

WHY FLOAT?

HEALTH & WELLNESS

People float to relieve pregnancy discomfort, stress, recover from injuries, reduce chronic pain, and more.

Studies indicate that floating increases your dopamine and endorphin levels, boosting your mood.

Without the need to fight gravity or take-in external information, you'll likely experience the most complete relaxation you've ever felt.

MEDITATION

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, or nothing at all. Fellow float lovers have reported an increase in creativity and introspection.

Floating can also be thought of as training wheels for meditation. After about 30-45 minutes of floating, your muscles relax and your mind starts producing theta brainwaves, which are responsible for that in-between waking & sleeping state.

After years of practice, people can enter theta state through deep meditation. Floating can get you there effortlessly. What awesome things you can achieve by doing nothing!

SELF IMPROVEMENT

People have cut strokes off their golf game, developed complex scientific theories, and drafted whole portions of books while floating.

With nothing to distract you, your level of concentration and knowledge absorption is astonishing.

Come **FLOAT** with us!

FIRST FLOAT SPECIAL

60 minutes \$45



Let *The Luminary*
light
your path to wellness



714 S. Barstow St. Eau Claire, WI

*Open by appointment with
base hours Wed - Sat 11-3, Sun 12-3*

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BEGINNER'S GUIDE TO FLOATING

The Luminary



BASICS

FLOATING IS ABOUT EVERYTHING
THAT YOU WON'T BE DOING.

You won't be fighting gravity.

The 1000 pounds of epsom salt in the water mimics the Dead Sea creating a buoyancy that allows you to effortlessly float on your back.

The water is kept at approximately body temperature. This is skin-receptor neutral, which means **you lose track of where your body ends and the water begins, allowing your body & mind to relax.**

Your ears stay just below the water, and the pods are insulated against sound to help reduce outside sound.

After you close the lid and turn off the light, **you float in darkness.**

For an hour **the outside world is gone, and amazing things happen.**

It turns out that when you're not fighting gravity or constantly taking in information **your body has a lot of extra resources** at its disposal.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, and your body gets to rest, de-stress, and heal.

IT'S LIKELY TO BE THE MOST RELAXING
THING YOU'VE EVER EXPERIENCED.

THE FLOAT

GOING INTO YOUR FLOAT

**Hydrate with water but avoid caffeine before.
Eat a small meal 1.5 hours prior. Remove your contacts. Don't dye your hair, shave or wax before.**

Arrive & check in.

You don't need to bring anything but yourself.

We'll cover the basics together & answer your questions.

...Then you shower



Put in Earplugs (optional)...

Step into the Float Pod and start to relax
as the music playing slowly fades away to nothing



You will be gently notified when your
float has come to an end



Rinse off the salt water

Get dressed & bask in your post-float glow!



FAQ

Do I need to bring anything?

Nope, just yourself. Everything you need is provided.

What if I'm claustrophobic?

People with claustrophobia consistently report no problems with floating, and the pod can be left open to help ease you into relaxation.

Can I drown if I fall asleep?

Nope. Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

What if I have a small cut or scrape?

You can still float, but first cover any areas with the provided individual packets of A&D.

How are the tanks kept clean?

The salt water solution is fully filtered 3x between each float and is sanitized with UV light & ozone.

Do I have to stay in the Pod the entire time?

No, you can get out at any time.

Why do I have to shower before & after?

It's important to wash off all oils, makeup & lotion to avoid damaging the Pod. Afterwards, you'll want to rinse the salt off your body to avoid any irritation.

Is this new-agey mumbo jumbo?

Floating has been around for over 60 years, and has oodles of published research to back it up. No mumbo or jumbo here.

These statements and services have not been evaluated by the FDA and are not intended to treat, diagnose or cure any person or condition.