

YOUR COMBO MEMBERSHIP GUIDE

Hyperbaric + red light combo membership

Everything you need to know about your membership — your schedule, what each session includes, and how to get the most from it.

HBOT: 60 min at 2.0 ATA

RLT: 20 min full-body

01 THE BASICS

Two therapies, one visit

Your combo membership pairs both therapies into one visit. Each session includes a Hyperbaric Oxygen session (60 min) and a Red Light Therapy session (20 min) back to back.

Consistent combo sessions create compounding cellular benefits. HBOT floods your tissues with oxygen from the inside while RLT stimulates cellular repair from the outside. Together, they accelerate recovery, reduce inflammation, and support your body from multiple angles.

Choose your frequency

Month to month. Cancel any time. All plans include both HBOT and RLT sessions.

1X / WEEK

\$899/mo

4 HBOT + 4 Red Light sessions per month. \$225/visit. Great for maintaining a baseline of recovery.

MOST POPULAR

2X / WEEK

\$1,499/mo

8 HBOT + 8 Red Light sessions per month. \$187/visit. The sweet spot for compounding benefits.

3X / WEEK

\$1,999/mo

12 HBOT + 12 Red Light sessions per month. \$167/visit. Maximum frequency for accelerated results.

How It Compares

Walk-in singles: \$270/visit (HBOT \$185 + RLT \$85). Combo membership saves you \$45–\$103 per visit depending on your plan.

What each visit includes

Most patients do Red Light first, then Hyperbaric. Both can be done in the

same visit.

Hyperbaric Oxygen Therapy

60 minutes at 2.0 ATA. Relax in the pressurized chamber while concentrated oxygen reaches every tissue in your body. Supports recovery, reduces inflammation, and boosts cellular energy.

Red Light Therapy

20-minute full-body treatment using 660nm red and 850nm near-infrared wavelengths. Stimulates mitochondria, boosts ATP production, and supports tissue repair.

04 INSTRUCTIONS

Getting the most from your membership

1

STAY HYDRATED

Drink plenty of water before and after sessions. Hydration supports oxygen circulation and the cellular processes both therapies activate.

2

BE CONSISTENT

The benefits of both therapies build over time with regular use. Stick to your schedule — consistency compounds results.

3

EXPOSE SKIN FOR RLT

Red and near-infrared light can't penetrate clothing. For RLT sessions, expose the target area directly to the panels.

4

COMFORTABLE CLOTHING FOR HBOT

Wear loose, comfortable clothing. No metal jewelry in the chamber. Avoid lotions, oils, or perfumes before HBOT sessions.

What to expect

Benefits build each month as your body adapts and cells become more efficient.

MONTH 1

Body adapts. Early improvements in sleep, energy, and recovery. Your cells are beginning to respond to consistent treatment.

MONTH 2-3

Compounding benefits. Noticeable improvements across energy, inflammation, and recovery. This is where the magic happens.

ONGOING

Sustained optimization. Many patients stay on the membership after their first three months because the benefits continue to build.

Already Considering the 6-Week Reset?

The Cellular Energy Reset (\$3,999) is the most structured program — 18 HBOT + 18 Red Light sessions over 6 weeks with weekly check-ins and a money-back guarantee. The combo membership is ideal for patients who want ongoing access at their own pace.

Important safety

information

CONTRAINDICATIONS:

- ✗ Untreated pneumothorax (HBOT)
- ✗ Certain lung conditions (HBOT)
- ✗ Untreated ear or sinus infections (HBOT)
- ✗ Severe claustrophobia (HBOT)
- ✗ Active cancerous lesions (RLT)
- ✗ Photosensitivity medications (RLT)
- ✗ Pregnancy

POSSIBLE SIDE EFFECTS:

- Mild ear pressure during HBOT pressurization
- Temporary lightheadedness after HBOT
- Mild warmth or tingling during RLT
- Temporary skin redness from RLT (resolves quickly)
- Slight fatigue (typically resolves within hours)

Side effects are generally mild and short-lived. We screen for all contraindications before your first session.

Important: Individual results vary. These treatments are not FDA-approved to diagnose, treat, cure, or prevent any disease.

Questions? We're here.

Whether you need to schedule sessions or have questions about your membership, our team can help.

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