

# Healthy Skin Hypnosis - Psycho Dermatology & Acne Treatment: Hypnosis, Self-Help, Binaural Beats, Solfeggio Tones

Erick Brown Hypnosis

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Are you tired of feeling self-conscious about your skin imperfections? Do you wish your skin had a smooth, healthy glow to it naturally? Get the beautiful, healthy complexion you've always wanted just by using this hypnosis program from Erick Brown.

*Healthy Skin* will help you relax and melt away acne and wrinkle-causing stress and tension, promoting healthy and smooth skin. Subliminal suggestions for deep relaxation and positive change will be received by your subconscious, reducing your stress, bringing you positive energy, and embracing you with youthful life force. Why wait another day? Banish those blemishes today!

Healthy Skin includes an instructional track and three hypnosis tracks for you to choose from:

- One containing a beach induction that will lull you into a deep state of relaxation with the soothing sounds
  of waves hitting the shore, allowing you to let go of any mental inhibitions and be completely open to
  positive change
- One containing a staircase induction that will walk you down a mental stairway into a deeply relaxed state that ends with you in a peaceful, safe place where you can feel comfortable enough to completely open up to these hypnotic suggestions
- One containing a speed induction that will quickly take you into a deeply relaxed state. Use this track if you are already familiar with the relaxation process and would like to quickly move into deep relaxation

Bonus Track: Deep Sleep Subliminal -This subliminal bonus track can be used with your hypnosis program or on its own for a deep, restful sleep. Binaural beats and solfeggio tones relax your brainwaves and body, melting away tension and stress.



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