

Give Me an “O!”

The Benefits of Oxygen

You’ve been doing it for years, but never like this! Wait, did you think I was referring to S-E-X? Sorry, but I’m not working blue here! The “O” I’m talking about is oxygen and you, me, your neighbor, ex-boyfriend, literally all of us have been breathing it in and out since the day we were born. But now oxygen is being taken to a whole new level...the cellular level! It’s oxygen therapy and it’s not just for breathing anymore.

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Oxygen Therapy

When I was asked to write an article on oxygen therapy I was flashing back to Dennis Hopper in the movie “Blue Velvet.” You remember...oxygen tank, clear mask, long, deep breaths...David Lynch movie, wildly popular in the 80s? Have I dated myself?

I was also thinking oxygen bar—sidling up to a bar stool and putting my face into an O₂ dispenser, not to mention putting my trust into the “barkeep” and hoping that the apparatus has been sterilized. But again, that’s not oxygen therapy.

Interested? I hope so, because here is oxygen therapy in a nutshell, well actually in a fiberglass cabinet. Picture an episode from “I Love Lucy.” A box built for one with a hole in the top for Lucy’s head. The box I’m describing is more streamlined, big enough to sit in, and is height adjustable to accommodate all sizes, and yes, your head sticks out of the top!

Oxygen therapy uses a hyperthermic O₂ chamber. It enables the body to be cleansed at the cellular level. It is effective because it utilizes the largest organ in the body, the skin. Heat dilates the pores of the skin and oxygen, O₂, and ozone, O₃, are pumped into the chamber for a 30-minute session. The O₂ and O₃ are infused with essential oils creating a relaxing, sauna-like experience...with benefits!

According to Kathleen Johnson, M.D. an affiliate practitioner at Xynergy Spa in Corona del Mar, the body is saturated with oxygen and then the treatment actually “oxidizes” toxins throughout the body so they can be eliminated with sweat. In addition, the body continues to eliminate toxins through the kidneys and colon after the treatment is completed. Oxygen therapy not only cleanses the body, but can increase the immune system, slow aging, rid the body of toxins and enhance cellular respiration.

“People often leave a session feeling relaxed and refreshed with more energy and the therapy can even create feelings of well-being,” said Shannon Byers, owner of Xynergy Spa (xynergyspa.com). “It is healing the mind and body using Earth’s most essential element.”

It’s all the rage, I’m pretty sure celebrities do it, still not talking about S-E-X (although I’m pretty sure they are doing that too), it’s good for you, and it is being done right here in Orange County.

So, give me an “O”...O₂ and O₃ that is. ■

— Erin Malner