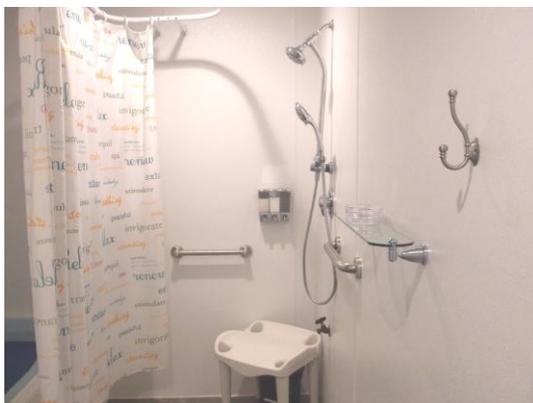


Welcome to The Float Room at Massage For Your Health inside Serenity Place!

We are pleased to be the only provider of floatation therapy in Gasconade County, Missouri.



The Float Room is a private suite with shower and spa. The float spa is a 4 x 8 foot tub that is 20 inches deep; filled with 10 inches of 93.5 degree water and 800 pounds of Epsom salt.



Unlike other floatation therapy services that require the individual to be closed into a pod or chamber for the duration of therapy, we have created an open room design; which allows for those who may be anxious about small spaces to enjoy the many benefits of float therapy. This unique room design also allows for us to accommodate people with physical disabilities.

Floatation Therapy REST

Restricted Environmental Stimulation Technique

| | |
|-------------------------------------|----------------------------|
| Addictions | Fibromyalgia |
| Anxiety | Depression |
| Trauma & PTSD | Post-natal Depression |
| Tension Headaches | Rheumatism |
| Migraine Headaches | Chronic Pain |
| High Blood Pressure | Insomnia/Sleep Problems |
| Stress Management | Negative Emotions |
| Improve Memory | Improve Learning Ability |
| Rifle Marksmanship | Pre-menstrual Tensions |
| Jet Lag | Pregnancy |
| Autism | Arthritic Conditions |
| Obsessive Compulsive Disorder (OCD) | Musculoskeletal Conditions |

Floatation REST has many physical and mental benefits by providing an exceptional level of relaxation. Our float spa offers a near zero gravity space for releasing whatever you need to let go. When you enter the float spa, you will achieve a deep state of relaxation; releasing endorphins that assist the brain with achieving alpha and theta wave states of meditation. Eliminating external stimuli reduces the central nervous system's workload by as much as 90%. This reduction creates the parasympathetic response; the mechanism by which the body naturally regenerates itself and maintains chemical and metabolic balance. Old wounds and injuries are allowed to heal faster. Increased T-cell production strengthens the immune system. REST also benefits the cardiovascular system; increasing circulation while reducing blood pressure and heart rate. The elimination of gravity on the body allows muscles and joints to release tension and heal more rapidly. REST is an excellent choice for people who need healing relaxation; and perfect for those who are not comfortable with a hands on massage.

Pricing for this unique and highly beneficial service:

| |
|-------------------------|
| \$25.00 for 30 minutes |
| \$45.00 for 60 minutes |
| \$65.00 for 90 minutes. |



The Float Room
1011 Market Street
Hermann, MO 65041
(573) 486-0199

Business Hours

| Day | By Appointment |
|-----------|--------------------|
| Sunday | |
| Monday | 9:00 am to 8:00 pm |
| Tuesday | 9:00 am to 8:00 pm |
| Wednesday | 9:00 am to 8:00 pm |
| Thursday | 9:00 am to 8:00 pm |
| Friday | 9:00 am to 8:00 pm |
| Saturday | 9:00 am to 4:00 pm |

