Benefits of EWOT & Hair Loss



If you are worried about thinning hair or hair loss, EWOT may help improve scalp health and encourage stronger, healthier hair growth — naturally.

WHAT IS EWOT?

EWOT means Exercise With Oxygen Therapy. It combines light exercise (like walking or cycling) with breathing in concentrated oxygen (up to 95%). This helps deliver more oxygen-rich blood to your scalp and hair follicles while you move. Think of it as giving your scalp a fresh supply of oxygen and nutrients to support hair growth.

HOW EWOT SUPPORTS HAIR HEALTH

EWOT helps by:

- Increasing oxygen and nutrient delivery to hair follicles Supports healthy hair growth.
- Boosting blood circulation Helps hair follicles get the energy they need.
- **Reducing inflammation** Calms scalp irritation that can lead to hair loss.
- Enhancing cell energy Supports the health and regeneration of hair cells.
- Improving scalp detox Helps clear toxins that may affect hair growth

WHAT PEOPLE OFTEN NOTICE

- Stronger, thicker hair over time.
- Less hair shedding.
- Healthier scalp with less irritation.
- Improved hair texture and shine.
- Overall support for hair growth and scalp health.

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WHAT THE RESEARCH SUGGESTS

Studies indicate that oxygen therapy and mild exercise:

- Improve blood flow to the scalp.
- Enhance mitochondrial function in hair cells.
- Reduce inflammation linked to hair loss.
- Support tissue repair and cell regeneration.

EWOT is a natural, drug-free way to help your scalp and hair get the oxygen and nutrients they need — supporting healthier, stronger hair growth.

