

Is it a Fountain of youth or a crime?

A growing number of Hollywood celebrities are deciding to pay a visit to a hyperbaric chamber or have one delivered to their home.

Damage to skin cells, age spots, wrinkles, sagging skin from weak collagen structure - all of this can improve when we increase circulation to the most peripheral areas of the body, which is your skin, as stated on the Body Ecology website.

This is why many top actors, actresses, and models, whose skin is constantly in the limelight, are using cutting-edge techniques to improve both skin quality and overall health, including Hyperbaric Oxygen Therapy (HBOT). While HBOT can be used to treat a wide array of serious health conditions, ranging from traumatic brain injury to gut function, it also just makes you feel good.

Many NFL athletes own their own chambers because it helps them heal up quickly after an injury. HBOT has also been used successfully with war veterans to remedy post-traumatic stress disorder (PTSD) and stroke victims use HBOT to encourage full recovery.

What makes it so effective?

HBOT covers a wide range of disorders. While there is no magic bullet in health, there are certain essential mechanisms in the body that must work correctly in order to be healthy. One such mechanism is blood flow, or perfusion. Put simply, each and every cell in the body needs oxygen and nutrients that it can only receive from blood.

The fact that we breathe air does not promise that each cell is receiving what it needs to thrive. In fact, most of us, for one reason or another, are not getting the amount of perfusion that we need. Inflammatory conditions, whether the result of stress or injury, all benefit from a therapeutic dose of oxygen. Not only does oxygen feed the cells, but healthy blood flow also carries away waste products like cellular debris and dangerous free radical toxins.

Helps the skin heal

Hyperbaric Oxygen Therapy bathes the cells in the body with oxygen. Because a Hyperbaric Oxygen Therapy chamber is pressurized, oxygen easily enters into every tissue of the body. This is why HBOT dramatically diminishes the appearance of wrinkles in the skin. It directly encourages overall skin health. The surface of the skin and the tissue that structurally supports the skin rely on a constant supply of nutrients, especially oxygen.

When cells do not receive enough oxygen, they slowly begin to malfunction and die. This means that HBOT helps the skin heal after trauma, injury, or surgery. A therapeutic dose of oxygen can also improve skin infections, and it can be especially useful in regulating the appearance of chronic acne. Even fungal skin infections and dandruff, also called scalp dermatitis, will noticeably benefit from increased circulation and healthy blood flow! In a nutshell: increased blood flow to the skin makes us more beautiful, conclude on the said website.

Famous customers

Francesca Menato published an article on Entertainmentwise about a source for *Showbiz Spy* saying that “Simon [Cowell] brought a technician with a portable hyperbaric chamber into his Beverly Hills home. He spent about an hour a day in the chamber for a period of weeks. He usually fell asleep, and when he got out, he said he felt like a new man.

Simon believes that being in the chamber helped suppress the swelling from his surgery as well as bloating from his drinking and years-long smoking habit.” Despite the fact that Simon would apparently be “the first person to tell you that he doesn't mind getting older.” This is apparently far from accurate. “The truth is he'll try anything that keeps him looking like he's in his late 30s or early 40s.” The source went on to say that the millionaire mogul is convinced this chamber is "the fountain of youth" and is convinced that he can stop the aging process for years.

Jenny McCarthy talked to Ellen on the Ellen DeGeneres show about her own portable chamber, how her partner Jim Carrey views it and so on. You can view the whole interview on YouTube, by following the link under references.

WetPaint published an article about actor Ian Somerhalder even tweeting a photo from inside a hyperbaric chamber and Keanu Reeves admitted for the National Enquirer (via Celebitchy) that hyperbaric oxygen therapy helps him with his insomnia.

Nick Nolte had quite extensive brain damage from his years of alcoholism and drug use, so now he says: “It's all about getting oxygen into your brain. Everything I do is about getting more oxygen. Need oxygen,” which he revealed to the Esquire. You can read the whole interview by following the link under References.

AHA Hyperbarics does not provide medical advice, diagnose health conditions or prescribe treatment. The contents of the AHA Hyperbarics site, such as text, graphics, photographs and other materials on the AHA Hyperbarics site are only for informational purposes.

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