

BEAUTY

# The Oxygenating Skincare Treatments Everyone's Talking About

From high-tech facials to oxygen-infused treatments, there are new ways to revive dull and tired skin

BY TEJASHEE KASHYAP
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Photo: Michele Perrde (Getty Images)

In the world of wellness, it's a pattern we know all too well: a treatment, supplement, or natural remedy that once basked in the spotlight suddenly makes a major comeback—and just like that, everyone wants in. The latest to steal the show? Oxygenating skincare is having a moment, with treatments, products, and therapies designed to infuse or stimulate the skin with oxygen to rejuvenate, hydrate, and reveal a brighter, more nourished glow. Take these treatments as a deep biological reset that supports skin longevity and radiance by stimulating cellular respiration and boosting microcirculation.

Leading the trend is hyperbaric oxygen therapy. Once mainly used for deep-sea divers and elite athletes like Novak Djokovic, now luxury wellness centres use it as a tool for longevity, beauty, and biohacking. Beyond that, there are high-tech oxygen facials beloved by celebrities and other oxygenating treatments, creams to turbocharge your skin's circulation. But how exactly does it work? Who can benefit the most? And which treatments are truly worth your investment?

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## OxyGeneo Facial

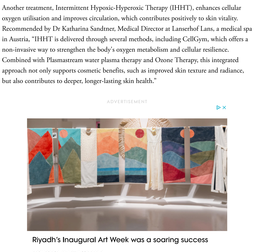
Suggested by Dr. Rasha Sheta from Kaya Wellness and Longevity Clinics, Dubai, this is a powerful yet gentle treatment that works effectively across all ages and skin types, especially beneficial for those dealing with dull or uneven skin tone, while being completely non-invasive and pain-free. "What makes it so effective is the way it works—through a patented 3-in-1 approach that exfoliates the skin, oxygenates from within using the body's natural processes, and infuses high-performance serums tailored to each client's skin concerns," she explains. "Whether you're prepping for an event or investing in long-term skin health, OxyGeneo is your go-to super facial.".

## Morpheus 8

Dr. Elisa Bollera of Regenerative Medical Aesthetics Department, Palace Merano, Italy, suggests Morpheus 8, which is a microneedling radiofrequency treatment involving the powerful therapies with exosomes, PRP enriched with mesenchymal stem cells, and high-purity Polynucleotides. "Our regenerative boosters prepare the skin to fully benefit from cosmeceuticals and oxygen-infused facials for visibly brighter, firmer, and oxygenated skin," Dr Elisa tells. While oxygen is undeniably vital, its benefits are maximised only in a primed and responsive biological environment. "Recent studies underscore the power of microneedling combined with radiofrequency, which has been shown to enhance collagen production by up to 400% over six months."

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This is especially beneficial for patients ( including sensitive skin) who are looking for skin rejuvenation beyond the surface due to ageing, environmental damage, volume loss, or simply to preserve long-term skin quality. "I also recommend Oxygenated Mesotherapy to accelerate skin rejuvenation for a more radiant and revitalised complexion," she adds.

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## Immunocologie Oxygen Treatment Crème

If you're not ready to dive into high-tech treatments, creams and masks offer an easy way to experience oxygenating skincare. One standout is the Immunocologie Oxygen Treatment Crème, available at Dubai's Avida Longevity and recommended by Dr. Rouba Marouf, Rejuvenation Specialist. This luxurious, mineral-rich cream takes a longevity-focused approach to revitalising the skin. "Formulated with French Green Clay, which is packed with minerals, it draws out impurities and helps enhance cell production—making it ideal for dull, stressed, or congested skin," explains Dr. Marouf. Designed to oxygenate, detoxify, and energise, it works beautifully across all skin types, including dull or fatigued skin, combination to oily skin, sensitive skin, and acne-prone skin.

## FeatherTouch Nanoporation

How about rejuvenated skin with just a touch, powered by a high-tech pen-like device? Unlike micro-needling, nanoporation operates at the nano level-creating microscopic channels that the skin doesn't recognise as injury. Recommended by Katharina Stöckinger, Head of Spa, Brenners Park - Hotel & Spa, Baden Baden, the treatment is beneficial for all who want to make it work with the skin's natural biology.

"These temporary nanopores allow potent active ingredients—known as nano-boosters—to be delivered precisely and deeply where they are needed most. Clinically validated by the Department of Dermatology at the University of Leipzig under Professor Dr. Uwe Paasch, the FeatherTouch system has been proven to deliver visible, sustainable results without compromising skin health. The treatment starts with the JetPeel lymphatic drainage and is followed by Feather Touch," she explains.

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## Intermittent Hypoxic-Hyperoxic Therapy (IHHT)

Another treatment, Intermittent Hypoxic-Hyperoxic Therapy (IHHT), enhances cellular oxygen utilisation and improves circulation, which contributes positively to skin vitality. Recommended by Dr Katharina Sandtner, Medical Director at Lanserhof Lans, a medical spa in Austria, "IHHT is delivered through several methods, including CellGym, which offers a non-invasive way to strengthen the body's oxygen metabolism and cellular resilience. Combined with Plasmastream water plasma therapy and Ozone Therapy, this integrated approach not only supports cosmetic benefits, such as improved skin texture and radiance, but also contributes to deeper, longer-lasting skin health."

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Oxygen-based therapies work in harmony with the body's natural systems. "IHHT stimulates the production of new mitochondria that boost energy, and supports detoxification. Plasmastream combats oxidative stress, a major driver of skin ageing, whereas zone therapy enhances antioxidant activity, improves circulation, and strengthens the skin's natural repair processes," Dr Katharina explains.

Anyone with early signs of skin ageing, such as dullness, fine lines, or a weakening of skin elasticity, can benefit from IHHT. Suitable for all skin types, it is particularly effective for mature skin, frequent travellers, and anyone dealing with high oxidative stress. "While the visible results—firmer, brighter skin—are impressive, the real power lies in how these therapies rebuild the skin's health at the cellular level for lasting rejuvenation," she adds.

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