

Healing

lifestyles & spas

magazine

Featuring: **Blue Light Floatation**

Float Away

When was the last time you experienced utter silence? Or found yourself in such total darkness you couldn't see two inches in front of your face? In a world pulsing with stimuli from noise, light, scent, and touch, these seemingly basic experiences are nearing extinction. For many, luminous computer and television screens fill our field of vision for hours each day, and sound seems a constant companion, even in the wee hours of night. For city-dwellers there is almost no break from the buzz and din of civilization.

All of this sensory input keeps the body's nervous system working overtime, and an overtaxed nervous system puts us at a significant disadvantage when it comes to recovering from stress, illness, and even depression. Factor in the slow but measurable impact of gravity on the muscles, bones, and joints and suddenly it's no surprise that our society is plagued with discomfort and disease. "As a society we are sleep deprived and constantly bombarded by media," says Dr. George Rozelle, psychotherapist, neurotherapist, and owner of MindSpa in Sarasota, Florida. "We have a mentality that doing is better than being and the consequences are insomnia, anxiety, and stress."

Curious what the brain would do without external stimuli, American physician and psychoanalyst John Lilly began researching sensory deprivation therapy in the mid 1950s. Shortly thereafter the floatation tank was born. Restricted Environmental Stimulation Therapy or REST utilizes a specially designed floatation tank filled with ten inches of tepid water (warmed to skin temperature, about 94°F) and saturat-

ed with 800 to 1,000 pounds of Epsom salts, making the water both sterile and very buoyant. Clients enter the one-person tank in the buff, close the lightweight door, and lay down in total silence and darkness. The density of the water makes it impossible not to float, and the close-to-skin temperature eliminates the sensation of heat and cold making the floatation tank a true place for the mind and body to rest. Michael Hutchison, whose work, *The Book of Floating* (Gateway Books, 2003) is widely considered essential reading on the subject, describes it as "the most profound relaxation available on the planet."

Where to Float

Blue Light Floatation

Floats from \$70/hr. or \$90/90 min.

New York, NY

(212) 989-6061

www.bluelightfloatation.com

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