

WELCOME TO THE DELIGHTS OF FLOATING

Lynne Bradley, from Overleigh Roundabout,
is swept away by her Floatation experience



WHEN I was asked by Gillian Cherry of Cherry Floatation, to go and experience her new Float room, I was more than a little apprehensive.

I wasn't sure what to expect, with visions of a small, claustrophobic space that I would not be able to get out of.

I arrived to be warmly greeted by Gillian who went through the benefits of the Floatation process. Her knowledge was phenomenal, having studied and researched floatation R.E.S.T (Restricted Environmental Stimulation Therapy) for the past four years. Gillian told me how extensive research has shown floatation therapy can ease backache, muscle pain & arthritis, increase circulation and boost energy levels, along with many more benefits. She made me feel very much at ease, as I explained to her that I suffer from claustrophobia and was very nervous.



The Float Room itself was a lot bigger than I had envisaged. I undressed in the ante-room and stepped through the large door and down into a shallow pool which is approximately 10ins deep. I laid down in the water expecting my head to submerge but remarkably I found my whole body floated immediately. It was almost as if I was experiencing weightlessness - I can just imagine how the astronauts feel!

Heartbeat

Gillian explained that the water has a higher viscosity, so that, no matter how hard I tried, it was almost impossible to go under. The room is completely soundproofed so there was no noise other than my heartbeat and the very relaxing ocean music that I requested to be played so that the minutes just drifted by and all my worries were forgotten. I began with my arms by sides, but after a while I just went with the flow and found myself moving into different positions. I ended up with my arms behind my head in the end and felt this was my most comfortable position. I stayed in there for more than the hour and would have gladly spent the entire afternoon in that blissful room.

After the hour was up and I had showered, I noticed my skin felt incredibly soft, and that night at home I had the best night's sleep for a long time.

It's an experience I would definitely recommend.