

Floatation has a resounding effect on general well-being, stress, pain and eases pregnancy

- Promotes total calm and peaceful relaxation
- Eliminates fatigue and jet lag
- Improves sleep
- Alleviates stress (mental and physical)
- Energies, rejuvenates and revitalises
- Increases motivation, diminishes depression, anxiety and fear
- Facilitates freedom from habits, phobias and addictions



EMMA
JAMES

LIFESTYLE

alleviates stress and relaxes aches and pains

Floatation therapy
deepest form of relaxation for well-being and pain relief



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There are also physical benefits to floatation

- Speeds up rehabilitation and recovery
- Relieves pain (arthritis, migraines, fibromyalgia, PTSD, back pain, inflammation) whilst boosting immune function
- Reduces blood pressure, pulse, heart rate and oxygen consumption
- Improves athletic performance
- Helps prevent sports injuries, speeds healing process
- Decreases the production of cortisol, ACTH, lactic acid and adrenaline
- Increases production of endorphins

