

COCOON
YOURSELF
WITH US
AND ALLOW
US TO
NURTURE
YOU



COCOON
FLOATATION

FAQ'S

DO I NEED TO BRING ANYTHING?

You may bring a brush/comb and if you wear contacts, bring a case to store them in. Please bring a towel if you are not using our towel service. We supply everything else.

HOW DO YOU KEEP THE TANKS CLEAN?

We filter the tanks after use and keep them sanitised. The saline solution does not support parasitic, fungal or bacterial life in the water. Our tanks are much safer than using a public pool or spa.

WHAT IF I'M CLAUSTROPHOBIC?

Being in the pod is more like floating in space than being in an enclosed space. You're always in control of your environment. You may keep the sliding door open and light on. People with extreme cases of claustrophobia have consistently reported no problems.

CAN I DROWN IF I FALL ASLEEP?

No. Some people fall asleep and as the water is so buoyant you stay afloat. At worst, you may be woken up by a bit of salt water in your eyes.

CAN I BRING A FRIEND?

Absolutely. We have four tanks available.

CAN I FLOAT IF I AM PREGNANT?

Pregnant women love floating and many report feeling a deeper connection to their baby. If you are in your first trimester, or have any concerns, please consult with your physician before coming in.

IS THIS NEW-AGEY MUMBO-JUMBO?

Floating has been around for over 50 years and is backed up by hundreds of published research studies—no mumbo or jumbo here!

Floats from \$55-\$79 per hr. Take up a membership for our reduced rates. Buy gift vouchers online.

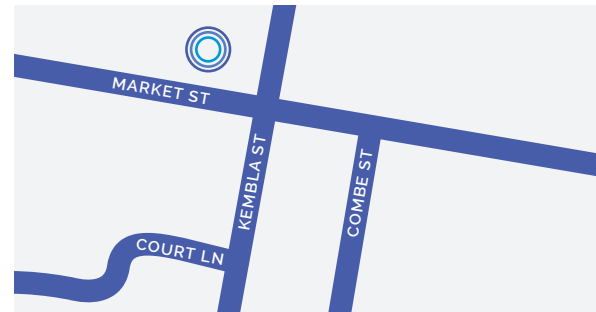
BOOK ONLINE

cocoonfloatation.com.au

STUDIO HOURS:

Closed Mondays and Tuesdays. Open by appt only.

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No parking available to us onsite. Please use on street parking to keep our neighbours upstairs, who own the carpark, smiling with us.

 facebook.com/cocoonfloatation

 instagram.com/cocoonfloatation

BEGINNER'S GUIDE TO FLOATING

COCOONFLOATATION.COM.AU

**2 HOURS
OF FLOATING
IS EQUIVALENT
TO 8 HOURS OF
DEEP SLEEP**



1 Arrive and we'll cover the basics and answer your questions

2 Then you shower and place in your ear plugs



3 Step into the float tank and lay down on your back

4 You can close the sliding door, turn off the light and float



5 Music fades in 5 min before the end of your float session

6 Shower, relax in our lounge area with some tea and bask in your post-float glow



BEGINNER'S GUIDE TO FLOATING

WHAT IS FLOATING?

Floating is a safe and nurturing way to unplug from a hectic overstimulated world in order to achieve a deep and clear state of mental and physical relaxation.

The float tank can be thought of as being like a giant private bathtub, which holds 25cm of water and 350kg of Epsom salts. This amount of salt makes the water extremely dense so when you lie down, you instantly float like a cork.

The water is kept at a constant 34.5 degrees. This temperature is skin-receptor neutral, which means you lose track of where your body ends and the water begins.

With the tank light turned off you float in total darkness and the outside world disappears and amazing things happen.

It turns out that when you're not fighting gravity or constantly taking in external information, your body has a lot of extra resources at its disposal. Your mind is free to wander without distraction, your brain pumps out dopamine and endorphins (responsible for happiness) and your body gets to rest, de-stress and heal.

The body's natural mechanism for healing is known as the parasympathetic response, which can only occur during deep relaxation. The float tank evokes this response naturally and every time you float this response is reinforced. The effects also become stronger and last longer.

Coming out of your float is an experience in itself. Your senses are sharper and your world may seem a lot more colourful. It's likely that you just experienced the most complete relaxation you've ever felt.

BEFORE YOU FLOAT

Don't shave, wax or apply cologne/perfume
Don't dye your hair with a water based dye
Don't drink any caffeine
Remove your contact lenses

WHY FLOAT?

PHYSICAL

People float to relieve stress, recover from injuries, fight addictions, eliminate chronic pain and much more.

Floating naturally increases your dopamine and endorphin levels, boosting your mood and leaving you with a pleasant afterglow that lasts for days after your float.

SPIRITUAL

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life. Moments of self-realisation and reports of personal epiphanies abound.

Float tanks can also be thought of as training wheels for meditation. After about 35 minutes of floating, your brain starts producing theta brainwaves, which are responsible for that 'between waking and sleeping' state.

After years of practice, people can enter and sustain theta state through deep meditation. Float tanks can get you there effortlessly.

LEARNING & CREATIVITY

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

With nothing to distract you, your level of concentration, knowledge absorption, creative flow and performance enhancement is significantly increased.

Our tanks are approved and used by the **Australian Institute of Sport** for these reasons. Our website provides links to research studies.