

MEMBERSHIP GUIDE

Your hyperbaric recovery membership guide

Everything you need to know about your HBOT membership — how it works, what to expect, and how to get the most out of every session.

SESSIONS: 4 per month

PERIOD: 30-day rolling

01 THE BASICS

What is hyperbaric oxygen therapy?

Hyperbaric Oxygen Therapy (HBOT) delivers 100% oxygen at increased atmospheric pressure inside a pressurized chamber.

At 2.0 atmospheres of pressure, your lungs absorb significantly more oxygen than at normal air pressure. This oxygen-rich blood reaches tissues throughout your body — supporting recovery, reducing inflammation, and promoting cellular repair in ways that normal breathing simply can't achieve.

Your HBOT membership

Consistent sessions are key to getting the most out of hyperbaric therapy.

4 Sessions / Month

Your membership includes 4 in-clinic HBOT sessions per 30-day rolling period. We recommend spacing them throughout the month for optimal benefit.

30-Day Rolling Period

Your membership renews every 30 days from your start date. Sessions reset each period — unused sessions do not roll over.

What to expect

Each session is straightforward and relaxing. Here's the flow.

1

CHECK IN

Arrive at the clinic and check in with our team. We'll confirm your session and get you set up.

2

ENTER THE CHAMBER

You'll be guided into the hyperbaric chamber. Get comfortable — you can relax, read, or rest during your session.

3

60-MINUTE SESSION

The chamber pressurizes to 2.0 atm while you breathe concentrated oxygen. You may feel mild pressure in your ears as the chamber pressurizes — this is normal and resolves quickly.

The chamber depressurizes gradually. You're free to go about your day immediately — no downtime needed.

04 TIPS

Getting the most out of HBOT

Stay Hydrated

Drink plenty of water before and after each session. Hydration helps your body circulate and absorb the extra oxygen more effectively.

Be Consistent

The benefits of HBOT build over time. Aim for one session per week to maintain steady progress throughout your membership period.

Wear Comfortable Clothing

Loose, comfortable clothing works best. Avoid anything with metal zippers or buttons that could be uncomfortable during pressurization.

Skip Lotions and Perfumes

Avoid applying lotions, oils, or perfumes before your session. These products can interact with the concentrated oxygen environment.

Important safety information

CONTRAINDICATIONS:

- ✗ Untreated ear or sinus infections
- ✗ Severe claustrophobia
- ✗ Pregnancy
- ✗ Certain lung conditions (e.g., untreated pneumothorax)
- ✗ Recent ear surgery

POSSIBLE SIDE EFFECTS:

- Mild ear pressure or popping during pressurization
- Temporary lightheadedness after session
- Slight fatigue (typically resolves within hours)

Side effects are generally mild and short-lived. If you experience anything unusual or persistent, let our team know.

Questions? We're here.

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

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