

LESS

=

MORE

The modern world demands your attention. The Pod is a new flotation experience in Bath, where you can take the time to think and plan, or just escape your day and unwind.



THE  **POD**
at Results Body+Mind

When did you last do nothing? In today's busy world we're all guilty of not making time for ourselves.

Floating creates a peaceful, self-indulgent environment – giving you some all important me time. Shut off from the outside world and use your floating time as you please, whether it's to relax, plan, visualise or escape... We all float for different reasons, you'll find your own approach and get unique benefits from using The Pod.



THE MIND

Our experience provides a unique environment for your mind to wander and be free of external stimuli.

This is proven to reduce stress and promote a deep sense of relaxation. The benefits include decreased anxiety and tension leaving you with results felt long after your session has finished.

The Pod =

Decrease anxiety and stress
Improve sleep
Increase creativity

THE BODY

Whether you suffer from chronic pain or you're an athlete that puts their bodies under great physical stress, floating can give you lasting benefits.

The Epsom salt and water combination makes for a feeling of weightlessness, relieving stress from pressure points on the body. The salts also boast many benefits, including increased magnesium absorption helping with muscle pain and cramps, muscle and nerve function as well as arterial health.

The Pod =

Enhance performance
Time to yourself
Treat chronic pain

WHAT TO EXPECT

Floating is an experience like no other, with countless benefits. The environment and atmosphere alongside your float are extremely important to us. We have developed a unique offering to optimise every individual's experience.

From the time you walk through our door, to the time you leave, every aspect of our service is geared towards your needs.

THE EXPERIENCE

Upon arrival you will be welcomed and taken through to your own private space. Your experience starts here. Shut off from the outside world and, if you desire, change into the provided robe.

- ✓ 15 minute pre-float relaxation in your private room
- ✓ Pre-float shower
- ✓ 1 Hour float – mood lighting & relaxing music will run for 10mins before you are completely cocooned in your own space. You can adjust the lighting and music timing to your liking – or better yet, choose your own music or podcast to listen to.

- ✓ At the end of the hour you can enjoy a long shower, using our locally sourced products to rinse away the salts.
- ✓ Return to your relaxation space where there are changing facilities and complimentary products.
- ✓ While you sink into a sensation of extreme relaxation you can enjoy a drink and snack which can be ordered before your float.
- ✓ Once completely satisfied, you are ready for whatever the rest of your day holds – whether that's work, play or heading home for a great night's rest!

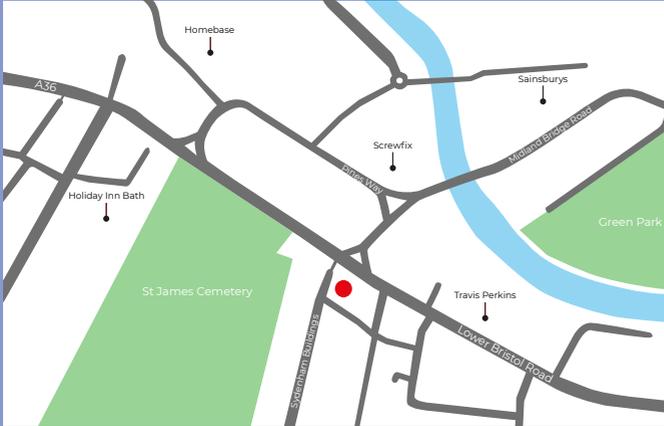
RESULTS BODY+MIND

A health & wellness service built for you. Our professional, realistic & understanding coaches create the environment you need to reach your goals, whatever they may be. We help you achieve real results through relationships built on trust, strong communication & attention to detail. Our focus is to improve your health, giving you a better knowledge of your own body+mind, so you can live life to the full.

We offer:

Bespoke Coaching
Boutique Pilates
Classes
and more...

HOW TO FIND US



73 Lower Bristol Road
Bath, BA2 3BC

01225 551202

info@resultsbodymind.co.uk

www.resultsbodymind.co.uk

 [thepod_bath](https://twitter.com/thepod_bath)

 [resultsbodymind](https://www.instagram.com/resultsbodymind)