

*"More relaxing than a massage, but more fulfilling than an hour with Richard Branson" – AF*

*"Hypnospa has given me the strength of conviction that I have previously been unable to harness on my own. Without Jill, my goal would have remained just out of reach! A fantastic experience. Very highly recommended!" – Eileen (Auckland)*

*"I am really delighted at the results of Hypnospa. As a business owner I really felt like I needed to clarify my goals and get rid of some of the fear and anxiety surrounding them. After the session, I felt like I had already reached my goal so all that fear and anxiety had gone, leaving just excitement about how I was going to achieve it. Thank you and I will be back!" – Anonymous*

*"You offered great suggestions, really listened, and responded with proactive solutions – not just psychobabble." – L. Canfield*

**hypnospa**

beauty starts in the mind

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hypnotherapy treatments

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## WE ALL WANT TO FEEL BEAUTIFUL

To look in the mirror and like what we see. To face the day feeling confident and comfortable in our own skin. To know we are the best we can be.

But we don't always feel that way. Sometimes, we look in the mirror and all we see is stress, worry, fatigue and disappointment, looking back at us. And we focus in on that. Even our bodies might not look or feel the same, or recover and respond as quickly as they used to.

## THE POWER COMES FROM INSIDE

We've all heard the expression "beauty comes from within". But it's more than an expression. It's a fact. When we don't feel beautiful, we focus on and magnify our flaws, completely missing our true beauty. Conversely, when we focus on what we love about ourselves, our beauty can only grow.

So how do we change our focus? By harnessing the unconscious mind. That's what Hypnospa is for. Hypnospa is an entirely new, yet proven way, to improve your appearance. By unlocking your unconscious mind and finding the key to your own, inner beauty. By harnessing the power of your mind, the inside, you can actually transform the outside.

Hypnospa treatments can help relieve the effect of stressors that take a toll on your internal and external health and energy. Hypnospa sessions bring you to a state of blissful relaxation, leaving you looking and feeling calm and relaxed, melting those stress lines away. Then, while you're deeply, totally relaxed, Hypnospa helps you to reach into your unconscious and wash away negative thoughts and false beliefs, that block feelings of calm, joy and acceptance of who you are.

Reinforce the things you love about yourself, so they can grow stronger. Harness the power of your mind to reframe un-resourceful memories and habits. Adopt new, positive ones, and truly begin to live the life you want and deserve.

## MAN-A-CURE

Why should women have all the fun? All Hypnospa treatments are also available for men, tailored to their own individual needs and goals.



## WHAT TO EXPECT FROM A HYPNOSPA SESSION

Your session begins in a private room, similar to a day spa, calm and serene, with soft music, candles and the gentle scent of essential oils. We start by talking about you, your life and your concerns.

Together, we custom design a treatment that will work for you. You will be told exactly what will happen during your session, before we begin, so that you feel completely comfortable.

You will then relax in a comfortable chair or reclining table, where you will be invited to close your eyes, and let all your concerns go. Hypnotic language will gently guide you into a deep state of relaxation. This state of hypnosis is where you will connect with your unconscious mind. When your unconscious mind understands what you want, and agrees to help you achieve it, you will gently be brought out of hypnosis, and we'll briefly discuss your experience. You will feel wonderfully relaxed and emotionally elevated.

## FREQUENTLY ASKED QUESTIONS

"What if I can't be hypnotised?" We all go in and out of hypnosis all the time, so there is no such thing as not being able to be hypnotized. You can, however, prevent someone from hypnotizing you if you wish. "I've seen hypnosis in stage shows – I don't want to look stupid and bawk like a chicken!" Hypnotherapy uses hypnosis to heal, not to entertain, so there is no danger of doing anything that might embarrass you later. "I don't want my secrets to come out under hypnosis." You are fully able to keep any information private. "Is it dangerous?" No, in the hands of a qualified professional, it is completely safe.

## PRICING & MORE INFORMATION

Hypnospa takes away your risk by offering a money-back guarantee (conditions apply - CPE). Visit the website at [www.hypnospa.co.nz](http://www.hypnospa.co.nz) for details and a list of the most current treatments, up to date prices and Auckland locations. Prices include GST.

## HYPNOSPA TREATMENTS

### the rejuvenator

\$165

1 hour 15 minutes

#### One session

The mental equivalent of a massage or facial, the Rejuvenator is a quick session designed to give you anything from boosting a previous Goal Getter session, to a fast and effective change of mind, to a relaxing and empowering mental lift. If you're short on time or just need a break, a Rejuvenator session is an ideal way to pamper and relax your mind and body.

### the goal getter

\$310

2 hours 30 minutes

#### One session

Highly recommended for your first Hypnospa experience, the Goal Getter helps you to identify what you want to achieve with an extensive, pre-hypnosis discussion. You are then hypnotised and your goal, exactly as you see it, is fed back into your unconscious mind. Once your unconscious accepts your suggestions, you will be gently brought out of hypnosis, feeling relaxed, energised and ready to achieve your goal.

### the goal getter deluxe

\$620

5 hours

#### One Goal Getter session

#### Two Rejuvenator sessions

Suffering from more than the effects of everyday stress? The Goal Getter Deluxe is for you. The Goal Getter Deluxe helps to peel away layers of negative thoughts and habits such as anxiety, insomnia, depression and more. These sessions allow you to reframe old unproductive patterns which might stand in the way of your desired outcome. This enables you to totally focus on your goal, removing any unconscious obstacles.

### the complete mind makeover

\$1600

13 hours 45 minutes

#### One Goal Getter session

#### Nine Rejuvenator sessions

If you're really serious about creating a beautiful mind, this 10-week programme will bring about amazing changes in your life. You'll set an original goal during your first Goal Getter session, and refine and adjust your mind and body each week, focusing on new challenges and reinforcing changes until you truly become the person you want to be.

## ABOUT YOUR THERAPIST

You can feel safe at Hypnospa. Dr Jill Walker has a PhD in Clinical Hypnotherapy from American Pacific University. She completed her Bachelors degree in both psychology and philosophy at the University of Auckland. She is also an NLP (Neuro Linguistic Programming) practitioner. See the website [www.hypnospa.co.nz](http://www.hypnospa.co.nz) for more information about Jill.