

# Trying out some PURE oxygen therapy

The beauty world continues to grow and offer us an increasing number of treatments to ensure that we can always find something to help with everything from moisturising to anti-ageing.

I am always interested to learn of those that have evolved from something else, CACI for example (the non-surgical facelift) was born from a medical treatment originally used to help those suffering with Bell's Palsy. It was therefore with a little excitement and some trepidation that I headed to Pure on Lothian Road to experience the latest Hyperbaric Oxygen Therapy (HBOT).

HBOT to me was something that elite athletes used as part of rehab to overcome injuries. Now it is being offered to help 'boost immunity, slow premature ageing and supercharge your athletic performance'.

The treatment involves entering a specially designed chamber and breathing 90-95% pure oxygen for a pre-determined time. My treatment was to be 60 minutes. So after completing the consultation with my therapist Rachael, I found myself stepping (fully clothed) into what looks like a small tent. Rachael explained the process clearly and highlighted the 'panic' button should I need it. She then asked me to put my mask on (similar to those you see on a plane) and sit back and relax while breathing in the oxygen. She then zipped up the

chamber and began the process of pressurising it.

The oxygen flow is controlled from the outside and once it was flowing freely and she checked I was comfortable, Rachael left, assuring me she would return every 15 mins to check I was OK.

It was recommended that clients take a book to read during your treatment which I did. Sadly, however the lighting in the chamber was very low and, disappointingly, didn't allow me to read.

My therapist did return as promised and, each time, I was very comfortable. When my time was up, she said I should remove my mask while she depressurised the chamber. As at the start, my ears did pop just as they would on a plane take-off or landing.

When unzipped I stepped out, and I did feel relaxed – if a little lightheaded (which is perfectly normal). I then moved to another treatment room for my Pure Spa Facial.

After chatting about concerns, Rachael explained the products she would use and the anti-ageing benefits. Cleanse and Glow cleanser, Refresh and Review Face Spritz prepped my skin for a manual exfoliation and mask. While lying with my mask I enjoyed a lovely hand and arm massage. My treatment was completed using Organic Resehip Oil and Regulate and Boost Eye Serum.

The facial (or a massage) is recommended to follow the HBOT session in order to maximise the anti-ageing benefits.

Around two hours later I left feeling that I now share the same experience as an elite athlete or perhaps an astronaut!

I definitely slept well that night aided by my HBOT and the following morning my skin looked refreshed and hydrated and my make-up sat more smoothly. There is no doubt that the

combination of the two treatments has definitely made a difference.

HBOT is described as a 'cutting-edge therapy gaining traction for its ability to promote healing, boost energy levels and improve overall wellbeing. The more sessions you have the more benefits you will see and feel.'

A course of six (60 mins) HBOT treatments is currently on offer – 6 for 4 – £340 (normally £510). For anti- ageing one treatment per month is recommended.

HBOT is available at Pure on Lothian Road, Rose Street or in Newhaven.

The Pure Spa Facial (40 mins) is priced at £79.

For further information or to book please visit [www.purespauk.com](http://www.purespauk.com)









A woman with dark hair, smiling, is wearing a white bathrobe. She is holding a white hyperbaric oxygen mask with a black strap and a corrugated tube. The background is a blurred circular opening, likely a chamber entrance.

**PURE**  
Spa & Beauty

**Hyperbaric Oxygen Therapy**  
Now part of our spa offerings