



Castle Sports Club

A Recreational Facility For The Entire Family

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Why Oxygen?

Oxygen is the very essence of life!

Oxygen is one of the five basic elements of all life. 90% of our energy comes from "O2" and 10% from food and water.

The oxygen bar produces 90-95% oxygen enriched air compared to 21% we breath everyday. Some cities have reported O2 levels of 12%. At 7% human life can no longer exist.

Phoenix has one of the worst air quality ratings in the US. Oxygen deficiency can cause aches, pains, poor circulation, fatigue, depression, poor concentration, poor digestion and weight gain.

What is an Oxygen Bar?

Oxygen Bars offer enriched oxygen through a nasal cannula or "nose hose". O2 is a dry gas and is humidified by passing through water and using aromatherapy. A 5 minute session can oxygenate the blood but a 10 minute session is recommended. You can expect to leave the oxygen bar with more energy and less aches and pains.

O2 Menu

1. **ENERGY BOOST**.....\$3
5 minutes
 2. **RECOVERY BOOST**.....\$5
10 minutes
 3. **IMMUNE BOOST**.....\$10
20 minutes
- Reusable "Nose Hose" \$2

Benefits of Oxygen

- Enhances physical performance, Improves recovery
- Reduces lactic acid build up
- Boosts energy levels
- Increases alertness, improves concentration
- Stimulates brain activity, increases memory capacity
- Reduces stress, calms anxiety
- Revitalizes hair and skin, promotes safe dark tan
- Improves sleep patterns
- Boosts immune system
- Helps sinus conditions, reduces cold symptoms
- Pain relief from headaches
- Increased circulation
- Improves digestion



Oxygen Aromatherapy

Eucalyptus...Refreshing and invigorating. Clears sinuses and relieves headaches.

Lavender...Relaxes and calms, relieves depression, revitalizes skin and hair. Relieves IBD and cramping.

Vanilla... Relaxes and calms, Improves appetite and calms nerves.

Lemon...Stimulates the immune system, improves circulation.