

IMAGINE FLOAT

PREPREGNANCY



Optimize Health, Prepare For Motherhood

The journey from pregnancy to motherhood is a transformative period that demands not only physical resilience but also profound nurturing of the body and soul. Recognizing the unique challenge and the joys this journey entails, our clients have experienced relief, comfort, and unparalleled bonding when utilizing our services throughout their pregnancy.

Float Therapy
BrainTap

Our services and advice are not intended to be a substitute for professional medical advice, diagnosis, or treatment. A number of our services are not evaluated and/or approved by the FDA. We are not, nor do we claim to be, medical professionals and our therapies can not guarantee results. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Our EMSCULPT NEO service is specifically managed and performed by our Medical Director, Dr. Kirsten Kerrigan, or RN following Dr. Kerrigan's guidance.

FLOAT THERAPY

The beauty of float therapy lies not only in its ability to provide physical comfort—easing the aches, pains, and the relentless pull of gravity into weightlessness—but also in its power to nurture the soul. In the stillness of the float cabin, the outside world fades, allowing a unique form of prenatal bonding. It's a moment for mothers to tune into the subtle movements of their baby, to listen intently to the whispers of their own body, and to prepare mentally and spiritually for the journey of childbirth ahead.

Float therapy for the expectant mother can be—an escape into a world where the physical and spiritual merge, where the journey of pregnancy is honored in all its complexity. Become a story of healing, connection, and preparation, a story that every mother deserves to be a part of.

BRAIN TAP

BrainTap may be beneficial for expectant mothers by promoting relaxation, reducing stress, and improving sleep quality—key factors for a healthy pregnancy. Its guided meditations and soothing audio sessions help calm the mind, ease anxiety, and support emotional well-being. The gentle, rhythmic light and sound patterns can also aid in balancing mood and increasing mental clarity, helping mothers-to-be feel more centered and prepared for the journey ahead. By fostering a sense of calm and mental focus, BrainTap provides a supportive environment for expectant mothers to connect with themselves and their growing baby.

