

# Yes, you really can just “float away” (for an hour) if you like!

By Jami Appenzeller

**M**uch to my joy, this wonderful concept is in my hometown! There's a float clinic right around the corner. You know my daughter Savannah and I HAD to stop in and see what the heck this was all about. Afterall, Magnesium is ALL over Tik Tok these days...for all its health benefits. It just so happened, we were able to schedule an appointment over the 4th of July holiday and experience this healthy *treatment* firsthand.

This lovely, peaceful health spa is located in beautiful Southampton, PA, on the first floor of *a very cool medical center*. Lma Mineral Float provides float therapy for optimal health and wellness using Epsom salt filled float tanks dissolved in 1 foot of warm, body temperature water, to create a weightless, hour long experience that relieves all tension and stimuli on the body and mind. My first question was: **“What is float therapy?”** Having my curiosity way high after seeing these “bubble” like tanks you lay in.... Vivi, owner of Lma, kindly and passionately explained:

1. Floating is a new industry that popped in the past ten years and is a spin-off of the “Dead Sea” that health goers flock to annually.
2. But in fact, it's an old industry that has its beginnings at the NIH with neuroscientist Dr. John Lilly.
3. It's a much older industry that has its beginnings in thalassotherapy and balneotherapy.
4. OKAY, so what does this mean to the general lay person....meaning...ME?
5. “Flotation therapy is a luxurious and also practical way to heal the body from constant stress. Leave the noise and confusion behind and perhaps,



for the first time in your life, experience total relaxation and deep healing in a private, peaceful space. It is truly the ultimate escape!”

“Since ancient times, soaking, bathing, and floating in mineral rich water has been a popular practice for optimal health and physical wellness. Hippocrates, the Father of Medicine, was also the father of hydrotherapy and balneotherapy. He was very much interested in the therapeutic properties of various waters. He theorized that their curative properties came from the various minerals in the waters.

Now I understand why the Egyptian queen Cleopatra loved her Dead Sea soaks. Aching muscles absorbed the medicinal waters and were quickly rejuvenated.

## **Mental Benefits:**

- Reduces stress: enjoy total relaxation in a distraction free environment
- Improves sleep quality, helps insomnia & jetlag
- Enhances creativity, improves prob-

- lem solving, and improves memory
- Reduces symptoms of depression and anxiety
- Induces meditative like brainwaves

## **Physical Benefits:**

- Reduces pain and inflammation
- Improves athletic recovery and performance
- Softens and replenishes skin
- Reduces blood pressure
- Improves circulation
- Relaxes muscles

*Best part...Did I even mention that it is a doctor run float clinic. Dr. Keith and Vivi are bridging modern medicine with ancient rituals...*

*“We see so many patients on multiple medicines for back pain and inflammation and so many other ailments.*

*If this natural remedy can help one person reduce one medicine and find a more natural approach in life, we have accomplished our goal...”*

*Dr. Keith has a unique practice that provides traditional medicine, concierge medicine, travel medicine and now Lma...a natural wellness center.*

Savannah and I were impressed. We had the opportunity to sit together in the infrared sauna first, which was amazing for detox, and then we went our own way for that ultimate Lma moment. We wrapped up the day with a piece of baklava, a staple Mediterranean desert that was so apropos for this little spa that is reminiscent of a Moroccan hammam or a Greek bath.

Give them a call and experience this for yourself, maybe even make a date night out of it!

Athletes love it too. But that is a discussion for another day.

Location: 715 Cherry Ln STE 100, Southampton, PA 18966 (267) 982-5871