

REST EASY HYPNOTHERAPY



REST EASY
HYPNOTHERAPY

Cara Beltrame

Clinical Hypnotherapist, NLP & EMDR

Rest Easy Hypnotherapy

hello@resteasyhypnotherapy.com.au

www.resteasyhypnotherapy.com.au

+61 0408 374 161

ABN: 53 359 164 032 - Trading As 'Cara Beltrame'

Australian Hypnotherapists Association (AHA PM2020019)

Australian Society of Clinical Hypnotherapists (ASCH) 1935V

Hi, I'm Cara Beltrame....

I'm a registered **Clinical Hypnotherapist & Neuro-linguistic Practitioner**, and founder of **Rest Easy Hypnotherapy**.

I have helped hundreds of people quit the cigarettes and become **Smoke Free** for life.



A tailored **Hypnotherapy** and **NLP treatment program**, in combination with tools & techniques to practice in daily life, are effective in creating the change so you can **let go of the habit once and for all** and have the **healthy future** you've wanted.

Many people try so many different methods to quit that aren't effective. You've probably wanted to be free for a long time and tried one method or another but found yourself going back....

A tailored **Hypnotherapy** and **NLP treatment program** actions the powerful unconscious mind to do all the hard work and create lasting change.

You've probably heard that it **takes 21 days to create a new habit**, and it's true. The mind requires **21 days** to adjust to this new way of thinking, and this is where **hypnotherapy is so powerful and effective**, because over the course of the first three **hypnotherapy and NLP treatment sessions** you will gain an understanding into the habit, so you will be ready to let go once and for all.

I offer a full package of **four tailored Hypnotherapy treatment sessions** that will give you the results you are looking for, that will have you quit and **stay quit for life**.

The full **Rest Easy Hypnotherapy Smoke Free** package is:

- **Up to four tailored Hypnotherapy treatment sessions** that will give you the results you are looking for, that will have you quit and **stay quit for life**
- **Resource manuals and take home information**
- **Mindfulness techniques** to utilise and practice in life,
- **complementary *Smoke Free* audios** to listen to, to keep focussed on achieving goals
- **Certificate** on completion

In combination with the **hypnosis** component, this really is the winning combination to be free once and for all – not just for as long as you can hold out.

Testimonials

"I would like to thank Cara for helping me quit smoking.

I was smoking about 50g of tobacco a week or more back in early May 2022.

***I had been smoking for more than 30 years with a couple of previous attempts to quit without help.** Cara was sensitive and attentive in understanding the function smoking was playing for me. Cara gave me techniques and strategies to become a non smoker and to affirm this commitment.*

*It has been **6 months since working with Cara** and I haven't had a cigarette and I don't even want to. I can be around smokers and feel confident I will continue to embrace the positive impact not smoking has had in my life."*



Dominic (June 2022)

*"I was a **pack a day smoker** for about 20 years.*

I've tried so many options to quit and I always went back to smoking.

Cara** helped me out so much, I was a bit skeptical at first but this has **definitely worked** for me. I haven't had a smoke since our last session It has been **6 months and I don't even want one!

*I've been around other smokers (which has been an issue in the past) and I still just don't even feel like it. Thank you so much Cara, I hope everyone takes the leap that I did because I **feel over the moon** about it and so **glad I got the help** from you. Thank you so much, Cara."*



Chantelle (March 2022)

*"I haven't had a cigarette in nearly **one year!**
After smoking for nearly my entire adult life, I was able to **stop smoking** with
Cara's hypnotherapy treatment program.
Since then, **my whole life has changed for the better"***



Tracy, (April 2018)

*"Hi, my name is Margery. I'm **84 years old.** I've been **smoking my whole life.** A
few months ago my doctor told me I wouldn't live to see my next birthday. I
knew I needed to quit, I've been struggling
for so long and I was so afraid, but Cara and she guided me through
all the steps so I could let go of the cigarettes once and for all.
She was so gentle and kind and helped me every step of the way.
I have finally quit. I'm now a non-smoker. I feel so proud of myself.
Now I get to **see my next birthday,** and to have a little bit more time with my
children and my grandchildren. Thank you Cara for helping me quit and for
giving me that precious time"*



Marg, (April 2022)

***This simple program will change
your life for the better***

Treatment Plans and Investment

The full **Rest Easy Hypnotherapy Smoke Free** package is **up to 4 appointments** (of 1.5 hours each) including **all take home information and complementary audios** for a fraction of what your monthly smoking habit is costing you.
Payment by instalments can be made.

Private Health claims and Tax Deductions

Private health rebates also apply. Please check with your provider.
if you use an **ABN** the entire cost can be claimed against income tax as 'Professional Development'

3 convenient locations

GEELONG: 88 & 90 Gheringhap Street, **Geelong 3220**

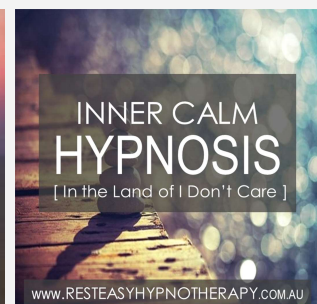
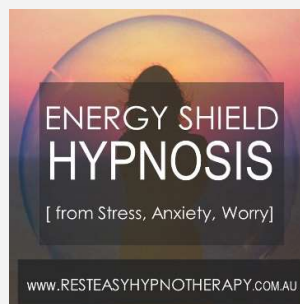
GROVEDALE: @ Geelong Bowen & Remedial Therapies Clinic, 309 Torquay Road, **Grovedale 3216**
TORQUAY SURFCOAST and online via **Zoom**.

Take home Tools & Audios

All guided hypnosis audios which are for sale on my website are all **free and complementary** for all the people I work with for an unlimited time.

You can purchase your guided hypnosis audio now

- * *Smoke Free*
- * *Vape Free*
- * *Shielding from Stress, Anxiety or Worry*
- * *Inner Calm – 'In The Land of I Don't Care'*



Enter coupon code **TAKE15** on checkout to receive \$15 off all audios!

<https://www.resteasyhypnotherapy.com.au/shop>

I am happy to answer any questions about how I can help you to become **Smoke Free**, to make a booking or to arrange a phone chat.

Cara

Cara Beltrame
Clinical Hypnotherapist, NLP & EMDR
Rest Easy Hypnotherapy
hello@resteasyhypnotherapy.com.au
www.resteasyhypnotherapy.com.au
+61 0408 374 161
ABN: 53 359 164 032 - Trading As 'Cara Beltrame'

Registered Hypnotherapy Association Member Numbers
Australian Hypnotherapists Association (AHA) – Registered Professional Member PM2020019
Australian Society of Clinical Hypnotherapists (ASCH) – Registered Professional Member 1935V

REST EASY HYPNOTHERAPY
...making change, success & rest easy...
with *Cara Beltrame*
WWW.RESTEASYHYPNOTHERAPY.COM.AU

asch
Australian Society of Clinical
Hypnotherapists
Change From Success

AHA
AUSTRALIAN
HYPNOTHERAPISTS
ASSOCIATION