

DO I NEED TO BRING ANYTHING?

We provide all the essentials for floating. You may wish to bring a hair brush.

HOW IS THE WATER CLEANED?

We ensure sanitation of the floatation water in a number of ways:

- Minimise contaminants (shower before each float)
- Cartridge filter screens out the finest particles
- Bromide to control microorganisms
- High salt content acts as a natural steriliser

In short, it's much safer than using a public pool or spa.

WHAT IF I'M CLAUSTROPHOBIC?

We have the largest float 'tank' on the market. It's actually a full sized room rather than the more common 'tank/pod' variety. The extra space and inbuilt ventilation improves the air quality for the duration.

Being in the room is like floating in space. You're always in control of your environment. You can float by star light or turn the main light on/off at any time. You may even keep the door ajar if you prefer. People with extreme cases of claustrophobia may have to build up to the full sensory deprivation experience.

I NEED SOME EXTRA SUPPORT

Our aim is to make floating as accessible as we can. If you feel you need some extra support or have any concerns about your ability to float please call us and we will be happy to discuss solutions with you. Floating has so many benefits physically and mentally and we will do what we can so that you can experience this for yourself.

CAN I BRING A FRIEND?

Absolutely. We have three single float rooms available. Contact us and we can help you with the scheduling.

OUR STUDIO:

We are open -
Wednesday-Thursday; Saturday-Monday: 10 am - 7 pm
Friday: 8:30 am - 8:30 pm

Closed Tuesdays.

Float prices range from \$50-79.
Memberships and gift vouchers are available.

Liquid Zen can be found at The House of Prana:

1/127 George St, Launceston, TAS 7250

Phone: 0491 353 626

Email: unplug@liquidzen.com.au

Web: liquidzen.com.au



PARKING

There are numerous off street car parks within one block of our studio starting from \$2 hour. There is also 3 hour metered parking on the street and only one block up George St and Elizabeth St is free parking.



BEGINNER'S GUIDE TO FLOATING

FIND YOUR INNER ZEN

Prepare

Float

Transition



1. Arrive and get settled in



2. Shower in your private suite



3. Lie back in your float room and let the magic happen



4. Adjust the lighting to suit



5. Music fades in to end your float session



6. Shower off the salt



7. Sip tea basking in your post-float zen

WHAT TO EXPECT

Once you've been floating a few times you'll discover the best approach is to expect nothing. Come with an open mind and let the process give you what you need on the day. When you're new to floating though, it can be reassuring to have some idea of what is going to happen.

Cocooned in a warm, sound proof sanctuary - it's a magical experience of floating weightlessly in a giant bath tub, super saturated with Epsom salts. The perfect antidote to our busy lives, it's like stepping out of this world, only to discover another - a place of physical relaxation, mental clarity and peace.

The water is held at skin temperature and the salts mean you float effortlessly so once you venture to turn the lighting options off you are floating in total darkness. The outside world disappears for an hour and while you're not fighting gravity or being bombarded with external stimuli your body and mind slip into a deep state of relaxation and regeneration.

We will step you through the process outlined in the diagram above and answer any of your floating questions. Once your float session is complete you will need a bit of transition time to let yourself settle back into the world of gravity.

We have refreshing tea and cosy lounge for you to chill out in for as long as you need. We are always about if you have any questions or want to chat about your experience. There is also an assortment of reading material to lose yourself in.

WHY FLOAT

Enthusiasts of floatation therapy and researchers alike report a host of benefits. Your muscles can relax completely, your mind can become quiet and still, and you can achieve a feeling of weightlessness and utter relaxation that cannot be found elsewhere. The benefits of this unique experience are diverse and may include:

SPIRITUAL

It's powerful how the quiet, distraction-free environment of the float room helps our brains achieve an unusually deep state of relaxation even when you don't know how to meditate! Everything you experience while floating comes from within yourself. It provides the opportunity to reconnect to your own potential.

MENTAL

With nothing to distract you, your level of concentration, knowledge absorption, creative flow and performance enhancement is significantly increased. Stress levels go down and your mood goes up. 😊

PHYSICAL

Did you know that floatation therapy is a tool utilised by the Australian Institute of Sport? While you float your parasympathetic response kicks in allowing healing that can only be accessed in deep relaxation. This speeds up injury recovery, reduces chronic pain, relieves insomnia, supports your immune system and much more. The sensory deprivation in our float rooms stimulates this response naturally and every time you float it's reinforced so that the effects become stronger and last longer.

"A quiet mind cureth all" Robert Burton

BEFORE YOU FLOAT

There are a few things you can do to maximise your floating experience. Avoid caffeine, shaving or waxing, and please don't come straight from the salon with your hair dyed with a water based dye!

GUARANTEE

Fast, effortless path to your inner zen guaranteed!

When you sign up for our introductory special we make a promise that you will feel better after your three week trial or your money back - no questions asked. Our belief in the benefits of floating means you can float risk free.