

OXYGEN BAR

There are no known risks or adverse effects with the short-term use of oxygen. The American Lung Association has said that breathing oxygen from an oxygen bar for less than 30 minutes (max oxygen bar session offered) has no harmful effects and there is no evidence that oxygen used in bars can be dangerous to a normal person's health.

Wholy Restore Wellness recommends to speak with your medical doctor for any medical questions relating to Oxygen Bar use, and specifically if you have a respiratory condition such as: COPD, cystic fibrosis, asthma or emphysema.