



Float Spa

Clinical Research: Floatation Therapy as a Treatment for PTSD, Anxiety and Depression

True REST Float Spa Honors US Military and Veterans with Almost 3,000 Free Floats

PHOENIX (August 1, 2019) - Since 2015, True REST Float Spa has given away almost 3,000 complimentary floats to U.S. active-duty military and veterans. True REST Float Spa's commitment to the military is growing stronger. To show support and appreciation for the sacrifices made by men and women who serve the U.S. military, True REST Float Spa has designated every 11th day of the month, every month, as [U.S. Military Appreciation Day](#) and offers a free, 60-minute float to any active-duty military member and/or veteran.

Post-traumatic stress disorder – also known as PTSD, depression, panic disorder, social anxiety disorder, and stress and pain-related conditions are increasing at an alarming rate among active-duty servicemen and women, veterans and nonveterans alike. With time, PTSD and depression can lead to several prescribed medications, an increased rate of suicide, and a disconnect from friends and family. However, there is a natural and holistic treatment. Backed by [scientific clinical studies](#), float therapy in a sensory deprivation pod is an alternative treatment for people with stress and pain-related conditions.

When a person floats, they lie absolutely still on top of a specialized Epsom salts water solution with zero stimulation. There are no distractions such as movement, sound, light, taste, touch and smell, so areas of the brain responsible for these activities are essentially turned off. The water temperature is expertly calibrated where the air, water and body match perfectly. Because floating creates a weightless sensation, the spinal cord receives respite as well.

Dr. Justin Feinstein, director of the Float Clinic & Research Center at the Laureate Institute for Brain Research, said at the [2018 Float Conference](#) that he conducted a randomized controlled trial of 20 healthy patients and 37 patients who suffered from anxiety across the spectrum, many who suffered from comorbid depression. The patients were randomly selected for two experiences: a float therapy session or watching a DVD of BBC Earth, a nature-related documentary with nature scenes that promotes relaxation. Every patient did both selections for 90 minutes. Feinstein measured EEG brain waves, electrocardiogram waves and blood pressure during the float and the DVD. He took blood samples before and after each experiment.

What he discovered after the study was that all patients experienced an increase in serenity – or mood – and relaxation post float; muscle tension and anxiety significantly decreased post float, drastically more than those who participated in the Earth study. Additionally, during the float, patients realized improvement with their high frequency heart rate variability, and diastolic blood pressure improved. Feinstein said, "This is the anti-anxiety effect of floating." He was also able to prove with 95 percent confidence that the reduction in the patients' stress, anxiety and serenity levels continues up to 20 hours post float. When anxiety pharmaceuticals are used, stress, anxiety and serenity levels reappear after four to eight hours.



In April, the National Institute for Health via the National Center for Complementary and Integrative Health funded the first ever floatation therapy research grant. This R34 grant will allow Feinstein to further study the long-term effects of floating on patients with anxiety and depression and research this therapy as an intervention approach for anxiety, addiction and anorexia.

"We must look at alternative wellness therapies. Simply put, America is fighting a war on pharmaceutical pain drugs. Clinical research and published studies, time after time, prove the pain-relieving effects and mental wellness benefits of floatation therapy," said True REST Float Spa CEO James Rowe. "Our military personnel and veterans have made many sacrifices for us, putting their lives at stake to secure our freedom and security. According to the Department of Veterans Affairs, as many as 11-20 percent of veterans have reported PTSD. True REST Float Spa steadfastly believes that it is our collective responsibility to help those who have given so much for our freedom in any way we can."

In May, the U.S. House of Representatives passed H.R. 2359: Whole Veteran Act which would direct the Department of Veterans Affairs to study alternative health services that it currently offers and determine the amount it would cost in order to expand those services throughout the Veterans Health Administration. They want veterans to try a combination of old and new treatment methods, and use treatments like yoga, meditation and acupuncture before drugs. The bill is awaiting the Senate's vote.

True REST Float Spa is the world's largest floatation therapy brand promoting pain relief, relaxation and better sleep through a membership-based franchise model. The brand, already on the cutting edge of floatation technology and health as an all-natural treatment modality for a balanced, holistic lifestyle, is challenging the Department of Veterans Affairs to seriously examine floatation therapy as a treatment for PTSD and depression. Floatation therapy creates a unique experience per individual and reduces the use of alternative methods of relief that are not considered holistic.

Additionally, because of Feinstein's float therapy research and the multiple published peer-reviewed papers, True REST Float Spa has announced that he will be the keynote speaker at this year's franchisee annual meeting held in San Diego, September 19 and 20.

For more information on True REST Float Spa's U.S. Military Appreciation Day every 11th day of the month, visit www.TrueREST.com/Veterans.

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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 locations, including 34 open locations and another 15 opening this year 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 1,000 pounds of Epsom salts. Members float effortlessly in their 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. Or visit Facebook: <https://www.facebook.com/TrueREST/>, Twitter: <https://twitter.com/truerest> or Instagram: <https://www.instagram.com/truerest/>. For franchising opportunities, go to <https://www.TrueRESTfranchising.com>.

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