



True REST Float Spa Announces Summer Float Contest Winner Recipient Will Receive a \$5,000 All-Expenses-Paid-Trip for Two

PHOENIX (Sept. 9, 2019) – During the month of July, [True REST Float Spa](#) held a special contest where participants could float to freedom. The Summer Float Contest winner was chosen this month and will receive an all-expenses-paid-trip for two to their destination of choice. True REST Float Spa is happy to announce that [future Arizona firefighter and Chandler resident Mason Davis](#) will receive travel vouchers up to \$5,000 for a trip of his choosing.

As the world's largest float spa brand, True REST Float Spa gives members a moment of relaxation by providing opportunities to reduce stress and pain. The annual Float to Freedom contest was designed to support the community and offer members an opportunity to further step away from the hustle and bustle of everyday life. All new True REST memberships and upgrades were eligible to win in addition to receiving one additional float added to their account at no extra cost.

When asked why Davis was attracted to floatation therapy, he said, "I have always looked for something that would help me de-stress and for recovery. I gave it a try. After my first experience, I definitely wanted to do it again. I am going through a training academy right now to become a firefighter. The strain that it puts on the body and the mental aspect as well. Floating has helped me de-stress and decompress."

Davis and his wife are planning to use the free trip they won at True REST Float Spa to visit Hawaii.

True REST Float Spa provides members a unique experience by floating in a float pod. Each pod is filled with a mixture of water and 1,000 pounds of Epsom salts that creates a 30% salt solution, enabling effortless floating. These salts are known to have established healing effects that treat body aches and pains such as inflammation, joint pain, muscle tension and chronic pain in areas like the neck and back.

Floating effortlessly in hourlong sessions provides zero gravity and zero distractions by eliminating external stimuli for an extreme form of rest. With the water and room set to body temperature, members often feel like they are floating weightlessly, promoting psychological benefits such as feeling inner peace. During this time, the brain enters the theta brain wave state, which is associated with deep sleep and dreaming. Feelings of euphoria and mental relaxation are a direct result of the natural increase of dopamine and other neurotransmitters. In addition, cortisol – often known as a stress hormone – is reduced along with other issues like high blood pressure and tension.

The membership-based program combats everyday stressors by offering a holistic solution to health and wellness in a luxurious spa-like environment. Because stress is an underlying issue of many physical and



[Mason Davis receiving his trip](#)
for two from True REST Float Spa

mental symptoms, True REST tailors services to meet customers' individual needs so that they will leave feeling relaxed and refreshed after their floating experience.

For more information about True REST Float Spa, visit <https://www.TrueREST.com> or contact info@truerest.com.

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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 membership 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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