

**By Laura Dutton, MoneySupermarket.com**

I've always thought it must be a myth that you can't physically drown in the Dead Sea – surely something so heavy is, by the law of physics is designed to sink? Despite the scientific fact that the Dead Sea carries such a high level of salt that the human body gains complete buoyancy, I still believe that the Dead Sea couldn't carry all eleven stone of me!

Thankfully I do not have to travel hundreds of miles to test out the theory – I have found my own piece of the Dead Sea 5 miles from where I live!

Floation tanks are fast becoming a mainstream piece of equipment in health and wellness spas across the UK and I was invited kindly invited by Gillian Cherry of Cherry Floation & Wellness Spa near Chester to try her most popular therapy.

Gill is proud to say that although Floation Therapy is becoming mainstream, she is still the only spa in Cheshire and North Wales to offer this treatment – attracting regular 'floaters' who are enjoying the mental and physical benefits.

I was led through to a lovely candlelight shower room where I had my own fluffy dressing gown, slippers and towels. Gill opened a door and showed me where I was to spend the next hour floating about and spent ten minutes chatting to me about how I was completely in control, in regards to turning the underwater lights off or on – music or no music and I could open and close the door as I pleased.

I was left to my own devices, had a quick shower then stepped into the tank. The water was lovely and warm and surprisingly shallow - only 10 inches of water and the tank was the size of two normal sized baths.

Gill had explained that I was to put my head right back and relax my neck and shoulder muscles and the water would do the rest and so it did, I was floating – experiencing complete weightlessness and it was beautiful! Once I closed my eyes I felt lovely sensation of spinning very slowly although I actually wasn't moving anywhere! Gill later explained that this was the physiological effect of stress leaving the body.

It's the Epsom salts in the tank that create the Dead Sea effect and these salts have a great exfoliating and detoxifying properties that afterwards made my skin feel so soft and healthy to touch.

I didn't fall asleep during my float but the sensation of complete and utter relaxation of every muscle in your body and defying gravity is amazing and I totally recommend it. I lifted myself out very slowly and became horribly aware of how heavy my body felt when confronted with the full force of gravity! This feeling wore off quickly and gave way to a sense of lightness and calmness which is an effect of the release of endorphins that happens in the tank apparently!

Before Gill let me leave, I sat down and had drink of water and flicked through an information booklet and discovered that this type of therapy is scientifically proven to stimulate the body's natural healing process, thus helping the alleviate the symptoms of a whole host of medical condition from arthritis and high blood pressure to anxiety disorders and fatigue. Later the night I was still feeling the positive effects of my float as I drifted about the house not stressing or shouting at anyone which is a certain health benefit for all concerned!