

# Drijven in een bad vol Gronings magnesiumzout



LOFF-medewerkster Daphne Wegeman strooit wat magnesiumzout in het bad. Foto: Marcel Jurian de Jong

## Floating in Magnesium Salt from the purest natural Zechstein Source

Levitate in water so salty that you relax completely. This is called "floating" and is possible at spa LOFF in Assen, the first float centre in the Northern Netherlands. The two cabin-baths are filled with particularly healthy salt water. Not just cooking salt, but magnesium salt extracted from the soil below Veendam in the Northern Netherlands.

„ Floating is the way to relax quickly and delightfully”, says LOFF-owner Gerlanda Drenth. „ You will float without any effort”, she explains. A matter of good driving attitude, and you’re floating easily for three quarters of an hour.

The temperature in the cabin and the water temperature are virtually the same as your body temperature.

„In less than ten minutes you don’t realize anymore which parts of your body are where.

This brings the ultimate in relaxation." At LOFF you're not driving in an ordinary sealed cab, but in a purpose-built bath. „This is not claustrophobic at all, and has the same effect, " says Drenth.

What makes you float? „Lots of dissolved salt - about 200 kilos per bath – give enough upward pressure "Your body weight is not important; everyone stays afloat. You even don’t need to know how to swim.”

## Magnesium salt

LOFF uses magnesium salt. coincidence or not, it comes from the region nearby. Actually, this salt is magnesium chloride and comes from the Zechstein source below Veendam in the Northern Netherlands.

Zechstein Minerals obtains the magnesium salt out of unique geological layers. 250 million years ago it was deposited after evaporation by the then Zechstein zee.

Dr. Richard Danel, physician and member of the Magnesium Health Institute, connected LOFF and Zechstein Minerals and the cabin builders. His research is about the influence of magnesium on health. Danel stresses the importance of sufficient intake of magnesium. „According to the World Health Organization, (WHO) fifty to seventy percent of the Western world is suffering for magnesium deficiency, while it actually is as vital as water and oxygen for life. It is a forgotten mineral. " He argues that a chronic deficiency increases the risk on e.g. cardiovascular diseases, diabetes or cancer. Moreover, many ailments tend to heal less well, says the doctor. Magnesium deficiency accelerates ageing and the onset of ageing related diseases.

There are so many magnesium compounds and applications out there. But the soil under Veendam provides us the best, according to Danel. „Nowhere in the world is magnesium chloride, so pure and clean available. Due to, or thanks to its unique genesis 250 million years ago, while in addition, it has been protected by Mother Earth all those years in her soil."

On top, the magnesium chloride is best absorbed by the body. „It is the most body kind, let's say endogenous", he explains.

„We are a relaxation center. Our baths are filled with salt from Veendam and that's a nice extra for our guests," Drenth adds.

### **Two birds with one stone**

Also Gerlanda notices that magnesium awareness is increasing rapidly and that the 'forgotten mineral' is becoming 'hot'. „at LOFF more and more people float because of the magnesium salt. We are a bit of a pioneers in the North."

Also because magnesium is taken up into the body via the skin, according to the latest insights from, inter alia, the Magnesium Health Institute. LOFF gets so many testimonials from clients, experiencing relief by floating in a bath with magnesium salt from e.g. muscle pain, fibromyalgia (soft tissue rheumatism), restless legs, migraine or joint problems.

So, at LOFF two birds with one stone indeed:

Relaxing by floating in a magnesium chloride bath, and the magnesium salt is also a particularly good natural boost to health.