

Hypnotherapy is Safe, Natural and Effective.

Using advanced hypnosis and NLP processes, you can bypass all the difficult withdrawals and cravings usually associated with quitting smoking. Hypnosis is a totally safe, natural and extremely effective process. All those old misconceptions about hypnosis are no longer relevant. The technique has been clinically proven to provide powerful medical and therapeutic benefits. These days, hypnosis is used in dentistry, medicine, law enforcement, professional sports, education and so many other areas.

What exactly is Hypnotherapy?

Hypnotherapy is simply a state of relaxation that allows you to access and communicate with the deeper subconscious part of the mind. This is the place where unconscious habits and patterns are stored. This makes it not only possible – it actually makes it easy - to change the unwanted habits developed over a lifetime.

Everyone can be hypnotised if they allow themselves to be guided through the process. No-one can be hypnotised against their will. Trance is a very common and familiar feeling. It is simply a state of relaxation of the mind and body.

What is NLP?

NLP explores the relationship between how we think, how we communicate our emotions and patterns of and behaviour. By studying these relationships, we can successfully transform old unwanted behaviour patterns to create new levels of success and accomplishment. NLP provides us with greater levels of understanding about ourselves and others.

Can it work for everyone? Will it work for me?

Yes Yes Providing you want to quit and you allow yourself to be guided through the process, it will definitely work for you. The session is individually tailored to meet your specific needs and your individual requirements.

Is hypnosis safe?

Hypnosis is an extremely safe, relaxing, and enjoyable experience. It is a meditative state. You are in control the whole time. People use self hypnosis to improve their lives and resolve issues such as anxiety, insomnia, self esteem, confidence issues, phobias and much more.

How long does it take?

One Session
Two hours
and you're
Free forever



Sandra Hugen

Certified Hypnotherapist

Specialist in

Quit Cigarettes Hypnosis

Weight Loss

Virtual Gastric Band

Anxiety & Panic Attacks Management

Tried everything? Nothing works?
Frustrated with wasting money?
Is your health suffering?
Like thousands of others, you can
find success.

Call Now

0411 443 314

Your Easy Solution
to
QUIT
CIGARETTES
Using Hypnotherapy



Feel like a slave to cigarettes?

Hypnotherapy Makes
Quitting Easy

Call today

0411 443 314

Why Do People Find it so Hard to Quit Cigarettes?

Research shows that 62% to 70% of smokers have tried to quit without success. Everyone knows cigarettes are not good for them. Everyone knows they are enormously expensive.

So, why do people continue to smoke? And why is it so hard for so many people to quit cigarettes? So many smokers want to quit but they either don't or they can't. Why is that?

We are all different but our reasons are often similar:

- It is too difficult to find the will power.
- The withdrawals are too uncomfortable to go through.
- Life is too stressful and cigarettes help relieve the stress.
- Worried about having cravings.
- Worried about gaining weight.
- Get short tempered and feel cranky.
- Can't break the addiction.

The fact is simply that smoking is not under our conscious control. Consciously we tell ourselves that we are **not** going to smoke anymore but those unconscious patterns, triggers and habits just kick in and we have no control over them.

If you really ask yourself, "How many cigarettes a day do I actually enjoy" your answer is probably, "Very few. Perhaps none." You smoke the majority of your cigarettes almost unconsciously. It just happens. And when you really think about it, you don't even enjoy most of them.

Smoking is something your subconscious mind simply does automatically. It is a habit triggered by your unconscious patterns. The only way to quit is to change that habit and alter those patterns. You can do that by using all your will power and going 'cold turkey' or you can do it the easy way with hypnosis. The only way to quit cigarettes long term is to deal with your own individual reason, patterns and triggers.

Most People Have Tried To Quit Cigarettes Many Times?

So what happened?

- It was too hard to deal with the withdrawal symptoms?
- Couldn't handle the cravings.
- Stopped smoking and started gaining weight?
- Thought one wouldn't hurt – but it did.
- Had a stressful situation.
- Had a social situation & a few drinks!
- Or some other reason?

This process eliminates the withdrawals that people generally attribute to nicotine and addresses all the other reasons / excuses.

This is more than just Hypnotherapy. It is an advanced set of processes that removes a lot of the common reasons people fail, before they ever happen.

No cravings. No withdrawals. Learning new ways to deal with old stresses. And many people actually lose weight and 'springboard' themselves into a healthier, happier lifestyle once they use this solution to quit cigarettes.

Our Guarantee to You

Our business is based on happy clients and referrals. Your success is our success. There is nothing else that compares to the effectiveness of this process. Patches, drugs & disappointments are things of the past.

**ONE SESSION
TWO HOURS
and you're
FREE FOREVER**

And if for any reason you need more help, or you start smoking cigarettes again, we will do a follow up session totally FREE of charge to help you be a non-smoker for good. That's our commitment to you. We take your success very seriously.

You will love the feeling of being a non-smoker and you will be amazed at how achievable it is using our advanced hypnosis techniques.

Enjoy the Confidence of our 96.7% Success Rate

Experience all the advantages of quitting NOW.

- Better Health.
- More energy
- Improved fitness and vitality
- More money to spend on better things.
- A wonderful sense of achievement.
- Improved sense of smell and taste.
- Peace of mind

What Do I Do Now?

Simply call the number below,
Make an appointment
Keep the appointment
Enjoy the process.
And become a non-smoker.
EASY

Once you've booked your appointment, you will be sent a form to complete and then, during your appointment we will spend quite some time discussing your individual situation with regard to your specific reasons for smoking. We will uncover those unconscious triggers and patterns and root cause of the habitual behaviour. We will explain everything to you about the process and how it works and when you are ready to go ahead, it's done. You will be guided through the very relaxing and pleasant advanced hypnosis process to become a non-smoker easily and permanently. And if you think it sounds too good to be true, you only need to look at the astounding success rate and become another success story. A non-smoker for life. It's true. Thousands of people have already found success using this process.

Call Today
0411 413 314
And Quit for Good