

YOUR HYPERBARIC OXYGEN THERAPY GUIDE

Hyperbaric oxygen therapy

Everything you need to know about HBOT — how it works, what a session is like, and what to expect.

PRESSURE: 2.0 ATA

SESSION: 60 minutes

01 WHY PEOPLE USE IT

Why anyone sits in a chamber for an hour

Not because it is exotic. Because oxygen under pressure reaches tissue that ordinary breathing does not, and the people who feel it most are the ones asking their bodies to repair something.

1**YOU ARE RECOVERING FROM SOMETHING**

A hard training block, an injury, a procedure your provider is guiding you through. Recovery is the most common reason our chambers are running.

2**YOU ARE FOGGY MORE THAN YOU ARE SHARP**

Clarity and sleep are what patients bring up unprompted after a run of sessions. It is also the least predictable, which is why we suggest trying it before buying a pack.

3**YOU HAVE PLATEAUED ON EVERYTHING ELSE**

People usually arrive here having already fixed the obvious things. If you have not, your provider will point you at those first, because they are cheaper and they work.

Your provider decides whether hyperbaric belongs in your plan at all. It is not a treatment for a specific disease here, and it is not a substitute for one.

02 THE BASICS

What is HBOT?

You relax in a pressurized chamber while breathing pure oxygen at 2.0 ATA (atmospheres absolute). Under pressure, oxygen dissolves into your blood plasma at much higher concentrations than normal breathing.

This oxygen-rich blood reaches tissues that need it most — supporting recovery, reducing inflammation, and promoting cellular repair throughout your entire body.

03 SESSIONS

Sessions & packs

Start with a single session or save with a pack.

SINGLE SESSION

\$185

60 minutes at 2.0 ATA. Try HBOT or use as a one-off session.

5 - PACK

\$850

\$170/session. Great for building initial momentum.

BEST VALUE

10 - PACK

\$1,600

\$160/session. Best pack value for committed protocols.

HBOT memberships

Month to month. Cancel any time. Additional sessions on membership: \$150 each.

1X / WEEK

\$499 every 4 weeks

4 sessions per 4 weeks. Maintain a baseline of recovery and cellular support.

3X / WEEK

\$1,399 every 4 weeks

12 sessions per month. Maximum frequency for accelerated results.

MOST POPULAR

2X / WEEK

\$999 every 4 weeks

8 sessions per month. Consistent progress and compounding benefits.

What to know before your session

1

WEAR COMFORTABLE CLOTHING

Loose-fitting clothing works best. No metal jewelry in the chamber.

2

EQUALIZE EAR PRESSURE

As the chamber pressurizes, equalize your ears as you would on an airplane — swallow, yawn, or pinch your nose and gently blow.

3**RELAX FOR 60 MINUTES**

Read, listen to music, or sleep. The session is 60 minutes at pressure. Many patients find it deeply relaxing.

4**HYDRATE BEFORE AND AFTER**

Good hydration supports oxygen circulation and recovery. Drink plenty of water before and after your session.

06 TIMELINE

What to expect

Benefits build with consistent sessions.

FIRST SESSION

Some notice improved energy and clarity. Mild ear pressure is normal and resolves quickly.

SESSIONS 10–20+

Deeper tissue healing, sustained energy, cognitive improvements. This is where the compounding effect really shows.

SESSIONS 5–10

Cumulative benefits — reduced inflammation, improved recovery, better sleep quality.

07 WHAT IF

What if you are not sure you can do this?

The four things people ask us before their first session.

WHAT IF I AM CLAUSTROPHOBIC?

You sit upright, not lying down, in a hard-shell chamber with a full-length window. You can see out the whole time and the team is in the room with you. That said, severe claustrophobia is on our do-not-use list and we screen for it, so tell us before you book rather than finding out at pressure.

WHAT IF MY EARS HURT?

Mild ear pressure while the chamber pressurizes is normal and feels like a plane taking off. It settles within a minute or two, we can pressurize more slowly, and you tell us if it does not clear. Active ear infections are a reason we will not run the session.

WHAT IF I FEEL NOTHING AFTERWARDS?

That is a normal first session. This works on repetition rather than on one dramatic visit, which is exactly why we would rather you try a single session than buy a pack on day one.

WHAT IF I CANNOT GET IN CONSISTENTLY?

Tell us your real schedule before you buy anything. A pack you cannot attend is worse value than a smaller plan you can, and we would rather sell you the smaller one.

08 SAFETY

Important safety

information

DO NOT USE IF YOU HAVE:

- ✗ Untreated pneumothorax
- ✗ Certain lung conditions
- ✗ Active ear infections
- ✗ Severe claustrophobia
- ✗ Pregnancy

POSSIBLE SIDE EFFECTS:

- Mild ear pressure during pressurization
- Temporary lightheadedness
- Slight fatigue (resolves within hours)

We screen for all contraindications before your first session. Let our team know if you experience anything unusual.

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

Questions? We're here.

Whether you want to schedule a session or explore a membership, our team can help.

1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660

RANGE



Range Medical

1901 Westcliff Dr Suite 9 & 10, Newport Beach, CA 92660

(949) 997-3988 · www.range-medical.com

Questions about your guide? Call or text us. Statements have not been evaluated by the FDA. Not intended to diagnose, treat, cure, or prevent any disease.

© 2026 Range Medical · ·