



DESERT MOON
HYPERBARICS AND WELLNESS

Hyperbaric Oxygen Therapy (HBOT)

Restore. Oxygenate. Heal.





Welcome to a New Level of Healing

At **Desert Moon Wellness**, we believe healing should feel calm, supported, and intentional.

Hyperbaric Oxygen Therapy (HBOT) is one of the most advanced ways to support your body's natural recovery processes. Whether you're looking to improve energy, recover faster, or optimize overall wellness, HBOT provides a powerful, non-invasive solution.



What is Hyperbaric Oxygen Therapy?

Hyperbaric Oxygen Therapy is a treatment that allows your body to absorb significantly more oxygen than it normally can.

During a session, you relax in a pressurized chamber while breathing 100% pure oxygen. This increased pressure allows oxygen to dissolve more efficiently into your bloodstream, reaching areas of the body that may need extra support.

While the air we normally breathe contains about 21% oxygen, HBOT delivers a much higher concentration under pressure, creating deeper therapeutic effects throughout the body



1. Breathe Pure Oxygen

You breathe 100% oxygen inside a controlled chamber.



2. Increased Pressure

The chamber increases pressure, allowing oxygen to dissolve deeper into your bloodstream.



3. Cellular Healing

Oxygen reaches tissues, supporting repair, reducing inflammation, and improving recovery.

Why People Choose HBOT

01.

Low Energy & Fatigue

Modern lifestyles often leave people feeling drained, with low energy and slow recovery.

02.

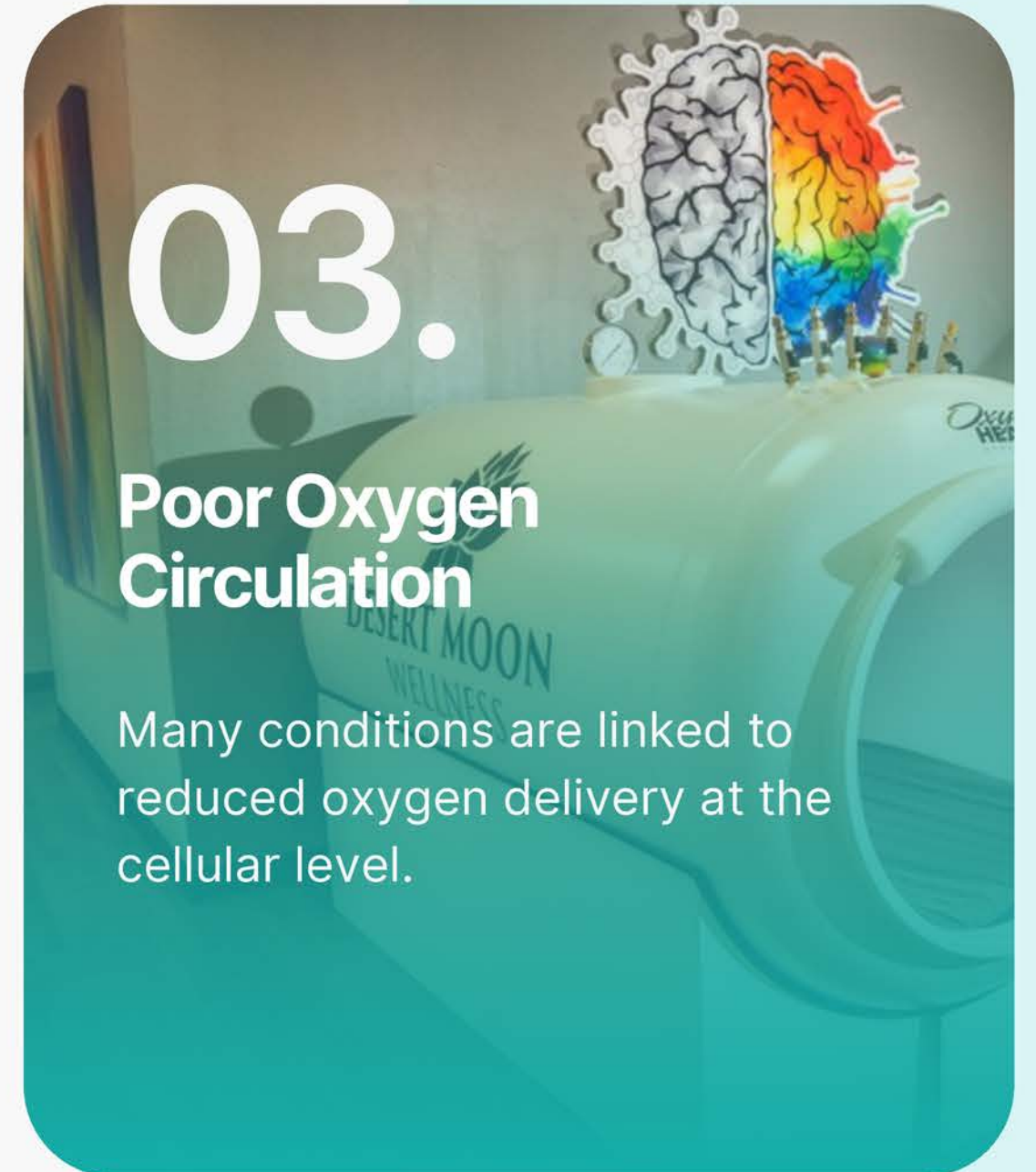
Inflammation & Recovery

Chronic inflammation and injuries can limit performance and delay healing.

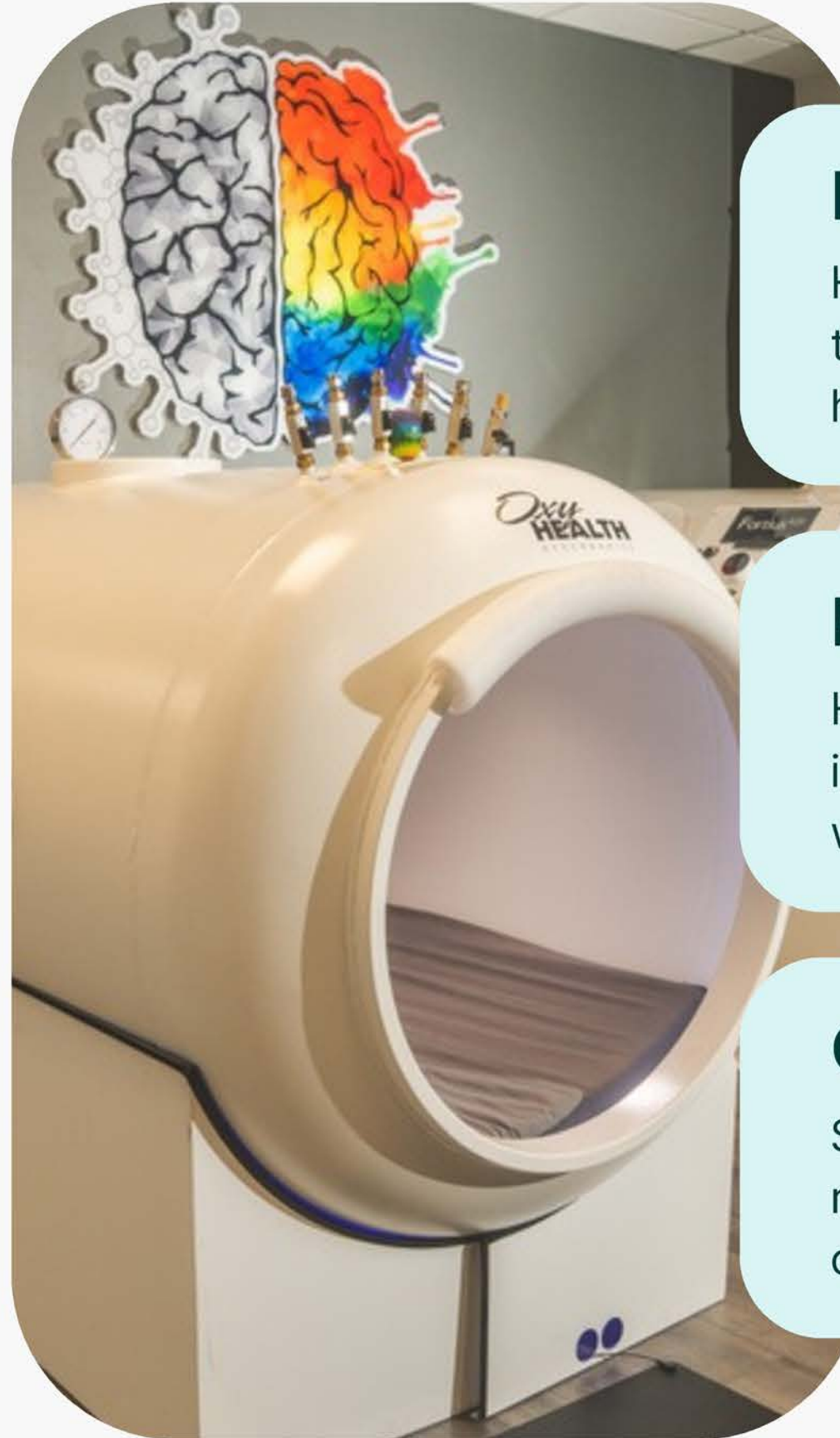
03.

Poor Oxygen Circulation

Many conditions are linked to reduced oxygen delivery at the cellular level.



How HBOT Supports Your Body



Increased Oxygen Delivery

HBOT allows oxygen to reach deeper tissues, supporting faster recovery and healing.



Reduced Inflammation

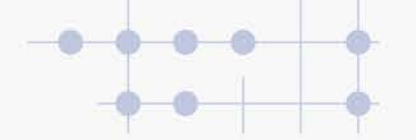
Higher oxygen levels help calm inflammation and improve overall wellness.



Cellular Repair & Regeneration

Supports the body's natural ability to repair damaged tissue and promote new cell growth.





What to Expect During Your Session



Experience

Sessions typically last 60 to 90 minutes. You'll lie comfortably in the chamber where you can relax, nap, or listen to music.



Sensation

You may feel slight pressure in your ears, similar to flying. This is completely normal and temporary.



Each session includes:

- Compression (pressure builds)
- Treatment (oxygen absorption)
- Decompression (pressure returns to normal)

Who Can Benefit from HBOT

01

Recovery & Healing

Ideal for those recovering from injuries, surgery, or chronic conditions.



02

Wellness & Performance

Great for individuals looking to boost energy, focus, and physical performance.

03

Aging & Longevity

Supports circulation, brain health, and overall vitality.

Your Treatment Plan



Personalized Care

Each plan is tailored based on your goals and health needs.

Session Frequency

Most clients attend sessions 3–5 times per week for best results.

Program Options

- Single sessions
- Package plans
- Ongoing wellness programs



In-patient
Care



Outpatient
Clinics



Home
Care

Preparing for Your Session

Before Appointment

Stay well hydrated and eat a light meal before your session.

Avoid caffeine for several hours prior, as it can reduce the effectiveness of the treatment.

What to Wear & Bring

For safety, avoid wearing lotions, oils, perfumes, or hair products. Do not bring jewelry, electronics, or metal items into the chamber. You'll be provided with appropriate clothing if needed.

During Your Session

You'll relax comfortably inside the chamber for about 60–90 minutes.

You may feel slight pressure in your ears, similar to flying, which is completely normal.

After Your Session

Most people return to normal activities immediately. Some may feel relaxed or slightly tired.

Staying hydrated can help support recovery after your session.



01.

02.

03.

04.



Start Your Healing Journey

Discover how Hyperbaric Oxygen Therapy can support your recovery, energy, and overall wellness.

At Desert Moon Wellness, we provide a calm, supportive environment designed to help your body heal and perform at its best.

Healing doesn't have to be complicated. Sometimes, it starts with oxygen.



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