



FLOAT

THERAPY



Creation and Vision

Float Therapy was conceived in 2011 as a rejuvenating, modern addition to Icelandic bathing culture.

As the birthplace of Float Therapy, Iceland possesses a wealth of thermal pools due to its geographical location on the rift between the American and European continents.

The concept of Float Therapy has evolved into a global culture in communities worldwide, where people seek a deep sense of healing togetherness and the true essence of belonging that is found through floating.

Float Therapy is a complete body-mind-spirit experience for groups as a whole and for individuals within a group as well. Its methodology has been co-developed by Unnur Valdís and Omer Shenar since 2018.

Our vision invites people from all walks of life to benefit from the healing properties of warm water in a safe, inclusive space. As trained, qualified aquatic bodyworkers gently perform high-quality float therapy, our concept ensures an enjoyable and transformational experience for every guest.

About Float Therapy

Float Therapy is a form of aquatic bodywork focused on relaxation, meditation, and integration to inspire an elevated sense of calm. The therapeutic nature of Float Therapy builds on a sequence of movements, bodywork, and free independent floating, with utmost attention to the guest's needs.

Float Therapy is performed on the surface of a calm warm pool, where guests are guided gently into a floating position by an aquatic bodyworker. Using a custom-designed set of floatation accessories, guests experience a sense of deep comfort as they relax into a peaceful floating position in the water, supported by their aquatic bodyworkers.



Body-Mind-Spirit Benefits

- *Buoyancy and weightless relaxation*
- *Warm water temperature*
- *Use of water resistance*
- *Hydrostatic pressure*
- *Improved mobility*
- *Therapeutic movement*
- *Creativity*
- *Improved sleep*
- *Reduced anxiety and depression*
- *Immune system support*
- *Safe, healing space*

The Methodology and Training

Float Therapy is performed by trained facilitators who provide guidance and support throughout the floating experience, where important emphasis is given to safety and trust-building as a means of holding space for participants.

Float Therapy relies on a set of 7 principles and circularity models and training is undertaken in a series of three levels. It is through this program that trainees develop the skills needed to be certified as a worldwide Float Therapy Aquatic Bodyworker.

Training includes presentations and practice both on land and in water, with the support of a professional textbook.

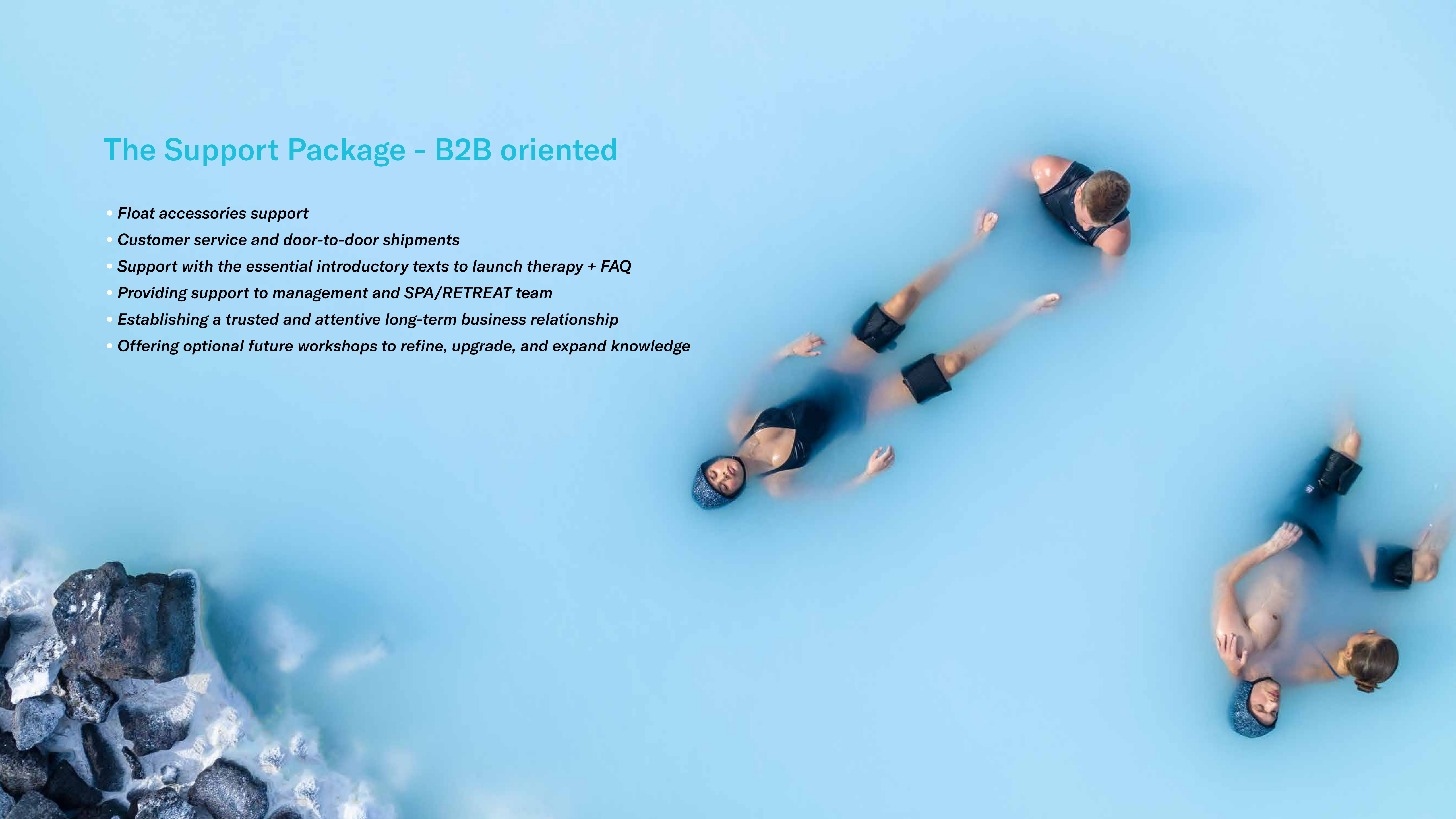
Training is structured with the following elements for each level:

TP Level	Theme	Keywords
Level 1 Foundations 3 days 30 Academic hours Float class 1:1	Safety Trust Fear(s) “Listening hands”	<ul style="list-style-type: none"> • Support • Stability • Holding space • Receiver needs • Intuitive touch • Responsibility
Level 2 Practitioner 4 days 40 Academic hours Float classes 1:1, 1:2	“Hands-on work” “Small groups of two” Relaxation Meditation Integration	<ul style="list-style-type: none"> • Practice • Structure • Receiver needs • Skilled touch • Float Support accessories • Shavasana • West vs. East • Feel vs. do
Level 3 Facilitator 6 Days 60 Academic hours Float classes 1:1, 1:2, 1:3 Samflot 1:1, 1:2, 1:3, 1:4	“Hands-on work” Breaking the Sequence “Freedom within the structure” Leading a group Teamwork Facilitating activities	<ul style="list-style-type: none"> • Group with different needs • Philosophy meets practice • Group activities • Aquatic BW • Professionalism • Planning • Conducting • Guiding • Coordinating

Special edition of Levels 1+2 Combo, 6 days, 60 academic hours.

The Support Package - B2B oriented

- *Float accessories support*
- *Customer service and door-to-door shipments*
- *Support with the essential introductory texts to launch therapy + FAQ*
- *Providing support to management and SPA/RETREAT team*
- *Establishing a trusted and attentive long-term business relationship*
- *Offering optional future workshops to refine, upgrade, and expand knowledge*



The Value

Float Therapy has introduced the world to the concept of “Healing Togetherness”, where people gather to float – whether as individuals or in groups – to share the healing properties and nurturing space of warm water relaxation.

Float Therapy is a unique and innovative therapeutic experience that has become a “must-have” in the world of wellness/wellbeing retreats and spas. Highly skilled professionals facilitate the therapy, which is augmented by high-end, custom-designed float accessories for a completely luxurious sensory experience.

Our concept enables hosts to provide guests with a variety of wellness options ranging from one-on-one private premium sessions, small group sessions for couples or two pairs, and even meditation activities for larger groups. All facilities can offer beautifully curated Float Therapy add-ons such as sound healing, breath work, and creative workshops.

Float Therapy is a multi-sensory therapeutic experience that is an ideal addition to all types of therapies the world of Restore-Reset has to offer.

