

OXYTERRA RS IN COSMETOLOGY

Interval hypoxic training on OXYTERRA RS is an alternation between breathing mixtures with reduced oxygen levels (7-16%) and air with normal or elevated oxygen levels (31-33%). This process **activates the body's natural adaptation mechanisms** and stimulates cellular regeneration.

Numerous scientific studies confirm the effectiveness of interval hypoxic training in aesthetic medicine and cosmetology.

OXYTERRA RS training helps **slow down age-related processes, reduce visible signs of aging, improve skin and hair health, support weight management, and enhance overall well-being**. Additionally, hypoxic therapy combats a major cause of aging – oxidative stress.



Photo: First Line Health Care Resort 5

“ Due to IHT, antioxidant defense mechanisms are stimulated, cellular membranes become more stable, Ca^{2+} elimination from the cytoplasm is increased, and O_2 transport in tissues is improved. IHT induces changes within mitochondria, involving NAD-dependent metabolism, that increase the efficiency of oxygen utilization in ATP production. ”

Serebrovskaya, T.V. Intermittent Hypoxia Research in the Former Soviet Union and the Commonwealth of Independent States: History and Review of the Concept and Selected Applications. High Alt Med Biol.

By utilizing advanced biotechnologies, the OXYTERRA RS Device provides **powerful anti-aging benefits for both facial and body treatments**, making it a key tool in modern aesthetic practices.

OXYTERRA training is incorporated into comprehensive programs focused on biohacking, detox, rejuvenation, anti-aging, pro-aging, weight management, stress recovery, and pre-operative preparation. Additionally, some specialists have found that IHT sessions enhance the effects of IV therapies, such as those with L-carnitine, Mildronate, Heptral, and plasma.

Hypoxic-Hyperoxic Training Indications in Cosmetology:

- **fine lines and deep wrinkles**
- **loss of skin firmness and elasticity**
- **acne and post-acne marks**
- **wounds and scars**
- **swelling and puffiness**
- **decrease in immunity**
- **dark circles under the eyes**
- **cellulite**
- **pre-treatment preparation for cosmetic procedures or surgeries, and post-treatment recovery (e.g. peels, laser treatments, and rhinoplasty)**
- **fluid retention and stagnation**
- **signs of fatigue and stress**
- **age-related changes and prevention of premature aging**
- **hair thinning and hair loss**

INTERVAL HYPOXIC TRAINING EFFECTS*

Skin Rejuvenation and Wrinkle Reduction

Enhanced microcirculation, along with increased collagen and elastin production, improves tissue firmness and elasticity, leading to smoother, healthier-looking skin.

Improved Skin Texture and Tone

Enhanced cell regeneration and mitochondrial function help refine skin texture and improve overall tone.

Anti-Aging Effects

Increased activity of antioxidant defense mechanisms (such as superoxide dismutase (SOD), catalase, and glutathione peroxidase) neutralizes free radicals, a key factor in skin aging.

Immune System Support

Mitochondrial stimulation strengthens the immune system, supporting the body's ability to combat age-related changes, infections, and aiding post-surgical recovery.

Body Contouring

Improved microcirculation supports the breakdown of fat deposits, making it an effective complement to body shaping programs.

Increased Energy and Vitality

Enhanced mitochondrial biogenesis boosts energy levels and overall vitality.

Reduced Signs of Fatigue and Stress

Normalization of the nervous system helps combat chronic fatigue, increase stress resilience, and improve both appearance and overall well-being.

Stimulated Hair Growth

Improved scalp circulation encourages hair growth and strengthens hair structure.

Better Sleep Quality

Regulation of the autonomic nervous system and increased melatonin production promote better sleep patterns.

*According to international scientific research.

SAFE, COMFORTABLE AND EFFECTIVE

Are Interval Hypoxic Training (IHT) Sessions Safe? If there are no specific contraindications, IHT is not only safe but also highly effective for both preventive care and recovery. Hypoxic therapy is a natural method that leverages the body's physiological response to environmental conditions.

OXYTERRA RS training offers a highly comfortable experience where people can relax or even sleep, maximizing recovery. The benefits of IHT are sometimes noticeable after just three sessions.

The multifunctional modes and advanced features of the OXYTERRA RS Device make it suitable for almost all groups of users.

CONTACTS

GR SYSTEM LLC

Manufactured in Belgrade, Serbia.

Address: 11032 Ratka Mitrovica 134, Belgrade, Serbia.

Social networks: @oxyterra.rs



Email: info@oxyterra.com

Phone:

+381637250967 (SR)

+381601494673 (EN)

+381668104777 (RU)

www.oxyterra.com

