

Eileen Leahy tried an Oxidation body massage to improve her general wellbeing.

What exactly is it?

A complementary treatment which helps to increase oxygen levels in the body's cells and bloodstream, so providing you with more energy and the ability to fight off any ailments.

Why have it done?

Oxidation therapy helps to both relax and heal the body. It can improve a number of conditions including asthma, allergies, stress and skin disorders. It also boosts the immune and lymphatic systems.

How does it work?

Oxidation therapy uses the purest form of ozone – known as O₃ – to penetrate your cells. This is a kind of super-charged oxygen

which can be applied in either a serum or gas format via massage, a mineral sauna or a special oxidation suit.

So, what happened?

Firstly, the therapist, Steve

dramatic improvement in their general wellbeing.

What next?

I undressed and lay face down on the bed with a towel covering the upper part of my body. Steve then

completely worked in. I was then advised to take my time getting ready, as I might feel light-headed.

Does it work?

Steve's prediction of this oxidation treatment leaving me feeling energised from the inside and completely chilled on the outside was spot on. When I arrived for the treatment I felt edgy and frazzled, when I left I noticed that my energy levels had soared. My skin

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Karim, talked me through the benefits of oxidation. He explained that because O₃ is such a powerful purifier I would notice that my skin would be smoother, and my body more relaxed, but that I'd also experience an “energised zest” after just one treatment. He explained that it usually took between 4-6 sessions before people noticed a

started to apply the O₃ serum to my arms, shoulders and legs in long, sweeping movements. I then turned over so he could apply the serum to the other side of my body. As it was massaged deeper into my skin I started to feel an intense, warm sensation which made me want to fall asleep. It took about an hour for the serum to be

also felt like it had been treated to an intense exfoliation session. O₃ works its magic on a number of levels and luckily Steve has produced a version that you can buy and use at home.

Prices start from £20 for the serum, and £50 for the massage. For details, call Bliss, A Creative Health Spa on 020-8969 3331.