

## Res(e)t Float Centre

### Grangemouth

Reset Float Centre have adopted a 'pay it forward' scheme at their centre, and they generously donate cancelled appointments through Respitality. This offer provides free float sessions to carers at Falkirk and Clackmannshire Carers Centre.

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*"You are taken care of one million percent"*

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#### Anna

Anna was offered an appointment for a Res(e)t Float session in September 2025. When she received the offer of this break, she was initially apprehensive as she had never done anything like this before. Anna has a challenging caring role, and she'd had a bad day, so she felt ready to do something for herself.



When she arrived at Res(e)t Float Centre, Anna felt that it was so welcoming. She was greeted at the door, and they talked her through the whole process so that she knew what to expect. When she entered the room, Anna noted how pristine the facilities were: **"everything was really clean and set up so nicely"**. She felt very reassured after being given a thorough walk-through and was very much looking forward to an hour of peace and quiet.

Anna loved that she had complete control over her session, she was able to choose whether the lid remained open or closed and had control over the ambient lighting and sounds in the pod. Anna said having the choice made her feel much more comfortable: **"I was glad to have the choice to keep the lid open and do what was comfortable for me"**. At the end of her float the music stopped to let her know that the session was over, and she couldn't believe an hour had passed: **"I think I nodded off for a bit"**. Anna felt really chilled out after her float, she said it had been nice just floating and the thing she really enjoyed was the complete silence.

After her break to Res(e)t Float Centre, Anna said she felt really relaxed. Despite feeling apprehensive before her break, she felt that trying the floatation pod was such a worthwhile experience and she would do it again. Anna said: **“I felt recharged and the bad day had dissolved, everything from before my break felt like less of an issue”**. Anna’s biggest takeaway was that this break provided her with **“complete peace”**. There was no one around and this was the first time she had a couple of hours completely alone in a very long time. **“It gives you the chance to be completely by yourself, you underestimate how much you miss that”**.

*“If you take time out as a carer even for a coffee, there are still people around. With this break it’s complete peace, with no one around.”*



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*“I was transported from the stresses of life and was able to escape for an hour. It was an amazing break.”*

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**“I don’t think I’d ever have booked something like this, because I wouldn’t have wanted to spend money on myself without being sure I’d like it, but I’ll definitely be going back.”**



**“It was so relaxing I fell asleep. Honestly, such a treat. An hour of sheer bliss.”**

**“It was so nice to have some me time where I could completely switch off for a bit and just relax.”**

**“It was nice to get a last-minute float session. I felt pampered and relaxed after.”**

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*“I now understand why it’s called Res(e)t Float Centre, because not only are you floating in the pod, but you come out floating on air.”*

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***The name of the carer has been changed.***