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Pain Free Day Archives Available

July 28th 2020: Float-What Is An Isolation Tank, and What Are It's Benefits

In this episode, we discuss all things about isolation tanks, or sensory deprivation tanks. What are they? What are their benefits? Why should you try one? On Pain Free Day, I like to discuss current health care practices that you may have heard of, or may not have heard of. either way, I want you to be able to understand what is out there and if, and how, it can help you have a Pain Free Day. Is it a gimmick? Or is it legitimate? I want to cut through some of the bad information out there to provide you, the listener with realistic advice that pertains to you personally. Information that you

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Featured Guest



David Rapach

David Rapach is the proud owner of Levity, a float studio in the Squirrel Hill section of Pittsburgh. Levity offers sixty and ninety-minute sessions of floating, also known as sensory deprivation. This relaxing, and all natural, wellness practice is great for easing aches and pains, stifling anxiety, and boosting mood. Sound interesting? Schedule a session at ScheduleYourFloat.com and experience the benefits yourself!

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