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How hyperbaric
oxygen therapy
elevates recovery,
longevity, and
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Oasis Hyperbaric
Wellness Center.**

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Oxygen:

The Foundation of Healing

How hyperbaric oxygen therapy elevates recovery, longevity, and wellness at **Oxygen Oasis Hyperbaric Wellness Center**.

Oxygen fuels every aspect of cellular repair—from collagen synthesis and inflammation control to the formation of new tissue. When the body is under stress from surgery, injury, or illness, its natural oxygen-delivery system can struggle to meet increased demand. That's where hyperbaric oxygen therapy (HBOT) comes in.

At Oxygen Oasis Hyperbaric Wellness Center (O₂ Oasis), established in Langhorne in 2014, patients breathe 100 percent oxygen under increased atmospheric pressure inside medical-grade chambers. This process allows oxygen to dissolve more deeply into the plasma, reaching tissues and cells that normal circulation might not effectively reach. The result is a targeted boost in oxygen that supports the body's natural capacity to repair, regenerate, and recover.

Enhancing Surgical Recovery

Patients often experience faster healing, reduced swelling, and less bruising—with improved recovery—following both cosmetic and medically necessary procedures.

"Hyperbaric oxygen therapy can significantly improve postsurgical results," says Benjamin Lam, D.O., FACOS, FACS, medical director of O₂ Oasis and owner of Lam Plastic Surgery, located within the same facility. "By optimizing tissue health before surgery and accelerating recovery afterward, we see fewer complications, less swelling, and better outcomes for our patients."

While HBOT's benefits for certain medical conditions are well established, evidence for its routine use in surgical recovery is still emerging. That said, the initial results are promising—and reflect HBOT's broader role in speeding recovery and improving tissue health.

The Science of Longevity: How Oxygen Helps the Body Age Better

For decades, HBOT has been used in hospitals for nonhealing wounds, select severe infections, and delayed radiation injury. Yet recent breakthroughs in longevity science suggest its potential extends well beyond recovery.

Studies from Dr. Shai Efrati and the Sagol Center for Hyperbaric Medicine and Research in Israel report that repeated exposure to high-pressure oxygen can stimulate stem-cell activity, improve brain performance, and—in a small trial—lengthen telomeres (the protective DNA end-caps that typically shorten as we age). These findings hint at the possibility that HBOT may influence biological aging at the cellular level, though more research is needed to confirm clinical outcomes.

This body of work has resonated beyond the medical world, attracting interest from health-optimization and longevity communities. Tech entrepreneur Bryan Johnson, known for his "Blueprint" longevity protocol, includes HBOT as part of his strategy to enhance cellular repair and maintain cognitive sharpness. These applications are anecdotal and experimental, and not yet standard medical practice.

"We're seeing hyperbaric oxygen therapy move beyond recovery into the realm of preventive and regenerative medicine," says Victoria Bliss, founder and owner of O₂ Oasis. "Patients often report sharper focus, more energy, better sleep, and more radiant skin. The science supports what we see every day—oxygen helps the body function as it was designed to."

Personalized, Patient-Centered Care

With more than a decade of specialized experience, O₂ Oasis has become one of the region's most

trusted centers for both medical and wellness applications of HBOT. The facility features a large multi-patient chamber and private single-unit chambers—based on patient preference—providing a serene, comfortable environment where advanced technology meets attentive care.

Patients recovering from cosmetic, reconstructive, or orthopedic procedures benefit from HBOT's capacity to reduce inflammation, enhance circulation, and accelerate tissue repair. At O₂ Oasis, every treatment plan is developed by Dr. Lam, a board-certified plastic and reconstructive surgeon with 15 years of hyperbaric medicine and advanced wound care experience, ensuring each patient receives a tailored, evidence-based approach.

"Every person heals differently," explains Bliss. "Our role is to support the body's natural regenerative capacity. Oxygen simply gives it the boost it needs to heal faster—and age better."

Expanding Frontiers in Anti-Aging and Wellness

At O₂ Oasis, the focus remains grounded in the FDA and internationally recognized indications for HBOT. Over time, clinicians and patients have witnessed the profound difference HBOT can make in recovery, tissue health, and overall wellness.

Now, with emerging research highlighting its regenerative and anti-aging potential, there has been a growing interest in using HBOT for longevity, vitality, and general wellness. These applications build naturally on the center's clinical foundation—supporting improved tissue oxygenation, reducing inflammation, and enhancing the body's capacity to repair and renew at the cellular level.

For many patients, these benefits align with postoperative recovery for cosmetic and aesthetic surgeries, where tissue quality and healing efficiency are key to optimal outcomes. Beyond recovery alone, patients report broader wellness effects—including sustained energy, sharper cognition, and potentially healthier aging.

This integration of evidence-based medicine and proactive wellness positions O₂ Oasis at the forefront of a growing movement—one that unites healing, beauty, and longevity through the transformative power of oxygen.

"Through the power of oxygen," Bliss says, "we're helping people heal faster, feel better, and promote long-term vitality." ■

Oxygen Oasis Hyperbaric Wellness Center

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