

Oxygen bar a hit with SUNY Broome students

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By John Miller

A trip to the oxygen bar left a number of SUNY Broome students in a relaxed state of mind.

The bar was set up March 12 in the Student Center lobby. There were four oxygen concentrators available, along with comfortable reclining chairs and Bob Marley playing softly in the background. If it weren't for the gawking students passing by, the bar would have had a serene atmosphere.

Oxygen bars use compressed, 100% oxygen gas, which is funneled from the concentrator through a tube and then is gently blown up your nose by a piece resting just below your nostrils. On its way to your nose, the oxygen can be infused with an aroma. At the demonstration, students had the choice four different aromas: lavender, peppermint, orange and eucalyptus. While there are no proven health benefits, the relaxing sensation that many say comes from inhaling pure oxygen can lower your stress levels. Frequent users also claim that oxygen increases concentration as well as eases headaches and hangovers. The bars are popular in polluted cities where people are willing to pay as much as a dollar a minute for a "breath of fresh air."

Ulric Henry, a SUNY Broome student, found the process very relaxing and tranquil. He said that it helped him deal with stress and put him in a different sense of mind.

"It creates a soothing sensation throughout your whole body," he said. He tried the orange and lavender scents, but preferred the lavender.

Gil Shoer, another student, had a similar experience. He found it to be "awesome and much more relaxing than I thought." After using both the mint and orange aromas, he said he liked the mint much better. He went on to say that he would absolutely try it again and that he was going to see if he could buy one.

A SUNY Broome Theatre student, Wuanna, had a slightly different experience. She tried the orange scent and said that while it was fun, different and smelled nice, it wasn't as relaxing as it was made out to be.

I agree with Wuanna. I tried the eucalyptus aroma, which smelled like Vicks VapoRub, and felt it was a pleasant sensation but not really relaxing. I only used it for five minutes but if I had inhaled the oxygen longer, I believe the effects would have been much more noticeable.

According to Rae Palmer-Jones, a representative from the Student Activities Office, an oxygen bar was brought into the Student Village during the fall semester and was a huge hit.

Oxygen bars are not a new phenomenon. [Bobby K Entertainment](#), who provided the bar, has been renting them out for the last 10 years. According to the salesman in charge of the bar, they are very popular at parties and with students before finals week.

Writer John Miller is a SUNY Broome student.



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