



THE OXYGEN STUDIO

mild hyperbaric treatment

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WHAT IS HBOT?



For more than 200 years, hyperbaric oxygen therapy has been used as a regenerative health treatment and has helped improve the overall well-being of people. Lack of oxygen is one of the most common reasons behind the appearance of numerous illnesses and cell damage.

mHBOT utilises higher than normal (atmospheric) pressure.

During therapy one does not breathe the usual 21% oxygen, but 95% pure oxygen through an oxygen mask at a pressure of 1.3 allowing you to breathe twice the concentration of oxygen. You would be breathing pure oxygen: 5 times more than you would be breathing normal air in the environment, which is why effects on our health and well-being are even better.



Complementary to most skincare procedures and formulations, the action of mHBOT is to heal from within.

This natural approach to skincare is trusted by health professionals for the numerous benefits Hyperbaric Oxygen Therapy has proved it can deliver on a holistic level.

beauty benefits THE FUTURE OF BEAUTY

- HBOT reverses aging
- Reduces excessive skin damage from ultraviolet radiation
- Promotes collagen production and maintains skin elasticity
- Improves wound healing and reduces scar formation
- Oxygen is an important component in skin rejuvenation and treatment of photo aging skin, and improves skin complexion
- Can offer protection from future ultraviolet exposure
- Rejuvenates and repairs damaged skin
- De-stress and reduces body tension and fatigue



Beneficial hyperbaric therapy, by means of pure oxygen supply, regenerates damaged cells in the body and prevents further damage from occurring.

Users inhale larger quantities of oxygen in a high-pressure environment, which allows more oxygen to be distributed to the damaged tissue and leads to a quicker recovery.

health benefits

GENERAL HEALTH & WELLBEING

- Severe anemia
- Arterial gas embolism
- Blocks and locks the action of harmful bacteria
- Brain abscess
- Burns
- Cancer treatment support
- Carbon monoxide poisoning
- Cerebral palsy
- Pre & Post Covid-19 prevention and treatment
- Crush injuries
- Sudden deafness
- Decompression sickness
- Decreases stress levels
- Decreases swelling and inflammation
- Dementia
- Detoxification
- Faster healing and recovery times after surgery or injury
- Gangrene
- Increases energy levels
- Infection of skin or bone that causes tissue death
- Infection of skin or bone that causes tissue death
- Reduces the severity of Lupus
- Non-healing wounds, such as a diabetic foot ulcers
- Pain relief (such as swollen joints and muscle pain)
- Radiation injury
- Regulation of sleep patterns
- Releases endogenous stem cells
- Skin graft/skin flap: reduces risk of tissue death
- Stimulation of brain cells
- Stimulation of new capillary growth for wound healing
- Strengthens and boosts the immune system
- Stimulates growth of new blood vessels
- Traumatic brain injury
- Sudden and painless vision loss

SPORTS RECOVERY



Competitive sports have evolved to such an extent that the intensity and number of injuries to athletes have increased. Therefore, there is a strong need to develop better and faster treatments that allow the injured athlete to return to competition faster than with the normal course of rehabilitation, and with a low risk of re-injury. It makes no difference whether you're a professional rugby player or a weekend cyclist, injuries are common among all types of athletes and can affect performance, as well as everyday quality of life, if not given the proper attention.

sports benefits MAXIMISE PERFORMANCE

- Powerful anti-inflammatory and wound-healing accelerator.
- Accelerated recovery from many types of injuries, including joint pain, torn muscles and tendons.
- Assists in the recovery of concussions and head injuries
- Memory loss, focus issues, and feelings of anxiousness and irritability
- Dramatically decreases inflammation, improves vascular flow, increases stem cell release and activation, regenerates bone and cartilage, and slows the process of scar formation.
- mHBOT also has been shown to work in conjunction with platelet-rich plasma, stem cell injections, and other treatments for even greater healing potential for all types of sports-related injuries.
- Decreased healing time specifically for rugby players, getting them back onto the field quicker.
- Maintain optimal condition, maximise performance, and prevent injuries.
- Increase energy levels.

WHAT TO EXPECT?



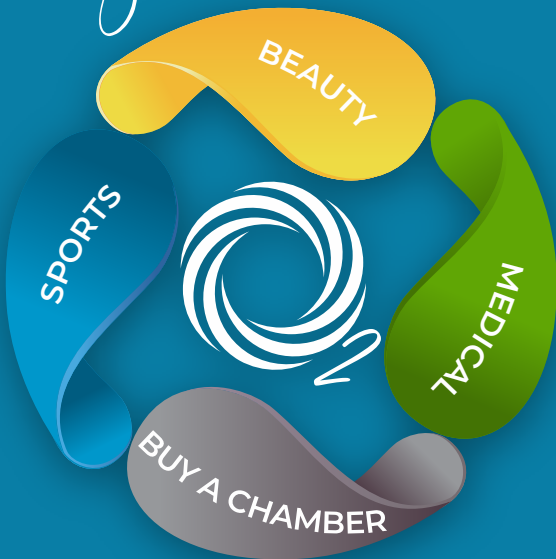
Relax, sit, lie, sleep, or work on your phone in the comfortable chamber. Sessions last 60 - 90 min.

Your ears may feel a little blocked as the pressure increases, like in an airplane or the mountains. Simple swallowing or chewing gum will "pop" the ears back to normal.

Your blood carries the extra oxygen throughout the body, infusing the injured tissues that need more oxygen so they can begin healing. When a session is complete, you may feel lightheaded. Mild side effects include claustrophobia, fatigue, and headaches.

Hyperbaric oxygen therapy is not for everyone. It should not be used by people who have had a recent ear surgery or ear trauma, a cold or fever, or certain types of lung disease. Please speak to your consultant if you have any questions.

just breathe



RESTORE

REJUVINATE

REGULATE