

## Pregnancy Articles

*From "Pregnancy and Birth Magazine"*

### **Float away**

For real water babies, a flotation tank session is a pregnancy must. The tank is filled with water only 10 inches deep, but the high concentration of salt means that your whole body is suspended, giving you a feeling of weightlessness and soothing stress, aches and pains – great for pregnancy backs and feet. While you're floating your mind produces slow theta brainwaves, which make your thought patterns clearer and more creative, as well as endorphins – the hormones responsible for happiness.

OK. So the thought of being shut in a dark tank of water sounds a bit scary, but you can open the door or switch the light on at any time: therapists say it's rare to feel claustrophobic. And the best news is that floating is safe throughout the whole nine months of pregnancy. Just imagine an hour to yourself, resting in warm water with gentle music soothing your senses and nothing to think about but you and your baby. Just lie back and enjoy...

*"It was amazing to feel weightless. I was aware of tension draining from my body and my mind went into a state of complete relaxation. As I floated, I felt a strong connection with my baby. It left me blissfully calm."*

*Clara , 26 weeks*

*"It took me a while to relax but once I got into it I felt as if I was half asleep. It eased my backache and made me feel very chilled out, even afterwards when I was back tackling the rush hour."*

*Zaza Patterson, 34 Weeks*

*Also from "Pregnancy and Birth Magazine"*

## **FLOAT THERAPY**

### **What is it?**

Floating is spending an hour or so lying quietly in the dark. Suspended on a warm solution of Epsom salt that is about 10 inches deep and so dense that you float effortlessly. You come as close to weightlessness as you can.

### **I went to ...**

The London Float Centre when I was 22 weeks pregnant.

### **What happened?**

I arrived for my float feeling tired, stressed and suffering from a bad back and indigestion. I left feeling relaxed, like I had had a really deep massage, a sauna and a good kip – and I had no backache or indigestion!

I was shown to a private room where I showered, and then in my own time went into the float room – not a tank as I'd expected. (Excellent if you're worried about feeling claustrophobic)

I switched off the light, lay down and began to float. For the first five minutes new age music is played. Which lulls you into a relaxed state.

It's impossible not to relax when you're floating. When I first got in I had wondered how I would manage an hour, and worried that I was too tense (I'm not the most relaxed person you'll ever meet). But floating makes you feel like time is standing still.

At 22 weeks pregnant I hadn't felt my baby move very much. But as I relaxed I became aware of every move. Strangely, all the time before and since the float I've been convinced I'm having a boy, but in my relaxed state I felt the baby might be a girl, with blonde hair and blue eyes.

The music came back on after what seemed like no time at all, but was in fact 45 minutes. I just didn't want to get out!

### **Cost:**

£40 for a single session or £25 per session if you book three sessions.

It's recommended that you have three sessions to feel the benefit of floating.

### **Quirky or really rather sensible?**

Really rather sensible. Floating is well worth the money, particularly when you are pregnant. It reduces blood pressure and heart rate, and it's great for backache. It's great if you've got a stressful job, too, as it gives you time to relax and bond with the baby.

### **Score:**

10/10