

hydration



MCRC
Medical Cryo Race Club

Easy and elegant refreshing rituals. Because molecular hydrogen is the smallest neutral molecule, it diffuses rapidly and can be comfortably inhaled through a mask or nasal cannula. Molecular hydrogen is being studied for its potential role in supporting:

- selective antioxidant activity, particularly in relation to hydroxyl radicals makes it ideal in case you had a drink to much!
- cellular redox balance to reduce oxidative distress
- balanced inflammatory signaling
- cellular processes related to mitochondrial function
- rapid diffusion across tissues due to its small molecular size

Over time, this may help support resilience, recovery, and overall well-being over time.



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Molecular hydrogen inhalation is a modern, non-invasive wellness ritual that fits naturally into spa and wellness environments. Gentle and easy to integrate, it offers guest a simple way to enjoy a moment of refreshment, ease, and restoration as part of a thoughtfully curated wellbeing experience. À la carte - ideal USP in-room wellness service.

Used as part of a contemporary spa or wellness routine, molecular hydrogen inhalation may complement:

- pre- or post-treatment relaxation
- calming rituals for guests seeking refreshment and balance
- moments of ease after travel, busy days, or changing routines
- lounge, suite, spa, and wellness-area experiences

Designed for wellness spaces

- non-invasive and comfortable to use
- easy to integrate
- created for guests and clients seeking a gentle, elevated experience
- a refined addition to contemporary wellness concepts
- high-end wellbeing concepts focused on comfort, atmosphere, and restoration



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