



Float Spa

Float Therapy for Fibromyalgia Called “A Miracle” National Fibromyalgia Awareness Day Is May 12

PHOENIX (May 7, 2019) On May 12, the United States will mark the 20th National Fibromyalgia Awareness Day, founded by the National Fibromyalgia Association. To support the goals of this day, [True REST Float Spa](#) is joining with millions of other organizations and individuals to raise awareness of this extremely painful disease and highlighting float therapy, which has been proven to lessen symptoms and increase quality of life for sufferers.

Fibromyalgia sufferers experience chronic pain, muscle tension, stress, anxiety and sadness. Other symptoms include difficulty sleeping, tiredness, stiffness, numbness and tingling in the arms and legs. It most often affects young to middle-aged women, which can also put stress on families.

According to the American Chronic Pain Association, fibromyalgia affects an estimated 2 to 4% of the U.S. population – or 6 to 12 million people. This debilitating disease is therefore a major contributor to missed work days, insurance costs and human suffering. However, floatation therapy can significantly relieve the pain and stress for many sufferers.



Floatation REST – Restricted Environmental Stimulation Therapy – is typically offered in the form of a “float pod” that contains just 10 inches of water and approximately 1000 pounds of magnesium sulfate, also known as Epsom salts, creating a relaxing anti-gravity environment. Because there are no pressure points on the body in this state, some floaters experience 100 percent pain relief.

A [2012 study from the Fibromyalgia Floatation Project](#) found that floatation therapy provided 81 fibromyalgia patients with a significant temporary reduction in pain, muscle tension, stress, anxiety and sadness, as well as significant increases in relaxation, sleep quality, energy levels, feeling of well-being and ease of movement.

“It is extremely rare in modern society to be completely at rest, devoid of any external stimuli,” said Nick Janicki, founder and president of True REST Float Spa. “Inside a float pod, we experience a profound calmness of mind. Every day we get to see the miracle effect that floating has on chronic pain sufferers. In the absence and reduction of pain there is freedom – to feel more yourself, to deeply relax. This natural pain relief has been a game changer for me and for so many of our clients.”

True REST Float Spa is the world's largest float spa brand with locations across the nation. True REST's float suites include showers, benches and float pods. Users shower first before getting into the pod. The float pod's lid is on hydraulic arms and opens easily when pushed. The lid may be left open, propped or shut. The buoyancy of the water will effortlessly support all adults.

Music and lighting options are provided, controlled by floaters. The deepest experience can be created with no music or light, but some floaters are more comfortable with at least some stimuli. The skin temperature water feels like floating on a cloud or in outer space for 60 minutes.

“True REST exists to bring wellness, including pain relief, to our communities through deep relaxation,” Janicki said. “Being able to help fibromyalgia sufferers is the tip of the iceberg ... many other physical and psychological issues can be addressed through REST. We are so gratified that we’ve been able to bring floatation therapy to thousands more of our neighbors in just the last few years.”

Floatation therapy has helped millions of people work through their personal mental, physical and emotional ailments, from depression and anxiety to fibromyalgia and chronic pain.

For more information on True REST Float Spa or to find a location, visit <https://www.truerest.com/locations/>.

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About True REST Float Spa

True REST Float Spa is the world's largest float spa brand. With over 78 awarded franchised locations across the country, it is on its way to servicing 1 million floats. True REST Float Spa has created a luxury float spa experience in 10 inches of water and 1000 pounds of Epsom salts. Clients float effortlessly in their private float suite. Each location is dedicated to providing pain relief, relaxation and better sleep through a 60-minute float session. True REST Float Spa offers monthly memberships programs and packages. For more information, go to www.TrueREST.com. For franchising opportunities, go to <https://www.TrueRESTfranchising.com>.

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