

Flotstone Launches 2.5-Hour Subtraction Protocol Combining Float Therapy, Infrared Sauna and Cold Plunge in Lake Bluff

New wellness experience gives North Shore and Lake County residents a dedicated way to disconnect from daily stimulation and focus on relaxation and physical recovery.



Lake Bluff, Illinois Sep 24, 2026 ([Issuewire.com](https://www.issuewire.com)) - Flotstone, a holistic wellness center in Lake Bluff, has officially launched its Subtraction Protocol, a two-and-a-half-hour recovery experience combining a private infrared sauna, sensory-reduction float therapy and cold-water immersion.

Now available to residents throughout the North Shore and Lake County, the Subtraction Protocol was created around a simple idea: instead of adding another activity, supplement or obligation to an already busy routine, guests intentionally remove outside stimulation and dedicate time to recovery.

The experience is designed for professionals, active adults and others looking for a structured way to step away from screens, noise and the pace of everyday life.

What Is the Flotstone Subtraction Protocol?

The Subtraction Protocol moves guests through three separate wellness experiences during a single visit:

- **Shed:** A private infrared sauna session using dry heat to begin the experience.
- **Still:** A one-hour float session in a specialized pod containing approximately 1,000 pounds of

Epsom salt and 10 inches of water, creating a highly buoyant environment with minimal outside stimulation.

- **Seal:** A two-to-three-minute cold plunge maintained at approximately 46°F for an invigorating finish.

Located in Lake Bluff near Lake Forest, Libertyville and Vernon Hills, Flotstone developed the experience for people who want dedicated time for relaxation and physical recovery without the distractions normally present throughout the day.

"Modern life is loud, fast and overwhelming, and many people feel like they never truly disconnect," said Matt Brueggeman, Owner of Flotstone.

Why Flotstone Built a Recovery Experience Around "Subtraction"

Each stage of the protocol creates a distinctly different environment.

The infrared sauna provides a private heated setting at the beginning of the session. Float therapy then reduces many of the sights, sounds, physical pressure points and distractions people experience throughout a typical day. The concentrated Epsom salt solution creates buoyancy, allowing guests to float with minimal physical effort.

The experience concludes with a short period of cold-water immersion.

Scientific research continues to examine float therapy, sauna use and cold-water immersion individually, including their potential relationships with relaxation, stress, sleep, physical recovery and general wellbeing. Findings vary depending on the type of therapy, research protocol and population being studied.

Flotstone offers the Subtraction Protocol as a general wellness and recovery experience and not as a treatment for any medical condition.

Additional Wellness Services in Lake Bluff

Flotstone also hosts an independent practice operated by Dr. Mary McAndrews, DC, of McAndrews Chiropractic & Functional Medicine. Dr. McAndrews provides chiropractic and functional medicine services on-site on select days.

The practice operates independently from Flotstone's Subtraction Protocol and other wellness services.

About Flotstone

Flotstone is a holistic wellness center located in Lake Bluff, Illinois, serving residents throughout the North Shore and Lake County. The center specializes in float therapy, private infrared saunas, cold plunges and wellness experiences centered on relaxation, rest and physical recovery.

Flotstone's signature Subtraction Protocol combines three of its core services into one two-and-a-half-hour experience designed to give guests dedicated time away from external stimulation and everyday distractions.

Learn more at flotstone.com.



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