

Float your cares away

When it comes to confined spaces and water you are already high on my phobia list. The only thing I could think of that could possibly be worse than those would be the addition of spiders into the mix. So it was with trepidation that I accepted the invitation from Gillian at Cherry Floatation in Hawarden to have a go in their floatation room. Like most people, I would imagine, I am clueless about what floatation therapy is and had hoped that one of my colleagues would have accepted the invitation. I had already managed to skillfully avoid plunging my feet into a bath full of fish (see page 8).

Cherry Floatation and Wellness centre is a lovely little building situated in the picturesque

village of Hawarden. It is almost impossible not to feel relaxed when you enter this village. Gillian sat me down and explained what would happen and covered many of the questions that I had even before I asked them. My previous knowledge of floatation therapy consisted of float pods and even with Gillian's insistence on the telephone that it wasn't a pod I was still unprepared for the float room. The first impression was that it was bigger than I imagined and can best be described as an oversized bath, I suddenly found myself moving from trepidation to excitement as I don't often get the opportunity to stretch out in the bath.

After showering I entered the float

room and lowered myself into the 10 inches of water (I must admit that I thought it would be deeper) it was at this point I was sceptical about whether I would float in it - although the ambience of the room with the blue light and soothing music was lovely. Lying back in the water I was amazed as I started to float and after experimenting with arm positions I settled for them by my side. Gillian had explained there would be music for the first 15 minutes and then silence for the remainder of the time. It was also explained that for the best float experience that I should turn the lights out and lie in total darkness. I laid there for a few moments enjoying the surroundings then decided it was time to turn the lights out.

Floating in water that is the same temperature as your body makes it seem like the water is not even there. Lying there in the dark was a totally surreal experience and it was at this moment I realised that all the concerns I had felt before I had arrived were all in the past, I was floating and loving every minute of it!

The use of floatation therapy has a number of medical benefits, the salt itself has been linked to easing Arthritis and improving the condition of the skin and ranks amongst one of the most effective ways to detox body tissue, muscles and skin. Research shows that floating measurably reduces blood pressure and heart rate whilst lowering the levels of

stress related chemicals in the body. Physically it offers relief from inflammation of the joints, lower back pain, tired aching muscles, insomnia and stress reduction, its very beneficial for boosting circulation. Excellent for sports 'wind down', athletes float to bring about rapid recovery enabling them to avoid injuries and play harder and more effectively.

During a float you produce slower brain wave patterns known as theta waves (normally experienced only during deep meditation or just before falling asleep), Floatation is not only used therapeutically but it is also very popular amongst athletes, entertainers and academics to improve memory and performance, it improves concentration and creativity, popular for those who need to prepare for presentations or interviews. Its positive effect on the neuro-processes can be astonishing when used in the alleviation of depression, addictions, fears, phobias, learning and emotional issues, it naturally induces the release of endorphins the body's natural opiates, excellent for accelerated learning, powerful affirmations, self hypnosis, meditation and visualisation for health and well-being.

Would I recommend floatation therapy? No - I would insist that everyone has a go! The only disappointment I felt during the whole process was when the music came back on signalling the end of the session. I will certainly go back again.

Feeling stressed?

Cherry Floatation & wellness spa offers the opportunity to float your cares away in our dedicated float room. Enter a sea of tranquility and experience the unique sensation of weightlessness with scientifically proven benefits for injuries and stress related conditions.

With your body completely free from gravity you can experience weightlessness and the illusion of floating on air in water heated to body temperature.

First unique floatroom for North Wales and Cheshire



The benefits of floatation therapy include:

- Stress Reduction
- Relief from Insomnia & Jetlag
- Pain Relief
- Creativity & Accelerated Learning
- Sports Recovery
- Relief from Muscular & Rheumatic Conditions
- Pregnancy Therapy
- Helps Addiction Therapy

Relaxation, health and wellbeing come together under one roof at Cherry Floatation and wellness spa. Call to book an appointment or visit our website for more information



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