



Three Ways Clinics and Wellness Professionals Can Integrate Molecular Hydrogen Therapy

As molecular hydrogen therapy gains attention in the wellness and longevity space, many clinics and professionals are exploring how to integrate this technology into their services. Beyond its potential benefits related to oxidative stress and recovery, hydrogen therapy can also become a valuable addition to the client experience and clinic business model.

Below are three practical ways clinics, physiotherapy practices, beauty centers, and wellness studios can introduce hydrogen therapy

1. Offer Hydrogen Therapy as Individual Sessions

One of the most straightforward ways to introduce hydrogen therapy is as a standalone treatment session.

Clients can book a session focused on relaxation, recovery, and cellular wellness. During the session, the client comfortably inhales molecular hydrogen while resting or receiving light complementary treatments.

Suggested structure

- Session length: 30–60 minutes
- Suggested price: £50 per session
- Environment: calm recovery or wellness space
- Ideal clients: athletes, wellness enthusiasts, clients focused on recovery and longevity

Clinics may also offer session packages, which help increase commitment and recurring visits.

Example packages

- 5-session package: £225
- 10-session package: £400

Packages encourage clients to incorporate hydrogen therapy into their regular wellness routine



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2. Integrate Hydrogen Therapy as a Premium Add-On

Another effective approach is to offer hydrogen therapy as a luxury complementary experience during existing treatments.

In this model, the client does not necessarily pay separately for the hydrogen therapy. Instead, it becomes an added element that enhances the overall experience.

This works particularly well in:

- physiotherapy practices
- recovery studios
- beauty clinics
- longevity centers

For example, while a client is receiving:

- Having a Reflexology Massage
- While having Botox
- A facial treatment
- physiotherapy
- IV therapy
- recovery therapy

The client can simultaneously inhale molecular hydrogen, while having another treatment. This creates a more exclusive and premium treatment environment and helps the clinic differentiate its services.

Clients often perceive this as a high-end wellness upgrade, strengthening the clinic's brand positioning.



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3. Include Hydrogen Therapy in Recovery or Longevity Programs

A third strategy is to integrate hydrogen therapy into structured wellness programs rather than offering it as a single service.

Many clinics today offer programs such as:

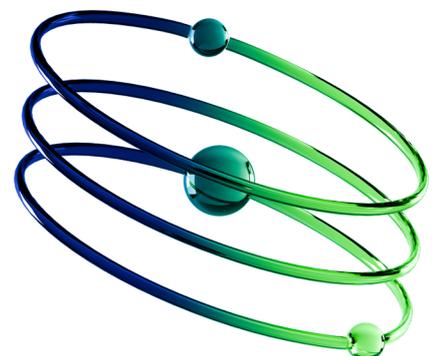
- sports recovery protocols
- longevity programs
- detox or wellness programs
- post-training recovery sessions

Hydrogen therapy can be included as part of these protocols to support a more holistic approach.

For example:

- stretching or mobility session
- physiotherapy or massage
- hydration or nutritional support
- Longevity or Wellness Program
- lifestyle recommendations

When integrated this way, hydrogen therapy becomes part of a comprehensive wellness strategy, increasing both the value of the program and the overall client experience.





What You Need To Know If You Are Going To Add Hydrogen Therapy To Your Clinic, Spa or Longevity Center

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 yet in the UK.

Equipment Considerations

- 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 0 or 1 ppm 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: Please be aware that hydrogen gas may trigger some cheaper carbon monoxide detectors that use a MOS sensor. (To confirm our machines do not produce any carbon dioxide or ozone, it is just cheap carbon monoxide detectors that do not detect the difference between these gases.)
- 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 Hydro Medic and Immortal 3000ml has a power consumption of 900W. Estimated cost is around 23pence per hour of operation.
- Water: The 3000ml machines uses approximately 120ml of distilled water per hour. The 1500ml uses 60ml of distilled water per hour.
- Replacement filters: The machine will indicate when to replace filters which is approximately every 6-12 months depending on usage. Filters cost £20 for a pack of 2, (Very small cost in maintenance)
- Currently we are working on getting a good value price for a bulk amount of breathing canulas

Repairs and Faults

We are here to help if anything goes wrong:

- If your machine displays a fault or stops working properly, please contact us for troubleshooting support.
- If a repair is needed, the machine should be returned to us in the UK.
- During the 2-year warranty period, we most commonly replace the machine free of charge if a manufacturing fault is confirmed.

For machines outside of warranty, we will assess the issue and provide a quote for parts and labour before proceeding with any repairs. No work will be carried out without your permission.



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We offer 3 machines for clinical use

- The Hydro Medic, this is a very robust machine, it is allot heavier in weight at 30 kilos than our other models, yet for a clinic this is an ideal model and can be set at either 3000ml, 1500ml or 900ml output.
- The Immortal has two out puts 3000ml and 1500ml, it weighs 16 kilos, this is a better price than the hydro medic.
- The Hydro Nova can be set at 1500ml, 900ml or 450ml output and weighs 10 kilos

Challenging Health Issues: Clients often seek machines with 1500ml-3000ml output.

About Hydrogen Therapy Protocols

One of the biggest questions is what hydrogen therapy protocol is best for the client. We have a PDF that goes into detail about Hydrogen Therapy protocols, if you click the Image below you will see the different protocols to help with different treatments.

HYDROGEN THERAPY PROTOCOL GUIDE



[CLICK HERE](#)





A Flexible Technology for Modern Wellness Practices

Molecular hydrogen therapy is versatile and can adapt to different types of professional environments. Whether offered as a standalone session, a premium treatment enhancement, or part of a structured program, it allows clinics and wellness professionals to expand their service offerings while delivering a distinctive experience to their clients.

For many practices, the key advantage is flexibility: hydrogen therapy can be integrated in ways that align with the clinic's philosophy, client base, and service model.

At H2=E we are here to support you and thrive, if you have any questions please let us know.

Tony CEO of H2=E



Breathe health, breathe molecular hydrogen

With our molecular hydrogen machines, every inhalation
becomes a moment of profound well-being.

www.HydrogenTherapyH2E.com

