

Sensory Deprivation Tank



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The first place I ever floated was at Zen Blend in Austin, Texas (and I HIGHLY recommend them). They only

have one Oasis [Sensory Deprivation Tank](#), but if you come with a friend you can use the Bio Mat for free while your waiting. The Bio Mat is almost as cool as the Sensory Deprivation Tank.

If you find a place to float in your city, I highly recommend you take advantage of the opportunity and make an appointment.

Top 4 reason people float in Sensory Deprivation tanks
(click below)

Meditation

Relaxation

Neck & Back pain

Enlightenment

<http://sensorydeprivationtank.com/>



Alternative Cures For Your Psyche - Sensory Deprivation Methods

Author: [John Morris](#)

Short periods of depriving your senses can be relaxing. Sensory deprivation can be achieved by using such simple devices such as blindfolds and earmuffs. Devices that are more complex can cut the sense of smell, touch taste, sense of heat or cold and gravity.

Sensory deprivation methods have been used in psychology experiments and for torture. Extensive deprivation from sensory experiences can result in hallucinations, depression, extreme anxiety, and strange thought processes.

1. Five Methods Of Sensory Deprivation Confined to a room with loud and/or hissing noises. Deprivation of sleep. Putting a hood over the head to keep out any sight or sense of

light Standing for long periods in a stressful position.
Deprivation of food
and drink.

2. Float Tanks

One form of sensory deprivation to increase relaxation is called a float tank. This float tank is kept at skin temperature, and you are kept buoyant in a pool of water that is 25% saturated with Epsom salts. This makes the water denser and more buoyant than seawater. The float tank shuts out 90% of the environmental stimulation that affects the muscles, nervous system and sense organs of the body. Without the external stimulants, your body can relax and feel you body go to a deeply relaxed state.

Your ears are under water so sound is blocked out.

Some float tanks have gentle music that is piped in to heighten the relaxation

process. It makes you feel like you are floating on a sea

of music. While relaxing in warm water, listening to gentle music your mind can focus on other thoughts and not just on your body that results in a state of relaxation more restful than sleep.

3. Stress Mechanics

Stress related chemicals such as adrenaline, cortisol, and lactate are removed from the blood stream and replaced by the endorphins.

These endorphins are nature's own body drug that makes people happy. This increases feelings of well-being, relieves chronic pain and fatigue, and improves higher brain function such as memory and learning. Best of all, no special training is required, just lie back, and let your mind and body go.

4. Theta State

While your body is in a state of total relaxation, your brain remains awake. It doesn't have to work on

processing signals from your nervous system and sense organs so it can go into a slow dreamy state known as theta state. While your brain is in this mode, your creative and inspirational thought processes are enhanced. You find yourself in this theta state the whole time you are in the float tank. You can not reach the theta state unless you are sleeping, but in the float tank it is easily acquired.

5. Stress Reliever

Those of us who have demanding life styles can benefit from the float tank as it immediately can reduce blood pressure and heart rate.

Other tension related maladies such as migraines, insomnia and back pain are also helped. The mental and physical effects of being buoyant in the water improve your sense of well-being and your powers of self control. Unwanted habits and negative emotions seem to

melt away with the tensions and stresses that accompany them.

6. Use In Sports

Athletes float to enhance performance and stamina. Carl Lewis prepared for the Seoul Olympics in 1988 and won the gold medal. The

Dallas cowboys are said to have been using float tanks since 1981 to help the physical and psychological skills of the team. The

Australian Institute of Sports began using float tanks in 1983. They find that floating can maximize the benefits of fitness training. The

deep relaxation of the float tank speeds up the growth and regeneration of muscle tissue. Floating has also been found to speed

recovery from injuries and the endorphins that are released help reduce the pain.

7. Use In Medicine

Clinically, studies show that there are no negative side effects to using a float tank. Floating improves sleep and helps the body relax and increase efficiency day to day.

Article Source:

<http://www.docstoc.com/docs/31838626/Alternative-Cures-For-Your-Psyche--Sensory-Deprivation-Methods>

About the Author

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