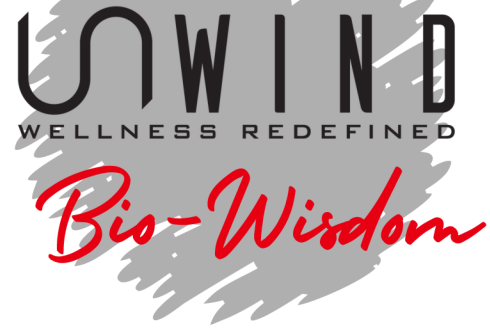


Benefits of **EWOT** & Skin Health



Struggling with dry skin, acne, slow healing, or inflammatory skin issues? EWOT may help your skin heal, glow, and feel better from the inside out — by boosting oxygen where your skin needs it most.

WHAT IS EWOT?

EWOT, or Exercise With Oxygen Therapy, combines gentle exercise (like walking or cycling) with breathing in highly concentrated oxygen (up to 95%). This process saturates your blood with oxygen, efficiently delivering nutrients and removing toxins throughout your body, including your skin. Imagine it as an oxygen facial for your entire system, working from the inside out.

HOW EWOT SUPPORTS PAIN & INFLAMMATION

EWOT supports healthy skin by:

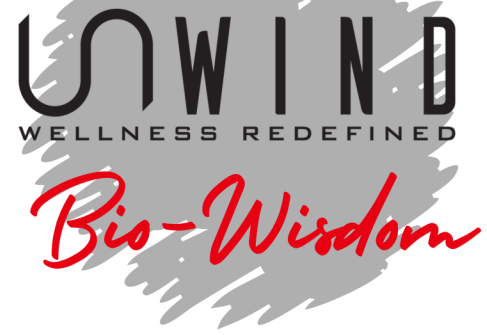
- **Increasing blood flow and oxygen to skin cells** – Speeds up healing and boosts glow.
- **Reducing inflammation** – Helps calm irritated or inflamed skin (like acne or eczema).
- **Supporting collagen production** – Helps skin stay firm, smooth, and youthful.
- **Boosting detoxification** – Clears out toxins that can dull or damage your skin.
- **Enhancing immune response** – Helps the body fight off skin infections or flare-ups.

WHAT PEOPLE OFTEN NOTICE

- Brighter, clearer skin tone.
- Faster healing of cuts, blemishes, or breakouts.
- Less redness and inflammation.
- Softer, smoother texture.
- Reduced appearance of fine lines over time.

HYPE FADES, SCIENCE STAYS

Benefits of EWOT & Skin Health



WHAT THE RESEARCH SUGGESTS

Studies on oxygen therapy and circulation have shown:

- Improved wound healing and skin regeneration.
- Reduced skin inflammation in conditions like eczema or psoriasis.
- Better immune cell response in skin tissue.
- Enhanced antioxidant activity and cell repair.

EWOT helps your skin from the inside by delivering the oxygen and nutrients it needs to heal, glow, and protect itself — naturally and gently.



HYPE FADES, SCIENCE STAYS