

Client Journey and Physiology of Oxygen

Supporting recovery, energy, and wellbeing for over 40 years.

The science

How Oxygen Therapy Works

Oxygen therapy involves breathing pure oxygen in a specially designed chamber where the air pressure is slightly higher than normal. This gentle pressure helps your body absorb much more oxygen than it can through normal breathing, allowing oxygen to reach deeper into tissues that may not be getting enough.

Under normal conditions, most oxygen is carried by red blood cells. In oxygen therapy, extra oxygen dissolves directly into your blood plasma — meaning it can reach areas with poor circulation or damaged tissues that need extra support for healing.



THE
neuro
THERAPY PLACE
Your Neurological & Oxygen Therapy Charity

What Happens Inside the Body

- **Boosted Energy for Cells:**
- Oxygen fuels the tiny “power plants” inside our cells (mitochondria). More oxygen means better energy production, which helps cells repair and function more efficiently.
- **Reduced Swelling and Inflammation:**
- The increased pressure gently narrows blood vessels, reducing swelling and allowing oxygen to reach areas that need healing. It also calms inflammation, supporting recovery without slowing the body’s natural healing processes.
- **Encouraged Tissue Repair:**
- Oxygen therapy helps your body make new blood vessels (angiogenesis) and produce more collagen — both vital for rebuilding and strengthening tissue after injury.
- **Enhanced Immune Support:**
- High oxygen levels create an environment where harmful bacteria struggle to survive, especially those that thrive in low-oxygen areas. Oxygen therapy also helps your immune cells work more effectively and can improve how antibiotics reach infected tissues.

Supporting the Brain and Nervous System

After a stroke, head injury, or other neurological condition, oxygen therapy can help oxygen reach brain areas that are struggling. This supports cell function, reduces inflammation, and encourages healing responses. It can also enhance brain metabolism, helping with clarity, energy, and recovery.

Your Oxygen Therapy Journey

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What does the client journey look like? At Compass Therapy, we're here to make your experience safe, comfortable, and effective. From your first session to your ongoing care, our team will guide you every step of the way.

Step 1: Finding the Right Oxygen Level for You

Before you begin, our team will discuss your goals and determine the most suitable pressure level and session plan for your needs. Most clients start with three sessions per week over 3–5 weeks, allowing your body to become fully saturated with oxygen and begin the healing process.

Step 2: Maintaining Your Oxygen Levels

To achieve the best long-term results, we recommend regular maintenance sessions after your initial programme. This helps sustain higher oxygen levels in your tissues, supporting ongoing recovery and wellbeing.



Step 3: Preparing for Your First Session

To help you feel your best and ensure a smooth start:

- Eat a light meal or snack before your appointment.
- Arrive 20 minutes early so we can welcome you, introduce the team, and walk you through what to expect.
- Wear comfortable clothing.
- Please avoid caffeine, smoking, or recreational drugs before your session.
- You'll receive a health and safety briefing, and lockers are available for personal belongings.
- Our friendly staff will assist with your mask fitting and answer any questions.

Step 4: During Your Session

Once inside the chamber:

- You'll be in direct contact with our Oxygen Operator at all times.
- You can bring a book, laptop, or water to enjoy while you relax. (Food and other drinks are not permitted inside.)
- Simply breathe normally through your mask and let the oxygen do the work — most clients describe it as a calm, peaceful experience.