



True REST Float Spa Gives Military Caregivers 60-Minute Float Therapy Sessions to Honor Their Sacrifices

Caregivers to Experience the Relaxing and Therapeutic Benefits from Float Therapy in Celebration of Month of the Military Caregiver

SAN DIEGO, CA (May 10, 2022) — To celebrate the Month of the Military Caregiver this May, [True REST Float Spa](#) is partnering with [Yellow Ribbon Fund](#), a national veteran service organization for wounded, ill and injured post-9/11 service members, caregivers and families. True REST Float Spa will provide complimentary 60-minute float therapy sessions to its military caregivers. The world's largest float brand recognizes the tremendous efforts made by military caregivers who have sacrificed so much to support their loved ones. Yellow Ribbon Fund's military caregivers can float at any of the True REST Float Spa 39 open locations until the end of May.

As an organization prioritizing health and wellness, True REST Float Spa is taking a moment to offer support to an often-underrepresented group of individuals who go above and beyond to care for wounded or injured military members. Recognizing the mental and physical toll caregiving has on military families and their caregivers, flotation therapy from True REST Float Spa is the perfect opportunity to experience its unique holistic benefits focusing on total body relaxation and self-care.

"When you're a military caregiver, the primary focus isn't on yourself, but the loved one in your care. To celebrate and honor them for what they do every day, True REST Float Spa is proud to partner with Yellow Ribbon Fund to gift their military caregivers an experience unlike any other. We hope to encourage them to focus on themselves, destress and rejuvenate at one of our spas," said Mandy Rowe, president of True REST Float Spa.

As a veteran of the U.S. Marines and an individual who received support from Yellow Ribbon Fund as a caregiver, Tanya Lanas understands the first-hand challenges and emotions faced by the veteran and caregiver communities. Initially working with the nonprofit organization as its [Keystone Program](#) Manager and Coordinator in Central Florida, Tanya is now responsible for the strategic planning, community and educational events, communication with caregivers and day-to-day operations of all nine Keystone chapters across the country. To relax and address her post-traumatic stress disorder and obsessive-compulsive disorder, Tanya regularly floats for mental calmness, better sleep and to reduce symptoms of anxiety and chronic tension headaches. Because of her first-hand experience with floating, she's excited to connect military caregivers with float therapy to discover its all-natural healing benefits.

Lanas commented, "As a veteran with PTSD and OCD, float therapy has been a game-changer. I'm able to fall asleep and stay asleep much easier, and there's a definite reduction in my anxiety symptoms in the days following each float. When I float, I'm able to enter a state of relaxation and mental calmness that I cannot otherwise achieve."

As an alternative method of well-being, float therapy is the practice of floating in a [float pod](#) filled with a skin-temperature solution made up of 1,000 pounds of Epsom salts mixed with 180 gallons of water. When guests float in a pod during a 60-minute session, they experience a sensory-free and zero-gravity environment, eliminating external distractions so the



Tanya Lanas, Keystone Program Manager at Yellow Ribbon Fund, uses float therapy to experience relaxation.

brain can fully rest; the body is also alleviated of stress, specifically on the muscles and joints. Floating has been an alternative therapy of choice for several decades and is scientifically proven to decrease symptoms of mental and physical health conditions such as depression, anxiety, chronic pain, PTSD, insomnia and more.

The partnership between True REST Float Spa and Yellow Ribbon Fund to provide [holistic therapy](#) to military caregivers continues both organizations' commitment to recognizing floating as a beneficial and complementary therapy. True REST Float Spa and Yellow Ribbon Fund also work in tandem to conduct [flotation therapy research](#) regarding its positive impact on PTSD, specifically within the active-duty military and veterans' communities.

Alongside Yellow Ribbon Fund's mission to fulfill an important role in military family members' lives, True REST Float Spa honors military members on the 11th day of each month, designated as [U.S. Military Appreciation Day](#), where veterans and active-duty military are invited to float free. True REST Float Spa also shuts down its spas on Veterans Day annually to offer free floats. To date, True REST Float Spa has donated more than 18,000 free 60-minute float sessions to the men and women of the U.S. military. Additionally, True REST Float Spa offers a 10% discount on initial franchising fees for military members and veterans to uplift them as entrepreneurs and provide an opportunity to pursue their passion as small business owners.

True REST Float Spa's franchising journey began in 2010 after discovering its benefits from a veteran who floated to alleviate pain and the ramifications of substance misuse. Since then, the company has branched out to offer float therapy to communities across the country. True REST Float Spa's mission is to spread the word about floating to help more individuals, relying on its values of honesty, integrity and responsibility.

For more information about True REST Float Spa, visit truerest.com/about-us/. To learn more about flotation therapy and its benefits, visit truerest.com/float-therapy/. Additional details about Yellow Ribbon Fund, its mission and how it provides support to military caregivers are available at yellowribbonfund.org/story/.

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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 39 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 truerest.com/about-us/. 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.

About Yellow Ribbon Fund:

Yellow Ribbon Fund is a national nonprofit veteran service organization dedicated to serving severely ill and injured post-9/11 wounded service members and their families from every branch of the United States military following unexpected medical crises. With the help of donors, Yellow Ribbon Fund's Crossroads and Keystone programs enable them to have a significant impact on helping service members and their families navigate their life-long recovery journey. The Crossroads Program provides families with hotel stays for acute stays at Walter Reed National Medical Center. Fully furnished apartments local to the hospital for long-term stays and car rentals for families to have full access to transportation without restriction. The Keystone Program steps in and takes care of the family unit that experiences the long-term effects of injury and recovery. The Yellow Ribbon Fund's top priority is to keep families together during the recovery process. They accomplish this by providing housing and transportation along with caregiver support when and where it's needed. For more information on the Yellow Ribbon Fund, go to YellowRibbonFund.org or call 240-223-1180 or email at email@YellowRibbonFund.org.

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