

Your Journey with Oxygen Therapy

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

Oxygen Therapy – Simple, Safe, and Surprisingly Relaxing!

It's normal to feel uncertain when you first hear about Oxygen Therapy – talk of chambers, masks, and pressure levels can sound intimidating.

In reality, it's a gentle, calming experience that helps your body restore and reenergise itself.

At The Neuro Therapy Place, we've been helping people experience the benefits of Oxygen Therapy for more than 40 years. Our expert team will guide you through every step, making sure you feel comfortable and confident throughout your journey.

Did You Know?

Your body depends on oxygen to fuel vital processes like cell repair, circulation, and brain function. For many people living with neurological or other health conditions, these systems can come under extra strain.

The Science: How Oxygen Therapy Works

Oxygen Therapy offers a safe, effective way to give your body additional support – helping its natural processes work more efficiently. Inside a specially designed chamber, you breathe pure oxygen at a slightly higher-than-normal pressure. This gentle pressure allows your body to absorb far more oxygen than through normal breathing - helping it reach deeper into tissues that need extra support.

Normally, most oxygen is carried round the body by red blood cells. During therapy, extra oxygen dissolves directly into your blood plasma, meaning it can flow deeper into tissues and damaged areas – supporting recovery, repair, and energy from the inside out.

What Happens Inside Your Body

1. Boosted Energy for Cells

Oxygen fuels your cells' "power plants" (mitochondria). More oxygen means more energy – helping cells repair and function more efficiently.

2. Reduced Swelling and Inflammation

The increased air pressure gently narrows blood vessels, helping reduce swelling and calm inflammation. This allows oxygen to reach areas that need it most – supporting healing naturally.

3. Encouraged Tissue Repair

Oxygen Therapy stimulates your body to make new blood vessels (angiogenesis) and produce collagen, which strengthens and rebuilds tissues after injury.

4. Enhanced Immune Support

High oxygen levels create an environment where harmful bacteria can't thrive. It also helps your immune cells work more effectively – and improves how antibiotics reach affected tissues.

Supporting the Brain and Nervous System

After a stroke, head injury, or neurological condition, certain areas of the brain may struggle to get enough oxygen.

Oxygen Therapy helps deliver oxygen where it's needed most, supporting brain metabolism, reducing inflammation, and encouraging healing responses. Clients often report feeling more **alert, clear-headed, and energised** after their sessions.

Your Oxygen Therapy Journey

At The Neuro Therapy Place, your comfort and safety come first. Here's what you can expect on your journey with us.

Step 1: Finding the Right Oxygen Level for You

Before your first session, our team will discuss your goals and tailor a plan to suit your needs. Most clients begin with three sessions per week for 3–5 weeks – a perfect rhythm to help your body become fully oxygenated and start benefiting from the additional support.

Step 2: Maintaining Your Oxygen Levels

To keep your results going strong, we recommend regular maintenance sessions. These help sustain the higher oxygen levels in your tissues – supporting ongoing recovery, energy, 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 beforehand
- Arrive 20 minutes early for your welcome & safety briefing
- Wear light, comfortable clothing
- Avoid caffeine, smoking, or recreational drugs
- We'll help with your mask fitting and answer any questions you have

Your comfort and confidence are our priority.

Step 4: During Your Session

Once inside the chamber:

- You'll always be in direct contact with your Oxygen Operator
- You can read, use mobile devices, or simply relax
- Just breathe normally through your mask and let the oxygen get to work.

Many of our clients describe the experience as peaceful and rejuvenating



Loved By Our Clients

Here's what our clients tell us they value most about Oxygen Therapy at **The Neuro Therapy Place**:

- **Expert Care** – Over 40 years supporting people safely with Oxygen Therapy.
- **Easy Access** – Minimal wait times & sessions available 6 days a week.
- **Personalised treatment plans** that fit your unique needs
- **Fully Accessible Facilities** – Specifically equipped for those with restricted mobility.
- **Proven Impact** – Clients see real improvements in their symptoms.
- **Affordable Therapy** – Subsidised care makes Oxygen Therapy accessible to all.
- **Calm, Supportive Environment** – Designed for relaxation and healing.

Want to Feel Better? Just Breathe.

At The Neuro Therapy Place, our years of experience show us that Oxygen Therapy helps our clients in their recovery and wellbeing. Let us help you take your next step toward greater energy, clarity, and healing – one breath at a time.

The Neuro Therapy Place
Trusted in Oxygen Therapy for over 40 years