

THE FLOAT POD

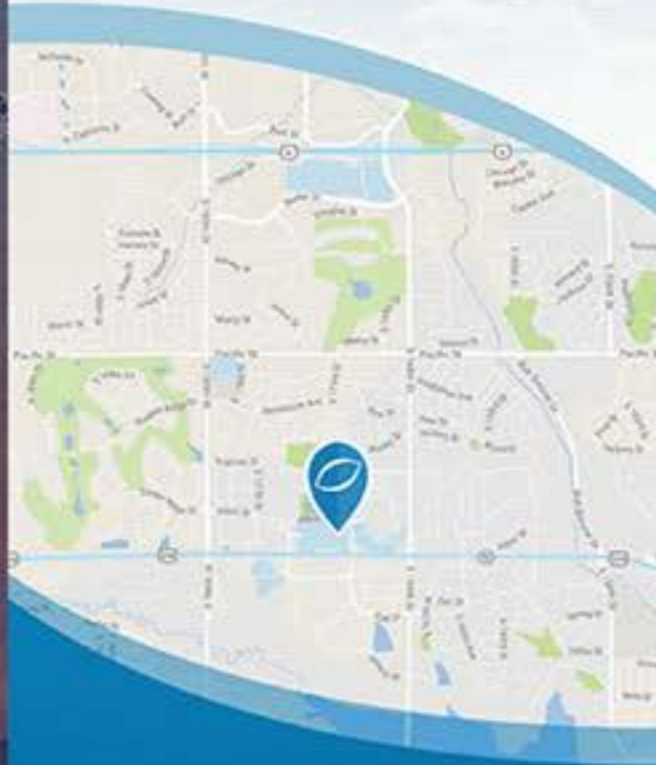


- CUSTOM IN POD MUSIC OPTIONS
- MULTI-COLORED LED LIGHTING
- EASY OPEN & CLOSE LID
- NON-SLIP INTERIOR FLOORING



Float Spa

The Science of Feeling Great®



Float Spa



TRUE REST OMAHA
LAKESIDE PLAZA • 2522 S. 171ST COURT
OMAHA, NE 68130

Contact Info
☎ (402) 991-9899
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Hours of Operation
MONDAY: 4:00PM - 10:00PM
TUES-SUN: 10:00AM - 10:00PM



www.TrueREST.com

The Science of Feeling Great®

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- STATE OF THE ART PURIFICATION
- UV & OZONE FILTRATION
- CONVENIENT 2-WAY INTERCOM
- 93° SKIN TEMPERATURE WATER



The Science of Feeling Great®

True REST® (Reduced Environmental Stimulus Therapy) is an anti-gravity environment that allows the mind and body to truly rest. Using 1,000 pounds of Epsom Salts, the buoyancy of the water makes floating on water feel like floating on air. You can effortlessly relieve pain, diminish jet-lag, relax, recover, and improve sleep in this unique state.

PHYSICAL BENEFITS

- Increased Blood Circulation
- Increased Healing Abilities
- Pain Management
- Increased Immune System Functioning
- Diminished Effects of Jet-Lag
- Use In Athletic Training / Reduced Lactic Acid Build-Up



MENTAL BENEFITS

- Stress Reduction
- Increased Creativity
- Increased Reaction Time & Sensory Acuity
- Sleep Schedule Maintenance
- Feelings of Euphoria & Calmness



Body Aching?

Many clients report significant reduction of chronic pain, such as: neck and back, spinal alignment issues, fibromyalgia, rheumatoid arthritis, and other degenerative diseases. The epsom salts within the tank also act as a natural muscle relaxer, which also helps in the reduction of lactic acid build-up.



Need to De-Stress?

In the flotation environment, without the hustle and bustle of the world imposing itself, people experience a profound calmness of mind. This respite from the world allows for stress management, and offers the psychological benefits of a feeling of inner peace and stillness.



Always Tired?

Floating is often used as an aid to those with insomnia or other sleep disorders by allowing the brain to enter a natural calm-down period, aiding those who have trouble entering this period naturally. Floating can even be used to alleviate feelings of "jet-lag" caused by changes in time zones or even reset sleep schedules.

Simple But Powerful:

Floating is the most relaxing therapeutic service available. The unique environment in the pod offers the most natural place for relaxation, pain relief, and better sleep. Your body and brain are put back into a state of balance and homeostasis. The real benefits of True REST are experienced in the days following the float.

Your Brain Floating:

When awake the brain is normally in a Beta brain wave state indicated by a faster frequency. When in the Float Pod the brain is able to shift from the quick Beta brain wave state to a slower Theta brain wave state.

As you relax deeper into your float session and your brain waves start to slow down, the brain begins to produce endorphins allowing for greater healing potential, pain relief, and an overall feeling of euphoria.



Pricing

Float	Oxygen
Single Float	10 Minutes
\$79	\$10
60 Minute Sessions	\$10 (10 Minutes) & \$5 for additional 10

Memberships

Basic	Plus	Premium
Monthly	Monthly	Monthly
\$59	\$99	\$180
1 Float Per Month	2 Floats Per Month	3 Floats Per Month

All Memberships Include:

- Free Oxygen Bar
- \$49 Additional Floats
- Floats Rollover
- Monthly Floats Can Be Shared
- No Long-Term Commitment
- Month-to-Month Billing

PAIN RELIEF • RELAXATION • BETTER SLEEP