

# THE GLOW JOURNAL

GLOW



FLOAT AND WELLNESS

**DEEP REST  
FOR BUSY  
MUMS**

*The Science and Benefits  
of Red Light Therapy*

**RECOVERY AS A  
RITUAL – BEYOND  
THE GYM**



**10 Station St  
Samford Valley, Queensland**



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FLOAT AND WELLNESS

## A SEASON FOR RECOVERY

*As the pace of the year continues, autumn offers a quiet invitation to slow down and return to balance. It is a season that encourages restoration, supporting the body and mind after periods of activity, stress and constant movement.*

*Within these pages, we explore simple yet powerful ways to support recovery and wellbeing in everyday life. From the role of intentional recovery for active bodies, to the deep mental reset that comes with floating, and the growing interest in therapies such as red light, each article reflects Glow's belief that wellness is not about doing more, but about caring for the body in thoughtful and sustainable ways.*

*Glow Float & Wellness was created as a sanctuary for rest, recovery and connection. A place where the nervous system can slow, the body can restore and small rituals of wellbeing can become part of everyday life.*

*We invite you to read slowly, return often, and take what resonates with you.*

# Inside This Edition

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## **Recovery**

*The Art of Restoring the Body*

*Why recovery matters as much as training. Discover how sauna, contrast therapy and floating support strength and resilience.*

[Click to read →](#)

## **Stillness**

*When the Mind Finally Gets Quiet*

*A moment of deep rest for busy mums. Explore how float therapy helps calm the mind and restore energy.*

[Click to read →](#)

## **Light**

*The Healing Power of Red Light Therapy*

*Learn how red and near infrared light support recovery, skin health and cellular repair.*

[Click to read →](#)



# The Power of Recovery

In the world of training and performance, most people focus on two things, effort and results. Work harder. Train longer. Push further.

But there is a third piece that often gets overlooked. Recovery.

The body does not actually become stronger during training. Strength, endurance and resilience develop during recovery, when the nervous system resets, muscles repair and the body has space to adapt.

For athletes, regular gym goers and active lifestyles, intentional recovery is what allows training to remain consistent without burnout or injury.

At Glow Float & Wellness, recovery is approached as something more than simply resting. It becomes a structured practice that supports the body, the mind and long term wellbeing.

**"Strength is built in training, but it is recovery that allows the body to adapt and grow."**



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# The Power of Heat and Cold

One of the most effective recovery methods used by athletes around the world is contrast therapy, alternating between heat and cold exposure.

At Glow Float & Wellness, many people begin their recovery session in the infrared sauna, allowing gentle heat to warm the muscles, encourage circulation and begin the process of relaxation. As the body heats, blood flow increases and tight muscles begin to soften.

From there, the body moves into contrast hydrotherapy, alternating between the hot tub and the ice bath. The shift between warm and cold temperatures stimulates circulation and helps move oxygen and nutrients through tired muscles. This natural pumping action can support recovery after training, reduce muscle soreness and leave the body feeling refreshed and energised.

A typical recovery session at Glow includes 30 minutes in the infrared sauna followed by 30 minutes of contrast hydrotherapy, creating a powerful combination of heat, circulation and cold immersion.

You can learn more about how recovery sessions work and what to expect on the Glow Float & Wellness [website](#).



## *The Deep Reset of Floating*

While heat and cold therapy support the physical body, floating provides something equally important, nervous system recovery.

In the quiet of a float tank, the body is supported by mineral rich water and external stimulation fades away. Without gravity, noise or light competing for attention, the brain has an opportunity to slow down.

For many people, this is where true recovery begins.

Floating has been shown to support deep relaxation, reduce stress hormones and calm an overactive mind. For those who train regularly, this mental reset can be just as valuable as physical muscle recovery.

Many athletes and active individuals use float therapy as part of their recovery routine to help the mind and body return to balance.

# Recovery Supports Consistency

Whether you are training for performance, staying active for your health or simply enjoying movement, recovery plays an essential role in how the body adapts.

When recovery becomes part of a routine, many people notice improved energy, better sleep and a greater ability to stay consistent with their training.

Rather than pushing harder and harder, the body is supported to recover, rebuild and return stronger.

At Glow Float & Wellness, recovery is not seen as a luxury. It is part of the process of caring for the body that carries you through training, work and everyday life.



*A quiet  
mind*



Why Float Therapy Works So Well for Mums

# A Different Kind of Rest

Life with young children is full of beautiful moments, but it can also be incredibly full. From early mornings and school runs to work, family schedules and the constant mental checklist that comes with caring for others, many mums move from one responsibility to the next without ever truly switching off.

Even when there is a rare quiet moment, the mind often keeps going. What needs to be organised tomorrow? Did I remember everything for school? What still needs to be done tonight?

Over time, this constant mental activity can leave the body feeling tired while the mind remains busy. This is where deep rest becomes incredibly valuable.

Float therapy offers something many people rarely experience, complete mental and physical stillness.

During a float session, the body is supported by warm water rich in magnesium salts. The environment is calm, quiet and free from distractions. Without gravity, noise or light competing for attention, the nervous system has an opportunity to slow down.

For many people, this is the first time in a long while that the mind can simply rest. Some people drift into a deeply relaxed state, while others notice their thoughts gently settling as the body releases tension built up through the day.

**"Sometimes the most powerful reset is simply an hour where the world becomes quiet."**

# The Power of Light

## How Red Light Therapy Supports Recovery, Skin and Wellbeing

Light has always played an important role in how the body functions. Natural sunlight helps regulate sleep cycles, supports mood and influences many of the body's natural rhythms.

Red light therapy builds on this idea by using specific wavelengths of light designed to support the body at a cellular level.

Rather than producing heat, therapeutic red and near infrared light penetrates the skin and stimulates the mitochondria, the energy centres within our cells. This process encourages the production of ATP, the energy source that powers many functions within the body, helping support cellular repair and recovery.



# Red Light Therapy Supports Recovery, Skin & Wellbeing

## *Muscle Recovery and Inflammation*

For those with active lifestyles, red light therapy can be a valuable addition to a recovery routine.

Research suggests that exposure to red and near infrared light may help reduce inflammation, support muscle recovery, improve circulation and assist joint health. By supporting the body's natural repair processes, many people find it helps the body recover more efficiently between training sessions.

Many athletes incorporate light therapy alongside other recovery practices such as sauna, contrast hydrotherapy and float therapy to support overall performance and wellbeing.

## *Benefits for Skin Health*

Red light therapy is also widely used in skin treatments due to its ability to support collagen production and healthy skin renewal.

By encouraging positive cellular activity, red light therapy may help improve skin tone and texture while supporting the skin's natural regeneration process.

Because the treatment is gentle and non invasive, it can be comfortably included as part of a regular wellness routine.

# light, warmth and rest

## Supporting the Body's Natural Rhythm

Another reason red light therapy is becoming increasingly popular is its ability to work in harmony with the body's natural rhythms.

Unlike bright blue light from screens, red light does not disrupt the body's sleep cycle. Some research suggests it may even help support healthy sleep patterns by encouraging relaxation and assisting the body's natural circadian rhythm.

Sessions themselves are quiet and restorative, offering a moment to pause while the body absorbs the therapeutic benefits of the light.

## Light as Part of a Recovery Routine

At Glow Float & Wellness, red light therapy is delivered using specialised wellness panels designed to provide therapeutic wavelengths of red and near infrared light.

Many clients combine light therapy with practices such as sauna, contrast hydrotherapy or float therapy, creating a broader approach to recovery that supports both the body and mind.

You can learn more about red light therapy and other wellness experiences available at Glow Float & Wellness on the Glow website.

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WWW.GLOWFLOATANDWELLNESS.COM

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RED LIGHT THERAPY



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