

Hyperbaric Oxygen Therapy: One of Hollywood's Best-Kept Beauty Secrets

Have you ever peeked in the mirror after exercising? You may notice that your skin *glows*. After a tough workout, our skin becomes dewy with sweat, and usually the cheeks or the entire face is flushed pink.

This is a good sign. It is evidence that the outermost reaches of our cells have been bathed in oxygen-rich blood.

Damage to skin cells, age spots, wrinkles, sagging skin from weak collagen structure - all of this can improve when we increase circulation to the most peripheral areas of the body, which is your skin!

Dermatologist Ellen Marmur, MD, associate professor of dermatology at Mount Sinai School of Medicine says:

"We tend to focus on the cardiovascular benefits of physical activity, and those are important. But anything that promotes healthy circulation also helps keep your skin healthy and vibrant."

This is one of the reasons why facial acupuncture or even frequent facial massage can help smooth away wrinkles.



Improving circulation to your skin will supply your cells with much-needed oxygen to improve sagging, wrinkles, and even age spots. Hyperbaric Oxygen Therapy is a skin enhancing treatment used by top celebrities to boost both their health and the quality of their skin!

It is also why many top actors, actresses, and models, whose skin is constantly in the limelight, are using cutting-edge techniques to improve both skin quality and overall health, including Hyperbaric Oxygen Therapy (HBOT).

With so many abrasive creams, ointments, pills, and procedures that are used create a glowing complexion, isn't it refreshing to come across something as safe and beneficial as Hyperbaric Oxygen Therapy?

While HBOT can be used to treat a wide array of serious health conditions, ranging from traumatic brain injury to gut function, it also just makes you *feel good*.

- Many NFL athletes own their own chambers because it helps them heal up quickly after an injury.
- HBOT has been used successfully with war veterans to remedy post-traumatic stress disorder (PTSD).
- Stroke victims use HBOT to encourage full recovery.

Hyperbaric Oxygen Therapy takes place in a high-pressure, oxygen rich chamber. The FDA has approved HBOT for use in certain cases. This means that HBOT is a service that most insurance companies will cover if the diagnosis falls under FDA approval.

What Makes Hyperbaric Oxygen Therapy So Effective?

HBOT covers a wide range of disorders. While there is no magic bullet in health, there are certain essential mechanisms in the body that must work correctly in order to be healthy.

One such mechanism is blood flow, or *perfusion*. Put simply, each and every cell in the body needs oxygen and nutrients that it can only receive from blood.

The fact that we breathe air does not promise that each cell is receiving what it needs to thrive. In fact, most of us, for one reason or another, are not getting the amount of perfusion that we need.

Inflammatory conditions, whether the result of stress or injury, all benefit from a therapeutic dose of oxygen. Not only does oxygen feed the cells, but healthy blood flow also carries away waste products like cellular debris and dangerous free radical toxins.

Hyperbaric Oxygen Therapy bathes the cells in the body with oxygen.

Because a Hyperbaric Oxygen Therapy chamber is pressurized, oxygen easily enters into every tissue of the body.

This is why HBOT dramatically diminishes the appearance of wrinkles in the skin. It directly encourages overall skin health.

- The surface of the skin and the tissue that structurally supports the skin rely on a constant supply of nutrients, especially oxygen.
- When cells do not receive enough oxygen, they slowly begin to malfunction and die.

This means that HBOT helps the skin heal after trauma, injury, or surgery. A therapeutic dose of oxygen can also improve skin infections, and it can be especially useful in regulating the appearance of chronic acne. Even fungal skin infections and dandruff, also called scalp dermatitis, will noticeably benefit from increased circulation and healthy blood flow!

In a nutshell: increased blood flow to the skin makes us more beautiful.

For more information, visit: www.ihyperbarics.com

What to Remember Most About This Article:

Hyperbaric Oxygen Therapy will not only improve the quality of your skin to remedy wrinkles and sagging, but it can be used to alleviate serious health conditions, including injuries, PTSD, and stroke. Even better, HBOT is FDA approved and covered by insurance for some medical remedies.

Hyperbaric Oxygen Therapy provides advanced healing by bathing the body in oxygen to feed cells and stimulate blood flow. This increase in circulation will flush out cellular waste and cleanse harmful free radicals from the system. HBOT is most often used to heal the skin and the body after injury, trauma, or surgery. This innovative remedy will improve your health both inside and out!