



## Your Therapy Guide

| Desired Outcome                    | Therapy of Choice |          |        |          |                 |           |               |
|------------------------------------|-------------------|----------|--------|----------|-----------------|-----------|---------------|
|                                    | Float             | IR Sauna | Plunge | Contrast | Halo (Dry Salt) | Red Light | Vibroacoustic |
| Enhanced Immunity/Detox            | X                 | X        | X      | X        | X               | X         | X             |
| Increased Relaxation               | X                 | X        | X      | X        |                 |           | X             |
| Reduction in Pain                  | X                 | X        | X      | X        |                 | X         | X             |
| Better Sleep & Productivity        | X                 | X        | X      | X        | X               | X         | X             |
| Active Muscle Recovery             | X                 | X        | X      | X        |                 | X         | X             |
| Reduced Inflammation               |                   | X        | X      | X        | X               | X         |               |
| Stronger Mental Fortitude          |                   |          | X      | X        |                 |           |               |
| Increased Focus                    | X                 |          | X      | X        |                 | X         | X             |
| Possible Fat Loss                  |                   | X        | X      | X        |                 | X         |               |
| Decreased Stress/Anxiety/Overwhelm | X                 | 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         | X             |
| Flowing Creativity                 | X                 |          | X      | X        |                 |           | X             |
| Improved Athletic Performance      | X                 | X        | X      | X        | X               | X         | X             |
| Nervous System Reset               | X                 |          |        |          |                 |           | X             |

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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 above.

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 & 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/cure any disease or condition & are not intended to take the place of any medications.