

## Floating your worries away



Float Pod are filled with 10 inches of water and 1,000 pounds of salt. PHOTO/KATERINA MIHAILIDIS

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Float therapy has been a way for Sara Dickens to “just let everything go.”

“Your mind just kind of takes over and just kind of settles you down,” said the retired storeowner.

Float therapy, also known as Reduced Environmental Stimulus Therapy, is a way to reach the meditative state of relaxation while floating in a sensory deprivation tank, which is a tank of water high in salt content.



Sara Dickens said floating for an hour helps her relax. PHOTO/KATERINA MIHAILIDIS

Users spend up to an hour floating with only the sound of their breath and the beat of their heart. Floating in the hue of blue, with soft music playing in the background, Dickens said she feels safe and calm in the float tanks. A monthly visit or two lets her take “that deep breath” and work out life situations.

“No one’s trying to get you on the phone, no one’s talking in your ear. It’s just that hour of silence,” Dickens said.

It’s a chance to hit the reset button, agreed Jeff Krause, one of the owners of [True Rest](#) Float Spa in Farmington Hills, Michigan.

Float therapy is growing. According to [The Mercury News](#) in April 2017, there are 367 float tanks in the U.S. and about 722 worldwide. [Flotationlocation.com](#) lists nine locations in metro Detroit that offer float therapy.

“It’s really a chance to relax,” Krause said.

Clients tell him that float sessions at True Rest offer relief from mental and physical pain, Krause said.

True Rest has six isolated suites, each with one large float tank, or pod. The pods are filled with 10 inches of water and 1,000 pounds of Epsom salt. In that amount of salt, the human body becomes and stays buoyant for long periods of time.



Jeff Krause

The top three benefits of float therapy are pain relief, stress relief and better sleep, according to Krause, adding that veterans who have tried float therapy at True Rest have been able to work through some of their trauma.

True Rest offers free sessions for active and retired veterans, as well as first responders, on the eleventh of every month.

“That’s something that’s extremely important to us,” Krause said. “The motivation behind that is to give back to people who are putting themselves in harm’s way for us.”

Another social issue that Krause and his team target through float therapy is relieving clients who had once been familiar with opioid abuse. Clients have said they get more relief from floating than from the pills that were destroying their life, Krause said.

True Rest combines regular filtration and UV and ozone sterilization to ensure that the pods are always clean. Also, nothing can sustain the high content of Epsom salt found in the pods, according to Krause.

“We have a state-of-the-art filtration system, so it’s likely some of the cleanest water that anybody has ever been in,” he said.

Walk-ins are shown an introductory video, given a tour and have their questions answered before floating.



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