

# WHEN EVERYONE'S HOME... YOU DON'T ALWAYS NEED TO BE.

The kids are out of school. Extended family is visiting.

When life gets loud, your nervous system can get stuck in fight-or-flight mode. A calming oxygen break helps shift your body back into rest-and-recover.

Oxygen and gentle pressure support your body's natural calming response—helping slow the heart rate, ease tension, and quiet the mind.

Find your holiday R&R at [O2Suites.com](https://O2Suites.com).

