

"I called The Floating Stone Inn and Aqua Spa and Rocky accommodated my worn and sore body with an incredible Watsu water therapy treatment EVEN BEFORE their grand opening date!

During the Watsu massage I was fully supported while my body was gently rocked and stretched. The warmth of the water and the safety I felt allowed me greater joint mobilization than I normally get in stretching or massage. I was amazed at how calm and relaxed I became.

I am so grateful for the serenity I experienced and nurturing treatment I received at the Floating Stone. Thank you!!"
— Sally Connelly, Vail, CO.

"Watsu, as experienced at the Floating Stone is the pure expression of poetry in water with movement. This Therapy allows for a more complete fluidity of muscles and joints in movement as you are carefully and securely moved through the water. The Therapist, Rockwell Driver, is thoroughly trained in many forms of water therapy and is exceptionally considerate of one's comfort and ease while working.

The water at Floating Stone is so perfectly balanced for PH there are no harsh chemicals that irritate the eyes, body or swim gear. If one feels playful and so inclined it is rather like floating through the stars and galaxies."
— Joanna Corrigan, Tubac, AZ

THE VISION & MISSION OF THE FLOATING STONE INN & AQUA SPA

To bring eco-living and wellness together to create a sustainable world.

To provide education and inspiration within a nurturing, supportive environment for living in balance with nature and community.

To bring awareness of the role that ionized water plays in optimal wellness.

THE AQUA SPA

The Aqua Spa draws its inspiration from hot-spring spas scattered throughout California. Our spa features a Watsu water-massage pool, a lap/recreational pool, and a hot tub. All pools are chlorine and chemical free giving guests the unique experience of soaking in pure ionized water.

ACCOMMODATIONS

Floating Stone Casitas – One-bedroom apartments with living room, kitchen, bedroom, private patio with washer/dryer, satellite TV, and WiFi. Located just a 5-minute walk from the Floating Stone Inn & Aqua Spa.

Casita Linda – On-site and just steps away from soaking in our hot-therapy pools. Kitchen, bathroom, living room, two bedrooms with queen beds, sunroom, washer/dryer, satellite TV, WiFi, and back porch for relaxation. The living room has a pull-out sofa bed. Sleeps 3-6.

DIRECTIONS

From Tucson, drive south on Interstate 19 to Exit 34 in Tubac. Turn left off the exit ramp and left again at the frontage road. Head north to the large Tubac sign. Go right to the end of the street. Take a right and another quick left onto Calle Igelsia for one block. We are located on the left.

FLOATING STONE INN & AQUA SPA

16-18 Calle Iglesia Tubac, Arizona
Reservations 520.398.3193
Toll-Free 888.767.2325

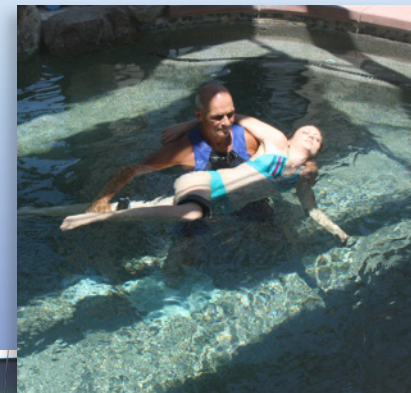
<http://www.thefloatingstoneinn.com>



FLOATING STONE
INN & AQUA SPA

Watsu/Aqua Massage & Aquatic Therapy

*Offering personalized
aqua services in our
healing chlorine-free,
ionized pools...*



The Floating Stone Inn & Aqua Spa offers a variety of aqua services in our healing chlorine-free, ionized pools...



AQUA SERVICES

WATSU/AQUA MASSAGE:

A deeply relaxing experience, floating weightless in 96 degree water while being gently massaged and stretched. This experience addresses chronic neck and back issues, and provides stress reduction and emotional release.
—50 minutes

AQUATIC THERAPY:

Out-patient training and recovery from sports injury, pre- and post-surgical procedures, and loss of joint range-of-motion. Relief from chronic pain, arthritis, and overuse syndrome. Joint and nerve decompression. Mind, body, integration. Increased overall well being. Gravity free movement in this non-weight-bearing environment can decrease recovery time from injury. —50 minutes

BURDENKO WATER & SPORTS THERAPY TRAINING:

Ideal training for balance, flexibility, coordination, strength, endurance and speed. These innovative exercises will improve posture, core strength and give one an increased sense of body alignment and postural awareness.
—50 minutes

TRANSCENDING FEAR OF THE WATER:

Overcome your fear of the water. Learn new found confidence and skill in facing your particular anxiety in the therapeutic medium of warm therapeutic water.
—50 minutes

FLEXIBILITY TRAINING:

Learn both dynamic and passive intervention techniques for tight muscle and connective tissues. Learn dynamic stretching while moving as opposed to static stretching while standing still to better prepare for physical exertion and sports performance with decreased chance of injury.
—50 minutes

SWIM LESSON:

Receive private instruction on stroke and technique. “It is never too late to fine tune your stroke and correct bad habits”. Beginning, intermediate, and advanced.
—50 minutes

HEALING POWER OF WATER:

Using a specialized support vest experience hydrostatic pressure created by the submersion of a body in water. Increase circulation, mobility, flexibility, and joint spacing, while decreasing swelling and chronic pain. Enjoy increased overall well-being and freedom from anxiety and depression.
—50 minutes

For rates and to reserve your space call 520 398-3193 or visit:

www.thefloatingstoneinn.com

WHAT IS AQUA THERAPY?

Dating back to ancient times, water has been a medium for healing. Today the term ‘aqua therapy’ refers to therapeutic exercise in a fluid environment. Water provides an ideal environment in which to perform movements which would be impossible or painful if attempted on land. It is perfect for balance training, range of motion exercise, bio-mechanical training, strengthening and gait training.

Aqua Therapy can benefit anyone suffering from:

- ◆ osteoarthritis
- ◆ rheumatoid arthritis
- ◆ joint replacement surgery
- ◆ arthroscopic surgery
- ◆ joint reconstruction
- ◆ scoliosis
- ◆ fibromyalgia
- ◆ lower back pain
- ◆ tendinitis
- ◆ bursitis
- ◆ balance disorders
- ◆ stroke
- ◆ head injury
- ◆ spinal chord injury
- ◆ parkinson’s disease
- ◆ multiple sclerolosis
- ◆ joint strains and sprains

WHY CHOOSE AQUA THERAPY?

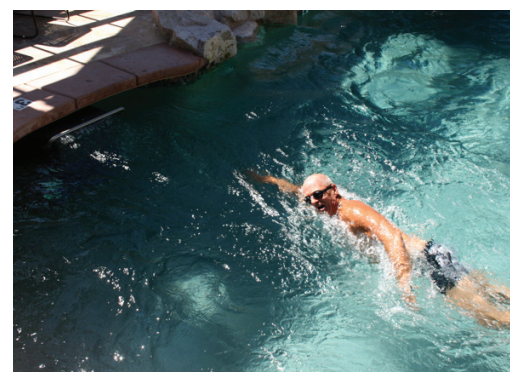
In water the effects of gravity are minimized and a person’s natural buoyancy takes over. This allows the water to assist, support, or resist movements at a pace that can be tolerated. Water allows for non weight-bearing and partial weight-bearing exercise. Exercises in the vertical position create a natural traction with joint spacing allowing for relief from discomfort due to acute or chronic back problems. These same upright supported exercise movements will increase body awareness and postural control. Overall conditioning is provided to the entire body including the injured extremity.



Lap Pool (85 degrees) and Hot Therapy Pool (104 degrees)



Aqua Aerobics Class



Enjoy one of our two “Endless Pool” jets



Watsu/Aqua Massage pool (96 degrees)