



restore
HYPER WELLNESS

MHBOT

HOW DO I PREPARE FOR MY FIRST MILD HYPERBARIC OXYGEN THERAPY APPOINTMENT?

As a new medical client, you'll complete a simple waiver and health history form that will be emailed to you ahead of your appointment. If you don't get the chance to fill them out beforehand, no worries! You can fill out the forms when you arrive at the studio. The staff will take your vital signs then you'll do a quick call with a medical provider so that we can get a better understanding of your medical history and how Mild Hyperbaric Oxygen Therapy can help you on your unique wellness journey.

WHAT SHOULD I EXPECT FROM MILD HYPERBARIC OXYGEN THERAPY?

Not sure what to expect from our Mild Hyperbaric Oxygen Therapy service? After completing a medical waiver, your vitals will be taken. Then, you'll head back to the mHbOT - a cozy chamber where you can comfortably sit up and work, or lay down and relax during your service. After you get in the Mild Hyperbaric Oxygen chamber, a nurse will help you place your oxygen mask on your face, make you comfortable with pillows or blankets, and then zip it up to close. Then, the chamber will begin to pressurize. You may feel your ears pop slightly as you take your "dive," but don't worry! It's not scary or uncomfortable.

HOW WILL I FEEL DURING MILD HYPERBARIC OXYGEN THERAPY?

While you're inside the Mild Hyperbaric Oxygen Therapy chamber, you may feel your ears pop! Then you may experience a feeling of relaxation as you enjoy your service. After your Mild Hyperbaric Oxygen Therapy session, you may continue to feel relaxed, or alert and well-rested. That night, you may even sleep more deeply! Consistency is key. The more you visit our Mild Hyperbaric Oxygen Therapy chamber, the better your body may feel.

OVERVIEW

The mHbOT session typically lasts between 60-90 minutes

This service is administered by a Registered Nurse on staff

Feels like an airplane ride

A whole new level of Netflix and chill

