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How hypnosis is applied to cosmetology

Gerard Sunnen

Ozonics International, USA

Several properties unique to hypnosis can be clinically applied to problems commonly encountered in cosmetology. This presentation describes some of the mental techniques that enhance skin health and appearance. These include hypnosis, meditation, and autogenic training. Another clinical use of hypnosis concerns the resolution of wounds secondary to cosmetic and surgical interventions, via hypnosis' well-known physiological capacity for circulatory stimulation and modulation of inflammatory response. Finally, short-term hypnotherapy can address self-image and self-esteem considerations, thus strengthening the client's relationship to body image and encouraging more realistic expectations of cosmetic procedures

GSunnen@aol.com