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**Combining Benefits of Hypnosis with Holistic Methods**

*Inner Spa and Philly Hypnosis Announce Enhanced Weight Reduction Program, Combining Benefits of Hypnosis with Holistic Methods* Inner Spa, a holistic day spa, provides all the tools necessary for clients to lose weight naturally and gain wellness from the inside out

**/24-7PressRelease/** - NEWTOWN, PA, April 18, 2008 - How would you like to achieve success at weight loss -finally-- with all the added natural benefits of good health?

Registered nurse Sharon Cross, founder and owner of Inner Spa, and Certified Hypnotherapist Todd Stofka, owner of Philly Hypnosis, offer you the answers you have been seeking in a special combination of services at a spa unlike any others.

Sharon and Todd say this combination of weight reduction methods is "unlike any other you've ever experienced."

"Inner Spa is a unique holistic day spa that focuses on obtaining lasting weight loss results through natural methods," said Sharon. "We blend a precise balance of services which promote internal cleansing, behavior modification, craving reduction, lymphatic stimulation and nutritional guidance. Rounding out this program with the added benefits of Hypnosis from expert Todd Stofka gives the client lasting weight loss results."

"By using hypnosis, NLP (Neuro-Linguistic Psychology) and The Stofka Method," said Todd, "clients can "rewire" their thoughts, beliefs and actions from activities that have kept them out of control and overweight to back in control and becoming thinner."

"Our exclusive weight reduction program incorporates every necessary component to assist you in reaching your ideal weight." Sharon Cross

Located in the Philadelphia suburbs, Inner Spa offers internal health and wellness care to all age groups of men, women, and children. According to Sharon, people have difficulty losing weight for many reasons.

"Our weight loss program is designed to address all reasons, and it provides the client ongoing support through the entire process," said Sharon. "The essential first step, internal cleansing through colon hydrotherapy, assists the body with proper elimination, good digestion and enhanced nutrient absorption. Pairing this effort with our other natural detoxification and supportive methods (mineral rich inch loss wraps, lymphatic stimulation, nutritional counseling, acupuncture, and hypnotherapy) prove to give the client support and results from every facet of a good weight loss regimen."

Rounding out these support methods is the enhanced service of hypnosis.

Certified Hypnotherapist and Master Practitioner of Neuro-Linguistic Psychology (NLP), Todd Stofka, owner of Philly Hypnosis, is now partnering with Sharon to provide added benefits for clients.

"This program at Inner Spa combines the best of both our companies," said Todd. "It joins Hypnosis and NLP using the Stofka method with the power of colon hydrotherapy for weight management." Todd said the solution has to be addressed at the unconscious level of our being. "This is where we all store our habits and emotions. Without a change here, a person will keep doing the same thing over and over again and expecting different results, only to become frustrated and discouraged."

According to the Journal of Consulting and Clinical Psychology, research has established that weight loss is greater where hypnosis is used. It was also established that the benefits of hypnosis increase over time.

"The truth is that weight loss hypnosis really does work," said Todd, "and millions of people are trying it and millions of people have already reached their goals this way. Hypnosis can more than double the effects of traditional weight loss approaches. All automatic behaviors or habits are rooted deeply within the subconscious mind. Since you have made them automatic that's why you don't have to think about them. When it comes to habits of eating and exercise, the habits you have created can lead to weight issues. Hypnosis works because we address those habits and issues at the source, the

subconscious mind, and at this level they can be modified effectively."

### About Inner Spa

Inner Spa was born after Sharon experienced personal health problems. Diagnosed with Chronic Fatigue Syndrome but receiving no real answers or relief, Sharon began researching and trying alternative and holistic practices. "Within weeks I felt a significant difference in my health," said Sharon. "It was at the time of my own healing that I realized I wanted to change direction in my nursing career and offer others the option to enhance their well-being through colon hydrotherapy and natural cleansing methods."

Sharon maintains licensure as a Registered Nurse and Certified Instructor for Colon Hydrotherapy.

"I have hand-picked and trained my three licensed nurses and qualified support staff," Sharon said, "so you can rest assured that your colonic irrigation and all other natural spa services will be administered by a proficient and caring professional."

Inner Spa, LLC is owned and managed by Sharon Cross, a graduate from Rutgers' University with a Bachelor of Science in Nursing. Sharon is licensed as a registered nurse in both Pennsylvania and New Jersey and has over 14 years of experience in traditional medical settings and natural, holistic modalities.

Some of the additional wellness services at Inner Spa include holistic massages, organic facials, reflexology, mud baths, ion foot cleanses, ear candling, organic body masks, and detox mineral wraps. Inner Spa takes great pride in offering internal health and wellness care to all age groups of men, women, and children. From colonic irrigation to health counseling, hypnosis for behavior modification, digestive care, herbal supplementation, and numerous alternative services, Inner Spa has earned a reputation as a highly effective internal wellness and natural spa located in the Philadelphia suburbs.

### About Philly Hypnosis

Philly Hypnosis, headed up by Todd Stofka, is Philadelphia's Premiere Neuro Medical Hypnosis Clinic. Todd is a Certified Hypnotherapist and a Master Practitioner of Neuro-Linguistic Psychology (NLP). He developed the Stofka Method integrating NLP and Hypnotherapy with his background in Aikido, Jujitsu and a variety of competitive sports.

In addition to the hypnosis and behavior modification services offered through Inner Spa for the weight reduction program, Philly Hypnosis offers other extremely effective programs at its two locations in Warminster and Dublin. These services include Weight Loss / Management - Power Hypno slim; Stop Smoking; Executive / Business Coaching; Sports Performance; and Academic Performance.

Philly Hypnosis combines the best of traditional hypnosis, the science of Neuro Linguistic Psychology (NLP) and the latest techniques that are designed to provide permanent change. "We provide individual sessions that are personalized, tailored to our clients' specific needs, in our office," said Todd.

Founder of the Philly Hypnosis Centers, Todd has spent the past nine years transforming smokers into non-smokers, and sports enthusiasts into ace athletes. Whether weight management or lack of confidence is an issue, or a person is facing fear-filled phobias, Todd is deftly able to "rewire" the negative thoughts or behaviors and assist his clients in overcoming a wide variety of obstacles.

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To read testimonials from satisfied clients or to find out more information about both businesses, visit their websites at [www.innerspa.org](http://www.innerspa.org) and [www.PhillyHypnosis.com](http://www.PhillyHypnosis.com) or give them a call at 215-968-9000 or 877-557-7409.

Inner Spa - All-natural, Holistic Spa focusing on Relaxation, Rejuvenation, and Wellness from the inside out!