

Oxygen Spa
or hyperbaria?
Which one is for you?

Privacy and
convenience: invest
in your own device

Discovering
the secrets of
REDOX water

Stem cells –
potential worth
discovering

OXYGENSPA

Oxygen therapy for your health



SUPPORTING THE FIGHT AGAINST THE EFFECTS OF COVID-19

OXYGENSPA, I.E. OXYGEN THERAPY IN CONDITIONS OF INCREASED PRESSURE, MAY SIGNIFICANTLY CONTRIBUTE TO THE ALLEVIATION OF POST-COVID MANIFESTATIONS.

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BENEFITS OF
OXYGENSPA SESSIONS

Oxygen therapy at OxygenSpa is a non-invasive, painless and completely safe way to support your body through the processes of relaxation, regeneration, prevention and treatment of various diseases. The motive of OxygenSpa is to use nature to stimulate tissues and organs to improve their function. It can be used both as a preventive measure and as a support for pharmacological and medical therapies.

OXYGEN THERAPY UNDER
ELEVATED PRESSURE AND HEALTH

The testimonials of many patients who, thanks to OxygenSpa, experienced the therapeutic effect of oxygen combined with high air pressure, confirm the effectiveness of this method in initiating repair and regenerative mechanisms in the human body. This is also proven by research conducted by teams of scientists, including the research gathered by the Collegium Medicum at the Nicolaus Copernicus University in Toruń, Poland.

Oxygen therapy supports the treatment of many different diseases, including dermatological, metabolic, cardiological, neurological, cardiovascular, endocrine, oncological and psychological. It particularly accelerates regeneration after heart attacks and strokes, supports circulation, regulates blood pressure, strengthens the immune system, reduces migraine and rheumatic pains, and facilitates breathing for people suffering from asthma and allergies. In addition, it supports the treatment of postoperative wounds, scars and burns, eliminates inflammation, accelerates the treatment of infections and reduces swelling.

Oxygen sessions under conditions of increased pressure contribute to the reduction of oxidative stress in the body. They support cognitive processes, visual information processing, concentration and sensory awareness.

Therefore it can be used as a method of supporting patients with Down’s syndrome (Trisomy 21), Asperger’s syndrome, autism or Alzheimer’s disease. They have a positive effect on motor functions and reduce inflammation in the case of multiple sclerosis. They support the treatment of depression, helping to reduce anxiety, calm down and relax.

They alleviate the effects of chemotherapy and radiotherapy carried out during oncological treatments and also help cleanse the body of carcinogenic substances. They have visible effects in the treatment of diabetes and diabetic foot as well as thyroid diseases such as Hashimoto’s disease.

OXYGEN THERAPY UNDER
ELEVATED PRESSURE AND SPORT

People who are actively involved in sports often struggle with ailments resulting from intense training. Oxygen sessions can help both in preparation for the next training and in the regeneration of muscles, tissues and joints after strenuous exercise.

They help remove metabolites from the body and contribute to the faster healing of micro-injuries of muscle fibers and joint injuries after their overtraining or overworking the body. They also minimize the post-workout muscle soreness. „Oxygen doping” provides vitality and increases the body’s efficiency which may lead to better results in sports.

It supports concentration, which is crucial for athletes both during training and competition. It also helps restore balance to the body, on the one hand increasing the endurance potential, on the other hand guaranteeing the maximum level of relaxation for the brain.

All over the world many athletes eagerly use oxygen therapy, appreciating its positive effect on the regeneration of the body. In 2006, the World Anti-Doping Agency recognized oxygen therapy as a method approved for practice, thus recognizing that it was not a method of illegal sports doping.



OXYGEN THERAPY UNDER ELEVATED PRESSURE AND BEAUTY

Aging is a natural part of our lives, however, people have always been dreaming of longevity and looking for ways to preserve their vitality and youth as long as possible. There are lots of experiments and research carried out to create cosmetic substances to keep the skin and hair in the best possible condition. The markets of supplements, plastic surgery and aesthetic medicine are expanding, the aim of which is to remove the effects of aging and other body defects that may appear over the years.

Oxygen therapy at OxygenSpa can be an excellent alternative and complement to various treatments in the beauty and SPA category. It brings a number of benefits, such as, stimulating the metabolism and accelerating fat burning and thus supporting the fight against obesity. It naturally motivates the body to excrete toxins and get rid of harmful free radicals. It supports the production of collagen and elastin, which improves the appearance of skin, hair and nails. Moreover, the number of stem cells in the body increases, which are of great importance for the regeneration of all human tissues that need it, whether it is age-related, caused by illness, accident, medical or aesthetic surgery or stress.

OXYGENSPA OR HYPERBARIA? WHICH ONE IS FOR YOU?

Oxygen therapy became famous as the Covid-19 pandemic became globalized. Although both oxygen spa and hyperbaria have been known and used to support health for a long time, they have recently started to gain even more popularity. They are becoming widely recognized methods to support the recovery of human bodies. In what other areas are these two types of oxygen therapy used?

ATMOSPHERIC CONDITIONS PARAMETERS - COMPARISON

parameters	Earth atmosphere	OxygenSpa	hyperbaric chamber
pressure	approx. 1000 hPa	1 500	de 1 500 a 3 500 hPa
oxygen content O2	approx. 20%	35 - 40%	22- 99%
carbon dioxide content CO2	0,036%	0,5 - 1,5 %	0,03 - 0,08%
hydrogen content H2	0,00005%	0,5%	approx. 0%

SIMILARITIES AND DIFFERENCES

Both hyperbaria and OxygenSpa are a type of oxygen therapy, the aim of which is to oxygenate the body in the most effective way. In both cases, the patient is in a special, tightly closed room (called a chamber or capsule), in which the pressure is much higher than the atmospheric pressure. Oxygen sessions are used as methods supporting standard pharmacological treatment and other medical procedures, as well as other means of supporting the regeneration and relaxation of the body after illnesses, convalescence after injuries, surgery or increased physical exertion.

This is where the similarities end. The differences in the construction of both types of chambers, the method of their operation or the parameters of the atmosphere inside them make the spectrum of applications of both types of devices different.



OXYGENSPA - THE OPTIMAL ATMOSPHERE

The atmosphere inside OxygenSpa differs from that in the hyperbaric chamber. In this case the patient breathes a properly composed mixture of gases, which, combined with the pressure increased to 1500 hPa (1,5 ATM), are considered the most optimal for human health. The oxygen content has been raised to approx. 35 - 40%. In addition, the atmosphere has an increased content of carbon dioxide and hydrogen, which is considered one of the most effective antioxidants.

Such composition of gases has some major advantages. First of all - the risk of the formation of excess free radicals and other possible complications that may occur after long-term

inhalation of pure oxygen is eliminated. Secondly - one can use OxygenSpa without time limits. Thirdly, monitoring by doctors is not required, nor are there any specific qualification procedures for treatments.

The large size of OxygenSpa is another advantage that makes this type of therapy recommended for everyone, regardless of age or fears associated with being in enclosed, small rooms. In OxygenSpa the patient can take any comfortable position (sitting or lying, depending on the type of seats installed in the chamber), as well as move freely inside, and even use the bathroom. Thanks to this, the stay during the session is extremely comfortable.

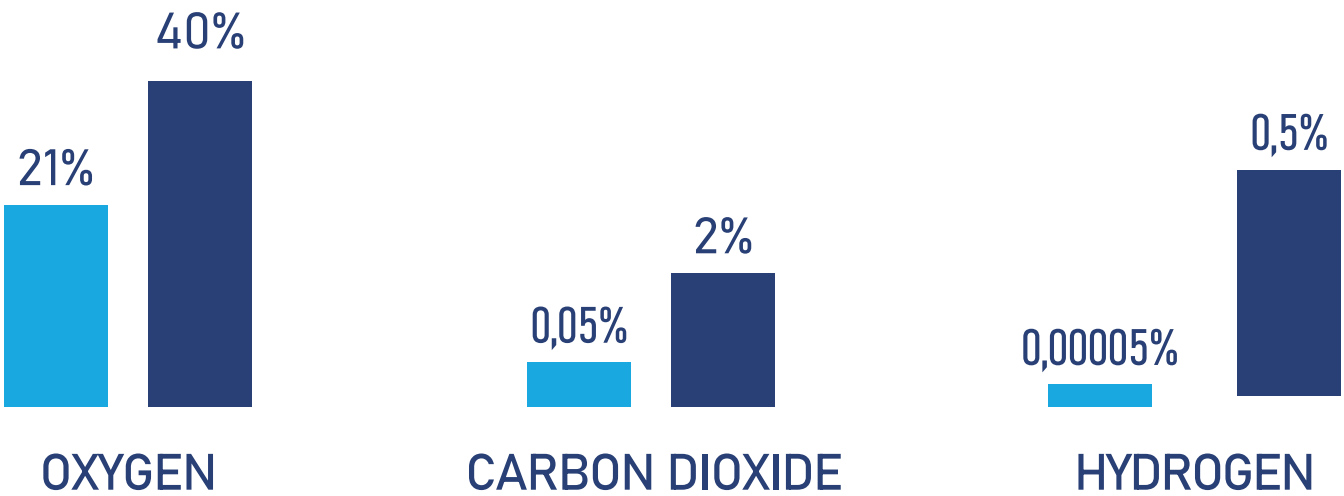
COMPARISON OF THE EARTH'S AND OXYGENSPA ATMOSPHERIC CONDITIONS

air pressure on the ground

1000 hPa

air pressure in a OxygenSpa

1500 hPa



HYPERBARIA - BREATHING PURE OXYGEN

A hyperbaric chamber is a type of device that is used to conduct oxygen therapy under high pressure conditions. It can be up to three times higher than the atmospheric pressure. Its characteristic feature is that the patient breathes 100% oxygen, which is most often administered through a special mask or nasal cannula. These conditions allow oxygen to penetrate much easier and faster even into ischemic tissues and organs of the body.

However, long-term administration of pure oxygen carries the risk of developing chemical pneumonia. For this reason, oxygen sessions in a hyperbaric chamber usually last from 45 to 90 minutes. Additionally, the patient using this type of

oxygen therapy is closely monitored by the device operator. Often before admission to the procedure, the attending physician recommends additional tests, such as an ECG or a chest X-ray.

An important feature of this type of device is also its size. The most popular are hyperbaric chambers in the shape of an oblong tube, which can accommodate one adult. A hard chamber is a metal structure with a large glass pane. A soft chamber is made of flexible, plastic material that „inflates” during compression, that is while increasing the pressure. The patient may therefore feel some discomfort resulting from the forced position of the body - lying or sitting, and the relatively small space, limiting movements.

COMPARISON OF HYPERBARIC THERAPY AND OXYGENSPA

PARAMETERS	OXYGENSPA	HYPERBARIC CHAMBER
size of the device	large room in which one or more people may be present at the same time	a capsule for one or a few people, made of metal or elastic plastic
atmosphere parameters	patients breathe a carefully composed gas mixture (oxygen, carbon dioxide and hydrogen)	patients breathe pure oxygen
pressure	increased compared to the Earth’s atmosphere and amounts to approx. 1500 hPa (1,5 ATM)	depending on the type of the device, it can be significantly higher than the pressure of the Earth’s atmosphere and reach up to 3500 hPa (3,5 ATM)
duration of the session	standard session of 2 hours, but there are no contraindications for any extension, including spending the night inside	about 45 - 60 minutes; the maximum stay should not be longer than 90 minutes due to the risk of developing chemical pneumonia
body position	person inside can freely change the position of the body - sit, lie or even walk around the room	depending on the type of chamber the person inside is lying or sitting, and the possibility of changing position is limited
restrictions while inside	no dress code, one can use a phone or tablet	restrictions on the outfit (underwear or cotton clothes), no metal or electronic objects allowed
way of administering oxygen	patients breathe freely, without the necessity to put on masks	most often through an oxygen mask or nasal cannula
qualification for the procedure	sessions are recommended for people of all ages, and the use of OxygenSpa does not require medical supervision; the operation of the device is controlled by qualified personnel	procedure should be carried out in the presence of qualified medical personnel

STEM CELLS
POTENTIAL WORTH DISCOVERING



Stem cells play an important role in the organism. They are like self-replenishing reserve in our inner-reservoir. Thanks to them our tissues (blood, skin or muscles) may regenerate or rebuild, and that is why scientific investigations attach so much importance to them. Some argue that the future medicine will hinge on them. What are they and what influence they have on our organism? Here we have a few interesting facts that will help us understand their properties and potential.

UNSPECIALIZED SPECIALIST

Stem cells have two important properties that define their uniqueness. Firstly, they are unspecialized (likewise embryonic and somatic stem cells). That is their advantage, because thanks to this they can transform into more specialized cells according to the needs of the organism. This process is called cell differentiation. In this way they take care of continuous rebuilding and regeneration of tissues. They replace damaged and dead cells. Secondly, they are self-renewing. They can divide themselves indefinitely making true copies of themselves. It is a life-long process.

STEM CELL IN MEDICINE

Contemporary medicine uses stem cells to treat burns or leukaemia. Many scientists around the world conduct research projects to learn the potential of the stem cells and find ways to control their differentiation. The aim is to make stem cells turn into such cells that would help treatment of strokes, diabetes or heart related diseases. Usually, stem cells are procured in an invasive way, such as collecting them from bone marrow. They can be obtained from umbilical cord blood as well. Interesting alternative for surgical treatment involving stem cell transplant are oxygen therapy sessions in Oxygenspa. Investigations demonstrate that conditions in the chamber (elevated pressure and special gases proportions) may trigger bone marrow to replicate even eightfold. It happens because of proper oxygenation of the bone marrow in Oxygenspa. The rise in stem cells translates into accelerated processes of renewal and regeneration.

DO YOU KNOW THAT...

every day there are 100 billions new blood cell being formed in bone marrow? Stem cells are responsible for that. This is very important process because red cells’ life-span reaches around 100 days. New skin cells are produced on regular basis. They must be replaced by new ones because every year we shed more then kilogram of dead cells.



OXYGEN – TOGETHER FOR THE REST OF YOUR LIFE

If you were asked for the first association with the words „oxygen” and „carbon dioxide” your answer would probably be the same as everyone else’s - the first one is a friend and the second one is an enemy. Oxygen is associated with saving and sustaining life, while carbon dioxide - with taking it away, as well as devastation of the natural environment. But is this way of thinking correct?

THE TRUE NATURE OF OXYGEN

Without it, there would be no life on Earth. It is needed for all physiological processes. We deliver it to our body by inhaling the air in which oxygen constitutes about 20%. First the air goes to the lungs, where the oxygen is bound with hemoglobin in the alveoli, forming oxyhemoglobin. Blood distributes it throughout the body, reaching all tissues and organs.

The saturation of the blood with oxygen is indicated as the SpO2 level (indicates what percentage of blood is saturated). If the SpO2 drops below the norm, we have a case of hypoxia: the organism is not oxygenated enough.

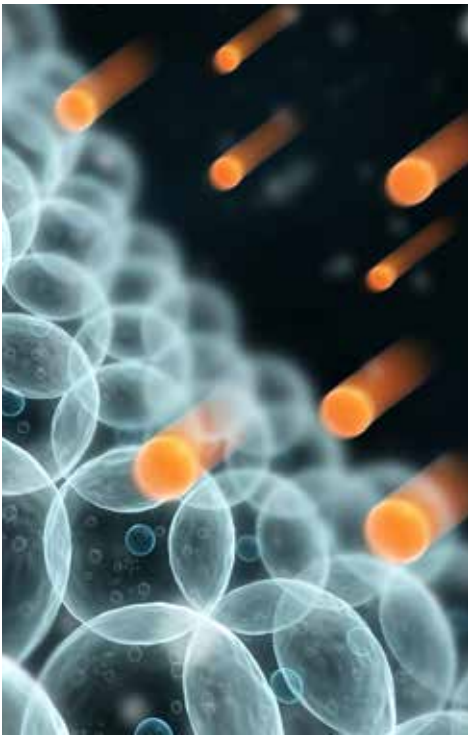
DO YOU KNOW THAT...

For a healthy person, the normal level of oxygen in the blood is about 95 - 100%.

In the case of seniors (over 70 years of age), the lower normal level starts at 93%.

How long will a person last without oxygen? After approx. 3 minutes, the first damage to tissues and organs begins to appear. If hypoxia lasts longer, cardiovascular failure and even death can result. This is, of course, an extreme case, but it makes us realize how important oxygen is for the proper functioning of the body.

However, there is also a flip side to the coin. Although oxygen gives life, it can also poison the body with free radicals. These, in turn, may contribute to the acceleration of the aging process and the emergence of various diseases. So, on the one hand, oxygen energizes, and on the other hand, it can also be a threat.



FREE RADICALS

Basically, free radicals are atoms without a pair. They are also called oxidants or forms of reactive oxygen. Where do they appear in the body? The reason may be, for example, inhaling polluted air (smog), drinking alcohol, smoking or an improper diet. They can also be created through the process of transforming oxygen in the mitochondria into cellular energy, which allows the body to function properly. If you compare the mitochondria to a power plant, you can think of free radicals as pollution that arises as a side effect when the power plant does not function properly.

Free oxygen radicals are very reactive. This means that they have the ability to combine with other molecules, e.g. our DNA, as well as other proteins or lipids, and damage them. Why is this happening? The unpaired oxygen atom or free radical begins to look for the missing electron. As part of this search, it can steal an electron not only from other oxygen atoms, but also from protein atoms. This damages cell membranes and DNA structures, which in turn can cause a wide variety of diseases.

EFFECTIVE OXYGENATION

The human body can deal (naturally or with assistance) with the excess of free radicals. This is where antioxidants are used. If you imagine that free radicals are like a dangerous gunslinger who sows fear in the Wild West, then antioxidants are like a brave sheriff, upholding the law and restoring peace to the neighborhood.

While one can fight oxidants with various methods, there is no way to live without oxygen. The proper level of oxygenation of organs and tissues is the key to their efficient operation. Although the human respiratory system has adapted to breathing atmospheric air containing approx. 21 percent of this element, many scientists believe that the optimal composition of the atmosphere should be completely different. It is not about breathing pure oxygen, because that would cause the formation of aggressive free radicals and could also be dangerous to your health.

The atmosphere considered ideal for the human body to function perfectly and be able to rapidly regenerate is the following:

- pressure increased to the level of approx. 1500 hPa,
- oxygen content increased to approx. 35 - 40 percent,
- carbon dioxide content increase ten - forty fold, to the level of approx. 0.5 - 2 percent,
- hydrogen content increased by approx. 10 - 20 thousand times, to the level of approx. 0.3 - 1.0 percent.

These are the parameters that are maintained inside the OxygenSpa. They have been selected in such a way to enable the effective oxygenation of the organs, their regeneration and improvement of the functioning of the body as a whole.

TREATMENT WITH HIGH BLOOD PRESSURE

Scientists and researchers have been working with this phenomenon for a very long time. According to various sources, the first pressure chambers (also known as pneumatic chambers) were built in the 19th century in Paris (France), Bad Salzbrunn and Reichenhall (Germany), Szczawnica and Szczawno-Zdrój (Poland).

The idea arose from the observations made by scientists regarding the well-being of people working in caissons, i.e. special structures used to carry out works under water at great depths (e.g. at the construction of bridge pillars). It was noticed that people suffering from asthma or other bronchial diseases felt much better after working in caissons, and some even got rid of their ailments.

Nowadays, treatment by pressure chambers is widely used, especially in Europe. Resorts, spas, health centers and medical clinics are often equipped with hyperbaric chambers. Therapy in such a chamber consists of a short stay in a capsule, in which the



patient breathes pure oxygen at an increased pressure of about 1500 to even 3000 hPa (1,5 to 3 ATM). As numerous studies indicate, it is an effective method of treating many diseases, including bronchitis, illnesses of the digestive system, dermatological diseases or carbon dioxide poisoning.

Due to the increased risk associated with disorders of the nervous system, vasoconstriction or damage to the lining of the alveoli, this type of treatment must be carried out according to strict recommendations and under the supervision of medical personnel. From this point of view, OxygenSpa has a wider spectrum of applications. Here the patient breathes a

special mixture of gases, composed to eliminate any potential risks and provide the most benefits for the body. Thanks to this, the duration of oxygen sessions can be freely extended.

The indications include support for the treatment of a long list of diseases, as well as acceleration of regeneration after injuries, sports training or other types of intense exercise. Oxygen therapy at OxygenSpa can also be an excellent alternative to various types of beauty SPA treatments. It is additionally a way to improve cognitive processes, improve concentration, fight depression and reduce oxidative stress.

HYDROGEN

THE INVISIBLE ALLY IN THE FIGHT AGAINST AGING

There is a lot of talk about antioxidants that benefit our health. But are you aware of what they are and how they can help you? Most importantly they allow your body to deal with free radicals and the oxidative stress that these radicals cause.

THE POWER OF ANTIOXIDANTS

What is oxidative stress? Simply put, it is a state in which the amount of free radicals in the body is greater than that of antioxidants. Free radicals are oxygen atoms that have „unpaired electrons”. Such incomplete atoms circulate in the body in search of an electron with which they can „patch” the gap. If they find the right atom, they detach the missing electron from it, thus contributing to the formation of another free radical. This starts a chain reaction, since each new free radical will create more.

Free radicals are used by your immune system occasionally to fight viruses. However, when there are too many free radicals, they can negatively affect your health and well-being. Many factors can contribute to their formation, including bad diet, air pollution, stimulants or long-term stress.

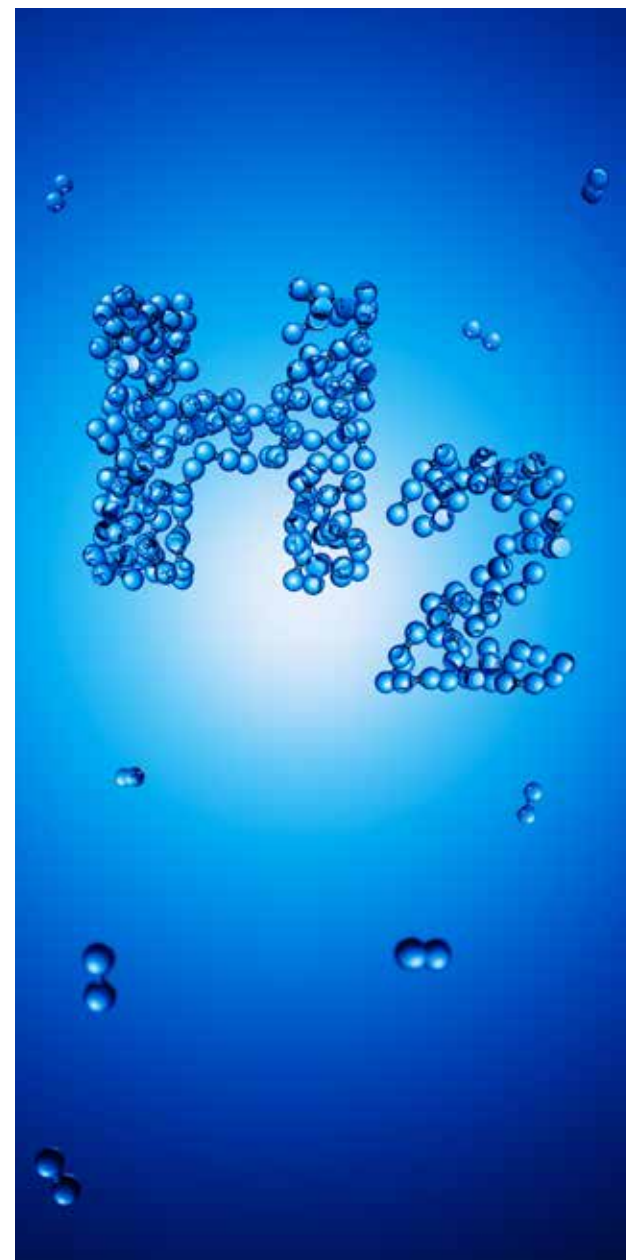
Your body can fight the excess of free radicals. The deciding factor is the appropriate level of antioxidants, whose task is to protect you from the effects of oxidative stress and restore the natural balance thanks to the neutralization of radicals. Antioxidants can be produced by your body (so-called endogenous antioxidants) or supplied externally (exogenous antioxidants).

HYDROGEN - AN IDEAL ANTIOXIDANT, COMPLETELY NATURAL

Numerous studies conducted by scientists around the world confirm that one of the most effective antioxidants is active hydrogen Served both in the form of a gas and dissolved in water, it has a very strong

effect in neutralizing free radicals. It can be said that for our organisms it is like an „antioxidant shield”.

Specialists prove that active hydrogen is very effective in protecting the cells of the human body. At the same time, it is completely safe for health, has anti-inflammatory and antioxidative properties. Experts confirm that the use of hydrogen as prophylaxis and support for medical therapies is very effective in many diseases. It's high effectiveness in the treatment of, among others, diabetes, hypertension, asthma, rheumatism, diarrhea, constipation, ulcers or even cancer. It also has a very beneficial effect in removing chronic fatigue, soreness caused by intense effort or in the fight against insomnia.



In the Earth's atmosphere, hydrogen takes up only 0.00005%. So how do you get it to the body to take advantage of its beneficial properties? One solution is to use an oxygen therapy session at OxygenSpa, in which the mixture of inhaled gases has been enriched with large amounts of hydrogen. The composition of the air in OxygenSpa contains up to 20,000 times more hydrogen than in the Earth's atmosphere. The second solution is to regularly drink Redox water, i.e. water saturated with active hydrogen. Redox water is provided during oxygen sessions at OxygenSpa, thus enhancing the positive prophylactic and health effect.



EFFECTIVENESS CONFIRMED BY RESEARCH

Research on hydrogen and its influence on the human body has been conducted for many years all over the world, including in Japan, USA, South Korea and China. The advantage of hydrogen is that it is common in nature. It is an odorless, colorless and non-toxic gas made of microscopic particles.

They are so small that they readily penetrate tissues and cells, overcoming barriers that could challenge other types of antioxidants. Another important feature is its selectivity of action. This means that it can „identify” the type of free radicals and only neutralize those that are harmful. Additionally, there is no risk of overdosing this antioxidant. Its excess is easily removed from the body, and in addition, it is not associated with any side effects.

It's important to support your immune system. Oxidative stress caused by free radicals can cause severe damage to tissues and cells in the long term. Its symptoms can resemble those of other illnesses and ailments.

The recipe for this should be a holistic approach to your health.

It should consist of both mindful nutrition and a large dose of exercise, as well as adequate relaxation and supplementation, supported, for example, with oxygen therapy sessions. During such sessions you will not only effectively oxygenate all your tissues but also provide the body with a large dose of antioxidants in the form of active hydrogen, significantly increasing your chances of a long and healthy life.



CARBON DIOXIDE

DO YOU KNOW ENOUGH ABOUT IT?

A lot is being said about carbon dioxide in the context of its impact on environmental degradation. This colorless and odorless gas is common in nature and is called a greenhouse gas because of its influence on the increase of the average temperature on the Earth's surface. However, without it, there would be no life, most notably because plants use it for photosynthesis. Also in the case of humans it plays a very important role and its importance is much higher than commonly believed.

BOHR EFFECT

You have certainly heard more than once that you should breathe deeply, because we then oxygenate our body more, while at the same time getting rid of carbon dioxide, which is unhealthy for us. Is this really true? It turns out that the effect of deep breathing can be hyperventilation. It is a state in which the gas balance is disturbed - the body takes too much oxygen from the air, but the concentration of carbon dioxide decreases, which in turn leads to hypoxia in the body, i.e. „oxygen starvation“;. How is this possible?

The answer to this question is an explanation of the Bohr effect. In 1904, the Danish physiologist Christian Bohr discovered that an increase in CO₂ concentration causes hemoglobin to increase oxygen release. This is because carbon dioxide lowers the pH of the blood (the acidity or basicity), which prompts our brain to release oxygen from the hemoglobin, making it reach all tissues and organs of our body faster and easier. Conversely, when we exhale an unusual amount of carbon dioxide from the body as a result of hyperventilation, hemoglobin binds oxygen very tightly, making its release into the tissues very difficult. Paradoxically, the more and the deeper we breathe, the more the risk of hypoxia increases.

BEAUTY MOLECULES

Carbon dioxide has been of interest to physiologists, cosmetologists and dermatologists for a long time. In the first half of the 18th century, therapeutic baths in waters with a high content of bicarbonates were recommended for health purposes. In the 1930s, carbon dioxide injection was popular

as a therapy for the treatment of lower extremity ischemic disease. Currently, the medical use of CO₂ includes stimulating circulation, removing cellulite and stretch marks, treating wounds or supporting slimming treatments.

Carboxytherapy is one of the faster developing directions of aesthetic medicine. An alternative method of stimulating the body to regenerate and relax, in which carbon dioxide plays an important role, is oxygen therapy at OxygenSpa. In this case, a positive effect on the body is achieved thanks to the two important elements: the increased pressure to approx. 1500 hPa (1,5 ATM) and the carefully composed mixture of gases which consists of, among others, 35 - 40% oxygen, 0.5 - 2% carbon dioxide and 0.5% hydrogen. Compared to the Earth's atmosphere, these numbers are two, forty and around ten - twenty thousand times higher, respectively!



WHAT IS OXYGEN THERAPY AT OXYGENSPA?

It has been proven that increased pressure has a positive effect on the human body, giving it an impulse to regenerate faster. For this reason, the pressure in OxygenSpa is higher than the pressure of the Earth's atmosphere by approx. 500 hPa (0,5 ATM). At the same time, the composition of the air that patients breathe in OxygenSpa has been modified. The proportion of gases has been composed to ensure optimal conditions for the renewal and regeneration processes. Increased carbon dioxide content promotes better absorption of the increased amount of oxygen by human cells, tissues and internal organs. The blood pH

lowered by carbon dioxide facilitates the detachment of oxygen from hemoglobin and contributes to the expansion of blood vessels. As a result, the body is truly oxygenated and takes full advantage of the increased amount of oxygen that is inhaled with the air. Hydrogen, on the other hand, has an antioxidant effect, which means that it is very effective in combating harmful free radicals.

The combination of all these factors makes oxygen therapy sessions at OxygenSpa a very effective tool for restoring the internal balance of the body and maintaining the body in full fitness and health for as long as possible.



DISCOVERING THE SECRETS OF REDOX WATER

In the 1980s, various scientists proved that hydrogen is an element that has great potential in the treatment of various diseases. This element, which is common all over the world, may contribute to the alleviation of certain diseases, including diabetes, skin diseases, high blood pressure or other ailments. In addition, it is extremely effective in counteracting processes related to oxidative stress.

HYDROGEN SATURATED WATER

Earth’s atmosphere contains only 0.00005% hydrogen. This is definitely too little to really benefit from its excellent antioxidative properties. Scientists that have been looking for methods of supplying the body with this extremely eco-friendly gas have found that one of the most effective methods is consuming water strongly saturated with active hydrogen, i.e. Redox water.

Hydrogenated water is often called an ideal fluid. Why? Because unlike regular water, or any sweetened, carbonated, colored or energy drinks, it not only refreshes and quenches thirst, but also deacidifies the body and helps remove harmful radicals from it thanks to the high content of easily absorbable free hydrogen. A specially developed method of preparing Redox water ensures that it has the optimal mineral composition and appropriate pH and oxidation reduction potential (ORP), which is the most conducive to health and keeping the body in good physical condition.

Redox water is a crystal clear drink thanks to the cooking, purification and filtration processes. Additionally, it is revitalised by the Grandeur method (developed by an Austrian nature researcher), which restores water’s original strength and self-cleaning ability by transmitting information in the form of high-frequency vibrations.



WHAT IS ORP?

ORP, or oxidation reduction potential, is a measure of water’s ability to create a reaction of oxidation or reduction. In other words, this indicator shows the ability of a given fluid to accept and grant electrons. The higher the ORP, the greater the oxidizing properties of the water and the more harmful it is to health.

The lower the potential, the more benefitting the fluid is to the body. Drinks with positive ORP can contain many harmful free radicals that undergo oxidation reactions when they come into contact with molecules of other substances. It can lead to the oxidation of proteins and even DNA itself. This can accelerate the effects of aging and cause a wide variety of diseases.



REDOX WATER - THE ELIXIR OF YOUTH

The health potential of Redox water, i.e. water saturated with active hydrogen with a low ORP, has been the subject of research by many scientists for years. This topic is of particular interest in Japan, whose inhabitants are famous for their longevity. In this country, drinking hydrogenated water is very popular, and measuring the ORP of fluids is extremely common.

Hydrogenated water easily provides the body with active hydrogen, which is used to neutralize harmful free radicals, among others.

A specially developed method of preparing this liquid makes it free of all kinds of contaminants, carcinogens, microplastics and microorganisms. Its crystalline purity achieved thanks to cooking, filtration, ionization and revitalization means that everyone can drink it, regardless of age or health condition. An important advantage is also its energy neutrality, which means the body doesn’t cool too much. All these features make the term „elixir of youth” fully justified. Redox water has health-promoting properties that make it one of the most valuable liquids that we should all consume.

SUPPORTING THE FIGHT AGAINST THE EFFECTS OF COVID-19



Since the news of the emergence of the new Sars-CoV-2 virus spread around the world, scientists have constantly been working on a drug that will help fight it. A milestone in building immunity was the invention of vaccines that significantly reduced the spread of the pandemic. However, many people who have contracted Covid-19 still feel the effects even if the infection itself is long gone.

POST-COVID COMPLICATIONS

Scientists have found that not only those Covid survivors, who suffered the infection very badly, subsequently had severe complications involving many important organs. Also those who did not develop any symptoms during the Covid-19 infection may experience various new health issues. According to doctors, this happens in about 50% of such cases. Additionally, it is believed that „post-covid syndrome”, also referred to as „post-covid manifestations”, affects as many as 80% of recovering patients. Huge numbers of people experience at least one long-term symptom long after the disease has been overcome.

The most frequently mentioned complications include: chronic fatigue syndrome, headaches, problems with concentration, shortness of breath, weakness, cardiovascular and respiratory problems. The disease also often leaves behind scars in the lungs that can develop into fibrosis, which sooner or later will make it difficult to breathe.

OXYGENSPA - A CHANCE FOR FASTER RECOVERY

Oxygen as a means of fighting the disease and its complications has been discussed from the very beginning of the pandemic. It is used during treatment, especially when the disease causes a decrease in saturation of hemoglobin with

oxygen. It is also important in the rehabilitation of patients after Covid-19. Studies conducted, among others, in Japan and the USA, confirmed that oxygen therapy under increased pressure may significantly contribute to the alleviation of post-covid manifestations. It works by restoring the blood oxygenation, which translates into a more efficient functioning of the entire body.

The increased content of carbon dioxide in OxygenSpa is also of great importance in this process. It causes oxygen to be released from hemoglobin and so it is delivered faster to the tissues and organs that need it. The body gets a positive impulse for intensive regeneration and fight against inflammation.

The aspect related to the psyche of people after Covid-19 is also important. As a rule, infection is associated with a high level of stress and medical sources indicate that in many cases convalescents develop depression and anxiety disorders, as well as sleep problems. Oxygen therapy at OxygenSpa can help you overcome these ailments and restore your emotional balance. It is conducive to calming down, soothes states of emotional arousal and tension, and has a relaxing effect. The improvement of the mental state of the patient in turn contributes to the greater mobilization of the patient’s body to fight the ailments.

FASTER RECOVERY

Research on the use of oxygen therapy under elevated pressure conditions for the treatment of the effects of Covid-19 is currently conducted around the world. Optimistic reports on numerous patients with severe respiratory failure, who regained their breathing comfort thanks to such procedures, confirm the great potential of this method. It is worth emphasizing that it is completely safe, and the few

contraindications qualify it for wide use. The organs attacked by the virus can regenerate faster thanks to better blood oxygenation and improved energy metabolism.

The positive effect can be felt after just a few two-hour sessions. For this reason, it is more and more often recommended as one of the more important elements in the rehabilitation process of patients after the recovery from a coronavirus infection.





OXYGENSPA - AN ALLY OF HEALTH AND BEAUTY

Investing in your own health always pays off. The rewards from such an investment are significant - a longer life span, better well-being and peace of mind. Doctors have always said that prevention is more beneficial rather than waiting to fall ill and then need a cure. It's important to take matters into your own hands and actively take care of your physical and mental condition.

NATURAL METHODS OF SUPPORTING THE BODY

The modern world carries many threats to your health. Environmental pollution, microplastics, genetically modified food, artificial preservatives in meals, smog, stimulants such as alcohol or cigarettes, stress and overwork - these are just some of the factors that negatively affect the functioning of your body. The response to this state of affairs is, among others, continuous development of medicine and cosmetology, as well

as the creation of numerous centers of biological regeneration, rehabilitation, aesthetic surgery and SPA. We reach for supplements, creams and lotions, miracle diets or cosmetic treatments in the hope that they will help delay the effects of aging as much as possible.

It would seem that nothing new can be invented in this respect. It turns out, however, that by combining the achievements of technology with the progress of medicine, you can create a device thanks to which the human body is able to recover much faster after diseases, injuries and overexertion, and also keeps young and energetic for longer. What's more, the essence of this device is based on the use of the potential of nature to stimulate the body to work more efficiently, and all it's tissues and organs to regenerate more effectively. This device is OxygenSpa, which makes it possible to conduct oxygen sessions under conditions of elevated air pressure.

HOW DOES OXYGENSPA WORK?

OxygenSpa is a device that from the outside usually looks like a large, long, lying tube, which in some cases is hidden in a steel container. Its interior maintains the carefully selected parameters of the atmosphere, modified in relation to the parameters of the Earth's atmosphere: pressure at the level of approx. 1500 hPa (1,5 ATM) and an increased content of oxygen, carbon dioxide and hydrogen. The interior of OxygenSpa can be accessed through a transitional room, which can be compared to the lock on the shipping canal. When the ship enters the lock, the gates on both sides close tightly. The water level drops or rises depending on the water level outside the lock.

A similar situation occurs in OxygenSpa. When you enter, the conditions in the airlock are typical of the Earth's atmosphere. When the sealed door is closed, the automatic system builds up pressure to equalize it with that held inside the OxygenSpa. This process is called compression. After its completion, you can freely open the door and go inside. The reverse process is called decompression. In this case, after moving from the inside of the OxygenSpa to the lock and closing the airtight doors behind, the pressure is reduced back to approx. 1000 hPa (1 ATM). When this level is reached, you can freely open the door and go outside.

OXYGEN THERAPY IN OXYGENSPA

Research conducted by many scientists confirms that the current atmospheric conditions on Earth are not optimal for optimal human functioning. This applies to both the pressure as well as the gas mixture we breathe.

It turns out that pressure increased to the level of approx. 1500 hPa (1,5 ATM) accelerates the regeneration processes, including the increase in the number of stem cells necessary for the reconstruction of human organs and tissues. It is also beneficial for the body to change the proportion of gases in the inhaled air. More than twice the amount of life-giving oxygen can be better absorbed by the tissues thanks to the increased pressure. This effect is also enhanced by the 40-fold higher content of carbon dioxide, which facilitates the disconnection of oxygen from hemoglobin in the capillaries. If we add the content of hydrogen to it, which is considered to be one of the most effective antioxidants, increased by 10,000 to 20,000 times, the atmosphere will be very close to ideal.

Regular visits to OxygenSpa have a beneficial effect on many aspects related to the functioning of the human body. Oxygen sessions under high pressure conditions have a positive effect on beauty, physical condition, intellectual performance and health. They help to speed up convalescence after illnesses, accelerate the regeneration process, help to fight fatigue, promote relaxation and improve concentration. For this reason, they can be used to complement and support pharmacological therapies as well as beauty & SPA treatments.

HEALTHY BODY, HEALTHY MIND

The conditions in OxygenSpa are established in such a way that it is possible to stay inside it for a long time. By default, a single oxygen therapy session lasts 2 hours. However, there are no contraindications to extend this time or even spend the entire night at OxygenSpa. As with any other method of aiding health, consistency is important.

You can feel the positive effects on health, fitness and beauty after a few sessions, but the best results will appear when you decide on a cycle of at least ten visits. You can repeat them as often as you like.

Because oxygen therapy is inspired by nature and is based only on the use of its potential, it can be used by everyone, regardless of age or health. The treatment can be used as prophylaxis, supplement to medical therapies, a method of convalescence, an alternative to cosmetic and aesthetic treatments, a means of relaxation, as well as support for the body in training and regeneration of athletes after a long and strenuous exercise.

FEEL COMFORTABLE

You can use your time at OxygenSpa to catch up on reading, exercise your brain while solving crosswords, surf the Internet, watch TV or talk to other people around you. You can also take a relaxing nap, practice yoga or different meditation techniques. Every OxygenSpa comes equipped with a bathroom. Plush armchairs allow you to assume the most comfortable seating position and electric sockets guarantee the possibility of recharging your devices if you decide to work remotely inside the OxygenSpa..



PRIVACY AND CONVENIENCE: INVEST IN YOUR OWN DEVICE

Regular use of OxygenSpa brings many benefits for your health, beauty and mental condition. However, for many reasons we might not always be able to enjoy it truly regularly. Sometimes the problem is the long distance from the OxygenSpa site. Or it may be the irregular work pattern, which makes it difficult to plan the daily schedule ahead and include the oxygen sessions in it.

In this case, the solution may be to purchase OxygenSpa for private use. These types of devices are smaller than those used for commercial purposes. They can be designed to fit 4 to 6

people. The interior will be custom-made according to your expectations. For example, it can be equipped with four comfortable armchairs with coffee tables, or arranged as a bedroom with a fold-out sofa and furniture matching the interior. There is also a wide range of personalization options, such as the type of finishing materials selected, the color of the floor, graphics on the walls or toilet equipment.

However, these are not all the benefits of investing in OxygenSpa. Most importantly, you avoid time-consuming commuting to sessions. You can enjoy

oxygen therapy any time you like. You maintain privacy, because the device is used only by you or people invited by you.

Investing in your own health is an investment in a long life. Health and well-being are one of the few „goods” that cannot be bought in a store. Therefore, it is important to look after oneself using methods inspired by and close to nature, such as oxygen therapy in your own OxygenSpa, placed inside of or in the immediate vicinity of your home.

SIZES OF OXYGENSPA CHAMBERS

4-person chamber



12-person chamber





A BIG MAN WITH A BIG PROBLEM

I hasten to explain that the big man no longer have a big problem, however, he was totally oblivious of it 15 years ago. What kind of a problem I refer to? Type 2 Diabetes and diabetic foot which is the most common complication of advanced diabetes that is a long-standing high glucose level in the bloodstream leading to pathological atherosclerotic changes in lower leg and feet.

Who am I talking about? About Tomasz Chęciński from Olsztyn, Poland, married, a father of two daughters, a driver by profession. The prospect of a leg amputation loomed over him owing to advancing diabetes. In his case diabetic foot treatment could result in amputation. Luckily, Tomasz averted such dramatic outcome. To his aid came his uncle Marek Piłśniak with his Oxygenspa.

Let's begin from the moment when you struggled with diabetes and diabetic foot.

For many years it never occurred to me that I may be unwell. One day, 15 years ago, I had a bout of sciatica. I suffered a lot. My wife called a doctor who not only did a necessary injection but also recommended a series of test. To my astonishment it turned out that I, a picture of health, thin-as-a-stick young man (six-foot-three) had not only elevated blood sugar level (normal level range between 70-90 mg/dl) but elevated

three-fold – 300 mg/dl. You do not need to be a doctor to know that long-term diabetics should expect the worst. Diabetic foot is a condition caused by ischaemia and neuropathy deteriorating wound healing process. Improperly treated may lead to amputation. The doctor referred me to a diabetes clinic. It did little for me except for keeping blood sugar level logbook. I kept taking prescribed medicaments and sticking to a diet. Alas, diabetes kept advancing! I realised that when non-healing wound appeared between toes in September 2016. It was like everlastingly enlarging “hole”. Phlegmon set in. I had to undergo a surgery, more than one.



MY WHOLEHEARTED COMMITMENT TO OXYGENSPA

Pawel from Bydgoszcz, who since birth struggles with cardiovascular maladies, tells us about his recuperation and oxygen sessions in Oxygenspa chamber.



Why did you take interest in oxygen therapy?

I was born with a heart defect. First operation I underwent in Child Health Clinic in 2003 when I was 14 years old. In 2013 I received an implant of mechanical prosthesis of aortic valve and aneurysm of ascending aorta was removed. Convalescence was long and unpleasant. After the operation the wound got infected, refused to heal and became inflamed – swollen, reddened, itchy. I had to cleanse it all the time but it did not help much. After a month a doctor referred me to ten hyperbaric sessions. Normobaria was unknown in Poland back then and I knew nothing

about oxygen therapy. The sessions worked well. The wound began to heal and inflammation subsided. I got interested in the subject of oxygen therapy and started gathering know-how.

Your first experience with oxygen therapy yielded good results. Was Oxygenspa equally good?

In 2021 I was diagnosed with a tibial artery embolism. At the age of 32 I found myself on an operating table and the same problems occurred. Postoperative wound got purulent refused to heal and a hematoma appeared that was not to disappear for another six months according to doctors’ estimates. I remembered how helpful oxygen sessions were so I decided go for it again. This time I chose Oxygenspa because it had been running in my town for the last few years. I went for a session everyday and after six two-hour sessions I noticed a big difference. The hematoma got smaller and the wound began to heal. When doctors did USG Doppler test it showed that the hematoma lessened by 70% in a month time after the operation.



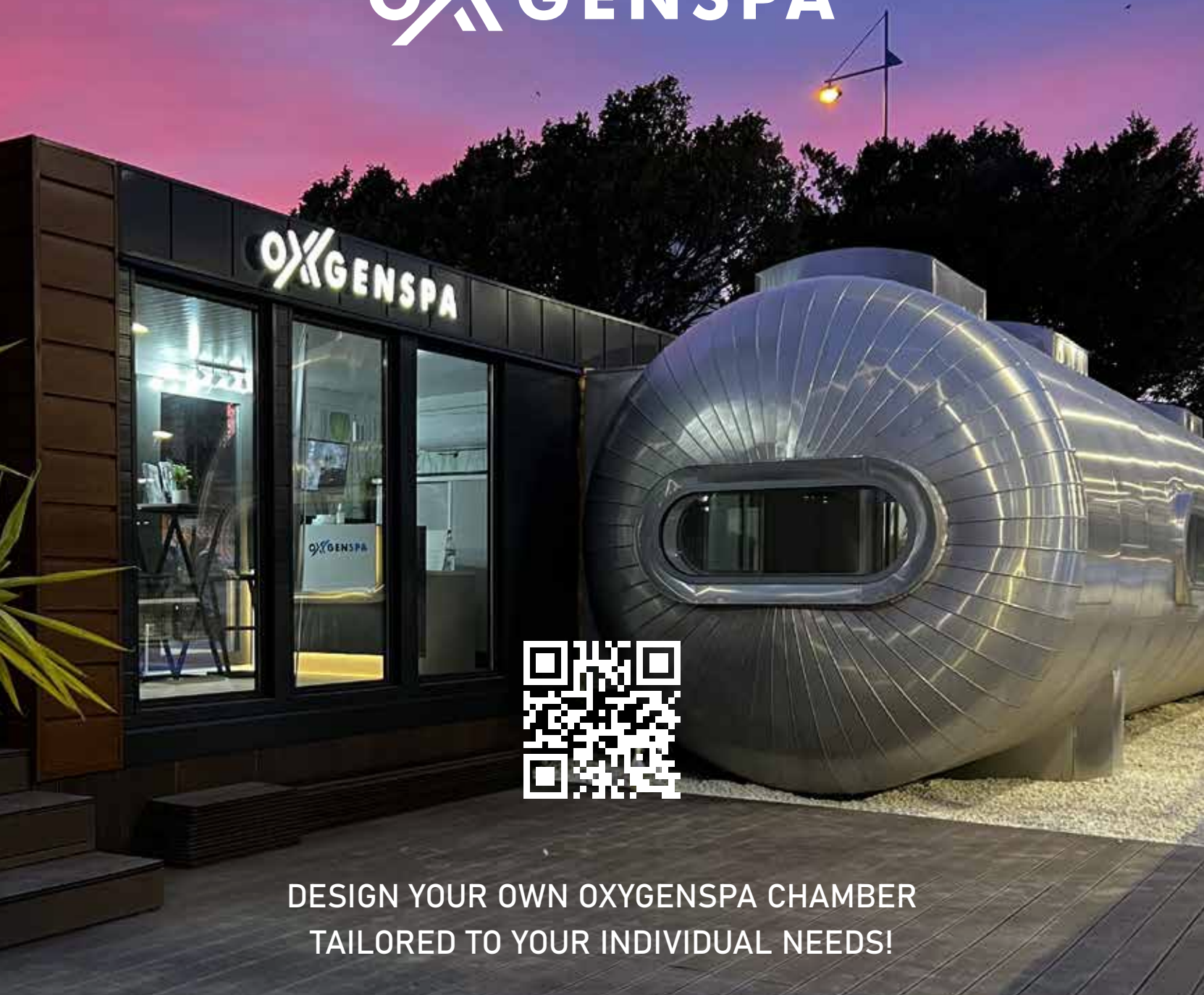
Do you continue using Oxygenspa chamber?

Yes, I try to use it as a prophylactics and go for a session whenever I have a spare time. Instead of spending afternoon in front of a telly I prefer going to the chamber. I can watch telly there as well if I want to and this way combine business with pleasure. Oxygenspa proved to be a more flexible therapy solution because I could decide myself how many sessions to attend and how long for. In a hyperbaric chamber I could spend only a limited amount of time and only under supervision of a doctor. Oxygenspa does not have such limitations because here we do not breathe pure oxygen but its mixture with carbon dioxide and hydrogen. I can go there as often as I like and stay as long as I fancy. Typically a session lasts two hours but sometimes I do two sessions in succession.

What else do you do to stay healthy apart from oxygen therapy?

I try to lead a healthy lifestyle. I swim on regular basis. Sadly, I cannot do other sports because of my heart defect. Obviously I try to keep a healthy diet which is not always easy. I come across many temptations that I have to resist.

OXYGENSPA



DESIGN YOUR OWN OXYGENSPA CHAMBER
TAILORED TO YOUR INDIVIDUAL NEEDS!

WWW.OXYGENSPA.ES

OxygenSpa, 29670 San Pedro de Alcántara,
Av. de Barcelona 8 (entrance from Av. de Salamanca), Málaga
contact: +34 623 402 334 | info@oxygenspa.es