

# namaka

WELLNESS & HAPPINESS  
(URBAN SPA)

**Namaka - the  
urbain spa oasis of  
serenity in the  
heart of Geneva.**

[www.namakafloat.com](http://www.namakafloat.com)

# NAMAKA is...

**Namaka** is at the biohacking forefront to naturally expand vitality, healthspan and increase quality of life.

Offering a unique combination of therapies with zero gravity Floating experience, Japanese infrared sauna, oxygenation, Sound&Light brain training, massage and therapies of various healing modalities.

Our guests are welcomed by a heartfelt team and carried gently throughout their journey to balance and transformation.



# WHY NAMAKA ?

Are you ready to relax, recover and rejuvenate the body and mind, find peace, a sense of stillness, true silence?

We are inviting you to discover a unique spa concept, **a sanctuary for healing**, wellbeing, regeneration and reduction from stress and chronical pain situated right in the heart of Geneva.



Our **vision** is to show our guests a path towards their **optimal health** and full potential through deep relaxation. We serve to reduce stress in our society through holistic and **integrative approach**, using modern tools of wellness and biohacking.

Namaka is a **holistic center** where you are offered a service from the heart throughout various healing and high-quality treatments for health and beauty.

Through the authentic warm design, organic materials, unique soundscape and operational processes, we play with the five senses to prepare guests for their sensory deprivation resulting in complete relaxation and memorable experience. The space is created for our guests' **elevation and a conscious choice of self-care.**

At Namaka we promote wellbeing, improve our guests awareness of self-healing and **optimal health** (by providing the necessary knowledge and methods).

We believe in the power of floating therapy, infrared light, professional kinesiology, osteopathy, oxygenation therapy, aromatherapy and sound&light therapies.

Being at the core of Namaka's service is a **floating therapy** proven to be one of the most effective ways to **relieve physical and mental stress** and significantly **reduce pain**.

\* (please refer to the final slides for a fascinating pool of scientific research conducted on the benefits and applications of floatation therapy)



# What is FLOATING?

In addition to providing **immense health benefits**, floating is fun and enjoyable. Floating pods are enclosed, soundproof personal mini pools filled with water at body temperature and saturated with magnesium salt making you feel like you are in **zero gravity**. This creates a sense of total stillness. Guests enter a private room, float for one hour and reach a deep state of relaxation, resulting in **significant stress and pain reduction, physical recuperation, nervous system regeneration and increase of creativity and cognitive skills**. It also helps the body recover more quickly from training and injury. Numerous scientific studies have demonstrated these mind-blowing - or should we say mind-fixing - results.

# Packages & Programs

We also offer to our guests hand crafted comprehensive programs and packages for a **profound relaxation** on a **cellular level** and a journey into the state of resourcefulness. Our highly professional therapists can offer you various **massage techniques**.

You are invited to discover and maintain your genuine inner beauty with non-invasive methods of care for your face, body and soul. The aftermath being **revitalization**, reconnection with yourself, profound relaxation and a true balance you will carry within.

All of the treatments may and truly should be accompanied by floating therapy to allow deeper integration and deeper relaxation leaving you with gifts of truly magical and **tangible results**.

Become who you really are.

- Namaka is here for you.



# SCIENTIFIC RESEARCH

**Beneficial effects of treatment with sensory isolation in flotation-tank as a preventive health-care intervention – a randomized controlled pilot trial:**

<https://ncbi.nlm.nih.gov/pmc/articles/PMC4219027/>

**Taking the body off the mind: Decreased functional connectivity between somatomotor and default-mode networks following Floatation-REST:**

<https://onlinelibrary.wiley.com/doi/10.1002/hbm.25429>

**Case Studies on Fibromyalgia and Burn-out Depression Using Psychotherapy in Combination with Floatation-Rest: Personality Development and Increased Well-Being:**

<https://journals.sagepub.com/doi/abs/10.2190/9338-1352-q6k7-0183>

**Dr. Justin Feinstein - Floatation Therapy improves your mental wellness and sense of personal satisfaction. It improves your serenity:**

<https://www.youtube.com/watch?v=bUK-TiqPqMQ>

**Floatation REST Therapy Results in Pain Relief and Relaxation for Fibromyalgia Patients:**

<http://www.floating-verband.de/Results-Floating-Day>

**Examining the short-term anxiolytic and antidepressant effect of Floatation-REST:**

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0190292>

**The Elicitation of Relaxation and Interoceptive Awareness Using Floatation Therapy in Individuals With High Anxiety Sensitivity:**

<https://www.sciencedirect.com/science/article/pii/S2451902218300491>

**Chronic Whiplash-Associated Disorders and Their Treatment Using Floatation-REST (Restricted Environmental Stimulation Technique):**

[https://www.researchgate.net/publication/5498508\\_Chronic\\_Whiplash-Associated\\_Disorders\\_and\\_Their\\_Treatment\\_Using\\_Floatation-REST\\_Restricted\\_Environmental\\_Stimulation\\_Technique](https://www.researchgate.net/publication/5498508_Chronic_Whiplash-Associated_Disorders_and_Their_Treatment_Using_Floatation-REST_Restricted_Environmental_Stimulation_Technique)

**The Float Research Collective:**

<https://www.clinicalfloat.org/floatresearchcollective>

**Floatation Therapy research on STRESS MANAGEMENT, CHRONIC PAIN & RHEUMATOID ARTHRITIS, ATHLETIC PERFORMANCE, ANXIETY REDUCTION and further BIOLOGICAL EFFECTS:**

<https://www.justfloat.com/floatation-therapy-research-studies/>