

## Have a Hypnotic Beach Holiday at Home

Tuesday 14 April, 2020

As the UK and much of the world continue with a lock down to save lives and protect health services, top British hypnotherapist Darren Marks, creator of the popular award winning Harmony Hypnosis Meditation App, has come up with a novel way to help people escape and experience that dream holiday without having to leave their homes.

"Hypnosis is a powerful tool to help people relax and find equilibrium within themselves." says Marks. "This is even more important right now when people are confined and understandably anxious about what the future holds."

A new session called "Peaceful Beach Trip" has been added to the app and is available free of charge to all. The guided hypnotic meditation session takes you on a journey to a tropical beach and is combined with suggestions to promote inner peace, patience and feelings of empowerment. Qualities that will help all of us through the challenging times ahead.

"I asked our app users to suggest subjects for new sessions and the hypnotic holiday theme, combined with helping people to reduce anxiety were most requested. So we're going to be adding new hypnotic holiday sessions with different destinations regularly over the coming weeks and months."

The app is available to download free on the [Apple App Store](#) and [Google Play](#). It comes with several free sessions including "Peaceful Beach Trip". Full access to dozens of sessions on multiple subjects can be accessed via a subscription.

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## Company Contact:

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### Harmony Hypnosis Ltd

T. 0845 644 3694

E. [info@hypnosisappstore.com](mailto:info@hypnosisappstore.com)

W. <https://harmonyhypnosis.com/>

## Additional Contact(s):

[support@hypnosisappstore.com](mailto:support@hypnosisappstore.com)

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