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By Appointment Only

rejuvenate  
*your health*

Breathe Better. Feel Better.  
Live Better.

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Zen-O<sub>2</sub>  
HYPERBARICS

# HYPERBARIC *Oxygen Therapy*

707-919-3183



Discover the rejuvenating experience of mild hyperbaric oxygen sessions - a relaxing, non-invasive way to support your body's overall wellness and vitality.

# Mild Hyperbaric Oxygen Therapy

mHbOT involves relaxing in a comfortable pressurized chamber while breathing increased levels of oxygen. The mild pressure allows more oxygen to dissolve naturally into your blood, supporting overall health and natural harmony.

## POSSIBLE BENEFITS

Many clients enjoy mild hyperbaric oxygen sessions as part of their overall wellness routine. Reported experiences include:

- Improved relaxation and mental clarity
- Enhanced energy and focus
- Support for natural recovery and vitality
- A greater sense of balance and well-being

Some individuals explore mild hyperbaric oxygen sessions for potential off-label benefits that are not FDA-approved. Current research and anecdotal reports continue to explore a variety of possible wellness applications.

Each session provides a calm, restorative environment to relax, recharge, and support your body's natural processes from within.

## PACKAGES

**20 Sessions - \$2,100**  
(Save \$45 per session)

**10 Sessions - \$1,125**  
(Save \$37.50 per session)

**5 Sessions - \$600**  
(Save \$30 per session)

**1 Session - \$150**

### Sessions are:

- Comfortable
- Typically 60 to 90 minutes
- Fully guided by trained staff
- Wellness-Focused



Disclaimer: Our mild hyperbaric oxygen sessions are intended to support general wellness and relaxation. They are not intended to diagnose, treat, cure, or prevent any disease. Zen-O2 LLC is a wellness spa and not a medical facility. No medical advice is provided. mHbOT is only FDA approved for acute mountain sickness.