



## Hypnotherapy for Skin Health - Treating Skin Problems

by  
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Our skin is our largest organ. It is also the most visible.

It is the boundary, the interface between our physical self and all that is beyond that self.

Because of this, the skin is also one of the main areas - together with the digestive system - that an emotional call for help is registered.

In fact, though skin problems and skin conditions may indeed have a physical origin, they also very often have a distinct psychological component too.

Eczema, psoriasis, acne, pruritus or itching, rashes, reddening, inflammation, and pimples are all indications that something inside needs re-balancing. And this something can be and very often is psychological and emotional in nature.

The first thing to do with any persistent skin problem, of course, is to visit your doctor in order to make sure that it is not a symptom of something more serious.

But what if you have already done this and the condition still continues? What if you have tried the creams, the lotions, the steroids, antibiotics and the UV treatments - and still there is no improvement?

Well then perhaps it's time to look a little deeper inside.

Are you feeling upset, anxious, stressed, angry, guilty? Might there be some underlying emotional factor at play here?

Though the origin of the skin problem may be physical, a virus or infection perhaps, why is it that our own immune system seems incapable of handling it?

We know that the skin is on display wherever we go. It's there as we interact with our world and with everything in it. And because of this, we tend to be more aware of eruptions and rashes than we might otherwise be.

When skin problems persist for any length of time and they fail to respond to conventional treatment, then we need to look elsewhere.

We might be wise to at least consider whether the feeling that we have lost control over our skin - of the way we interface and interact with the world - might not simply be a reflection of what is happening on the inside.

We need to ask whether our skin might not be reacting to the way we react to our self - or to our life.

If this is the case, then an excellent way to tackle the problem is through advanced therapeutic hypnotherapy.

After all, it is the unconscious mind that controls the autonomic nervous system and the many processes that affect and influence the immune system. And hypnosis works hand in hand with the autonomic nervous system.

With properly applied advanced therapeutic hypnotherapy, once the actual origins of the internal imbalance have been treated and neutralized, the individual is then taught visualisation techniques that can calm and quell the symptoms of such imbalance - the skin problems themselves.

With modern advanced hypnotherapy, the individual is taught to access the subconscious part of the mind and is helped to realign and re-balance internal functioning.

In expert hands, hypnotherapy can be really effective in gaining relief from many skin problems and skin conditions, including eczema, psoriasis, acne, pruritus and even warts.

Skillfully applied hypnosis and hypnotherapy can help you improve your skin health and return you to your birthright - problem-free, clear, radiant skin with which to greet the world and shine.

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