



# Hydrogen/Oxygen Inhalation Therapy for Therapists



## Legal and Regulatory Considerations

- There is no legal requirement for certification to use hydrogen/oxygen inhalation therapy in your practice.
  - Currently, no governing bodies regulate hydrogen/oxygen therapy in the UK.
  - As a result, obtaining insurance coverage for this therapy may be challenging.
  - Using a client disclaimer is a potential alternative.
  - Hydrogen/oxygen machines are not classified as medical devices in the UK and are not eligible for VAT exemption.
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## Setting Up Your Practice

### Equipment & Maintenance

- **Cannulas:** Use a separate nasal cannula for each client to maintain hygiene.
- **Water Quality:** Use only pure distilled water with a TDS (Total Dissolved Solids) reading of 0ppm for optimal performance and longevity of the machine.
- **Ventilation:** Ensure proper airflow in your treatment space to prevent hydrogen accumulation. A window or an air conditioning system venting outdoors is ideal.
- **Carbon Monoxide Detectors:** Be aware that hydrogen gas may trigger some carbon monoxide detectors.
- **Placement:** Do not place the machine in an enclosed space, near radiators, heat sources or in direct sunlight.





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## Running Costs

**Electricity:** The Immortal 3000 has a power consumption of 900W. Estimated cost is around 23p per hour of operation.

**Water:** The machine uses 120ml of distilled water per hour. Purchasing distilled water costs approximately 54p per hour. A cost-saving alternative is using a home distiller to make your own water.

**Replacement filters:** The machine will indicate when to replace filters which is approximately every 6-12 months depending on usage. Filters cost £14.95 for a pack of 2.

**Replacement cannulas:** As a general guide it is suggested to replace cannulas every 3 months for hygiene reasons. Cannulas cost £17.95 for a pack of 2.

**Machine Lifespan:** Rated for 5,000 hours without performance drop-off when using high purity distilled water. The machine will continue to operate indefinitely beyond this point, but there will be a gradual drop in performance over time.

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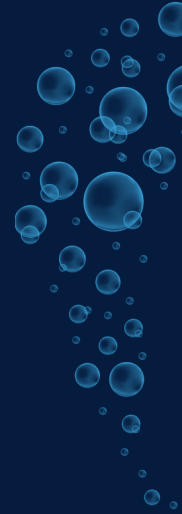
## Noise Levels

The Immortal 3000 operates at 30-35dB, similar to the noise level of an electric fan, which is classified as “very quiet.”





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## Choosing the Right Machine for Your Clinic

Why the Immortal is the best machine for use in a clinical setting  
While all our machines deliver hydrogen/oxygen benefits, a higher output means:

- **Faster results:** More hydrogen per minute supports quicker recovery and deeper cellular impact.
- **Greater therapeutic effect:** Particularly important for chronic illnesses, pain management or performance enhancement.
- **Time-saving:** Higher output means shorter inhalation sessions for the same dose.
- **Flexibility:** The Immortal 3000 allows switching between 1500ml and 3000ml, making it suitable for clients who may need to start with a lower dose.

## MACHINE COMPARISON CHART

Machine Model	Output (ml/min)	Best For You	Benefit Overview	Price
Vitality	1000	Everyday wellness	Supports energy, sleep and recovery	£1750
Super Power	1500	Active Lifestyle	Faster recovery, mild health issues	£1995
Immortal	3000	Athletes & Serious Health	Maximum therapeutic support rapid results	£3495



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## Support from H2E

- **Warranty:** 2-year full replacement warranty if any faults occur with your machine.
- **Post-Warranty Repairs:** Cost price for parts + labor.
- **Training & Setup:** Video tutorials, written manuals and PDF documents are provided to make the setting up simple and easy. If needed, we are available via phone, text or WhatsApp to assist.
- **Post sale support:** Support from H2E is ongoing for as long as you have the machine
- **Therapeutic Protocols:** We have designed a General Protocol which is targeted towards customers purchasing a machine for home use – with the emphasis on safety.

When it comes to utilizing these devices within a clinical setting, we have provided some suggestions later in this document. However, we are not in a position to provide protocol suggestions for specific clients.

- **Disclaimer:** Due to UK regulations, we cannot promote hydrogen therapy as a treatment for specific diseases.

## Pricing for Hydrogen/Oxygen Therapy Sessions

We have often been asked, how much can be charged for a therapy session using Hydrogen/Oxygen.

Ultimately a therapist can decide for themselves what they wish to charge and this can vary considerably in the UK based on location and clinic setup

Here are some general guidelines/suggestions:

**Standalone Session** (30-60 minutes): £40 - £80 per session

**Integrated Therapy Session** (Hydrogen + other therapies such as PEMF, acupuncture or red light therapy): £60 - £120 per session

**Packages** (such as 10 sessions for a discounted rate)





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## How to Integrate Hydrogen Therapy into Your Practice

Hydrogen Therapy can also be administered while conducting consultations, such as nutritional or lifestyle coaching, maximizing efficiency or.

- **Standalone Sessions:** Offer hydrogen inhalation as an independent therapy.
- **Integrate with other Therapies:** Clients can inhale hydrogen while receiving acupuncture, red light therapy, PEMF or other therapy.
- **Pre/Post-Treatment Support:** Use hydrogen before or after treatments to enhance outcomes (for example, before a deep tissue massage for relaxation or post-PEMF for faster recovery).
- **Packages:** Consider offering a discounted price for purchasing a course of sessions.

Hydrogen/oxygen therapy is an emerging wellness modality with strong scientific backing. Whether used as a standalone therapy or integrated into an existing practice, it offers a unique tool for promoting healing, recovery and overall well-being.





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## Adapting Research Protocols for Use in a Therapy Practice

While research studies often use daily hydrogen inhalation for 2-6 hours over several weeks, this level of commitment may not be practical for many clients. However, hydrogen therapy is still beneficial even at lower frequencies and durations.

### How to Modify Protocols for a Therapy Setting

#### Frequency of Sessions

- Research often suggests **daily** inhalation, but for practical purposes, clients can benefit from **2-3 sessions per week**.
- Some benefits, such as **reduced inflammation and increased energy** may be noticeable after just a few sessions.

#### Session Duration

- Studies may use **2-6 hours per day**, but in a clinical setting, **1-hour** session are more feasible.
- Many clients experience relaxation, mental clarity and increased energy after just 30-60 minutes of inhalation

#### Cumulative Benefits Over Time

- Hydrogen therapy has a **dose-dependent effect**, meaning the more it is used, the more benefits accumulate.
- Clients who attend sessions **2-3 times per week** will still see meaningful improvements in **inflammation reduction, energy levels, recovery and overall well-being** over time.



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## Example Adjusted Protocols for Clients

Even if daily, long-duration hydrogen therapy is the “gold standard” in research, clients can still experience significant benefits with 2-3 sessions per week.

By adjusting the research protocols therapists can allow clients to benefit from the huge therapeutic potential of Hydrogen/Oxygen without having to purchase a machine themselves

Many clients may wish to work initially with a therapist before deciding to purchase their own machine

H2E have an affiliate scheme, where you can earn a commission for recommending clients who wish to purchase a machine

Condition	Research Based Protocol	Modified Clinic Protocol
Chronic Illness (Cancer, Neurodegenerative & Autoimmune)	2-6 hours daily for 4-8 weeks	1-hour sessions 2-3 times per week for ongoing support
Post-Surgical Recovery & Injury Healing	1-4 hours daily for 1-2 weeks	1-hour sessions 3 times per week for 2-4 weeks
Recovery from sports and Training	1-2 hours post-workout daily	1-hour sessions As required by athlete/sports player to assist recovery
General Wellness, Anti-Aging & Cognitive Support	1-2 hours daily long-term	1-hour sessions 1-3 times per week