

why float?

come float with us!

Physical

People float to relieve stress, recover from injuries, fight addiction, 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 afterwards.

Without the need to fight gravity or take-in external information, you'll likely experience the most complete relaxation you've ever felt.

Spiritual

Everything you experience while floating comes from within yourself. It's the perfect time to reflect on your life, and reports of creative and personal insights abound.

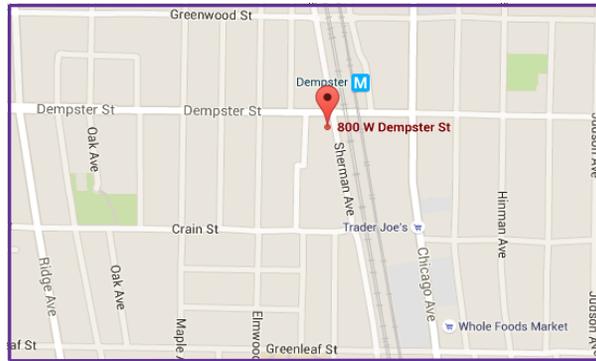
Float tanks can also be thought of as training wheels for meditation. After about 30-46 minutes of floating, your mind can start producing theta brainwaves, which are responsible for that 'between waking and sleeping' state.

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

Learning

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

With nothing to distract you, your level of concentration and knowledge absorption is astonishing.



Location:

800 Dempster Street
Evanston, IL 60202

Hours:

By Appointment Only
Tuesday – Saturday 10:00AM to 10:00PM
Sunday – 12:00PM to 10:00PM
Monday – Closed

Pricing:

Float Sessions

60 Minute - \$70
90 Minute - \$90
(3) 60 Minute - \$165
(5) 60 Minute - \$250

Massage Sessions

30 Minute - \$45
60 Minute - \$89
90 Minute - \$119
(3) 60 Minute - \$225

30 Minute Massage + 60 Minute Float - \$100
60 Minute Massage + 60 Minute Float - \$145



**EVANSTON
FLOAT CENTER**
FLOAT AND MASSAGE THERAPY



(224)714-3040

View details online at
www.evanstonfloatcenter.com



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Beginner's Guide to Floating



RELAX. REST. REJUVENATE.

evanstonfloatcenter.com

Floating is about everything that you *won't* be doing.

You won't be fighting gravity. The 850 pounds of Epsom salt in the water takes care of that while you lie on your back.

The water is kept at 93.5 degrees. This is skin-receptor neutral, which means you lose track of where your body ends and the water begins.

Your ears stay just below the water, and the tanks are insulated against sound. Noise from the outside doesn't reach you.

After you shut the door and turn off the light, you float in total darkness. During your float the outside world is gone, and amazing things happen.

It turns out that when you're not fighting gravity or constantly taking in information your body has a lot of extra resources at its disposal.

Your mind is free to mull things over without distraction, your brain pumps out dopamine and endorphins, and your body gets to relax, rest and rejuvenate.

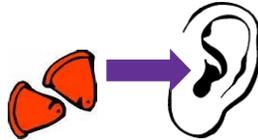
It's likely to be the most relaxing thing you've ever experienced.

BEFORE YOUR FLOAT:

- Don't shave or wax
- Remove your contacts
- Eat a light meal 60 to 90 minutes prior
- Don't drink caffeine

We'll cover the basics together and answer your questions. Then:

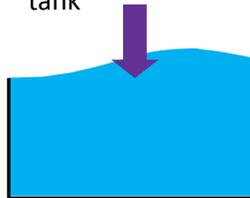
1. Put in earplugs



2. You shower



3. Step into the float tank



4. Close the door behind you, turn off the lights when you're ready and float

When your time is up, the music fades in, easing you out of your float. When you're ready:

1. Turn on the lights



2. Shower off the salt water



3. Get dressed and bask in your post-float glow



Have some complimentary tea with us if you'd like and continue to float well

Is this like Altered States?

Yes, but you're not submerged in water, you don't eat ritualistic mushrooms, and only a small percentage of floaters turn into proto-human monkeys.

Do I need to bring anything?

Nope, just yourself. Towels, robes, earplugs and everything else you need are provided.

What if I am claustrophobic?

People with claustrophobia consistently report feeling comforted and soothed by floating. You're always in control of your environment, and you quickly lose track of the walls around you.

Can I drown if I fall asleep?

Nope. Some people fall asleep, but the water is so buoyant you stay afloat. The worst that can happen is getting woken up by a bit of salt water in your eyes.

How are the tanks kept clean?

The highly sterile salt water is fully filtered three times between each float and is sanitized with ozone.

Can I float if I am pregnant?

Absolutely. Floating during pregnancy is a safe and effective way to reduce pain and stress. Floating is excellent for women in their 2nd and 3rd trimesters and the weightless environment is beneficial to both you and your baby.

Is this new-agey mumbo jumbo?

Floating has been around for over 50 years, and has oodles of published research to back it up. No mumbo or jumbo here.