. As such, we've evolved to use it for a whole slew of things throughout our body. We're used to absorbing Magnesium through the food we eat, but as our agriculture is grown more and more from mineral deficient soil, and our food becomes more processed, it is estimated that 68% of American adults are now Magnesium deficient. We use Magnesium to:

Regulate and catalyse over 300 enzymes

Facilitate Calcium absorption

Supports bone growth and strength

Prevent Diabetes

Magnesium is used in the production of Insulin

Prevent Asthma

Prevent Osteoporosis

Prevent Stroke

Prevent Heart Attack

Shorten Migraine symptoms

Lessen the severity of Premenstrual Syndrome (PMS)

Sulfates

A sulfate is a salt made of Sulfuric acid. Our bodies use it for a number of things, including balancing our hormone levels, and especially in relation to digestion. Proper levels of sulfates can help:

Autism

It is found that most people with Autism are severely lacking in sulfates (up to 92% from some sources).

Detoxification

Sulfates stimulate the Pancreas, generating digestive enzymes which help cleanse and detoxify the body

Alleviate Leaky Gut

Play a vital role in the formation of brain tissue

Play a vital role in the formation of joint proteins