

TIME OUT
TRIES OUT
Floatation
therapy

PEACE IN A POD

*The best place in the World to
is in a floatation tank.*

Sofia Vyas shuts herself inside a dark, water-filled pod to experience total sensory deprivation in the hope of finding inner peace...



I'd read a lot about floatation therapy, in particular about the sci-fi-sounding sensory deprivation tanks. Mostly, my reading consisted of click-bait internet articles describing extreme paranoia (one particular man claims he was terrified that he was lying in a tank full of snakes), hallucinations, disorientation, panic, out-of-body experiences and an inability to

determine whether one is awake or asleep. It all sounded terribly exciting. What would I experience? Would I feel as though I were floating through the depths of space? Would celestial visions come to me in my trance-like

floating state? Understandably, I couldn't wait to find out.

In my mind, Point Zero Floatation Center was a lab-like facility where rows upon rows of people lay cocooned in pods like something out of *The Matrix*. You'll no doubt be shocked to hear that the reality is less post-modern and more lovely, calming spa. You can even select various oils, toners, creams and products for some post-pod pampering.

Next, the multitude of health benefits are described to me. Apparently, floating can help with, well, almost anything. Stress relief, depression, eating disorders,

eliminating fatigue, insomnia, reducing blood pressure, aiding weight loss, detoxing, sports injuries and more. But ultimately, it's supposed to be relaxing (plus, I'm told my hair will be nice and voluminous the next day).

All the different buttons inside the pod are explained, including how to buzz for help, turn on the light or star lights and how to open the lid. There are numerous customisation options, one of which is selecting coloured lights instead of darkness for their physical and psychological benefits. White, for example, represents purity and innocence, thereby purifying the mind

