

## AROUND TOWN

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### *GIENNE SKINCARE FOR A PERFECT COMPLEXION* **ALL ABOUT YOU WELLNESS CENTRE**

All About You Centre specialises in providing services in hypnotherapy. Contrary to popular belief, hypnotherapy is not used to put people in a trance and make them act like chickens! It is an extremely powerful method used to access the subconscious mind and eliminate limiting emotions and beliefs. Hypnotherapy is extremely effective in resolving issues such as phobias, anxiety, trauma release, weight loss, breaking habits and can help enhance performance for sport players. If you would like to start the new year by freeing yourself from limiting situations of the past, a few sessions of hypnotherapy will do the trick!

[www.allaboutyoucentre.com](http://www.allaboutyoucentre.com) | [info@allaboutyoucentre.com](mailto:info@allaboutyoucentre.com)

