

The campaigning

DN

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Float free

Geoff Adams-Spink enters zero gravity in a floatation tank

You're lying in warm water, there is soft light, ambient music and you feel yourself drifting away on a magic carpet. They say everyone's experience of floating is different, but that sums up my first time.

Floating involves the use of extremely salty water, so you are held afloat without the effort of keeping your arms and legs straight.

"Apart from going to outer space, it's the closest you'll get to zero gravity," says Sacha Hemans, who owns Floatopia in West London.

Floatopia has ramped access, a disabled loo and one of its four floatation suites is adapted for people with mobility impairments. Inside the floatation room there are extra grab rails and the centre encourages disabled customers to bring their PAs.

One person who has benefited is life coach Simon Barnes from Bristol. He is a wheelchair user and, because he has good upper body mobility, is able to get in and out of the float room unaided. He says anyone who needs assistance in and out of the

bath would probably need help with this.

Apart from the sense of deep relaxation and wellbeing after a session, Mr Barnes was pleased that he no longer had pains in his hips.

"When I was in the tank – being totally weightless – all my joints had a complete break," he says.

He describes the post-float afterglow as like "renewed energy flowing around my body".

The benefits of floating are said to be cumulative – so the introductory offer of three

sessions for £75 is tempting, given a single, hour-long float costs £45.

Having already used up my introductory offer, I am considerably calmer with back pain and I'm planning to become a regular. It's a good alternative to wine or cigarettes at the end of a stressful day.

● Sacha Hemans is offering a free float to the first five DN readers who send him an email at: sacha@floatopia.co.uk, tel: 020 8994 0708, www.floatopia.co.uk

