How To Prepare

VIVAIRE WELLNESS SPA



TIPS FOR A SUCCESSFUL HYPERBARIC OXYGEN THERAPY SESSION

1 ARRIVE CLEAN & COMFORTABLE

- Wear loose, comfortable cotton or natural-fiber clothing
- Complimentary cotton robes are available if needed.
- Arrive freshly showered with clean skin and hair.
- Keep your look simple and comfortable for the session.
- Empty your pockets before entering the chamber.
- Store personal belongings in the cabinet at your chamber station.

2 HYDRATE BEFORE YOU ARRIVE

- Enjoy one of our complimentary teas or Liquid IVs.
- Feel free to bring a personal water bottle.
- Plastic bottles are recommended.
- A bottle with a loose or open lid is ideal.
- Avoid alcohol, nicotine, or energy drinks 4 hours before treatment.
- Hydrate well the day before your treatment.

3 SETTLE IN & RELAX

- Your chamber includes an integrated tablet and entertainment system.
- Ear plugs may be used for your comfort.
- Meditation, breathwork or reading are highly encouraged.

4 BREATHE NORMALLY

- You can breathe completely normally throughout your session.
- Once the chamber reaches full pressure, gentle box breathing can deepen relaxation.

INHALE	HOLD	EXHALE	HOLD
4 seconds	4 seconds	4 seconds	Repeat

5 WHAT THE SESSION FEELS LIKE

- The experience is similar to the gentle ear pressure you may notice during airplane takeoff.
- Mild ear pressure changes during pressurization and depressurization are completely normal.
- If you need a little more time to get comfortable. your session can be paused
- You may also use the Quick-Release button if you need more time (see below).

6 WAYS TO EQUALIZE EAR PRESSURE

- Pinch your nose and gently blow to 'pop' your ears
- Yawn Naturally
- Swallow slowly and deliberately
- Sip from your water bottle

YOU'RE ALWAYS IN CONTROL

The chamber includes a Quick-Release pressure button inside. Press it any time if your ears need a little more time to equalize or if you would like the pressure increase slowed or paused.