



Float to Freedom with Unlimited Floating for a Month at True REST Float Spa

Make July the Most Relaxing Month with Total Body Wellness

SAN DIEGO (July 7, 2021) — It might as well be the holidays in July because [True REST Float Spa](#), the world's largest float therapy brand, is providing the ultimate relaxation experience for guests who would like to benefit from the therapeutic elements of flotation therapy. For the entire month of July, True REST's [Float to Freedom](#) opportunity offers the chance for unlimited floating for an entire month when guests sign up for a membership or upgrade an existing membership. Now until July 31, individuals can join True REST's restorative experience for total mind and body health and wellness.

Let's face it: the past year has been packed with chaos, stress, anxiety and so many other adverse components detrimental to mental and physical health. However, this summer is an opportunity to heal and discover exciting new activities that evoke a sense of peace. True REST Float Spa wants to help individuals on this journey of finding resolutions in the middle of the year by taking complete care of themselves. The *Float to Freedom* special allows individuals to discover a unique routine that's beneficial to alleviating symptoms of mental and physical ailments and turning them on their heads. Non-members who sign up for a new membership, or any current member that upgrades their plan, will receive a month of floating for free.

With memberships starting at \$65, every float session is personalized to maximize the premium benefits of floating in a spa-like environment. Each 60-minute session includes a stimulus-free, zero-gravity environment that helps to:

- Reduce stress;
- Relieve physical pain;
- Promote deeper sleep; and,
- Address symptoms of anxiety, depression and tension.

In addition, each private float pod is customizable, allowing guests to listen to music, turn on a rotation of lights, rest in skin temperature water mixed with Epsom salts and open or close the pod door for a more restful environment.

While life can get overwhelming and fast-paced, True REST Float Spa allows for self-reflection and a moment to fully unplug to reset the mind, body and spirit. Because self-care includes taking care of the whole body as a vital component for a better quality of life, True REST Float Spa supports a moment of true freedom anyone can carry with them wherever they go. By silencing worries and inviting in a deeper connection with blissful relaxation from state-of-the-art technology and science-based elements, True REST is wanting everyone to *Float to Freedom*.

True Rest is the world's largest float therapy brand, with over 36 locations nationwide in 16 states. Each pod holds a specialized solution of 180 gallons of purified water mixed to the brim with 1,000 pounds of therapeutic Epsom salt crystals, proven to have remarkable healing effects. Not only is it a natural exfoliant, but it also has been known to draw out toxins and lactic acid to increase relaxation. With this powerful combination, True REST Float Spa enables one to float effortlessly in the water and leave feeling refreshed and rejuvenated after each float session.



JULY 1 - JULY 31
Unlimited Floats

For the first 30 days with
any membership level

True REST Float Spa is committed to the science of feeling great by tailoring services with quality care. Each location across the United States is outfitted with float pod suites, showers, changing areas, an oxygen bar and an oasis room for the complete healing experience. By meeting customer's needs and encouraging a holistic and all-natural experience, guests can leave feeling refreshed with a healing body and a new frame of mind.

To learn more about the *Float to Freedom* experience, visit <https://www.truerest.com/freedom> for more information. Find out more information about float therapy and its benefits by visiting <https://www.truerest.com>.

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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.

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