

# How Many HBOT Sessions Do I Need?

At **Holina Clinic**, we use a **Medical Grade** chamber. This is a critical distinction: true biological change isn't just about breathing oxygen — it's about the **pressure** behind it.

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## The Three Phases of Transformation

- **1–5 Sessions: The System Reset**
    - **Focus:** Flushes acute inflammation and reduces swelling.
    - **Impact:** Immediate lift in "brain fog," deeper sleep, and rapid recovery from sports injuries or jet lag.
  - **10–20 Sessions: The Healing Bridge**
    - **Focus:** Soft tissue repair and blood flow enhancement.
    - **Impact:** Noticeable boost in skin elasticity (collagen), increased physical endurance, and relief from chronic joint pain.
  - **40–60 Sessions: The Biological Transformation**
    - **Focus: Angiogenesis** (new blood vessels) and **Neurogenesis** (brain repair).
    - **Impact:** The clinical "Gold Standard" for anti-aging. Proven to lengthen telomeres and flood the body with new stem cells.
  - **Maintenance: Sustaining the Peak**
    - **Focus:** After completing a 40+ session block, maintenance prevents biological regression.
    - **Impact:** 1–2 sessions per week ensures that the newly grown blood vessels remain open and oxygen levels in the brain and tissues stay optimized.
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## The ATA Hierarchy: Why Pressure is the "Dosage"

The **ATA (Atmospheres Absolute)** determines if the oxygen actually reaches your deep tissues and DNA.

1. **1.3 ATA (Mild/Soft Chambers):** Common in spas and home units. Good for relaxation, but generally insufficient for stem cell release or serious neurological repair.
  2. **1.5 – 2.0 ATA (Clinical Range):** The pressure used in major studies for brain repair. It forces oxygen into the blood plasma, increasing saturation by up to **1,500%**.
  3. **2.2 ATA (Holina Medical Grade):** Our high-performance standard. This elite pressure level is required for deep cellular repair and reaching areas where circulation is blocked.
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## Why Holina Clinic?

We don't provide "pressurized air"—we provide clinical-level therapy.

- **Medical Grade Technology:** Our hard-shell chamber reaches **2.2 ATA**, a level soft chambers cannot hit.
- **Deepest Saturation:** We utilize **Henry's Law** to bypass restricted blood flow and deliver oxygen directly to your cells.
- **Results-Driven:** Whether for anti-aging or recovery, our protocols match the highest global clinical standards.