

# 自在漂浮

SPA专家顾问Richard Williams分享他在巴厘岛Terapung的幸福漂浮体验



一直以来，我都十分热衷于漂浮体验，而Terapung漂浮俱乐部在网络上的宣传又实在是太吸引人，于是，我毫不犹豫地来到了这里。Terapung坐落在巴厘岛水明漾的Drupadi大道，一侧是Harris酒店，另一侧是新开的购物街。

事实证明这个选择非常正确。从明亮的玻璃前门进入室内，深沉的黑色瓷砖和金属工业风格设计传递出丝丝复古而不羁的魅力，日式花道艺术盆栽装点公共区域，两相呼应，烘托出虚无主义的日式极简风尚。

俱乐部创办人之一Putra和他的团队热情地迎接了我，很清楚地叫出了我的名字，邀请我坐下等候，整个check in过程无须手写任何资料，有人在身旁紧密跟随听取我的要求。在等待好友抵达的时间里，我和他们有了一些简短的交流。我得知，俱乐部的另一位联合创始人Arthur早前已在马来西亚槟城开了一家漂浮俱乐部，并大获成功。我猜这就是他们在巴厘岛新开一家的主要原因。俱乐部的联合创始人还包括几位来自雅加达的伙伴。

好友抵达后，我们先是被引到了影像室，坐在懒人沙发上观看漂浮视频，视频里全面展示了漂浮的整个过程。当然，我的眼球还是不可避免地被墙面和地板上的可爱标识图案吸引了过去。

视频结束后，Putra又耐心地解答了我们的一些问题，之后便将我们领到了一间光线昏暗的房间，首先接受了头部清洁和按摩服务。然后，乘电梯到二楼漂浮室。

Terapung的漂浮体验不是让人待在封闭的漂浮舱内，而是直接进到一个心形的水池中。漂浮开始，工作人员会关闭房间内的所有光源和音乐。在此之前，你会被告知灯光开关、音乐开关、紧急开关的位置。同时，在你触手可及的地方还预备有喷水壶和毛巾，可对沉淀在面部的盐粒进行处理。

下到温水中，平躺，将手臂伸过头顶，这种感觉非常好。

所有的感官都不再发挥作用，意念全集中在一呼一吸上，心神不觉安宁下来。一小时的漂浮好似进行了八小时的高质量睡眠。由于身体处于失重状态，脑电波为Theta值，能感受到深层放松，甚至身体上的损伤也逐渐得以修复。我能感觉到头部和脊椎的细微的移动，我在有意识与无意识之间游移，沉浸在这一冥想的状态，但又并未真正沉睡。

音乐声响了起来，再过了几分钟灯也亮了，说明体验结束。其实在天亮以前，我已经隐约意识到了自己在池子里转了360度。

带着微晕未醒的感觉，我爬回了地上，然后去淋浴室。

接着，员工将我带到休息层，阶梯式的水泥座椅，暖风拂面。我一边品着热茶，一边欣赏房间中央的美丽盆栽。休息室一侧有一间小型瑜伽室，对面则是更衣区和浴室。

过了一会儿，好友也进来了，我们互相交流了下感受，一致认同这是一场非常不错的午后体验，身心放松，这里的员工们的友好与细心，连Arthur也亲自来问候了我们。

对于幽闭恐怖症患者，这可能不是一项推荐的项目，虽说把灯和音乐都开着也不是不可以。我个人十分推荐倒时差、压力大、热爱冥想的人士前来体验，漂浮对于身体上的创伤修复也很有功效。

Terapung提供多种漂浮套餐，将漂浮体验与瑜伽课程、按摩服务打包，值得一试。我肯定还会再来！



# Go with the FLOAT

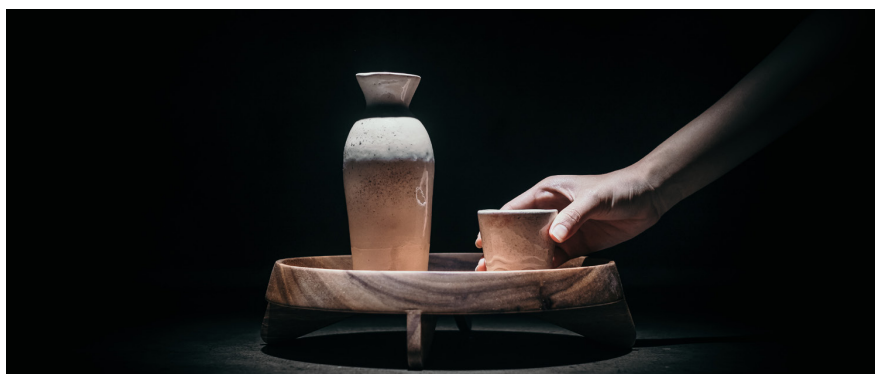
*Richard Williams shares his stunning floating experience at The Terapung Float Club*



Slipped unassumingly between the Harris Hotel and a newly-built shopping strip lies the Terapung Float Club in Jalan Drupadi, Seminyak, Bali. I had been intrigued by their high quality social media postings and given my interest as a “floaters” since the 1990s, I was eager to finally experience their services.

Wow, I was not disappointed, this place is slick! From the glass frontage and polished cement, black stone tiles, and metallic, industrial interiors, to the ikebana pots throughout the public areas, it has a superbly minimalist Japanese interior feel.

A warm welcome began at entry and Putra, one of the owners, and his team welcomed me by name and invited me to sit down and check in, a process which was paperless. As I waited for my friend to arrive, we chatted about the inception of the business. Arthur, another partner from Malaysia, had opened a Float Club in Penang and I guess based on that success, the Bali Club came about, with the addition of a couple more business partners from Jakarta.



When my friend arrived we were both invited to enter the adjacent A.V. Room to watch a video on the float process, cleverly introducing the process visually as we sat on the beanbags. I couldn't help but notice the cute icons and logos in brass inlaid in the floor and walls.

Putra then collected us and led us to a dimly-lit room where we were given a very welcome complimentary hair wash and scalp massage before being guided via elevator to the 2nd level float area.

At Terapung, they do not have capsule or “clam shell” tanks but use open, heart-shaped pools in a room that can be made completely dark. You are briefed on the music, when the lights will be turned completely off, the button location if you decide you'd like the lights back on or for emergency as well as the water spray bottle and facecloth if you get salt on your face. A sleek shower area with earplugs and petroleum jelly if you have any cuts and scrapes.

Easing myself into the warm salty water, I loved how I was able to extend my arms out above my head. Sensory deprivation is a wonderful way to focus on breathing and still the mind. One hour of floatation is worth eight hours of sleep, it is said. As your body is in zero gravity and the brainwaves are in theta, this facilitates deep relaxation as well as accelerating healing from physical injury. I was very aware of the movement of my head and my cervical

spine, so even though I was horizontal, I was very aware of my posture. I glided in and out of consciousness, the experience was very meditative and didn't really feel like sleep.

Music returned first and after a few minutes the lights were turned back on indicating the session was over. Slightly light-headed and coming back to Earth, I climb out and headed to the shower.

Staff are outside to guide you up to the relaxation level where you find stepped cement seating, an open warm breeze and hot tea being served. I sat and admired the beautiful ikebana in the center of the room, while off to the side is a compact yoga studio and opposite unisex lockers, bathroom and showers.

My friend floated in, we compared notes and felt all was good. What a great way to spend the afternoon! Arthur even came to introduce himself, and we really felt so relaxed and so well looked-after.

Floatation is not for the claustrophobic, although there is no reason why you couldn't enjoy a float with lights and music still on. I would highly recommend floatation for jet-lag, general stress, meditation and mindfulness and for physical repair.

Definitely I will return. Terapung also offers multiple float packages, they have yoga classes and some basic massage services to ease into that float. Enjoy!