



True REST Float Spa Omaha Opens Its Doors to NCAA World Series Vanderbilt University Baseball Team Invited to Float for Recovery

Omaha, NE (June 22, 2021) — This week, 8 NCAA teams from across the US flocked to Omaha, Nebraska for the 2021 NCAA Baseball Tournament and College World Series at the TD Ameritrade Park. One team, Vanderbilt University, was invited to float today at the [True REST Float Spa Omaha](#) to gear up for their elimination game against Stanford on Wednesday.

Baseball is as much of a mental feat as it is physical for every player involved. After long hours of constant hard work and rigorous training to prepare for upcoming games, athletes need a place to decompress, relax and recharge; this is where float therapy plays an essential role. With a consistent schedule preparing athletes to maintain good mental and physical health, athletes have adopted this holistic approach to address their bodies' stress. Floatation therapy allows athletes to relax mentally and physically decompress.

Float therapy, also known as REST (Reduced Environmental Stimulus Therapy), involves effortless floating in a float pod with a mixture of 180 gallons of water and 1,200 pounds of Epsom salts. This combination creates a buoyancy effect that alleviates the body of gravity and is paired with a sensory deprivation environment where external sources of distraction are eliminated. Individuals can float with the door open or closed, with or without lights or with or without sound—all dependent on their comfort level.

"We are excited to welcome the Vanderbilt University baseball team into True REST Float Spa. Members of the team will float in our float tanks. Floating will help the team optimize their mental game while also allowing their bodies to recover physically," said Mandy Rowe, head of franchise development for True REST Float Spa.

Float therapy provides an incredibly profound atmosphere as it induces mental and physical healing effects, ultimately supporting the body and its health and wellness. Some of floatation therapy's benefits include:

- Reduced muscle soreness
- Reduced Lactic acid levels
- Increased energy (ATP), focus and concentration
- Lowered risk of injury
- Immune system boost
- Reduced recovery time
- Visualization and mental training
- Decreased cortisol levels and overall stress

Mental Optimization



Chris Matarazzo, Athletic Trainer for Vanderbilt Baseball and Brooks Webb, General Manager and Chief of Staff for Vanderbilt Baseball relax before their float session at True REST Float Spa Omaha.

Devoid of any outside stimulation while floating effortlessly in a float pod, floatation therapy provides the perfect environment for athletes to work on their mental focus. Athletes outside of a sensory deprivation environment are bombarded continuously with distracting stimuli. When that's eliminated, the brain has time to focus inward and enter the theta wave state, one of several states the brain enters when we're feeling calm; the brain throughout the day is often on the frequency of the beta wave state.

Athletes also use float therapy in combination with visualization techniques to heighten their performance. Visualization studies found that when removing surrounding stimuli, one can focus on actions that drive personal success. Floatation therapy has a competitive advantage over other therapies by providing professional athletes with relaxation that bleeds into other aspects of their life, such as improved sleep quality, increased reaction time, mental clarity and an increased capacity for learning.

"It's an opportunity to just relax," Steph Curry told ESPN. "Get away from all the stresses on the court and in life, but it also has some physical benefits as well, with the salt."

Confidence, visualization and focus are critical to success in the field. Float therapy helps athletes at the top of their game "live" the games in their minds before ever stepping onto the field.

Physical Recovery

Known to treat sports-related conditions, floatation therapy supports the recovery process after athletes perform by managing stress levels. Float pods are filled with a specialized mixture of water and a high concentration of Epsom salts; the buoyancy provides an environment without gravity, effectively reducing pressure and tension on the muscles and joints.

When lactic acid lowers during floating, it gives the body time to heal and repair itself after endurance stress. The soothing Epsom salts in every float tank help tired muscles recuperate and increase blood circulation, which helps bring on faster recovery times. Studies have shown these therapeutic effects reduce chronic pain from past injuries, muscle soreness and tension, aiding in the healing process from broken, torn or overworked ligaments. Adding the injury prevention component to the long list of physical benefits, it's not surprising that athletes worldwide have made floating a significant part of their training regimen.

- Floatation REST and Imagery in the Improvement of Athletic Performance, [Journal of Sport & Exercise Psychology](#), 1990.
- Floatation Therapy Current Concepts, [Australian Institute for Sports](#).
- The Acute Effects of Flotation Restricted Environmental Stimulation Technique on Recovery From Maximal Eccentric Exercise, [Journal of Strength & Conditioning Research](#), December 2013.
- Effects Of Flotation-REST On Muscle Tension Pain, [Journal of the Canadian Pain Society](#), Winter 2001.
- Primary Process In Competitive Archery Performance: Effects Of Flotation REST, [Journal of Applied Sport Psychology](#), May 1998.

All the benefits of float therapy that appeal to athletes like Tom Brady, Patrick Mahomes, Steph Curry and Olympians can be realized by others as well. From expectant mothers, busy professionals, individuals struggling with stress, anxiety and insomnia and more, float therapy is a great holistic approach to total body health and wellness.

[True REST Float Spa Omaha](#) is located at 2522 S 171st Ct., Omaha, NE 68130. To learn more about floatation therapy and True REST Float Spa, visit [TrueREST.com](#).

###

About True REST Float Spa

True REST Float Spa is the world's largest float spa brand. In 2021 True REST ranked No. 139 in Entrepreneur's Top 500. With over 85+ awarded locations, including 36 open locations and another 15 under construction, 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 www.TrueRESTfranchising.com.

Media Contact:

Jo Trizila, TrizCom PR on behalf of True REST Float Spa

Email: Jo@TrizCom.com

Office: 972-247-1369

Cell/Text: 214-232-0078