

THE FLOAT POD™



WHAT ARE THE BENEFITS?

- ✓ Chronic Pain & Stress Relief
- ✓ Calm Anxiety & PTSD Symptoms
 - ✓ Improved Sleep Quality
- ✓ Sports Performance & Recovery
 - ✓ Enhanced Meditation
- ✓ Reduce Discomfort During Pregnancy
 - ✓ Lower Blood Pressure
 - ✓ Alleviate Burnout Depression
- ✓ Ease Symptoms of Fibromyalgia

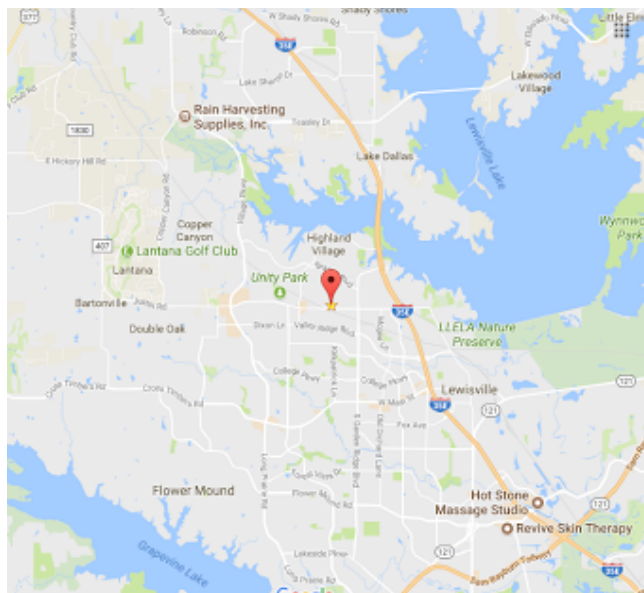
BUSINESS HOURS

By Appointment

Mon: Closed

Tue - Fri: 10am - 9pm

Sat & Sun: 10am - 6pm



Float Away Spa

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Website: www.floatawayspa.com



WHAT IS FLOATING?

Floating is a way to pause the hectic, saturated world and enter a state of deep mental and physical relaxation. By giving yourself a break from the endless input of sensory experiences, your mind has a chance to recharge, rest, and emerge to face the world with renewed perspective and energy.



Otherwise known as flotation-REST (restricted environmental stimulation therapy), or sensory deprivation, flotation is backed by research and offers immense potential for personal growth and healing.

Relax the body & calm the mind.

The Float Pod™ contains about 200 gallons of water that is supersaturated with about 1000# of Epsom salt. The salt solution is heated to skin temperature and effectively removes the effects of gravity on the body, allowing your body to fully relax.

MASSAGE THERAPY

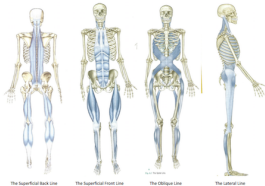
Swedish Massage

Swedish massage is the most widely recognized and commonly used category of massage. The Swedish massage techniques vary from light to vigorous. Swedish massage uses five styles of strokes. The five basic strokes are effleurage (sliding or gliding), petrissage (kneading), tapotement (rhythmic tapping), friction (cross fiber or with the fibers) and vibration/shaking.



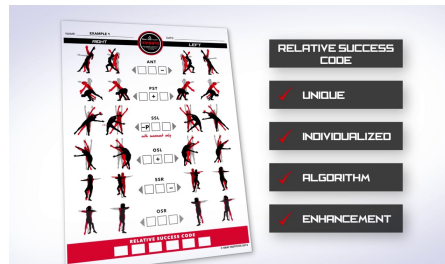
Deep Tissue

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.



Functional Mobility

Functional Mobility is designed for anyone looking to improve their functional ability. Our movement professional will take you through the Gray Institute's Three-Dimensional Movement Analysis & Performance System (**3DMAPS**) in order to develop a **Relative Success Code**. The Relative Success Code will then allow the movement professional to design a program specifically for you based on your movement and limitations.



Myoskeletal Alignment

This is a comprehensive, integrated approach using deep tissue massage, joint stretching, and myofascial mobilization techniques to address a myriad of issues involving chronic muscle and joint pain, limited mobility, poor posture, and can even help with migraines and scoliosis. We design integrated strategies based on our assessments for finding and fixing complex neck, back, hip, rotator cuff, and SI joint pain. This is our most in-depth treatment. Myoskeletal Alignment sessions include a functional movement assessment, 1-hour Deep Tissue massage, and a home workable mobility program.

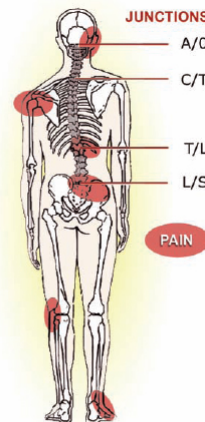


Figure 6. Foot hyperpronation shortens the leg, causing painful postural compensations detailed in highlighted areas. Courtesy of Erik Dalton.

MASSAGE CHAIRS



Floats lasting an hour or longer come with a complimentary 15 minute Zero Gravity Chair Massage to help you transition from your drive to your float.

The Zero Gravity Massage Chairs have seven preset programs. The available programs are Gentle , Swedish, Japanese, Chinese, Thai, Athletic, and Vigorous. We can also customize your chair massage if you have a certain area that needs extra attention. Massage chair sessions may be purchased à la carte.