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What to expect from a floatation tank by [Walt Yoast](#)

Article published on March 21st 2012 | [Home Improvement](#)

Everyone is on the lookout for that peace and quiet and one of the ways to get to it is with a floatation tank. Also called an isolation tank, this was first created by John C Lilly, way back in 1954. His main idea was to try and study the effects of sensory deprivation on an individual. This tank was meant to be soundproof and with salt water, just at room temperature and enough to enable an individual to float.

Over the years, this research tool came to be used as a means of relaxation or as a prelude to meditation. Several modifications were made to enable a person to float in it without the use of a breathing apparatus, thus making the experience all the more silent and effective. Today, Epsom salt is added to the water in the tanks, increasing its density and allowing a person to float with their face above the water. With your ears submerged, sound is largely cut off and you can enhance that by wearing ear plugs as well.

As you let your body float on the water “the natural temperature of the water prevents you from feeling anything and soon you lose a sense of distinction between body and water. This elevates you to a whole new place and the body goes through three levels of experience with the last one precluding sleep.

Ideally one should enter a floatation tank in the nude. A swim suit is allowed but the elastic hampers the complete experience as it tends to constrict certain parts of your body preventing it from relaxing. Since Epsom salt water is not often replaced you will need to have a thorough bath before you get into to water. Means of cleaning the water are left to surface skimmers as well as filtering the cartridge. Ultraviolet sterilization also helps in keeping micro-organisms at bay. A system of convection is put in place to ensure that the water gently flows under the person and allows them to stay centered in the water.

All the plumbing in a floatation tank is generally made of plastic. A very high quality tank is made of medical grade stainless steel. This also does not crumble with the constant presence of salt. A good floatation therapy unit will also have a shower unit placed close by so that you can go from the stall to the tank without having to towel off. These tanks come with built in plumbing systems so that water can be easily drained and refilled when needed.

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[Walt Yoast](#) - About Author:

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Article Keywords:

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