



Welcome to our Salt Cave Halotherapy & Wellness Centre!
Our Salt Cave Halotherapy & Wellness Centre
is a natural holistic centre with integrated complementary services
that will be able to rejuvenate your health and maintain your well-being.

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Mild Pressure Hyperbaric Oxygen Therapy



Mild Pressure Hyperbaric Oxygen Therapy

Charges for this service per person per session ranges from \$ 100.00 onwards

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Our Salt Cave Halotherapy & Wellness Centre is a natural holistic centre with integrated complementary services that will able to rejuvenate your health and maintain your well-being.

Mild Pressure Hyperbaric Oxygen Therapy is one of the many services we provide at the Salt Cave Halotherapy & Wellness Centre. Most of the structures at our Salt Cave Halotherapy & Wellness Centre have been made from Himalayan Rock Salt blocks. All of the Himalayan Rock Salt that we use has been retrieved



from the world's best organic Himalayan Rock Salt Caves. You will get benefits of the Himalayan Rock Salt by having any sessions in our premises. The Himalayan Rock Salt attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this Mild Pressure



Hyperbaric Oxygen Therapy service to you. The staff are Certified Mild Pressure Hyperbaric Oxygen Therapy and registered with International Institute for Complementary Therapists (<https://www.myiict.com>). We use one of the world's best Mild Pressure Hyperbaric Oxygen Therapy systems in our centre. Each of the devices used in the Salt Cave Halotherapy & Wellness Centre have been approved by one or more of these following bodies: CE, FDA, MSDS, SGS, TGA.

A necessary component of the Hyperbaric Medicine is the involvement of an ambient pressure greater than sea level atmospheric pressure. Hyperbaric Oxygen Therapy involves patient breathing pure oxygen in a pressurized room or tube.

Mild Pressure Hyperbaric Oxygen Therapy works by: (1) using medical oxygen at an ambient pressure higher than standard atmospheric pressure, and (2) therapeutic recompression for decompression illness, which intended to reduce the injurious effects of systemic gas bubbles by physically reducing their size and providing improved conditions for elimination of bubbles and excess dissolved gas from the body. In a normal environment by volumetric calculation, dry air contains 78.09% Nitrogen, 20.95% Oxygen, 0.93% Argon,



0.04% Carbon Dioxide and small amounts of other gases. In contrast, **Mild Pressure Hyperbaric Oxygen Therapy** can help one to **achieve from 90-100% oxygen** (varies upon unit, model and inbuild specifications). This will help with their treatment for underlining medical conditions or general well-being.

If atmospheric pressure of oxygen is high, then oxygen will not only readily bind with hemoglobin in red blood cells but also the content of dissolved oxygen will be increased, transportation of oxygen across capillary walls will be efficient, plus free movement of oxygen into the smallest areas of the circulatory systems will become easier and cellular activity will also be increased. In **Mild Pressure Hyperbaric Oxygen Therapy** purified oxygen is been inhaled under high atmospheric conditions, resulting in



increase of oxygen concentration within the body and alleviating the effects of oxygen deficiency.

Other conditions which can be treated with **Mild Pressure Hyperbaric Oxygen Therapy** include: serious infections, bubbles of air in your blood vessels and wounds that won't heal as a result of diabetes or radiation injury.



Inside the **Mild Pressure Hyperbaric Oxygen Therapy** chamber, the air pressure is increased to three times higher than normal air pressure. Under these conditions, lungs can gather more oxygen than would be possible breathing pure oxygen at normal air pressure. As blood carries this oxygen throughout the body which helps fight bacteria and stimulates the release of substances called growth factors and stem cells, which promotes healing.

In 1662, a **British clergyman and physician** named by **Henshaw** built the **first Hyperbaric Chamber**, designed as a sealed room with a series of bellows and valves. His belief was that using pressure could help in treating certain respiratory diseases. After which since **1940s**, **Hyperbaric Oxygen Treatment** has been started as standard treatment for **military divers** in the **United States**. Divers who surfaced too quickly are at risk of **decompression sickness**, sometimes also called as **"the bends"** or of an **air gas embolism**. Together both are known as **decompression illness**, and they both present with air in the body. In some consequences, the effects can be severe. After lots of research, **Hyperbaric Oxygen Treatment** is the primary beneficial treatment for both. During treatment, it involves early administration of high volume of oxygen and if necessary,



need to spend time in a *decompression chamber*. This is carried out till the diver returns to the pressure, or “depth” at which they were diving, followed by gradual *decompression*. By this process, the pressure reduces the volume of the bubbles observed inside their body. *Decompression illness affects around 1,000 American divers each year*, but the uses of *Hyperbaric Oxygen Treatment* go beyond the *diving community*. *Hyperbaric Oxygen Treatment* has also been shown to be beneficial to people suffering with infections, embolism, or air bubbles in the blood vessels, and some wounds that do not respond to other treatment. More recently after some research, it has been promoted as an alternative therapy for various conditions, from Alzheimer’s disease to infertility. To meet the growing demand in community,

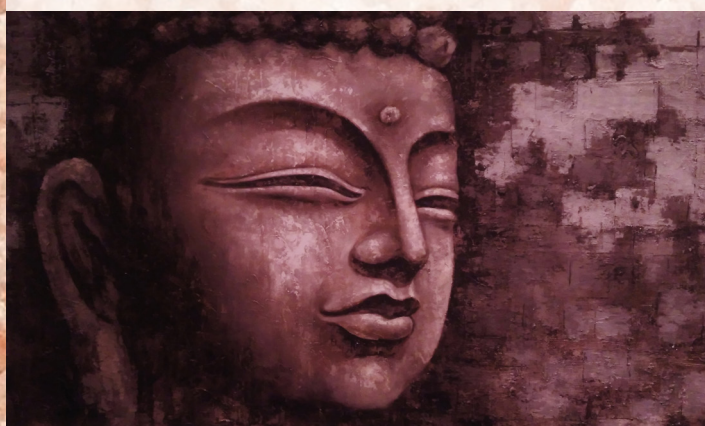


equipment consists of a *Hyperbaric Pressure Chamber*. There are two types of *Hyperbaric Pressure Chambers*: (1) *High Pressure Hyperbaric Oxygen Therapy Unit* and (2) *Mild Pressure Hyperbaric Oxygen Therapy Unit*.

The *High Pressure Hyperbaric Oxygen Therapy Unit* which are mostly installed and used in a *hospital setting* for patients or referred patients who just visit during day for *needful treatment*. In this unit more than one patient can be treated at any one time due to high end specifications (delivers 2-2.5 ATA pressure and deliver up-to 100% Oxygen).

The *Mild Pressure Hyperbaric Oxygen Therapy Unit*, which comes in *Hard-Shell Units* or *Soft-Shell Units* are used in *wellness centre* or *at home* for personal use for *underlining medical conditions* or *general well-being*. These units deliver 1.3-1.5 ATA pressure and may deliver up-to 90-95% Oxygen (varies upon unit, model and inbuild specifications).

Clinical studies have shown that people having session(s) of *Hyperbaric Oxygen Therapy* – benefit from several medical conditions like: Anemia, Brain Abscess, Arterial Gas Embolism, Burn, Decompression Sickness, Carbon Monoxide Poisoning, Crushing Injury, Sudden Deafness, Gangrene, Infection of skin or bone that



Hyperbaric Oxygen Treatment chambers have sprung up across a range of facilities from hospitals, outpatient departments to wellness centres. There are even *Mild Pressure Hyperbaric Oxygen Treatment* chambers for home use. This might be the reason some refer to the *Hyperbaric Oxygen Treatment* as the “*Miracle Cure*”.

The *Hyperbaric Oxygen Treatment*



causes tissue death, Nonhealing wounds - diabetic foot ulcer, Radiation injury, Skin graft or skin flap at risk of tissue death, and Vision loss (which is sudden and painless).

Some studies also suggest that **Mild Pressure Hyperbaric Oxygen Therapy** can be beneficial for the following medical conditions like: AIDS/HIV, Allergies. Alzheimer's disease. Arthritis, Asthma. Autism. Bell's Palsy. Brain Injury, Cancer, Cerebral Palsy, Chronic Fatigue Syndrome, Cirrhosis, Depression, Fibromyalgia, Gastrointestinal ulcers, Heart disease, Heatstroke, Hepatitis, Migraine, Multiple sclerosis, Parkinson's disease, Spinal cord injury, Sports injury, and Stroke

While some studies suggest that Mild Pressure Hyperbaric Oxygen Therapy



may help with the following conditions:

- Stimulate new blood vessel growth and increase blood flow due to good oxygen absorption.
- Elevate the body's natural immune defenses to fight infection and bacteria as oxygen to be a co factor.
- Reduce swelling that may occur around damaged areas as there



is increase in supply of oxygen.

- Speed up healing by increasing tissue oxygen levels to areas in the body where they are reduced due to injury or illness.
- Boost the supply of circulating stem cells as oxygen to be a co factor.
- Promote the growth of new capillaries and blood vessels as oxygen to be a co factor.
- Promote new nerve growth in the brain as oxygen to be a co factor.
- Reduce radiation and inflammation in tissue and bones as oxygen to be a co factor.
- Stimulate oxygenation.
- Support faster wound healing.

Cancer Treatment with Mild Pressure Hyperbaric Oxygen Therapy:

In 2013, over 1.6 million people were diagnosed with *cancer* and over 500,000 *cancer-related deaths* occurred in USA only. *Cancer* thrives in *hypoxic* or *low-oxygen environments*. *Hyperbaric Oxygen Therapy* has managed to weaken tumor cells and reduce their aggressiveness by increasing oxygen level or supply to the affected cells.

Research has shown that *Hyperbaric Oxygen Therapy* stimulates tumor regression. A non-randomized trial was conducted on 29 patients to



evaluate the effectiveness of radiotherapy combined with *Hyperbaric Oxygen Therapy*, in patients with a malignant tumor. Fifteen patients were irradiated daily after *Hyperbaric Oxygen Therapy* and fourteen other irradiated patients were treated without *Hyperbaric Oxygen Therapy*. In the *Hyperbaric Oxygen Therapy* group, 11 of 15 patients (73 percent) showed 50 percent tumor regression. In the non - *Hyperbaric Oxygen Therapy* group, only four of 14 patients (29 percent) underwent tumor regression. The average survival rate in patients with *Hyperbaric Oxygen Therapy* doubled that of the non - *Hyperbaric Oxygen Therapy* group (24 months vs. 12 months) respectively. No serious side-effects were observed in the *Hyperbaric Oxygen Therapy* patients. This provides additional support for *Hyperbaric Oxygen*



- Increases reactive oxygen species production.
- Amplifies cancer cell death.
- Regresses tumor volume.
- Reduces side effects of “Conventional” Cancer therapies & treatments.
- Reduces radiation therapy side effects.
- Decreases chemotherapy side effects.
- Accelerates post-operative healing & prevents infection.
- Reduces chemo-brain syndrome symptoms.

Reduce tumor aggressiveness with Mild Pressure Hyperbaric Oxygen Therapy:

- Weakens hypoxic tumors.
- Targets metastatic tumors.

Enhance “Conventional” cancer therapies & treatments with Mild Pressure Hyperbaric Oxygen Therapy:

- Increases oxygen levels in tumors.
- Decreases tumor drug resistance.
- Allows for optimal therapy dosage to be attained.
- Improves surgical results.

Cancer prevention with Mild Pressure Hyperbaric Oxygen Therapy:

- Decreases inflammatory markers.
- Normalizes intracellular oxygen levels.
- Stimulates cellular detoxification.



Therapy to be a beneficial treatment for malignant tumors.

Enhance IV Cancer treatments with Mild Pressure Hyperbaric Oxygen Therapy:

- Increases intravenous Vitamin C therapy effect.
- Increases natural killer cell activity and function.

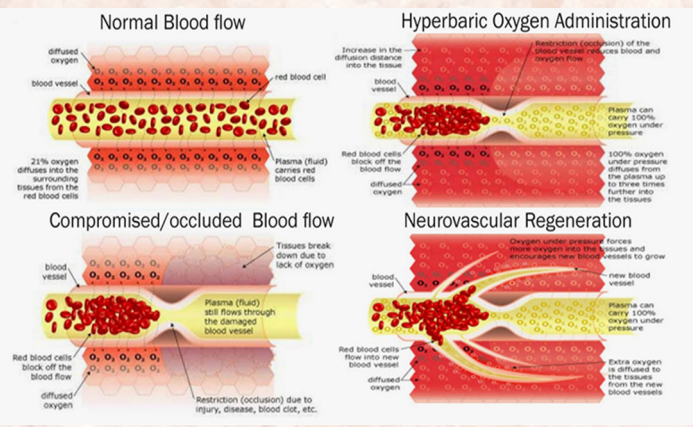


- Reduces risk of pathogenic inflammatory-related tumors.
- Supports cellular energy processes for optimal DNA repair.

Diabetes treatment with Mild Pressure Hyperbaric Oxygen Therapy:

Diabetes affects more than **12 million** people and is the **seventh leading cause of death** in the **USA**. Research has shown that **Hyperbaric Oxygen Therapy** can lower blood sugar levels by increasing cellular sensitivity to insulin and skeletal muscle reception of glucose.

Some clinical studies have shown **amputation rates** to have **decreased** by **Hyperbaric Oxygen Therapy**. A study published in **2008** evaluated the effectiveness of **Hyperbaric Oxygen Therapy** with respect to **decreasing amputation rates** for patients with **diabetic**



foot ulcer. A total of 184 consecutive patients received an average of 39 **Hyperbaric Oxygen Therapy** sessions (60 to 120 minutes a day, six times a week with patients progress evaluated at 3, 6 & 12 months) in conjunction with standard treatments for diabetic foot ulcer. Following treatment, 115 (62 percent) were completely healed, 31 (17 percent) showed no improvement and

COLON HYDROTHERAPY

Before colonic irrigation: depression & anxiety, headaches, acne, mood swings, indigestion, constipation, flatulence, joint pains, painful periods, water retention.

After colonic irrigation: feeling of well-being improved by 92%, feeling of depression reduced by 86%, skin improved by 60%, indigestion reduced by 90%, constipation relieved by 93%, joint & muscle pains reduced by 83%, flatulence reduced by 50%, menstrual comfort increased by 100%, quality of sleep improved by 92%, headaches & anxiety reduced by 60%.

Shopping List: FROZEN PIZZAS, CRISPS, SODAS, SWEETS, COKE, AN ACID CHEWY, KAMA SUTRA, DEPRESSION, HEADACHES, ACNE, MOOD SWINGS, INDIGESTION, CONSTIPATION, FLATULENCE, JOINT PAINS, PAINFUL PERIODS, WATER RETENTION.

Shopping List: FRUIT & VEG, EXERCISE DVD, SODA, JUICES, CHICKEN/FISH, MULTIVIT.

Stay naturally young!

Meridian Institute Colonic Irrigation Project in West Virginia (USA) - www.meridianinstitute.com © Galina Imrie 2008; www.colonicbook.com

38 (21 percent) underwent amputation. This study confirmed that **Hyperbaric Oxygen Therapy** can help to reduce major amputation rates in diabetic foot ulcers by repairing tissue.

Improvement of blood chemistry profile with Mild Pressure Hyperbaric Oxygen Therapy:

- Fasting blood sugar.
- Hemoglobin HbA1C.
- Lipid profiles.

Advance glycemic control with Mild Pressure Hyperbaric Oxygen Therapy:

- Enhances production of insulin.
- Improves insulin sensitivity.
- Increases skeletal muscle reception of glucose.

Decrease cardiovascular risk with Mild Pressure Hyperbaric Oxygen Therapy:

- Promotes long-term blood pressure control.
- Attenuates metabolic syndrome.
- Reduces risk of sudden heart attack due to ventricular arrhythmias.

Enhance internal/external healing with Mild Pressure Hyperbaric Oxygen Therapy:

- Facilitates collagen tissue production.
- Decreases risk of infection, including osteomyelitis.
- Promotes closure of non-



healing wounds.

- Helps control diabetic foot ulcers.
- Reduces risk of amputation.

Stimulate the creation of new blood vessels & reduce inflammation with Mild Pressure Hyperbaric Oxygen Therapy:

- Improves brain function & reduces risk of stroke.
- Enhances heart function & reduces risk of heart attack.
- Reduces risk of diabetic eye disease.
- Decreases risk of diabetic nerve damage.
- Minimizes risk of diabetic kidney disease.
- Combats cellulitis.

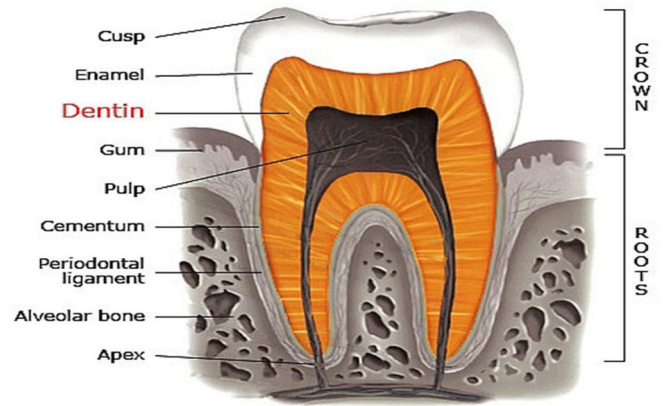
Neurology Treatment with Mild Pressure Hyperbaric Oxygen Therapy:

Approximately *1 billion people*, of all ages,



are currently affected by *neurological disorders*. New evidence presents how *Hyperbaric Oxygen Therapy* is helping individuals regain neurological activity and functionality.

Supporting literature to show that brain function improves with *Hyperbaric Oxygen Therapy*. A prospective, randomized, crossover, controlled trial was published in 2013. A total of 56 patients,



1-5 years after injury, with prolonged post-concussion syndrome were evaluated. Patients in the treated group were assessed prior to *Hyperbaric Oxygen Therapy* and after 40 *Hyperbaric Oxygen Therapy* sessions. Whereas patients in the crossover group were evaluated three times: prior to *Hyperbaric Oxygen Therapy*, after a 2-month control period of no *Hyperbaric Oxygen Therapy* and after 2-months of 40 *Hyperbaric Oxygen Therapy* sessions. Significant improvements were confirmed in cognitive function and quality of life in both groups after *Hyperbaric Oxygen Therapy*, however, no significant improvement was observed following the control period. *Hyperbaric Oxygen Therapy* was shown to induce significant brain function improvements, the creation of new brain connections and increased brain activity.

Improvement of brain repair & recovery with Mild Pressure Hyperbaric Oxygen Therapy:

- Recovers & repairs damaged brain tissue.
- Develops & regains cognitive/motor functions.

Increase regeneration of the nervous system with Mild Pressure Hyperbaric Oxygen Therapy:

- Stimulates the creation of new brain cells.



& regeneration with Mild Pressure Hyperbaric Oxygen Therapy:

- Reduces the effects of low oxygen levels on the neonatal brain.
- Promotes the creation of new brain cells.
- Moderates mitochondrial disorders.
- Enhances stem cell growth & mobilization.
- Increases brain tissue healing.
- Escalates the creation of new brain connections.

Improve overall function with Mild Pressure Hyperbaric Oxygen Therapy:

- Advances cognitive function.
- Improves gross/fine motor skills.
- Enhances speech & language.
- Improves memory and concentration.
- Alleviates spasticity.



- Lessens frequency of seizures.
- Stimulates better eye contact.
- Improves balance & walking.

How does Mild Pressure Hyperbaric Oxygen Therapy help a child with cerebral palsy or traumatic brain injury?

In cerebral palsy and traumatic brain injury patients, some of the injured brain tissues may be “dormant” and non-



functioning. Mild Pressure Hyperbaric Oxygen Therapy can stimulate these “dormant” tissues and return them to more normal function. In young children, gross motor function, fine motor function, cognitive processing and spasticity can be improved.

Hyperbaric Oxygen Therapy, used in conjunction with other therapies, ensures the best recovery possible for children with cerebral palsy and traumatic brain injury. In a 2007 article by *Dr. Pierre Marois, MD, pediatric physiatrist from Ste Justin’s Hospital Montreal*. *Dr. Marois* compared the effectiveness of *Hyperbaric Oxygen Therapy* against other therapeutic interventions for cerebral palsy and found *Hyperbaric Oxygen Therapy* to be significantly more effective in providing quality of life changes in patients with cerebral palsy.

Stroke Treatment with Mild Pressure Hyperbaric Oxygen Therapy:

Stroke is the *fourth leading* cause of death in the *USA*. *Hyperbaric Oxygen Therapy* has been shown to help prevent and treat *stroke* through a number of different mechanisms.

Clinical evidence shows that neurological function is improved in *post-stroke* patients by *Hyperbaric Oxygen Therapy*: In *January 2013* a randomized trial focused on the introduction



of *Hyperbaric Oxygen Therapy* to *post-stroke patients*. A total of 59 participants, who had suffered a stroke 6 to 36 months prior to inclusion and had at least one motor dysfunction, were randomly assigned to treated and cross-over groups. The treated group received two months of 40 one hour *Hyperbaric Oxygen Therapy* sessions, five days a week. Whereas the cross-over group was evaluated after one month with no *Hyperbaric Oxygen Therapy* and again after one month following *Hyperbaric Oxygen Therapy*, utilizing the same treatment protocol. The evaluating physicians found that neurological function, brain activity and quality of life of all treated patients improved after *Hyperbaric Oxygen Therapy*. Brain scan results directly correlated with clinical improvements and indicated that *Hyperbaric Oxygen Therapy* can lead to



recovery.

- Increases brain tissue recovery.
- Stimulates the creation of blood vessels to reclaim - damaged brain tissue,
- Promotes the creation of new brain cells.
- Escalates the creation of new brain connections alleviates spasticity.

Associated stroke prevention with Mild Pressure Hyperbaric Oxygen Therapy:

- Stimulates the creation of new blood vessels.
- Promotes optimal blood flow.
- Decreases oxidative stress in the brain.
- Preconditions the brain to enable neuroprotective properties.

How does Mild Pressure Hyperbaric Oxygen Therapy help brain injury or stroke?

When cells in the brain die, either from trauma or lack of oxygen, blood plasma leaks out into surrounding brain tissue causing swelling and reducing blood flow. These otherwise normal cells go dormant because they can't function without the appropriate amount of oxygen. *Mild Pressure Hyperbaric Oxygen Therapy* dramatically increases the oxygen carried in the blood plasma, making oxygen available to heal damaged capillary walls, preventing plasma leakage and reducing swelling.



significant neurological improvements in post-stroke patients, even at chronic late stages.

Stroke recovery with Mild Pressure Hyperbaric Oxygen Therapy:

- Faster overall recovery.
- Improves vision and speech.
- Reduces paralysis.
- Accelerates gross/fine motor skills



As the swelling decreases, blood flow can be restored to tissues preventing further damage. When the blood flow has been impaired for an extended period, it may be necessary to establish new blood vessels into the dormant tissue (neovascularization) and in many cases once availability of oxygen is established to these cells their potential to function again returns.

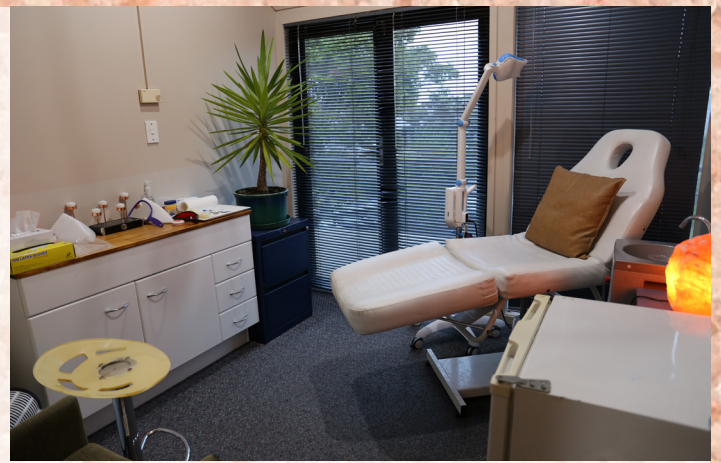
Inflammation treatment with Mild Pressure Hyperbaric Oxygen Therapy:

Inflammation is an integral part to numerous medical conditions and coincides with nearly all types of injuries and insults to the body. *Mild Pressure Hyperbaric Oxygen Therapy* has been demonstrated to substantially decrease inflammation throughout the body.

Literature shows *Hyperbaric Oxygen*



Therapy decreases inflammation and hardening of the arteries. A study published in *July 2008* examined the effects of *Hyperbaric Oxygen Therapy* on compromised blood flow due to hardening of the arteries with mice. Two groups of mice were treated with either 5 or 10 weeks of *Hyperbaric Oxygen Therapy*, whereas two other groups remained untreated and used as a control



group. After the introduction of increased cholesterol levels, the treated group exhibited positive changes in the immune/inflammatory after *Hyperbaric Oxygen Therapy*.

This study demonstrated that Mild Pressure Hyperbaric Oxygen Therapy significantly reduced circulating levels of cholesterol that can cause heart disease, kidney disease and stroke.

Additionally, Mild Pressure Hyperbaric Oxygen Therapy resulted in a substantial decrease in the production of pro-inflammatory proteins and showed a marked increase in the production of anti-inflammatory proteins.

Mild Pressure Hyperbaric Oxygen Therapy decreases gastrointestinal inflammation with:

- Remediates inflammatory bowel disease.
- Helps improve ulcerative colitis.
- Improves nutritional absorption.

Mild Pressure Hyperbaric Oxygen Therapy relieves soft tissue / joint inflammation:

- Remediates arthritis.
- Reduces tendinitis.
- Accelerates recovery from sports-related & high impact injuries.

Mild Pressure Hyperbaric Oxygen Therapy reduces brain



inflammation:

- Reduces severity of autism symptoms.
- Supports the prevention and treatment of stroke.
- Reduces risk of Alzheimer's and Parkinson's disease.

Mild Pressure Hyperbaric Oxygen Therapy supports anti-inflammatory process at the cellular level:

- Decreases acute/chronic inflammation.
- Minimizes pain & discomfort.
- Reduces inflammatory proteins.
- Promotes anti-inflammatory proteins.
- Accelerates tissue repair and healing.

Mild Pressure Hyperbaric Oxygen Therapy prevents the onset of chronic



inflammatory-related diseases:

- Decreases cancer risk & progression.
- Reduces risk of coronary heart disease, heart attack & stroke.
- Improves diabetic conditions linked to inflammation.

Sports with Mild Pressure Hyperbaric Oxygen Therapy:



Injuries caused by sports related activities are a substantial concern among players, coaches and parents alike. As inflammation and pain play primary roles with respect to recovery, *Mild Pressure Hyperbaric Oxygen Therapy* has been shown to significantly reduce inflammation and ameliorate pain.

How does Mild Pressure Hyperbaric Oxygen Therapy help athletes recovery from injuries?

Mild Pressure Hyperbaric Oxygen Therapy allows a massive increase in the amount of oxygen carried in a tissue, which under normal conditions leads to increased density of capillaries (the so-called process of angiogenesis). A dense network of capillaries allows a supercharged oxygenation of the locomotor system, resulting in performance and increased endurance.

In the case of trauma and fractures, one of the most basic ingredients needed to repair tissue is oxygen that has a major importance in the post traumatic recovery. Studies abroad show that fractures treated with *Mild Pressure Hyperbaric Oxygen Therapy* recover five times faster.

For ligament ruptures, *Mild Pressure Hyperbaric Oxygen Therapy* also leads to shorten the recovery time (e.g. in the case of a cruciate ligament, recovery is reduced from 6 months



to 3 months).

Enhanced Performance with Mild Pressure Hyperbaric Oxygen Therapy:

- Improves concentration.
- Increases serotonin levels.
- Accelerates jet lag recovery.
- Decreases lactic acid.

Amplify recovery from intensive training with Mild Pressure Hyperbaric Oxygen Therapy:

- Accelerates healing from muscle strain.
- Improves blood flow.
- Increases energy levels.

Concussion and traumatic brain injury treatment:

Some of the athletes may face concussion or traumatic brain injury. *Mild Pressure Hyperbaric Oxygen Therapy* treatment



can be a great benefit to such athletes. *Mild Pressure Hyperbaric Oxygen Therapy* treatment which has increased pressure and is rich in oxygen will help the body to heal after concussion. It can decrease the fatigue and other symptoms that are related to traumatic brain injury.

Faster recovery from surgeries with Mild Pressure Hyperbaric Oxygen Therapy:



- Accelerates & enhances healing.
- Reduces inflammation for optimal pre - surgical conditions.
- Reduces risk of infection.
- Stimulated the creation of new stem cells.
- Decreases hospital time.

Accelerate recovery from sports - related injuries with Mild Pressure Hyperbaric Oxygen Therapy:

- Increases collagen production.
- Reduces inflammation & pain.
- Faster & better recovery from sprains, tears & bone fractures.
- Stimulates the creation of new blood vessels.
- Enhances recovery from medial collateral ligament (MCL) & anterior cruciate ligament (ACL) injuries.
- Decreases susceptibility towards reinjuring target areas.
- Improves brain scan results.

Anti-Aging with Mild Pressure Hyperbaric Oxygen Therapy:

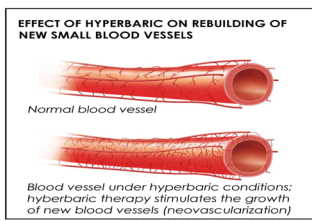
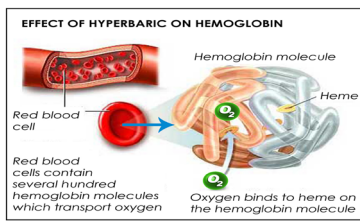
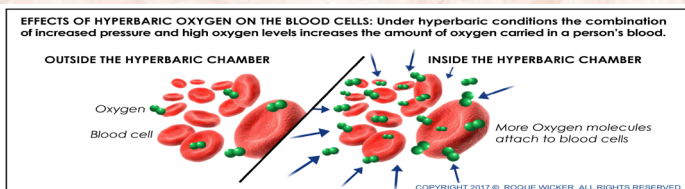
Formation Age-related diseases are a growing concern world-wide. *Mild Pressure Hyperbaric Oxygen Therapy* has been shown, in some studies, to help combat degeneration by contributing to the regeneration of tissue and blood vessels.

Literature has shown that skin



damage from ultraviolet radiation can be prevented with **Hyperbaric Oxygen Therapy**: A study published in 2012 focused on the effects of **Hyperbaric Oxygen Therapy** preconditioning and its protective properties against Ultraviolet-A (UV-A) induced skin damage. Three groups of hairless mice were exposed to UV-A, three days a week for 22 weeks, with two of the groups receiving **Hyperbaric Oxygen Therapy** pretreatment either two or four times a week. UV-A exposure amplified skin cell death, signifying elevated levels of skin damage. Pretreatment with **Hyperbaric Oxygen Therapy** substantially reduced UV-A induced cell death. In addition, **Hyperbaric Oxygen Therapy** pretreatment prevented skin creasing and maintained skin elasticity.

Circulation and general blood flow



with Mild Pressure Hyperbaric Oxygen Therapy:

- Stimulates the formation of new blood vessels.
- Combats & prevents circulatory diseases, including coronary heart disease & diabetes.

The heart with Mild Pressure Hyperbaric Oxygen Therapy:

Bernard Jensen Research Institute
Patient Education Chart of the Bowel Reflex Points
 Neural Reflex Areas of Bowel for Corresponding Organs

- Improves oxygenation to cardiac tissue.
- Reduces risk of heart attack.
- Improves heart muscle functioning after heart attack.

The skin with Mild Pressure Hyperbaric Oxygen Therapy:

- Reduces excessive skin damage from ultraviolet radiation exposure
- Promotes collagen production & maintains skin elasticity.
- Improves wound healing & reduces scar formation age.

The brain with Mild Pressure Hyperbaric Oxygen Therapy:

- Stimulates the creation of new brain cells.
- Promotes the creation of new brain connections.
- Improves memory and reaction time.

The joints, soft tissue & bones with Mild Pressure Hyperbaric Oxygen Therapy:

- Enhances treatment for arthritis.
- Accelerates healing.
- Reduces inflammation & pain.
- Improves mobility & stamina.

General health with Mild Pressure Hyperbaric Oxygen Therapy

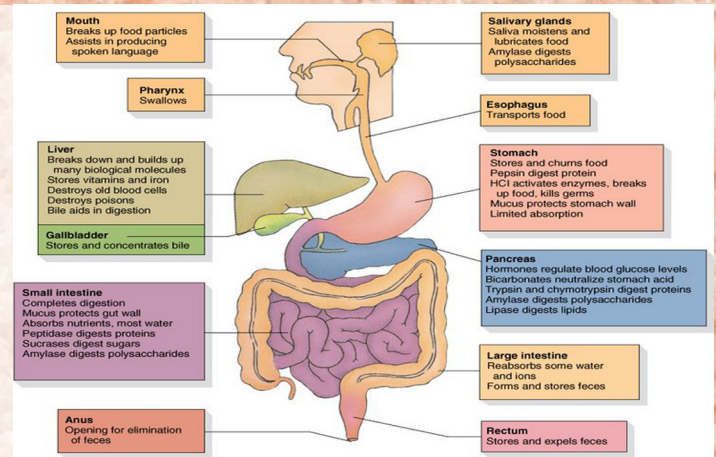
- Increases energy levels.
- Promotes the creation of new stem cells.
- Decreases risk of infection.



- Reduces stress & anxiety.
- Supports the immune system.

Contraindication for Mild Pressure Hyperbaric Oxygen Therapy for people with following factors:

- Pregnant female (to avoid miscarriage or any issues for any inconvenience cause by using this therapy).
- High grade fever of unknown origin (not sure of septic cause) or bad cold or influenza, unstable medical condition (not sure of underlining cause) and Acute or Inflammatory condition (can agitate and cause serious discomfort).
- Temporary nearsightedness (myopia) may have been caused by temporary eye lens changes or impacted trauma. Middle ear



- Under 5 years of age to avoid any acute or sever complication(s).

Booking requirement:

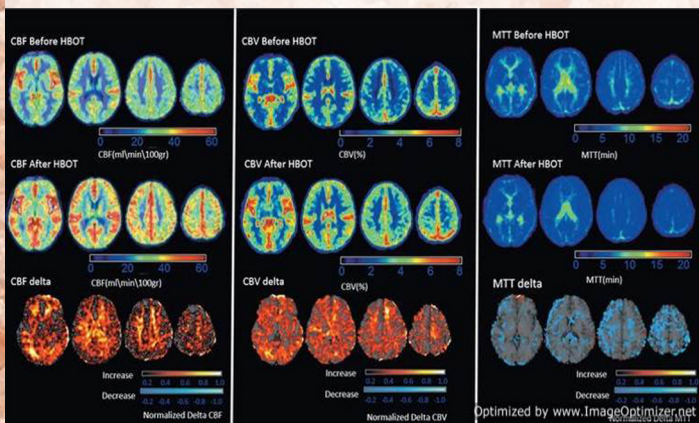
Booking is essential subject to availability. For booking confirmation please provide needful information to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 1 and maximum is 2.

Your requirement(s) for the session(s):

Please come in comfortable non-static clothing or come in comfortable cotton clothing, no perfume or cosmetic to be applied before entre into *Mild Pressure Hyperbaric Oxygen Therapy*. Each person visiting for *Mild Pressure Hyperbaric Oxygen Therapy* please must bring earplugs, two big bath towels, one hand towel and bottle of water for your *Mild Pressure Hyperbaric Oxygen Therapy* session. Please come 5 – 10 minutes prior to your booked time.

What do I wear for Mild Pressure Hyperbaric Oxygen Therapy?

Please come in comfortable non-static clothing or come in comfortable cotton clothing, no perfume or cosmetic to be applied before entre



injuries, including leaking fluid and eardrum rupture maybe due to increased air pressure or impacted trauma.

- Lung collapse caused by air pressure changes or by impacted trauma (barotrauma). Seizures as a result of too much oxygen (oxygen toxicity) inside patient's central nervous system.



guardian with children under 16 years of age but need to be small build and below 200 kg in weight.

Charges for Mild Pressure Hyperbaric Oxygen Therapy:

Retail price per person per session for Pre – Mild Pressure Hyperbaric Oxygen Therapy Consultation: \$40.00 [Usually free if you have booked for Mild Pressure Hyperbaric Oxygen Therapy with us. Please come 5 – 10 minutes prior to your booked time.]

Retail price per person per session for Mild Pressure Hyperbaric Oxygen Therapy: \$100.00 [Involves Pre – Mild Pressure Hyperbaric Oxygen Therapy Consultation. Time inside Mild Pressure Hyperbaric Oxygen Therapy device is 50-55 minutes per session. Please come 5 – 10 minutes prior to your booked time.]

According to trials, Mild Pressure Hyperbaric Oxygen Therapy can be used 3-7 times a week depending on underlining conditions and individual needs. Please seek advice and clearance from your doctor if you have any doubts about using Mild Pressure Hyperbaric Oxygen Therapy or if you have any existing medical conditions.

Clinical trials have shown that multiple sessions of Mild Pressure Hyperbaric Oxygen Therapy provide relief from existing chronic & other medical conditions. Multiple sessions are recommended to attain best results. Please contact Salt Cave Halotherapy & Wellness Centre for more clarification about present or about any other treatments provided at Salt Cave Halotherapy & Wellness Centre.

Research article(s) for Mild Pressure Hyperbaric Oxygen Therapy:

R M Leach, ABC of oxygen Hyperbaric oxygen therapy, 1998.

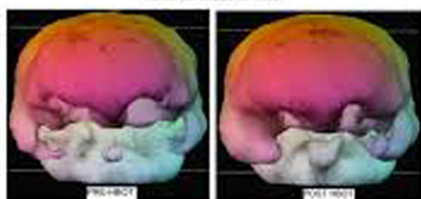
Marian S. McDonagh, Hyperbaric oxygen therapy for brain injury, cerebral palsy and Stroke, 2003.

Jennifer A. Thackham, The use of hyperbaric oxygen therapy to treat chronic wounds: A review, 2007.

Daniel A Rossignol, The effects of

Solution? Biologically Repair the Brain

Non-Healing Wound in the Brain



Struck in 2006, P150 (disappeared), from his brain is a 4x4 region where remaining from him, he became partially paraplegic, lost 20% of his VA disability worked and made \$50,000 per year, and has returned to college after 3rd All treatments.

Retail price per two person per session for Mild Pressure Hyperbaric Oxygen Therapy: \$150.00 [Involves Pre – Mild Pressure Hyperbaric Oxygen Therapy Consultation. Time inside Mild Pressure Hyperbaric Oxygen Therapy device is 50-55 minutes per session. Please come 5 – 10 minutes prior to your booked time.]

How often can you have Mild Pressure Hyperbaric Oxygen Therapy?



hyperbaric oxygen therapy on oxidative stress, inflammation, and symptoms in children with autism: an open-label pilot study, 2007.

Serge Larivée, Hyperbaric oxygenation therapy in the treatment of cerebral palsy: a review and comparison to currently accepted therapies, 2007.

Ahmet Kaya, Can major amputation rates be decreased in diabetic foot ulcers with hyperbaric oxygen therapy?, 2009.

Jayesh Shah, Hyperbaric oxygen therapy, 2010.

Pedro Barata, Hyperbaric oxygen effects on sports injuries, 2011.

Ingrid Moen, Hyperbaric oxygen therapy and cancer—a review, 2012.

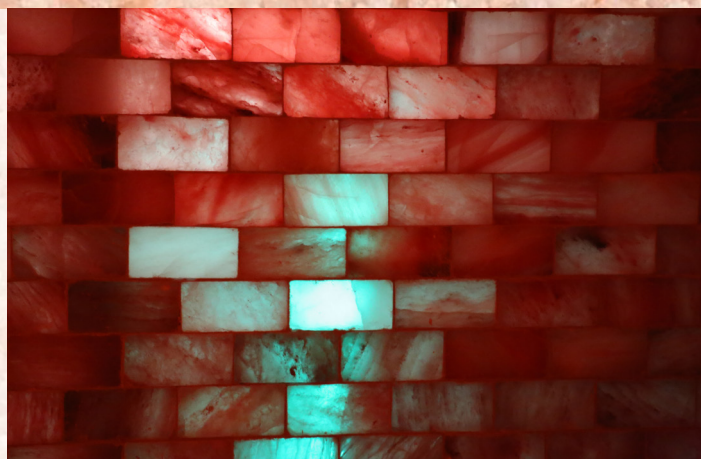
Shai Efrati, Hyperbaric oxygen induces



late neuroplasticity in post stroke patients - randomized, prospective trial, 2013.

Luinio Tongson, Hyperbaric oxygen therapy as adjunctive treatment for diabetic foot ulcers, 2013.

Haim Golan, Improvement of memory impairments in poststroke patients by hyperbaric oxygen therapy, 2014.



Klaus Kraitsy, Repetitive long-term hyperbaric oxygen treatment (HBOT) administered after experimental traumatic brain injury in rats induces significant remyelination and a recovery of sensorimotor function, 2014.

Katarzyna Stepien, Hyperbaric oxygen as an adjunctive therapy in treatment of malignancies, including brain tumours, 2016.

Dor Vadas, Hyperbaric oxygen environment can enhance brain activity and multitasking performance, 2017.

Hendry Irawan, A Pilot Study of Short-Duration Hyperbaric Oxygen Therapy to Improve HbA1c, Leukocyte, and Serum Creatinine in Patients with Diabetic Foot Ulcer Wagner 3-4, 2018.

Amir Hadanny, Effect of hyperbaric oxygen therapy on chronic neurocognitive deficits of posttraumatic brain injury patients: retrospective analysis, 2018.

Opening Hours:

We are open: **10 am- 7 pm: Mondays to Sundays (Including Public Holidays).**

Location:

We are based at: **11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.**

There is availability of onsite as



well as off street parking for our clients.

Contact us:

Phone: (+64) 9-3907886

Mobile: (+64) 220608886

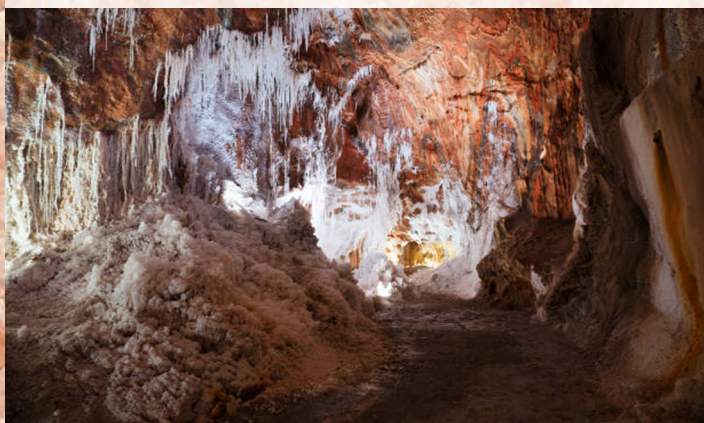
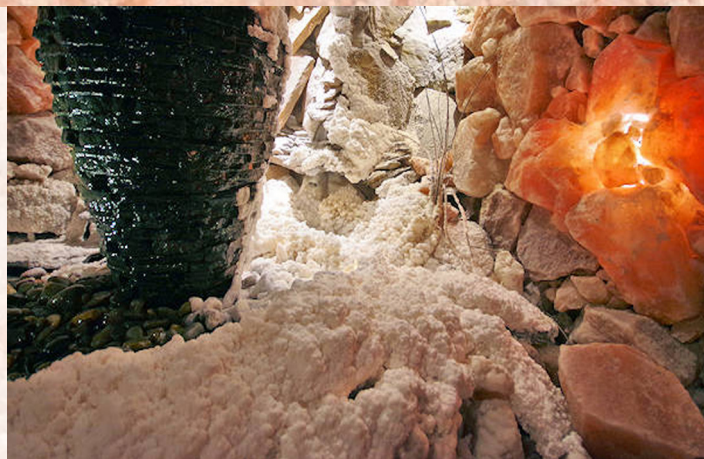
Email: infosaltcavenz@gmail.com

Website: <https://www.saltcavenz.co.nz/>

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