



Your Therapy Guide

The therapies available at the Sanctuary Float Center are powerful and comprehensive. Each can provide support for multiple pain points that you may be experiencing. To help clarify which modality(s) can potentially help YOU the most, please scan the chart below.

Also, more detailed information on each modality can be found under the 'Our Therapies' tab of our website. Please look over that content for a more comprehensive listing of each therapy's benefits, contraindications, and FAQ's.

If you are being seen by a doctor for any medical condition or are on medications, we encourage you to consult with your local health practitioner prior to booking.

None of these modalities or their listed benefits are a substitute for medical advice; they are not intended to treat or cure any disease or condition, and they are not intended to take the place of any medications.

Desired Outcome	Therapy of Choice					
	Float	IR Sauna	Plunge	Contrast	Halo (Dry Salt)	Red Light
Increased Relaxation	X	X	X	X		
Reduction in Pain	X	X	X	X		X
Better Sleep & Productivity	X	X	X	X	X	X
Active Muscle Recovery	X	X	X	X		X
Reduced Inflammation		X	X	X	X	X
Stronger Mental Fortitude			X	X		
Increased Focus	X		X	X		X
Enhanced Immunity/Detox	X	X	X	X	X	X
Possible Fat Loss		X	X	X		X
Decreased Stress/Anxiety/Overwhelm	X	X	X	X		X
Improved Skin Tone	X	X	X	X	X	X
Increased Natural Energy			X	X		X
Easier Breathing, Less Congestion					X	
Brighter Mood	X	X	X	X		X
Flowing Creativity	X		X	X		
Improved Athletic Performance	X	X	X	X	X	X