



Baan Talay Resort & Yoga
LANG KHAI BAY, KOH TAO, 2012



FLOATATION THERAPY

Baan Talay Resort & Yoga, Koh Tao

◆ Let's Travel Within ◆

Embark on a mindful journey within. Experience weightlessness in our Float Therapy session, where sensory deprivation opens the door to profound introspection.

Drift into tranquility, leaving the noise behind, feel your body, and explore your mind. Rediscover your inner calm and emerge rejuvenated.

◆ Science of Floating ◆

Floatation tanks, also known as sensory deprivation tanks, offer a myriad of benefits, including stress reduction, relaxation, and enhanced mental clarity.

The tank's buoyant epsom saltwater solution allows individuals to float effortlessly, relieving pressure on joints & muscles while promoting deep relaxation.

The sensory-deprived environment facilitates meditation and introspection, leading to improved mental well-being and heightened creativity.

◆ Floatation Packages ◆



BEGIN THE JOURNEY WITHIN



HEAL YOUR BODY AND MIND



SEARCH DEEPER INTO YOUR SOUL



MAP



WHATSAPP



INSTAGRAM



FACEBOOK

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