

HUMBLE WARRIOR WELLNESS CENTER



SENSORY DEPRIVATION PODS



Float Into Restoration

The sensory deprivation pod, also known as flotation tank or isolation tank, allows the body and mind to relax by minimizing sensory stimulations such as weight, light, sound, and temperature. It has shown such benefits as muscle relaxation, better sleep, decrease in pain, and decreased stress and anxiety.

In recent studies, a single one-hour session in a sensory deprivation tank was capable of a significant reduction in anxiety and improvement in mood in the 50 participants with stress and anxiety. Another study concluded, 46 people who self-reported generalized anxiety disorder (GAD), the sensory deprivation tank reduced GAD symptoms, such as depression, sleep difficulties, irritability, and fatigue (Longhurst, 2020).

Many professional athletes and elite U.S. military units have adopted the flotation pods into their health and wellness programs and routines.

Santos-Longhurst, A. (2020) Everything You Need to Know about Sensory Deprivation Tank Therapy. Retrieved from <https://www.healthline.com/health/sensory-deprivation-tank#1>