

Home  
Stories  
Agenda  
City Info  
MINIGUIDE  
Advertise  
About Us  
Contact  
Jobs  
Search  
FAQ

February 26, 2007

## From oxigen springs energy

Home >> Stories >> Qué Pasa >> Shadow Lounge Bar

Dip out from under the canopy of smog, which on weekdays stretches thinly across the Barcelona sky, and into the rarefied ambience of the Shadow Lounge Bar, a sleek new venue located in Barcelona's Eixample that offers its city-dwelling customers a chilled, club atmosphere and oxygenated air on tap.

The oxygen bar is a trend that started in the late 90's in San Francisco. Patrons inhale 50-99% oxygen from an air filter for around 2 minutes at a time. The percentage of oxygen in a normal air sample is 21%, the increase in oxygen content from the filter can be very relaxing.

Proponents claim that breathing oxygenated air is not only safe, but improves health and well-being, including strengthening the immune system, and building concentration. Oxygen fans tout the benefits of oxygen as reducing stress, increasing energy and alertness, lessening the effects of hangovers, headaches, and sinus problems, and generally relaxing the body.

The idea at Shadow Lounge Club is to have an oxygen session to eliminate the stress that you carry around with you from the working day and start off your night of enjoyment on the right foot. Eradicating stress early on will also mean that when you do have a drink, it will be more about enjoyment than drowning your sorrows.

As an extra twist at Shadow Lounge Bar, scents and flavours are added to the filtered air to further enhance this therapeutic experience. You can take a deep lime, mango or "sex on the beach" breath, or even a rejuvenating essence of blue air, apparently equipped with hangover-preventing properties.

And when you've sampled the oxygen you can get down to enjoying the music, the fashion beats of New York's Soho, the ethno chill out of Paris and Barcelona's crazy Electro all mingle nicely. They have a fantastic selection of cocktails, spirits, wines, Cavas and beers, including a long list of classic malt whiskies.

The Shadow Lounge Bar is a more-than-welcome edition to Barcelona's already diverse bar and club scene, and will no doubt become a regular starting point for many.

### Factbox+Feedback

Their website: <http://www.shadowloungebar.com/>

Please ask at the bar to reserve your oxygen session.

WARNING: You should not exceed 10 minutes of oxygen in one session, and people with respiratory problems should consult their doctor beforehand.

Write a letter to the Editor:  
[feedback@bcn-inside.com](mailto:feedback@bcn-inside.com)



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