

Let Go, and Relax this Christmas – Stress App

Leicester, United Kingdom – Getting You There, a successful health and well-being business, has launched the new hypnotherapy relaxation app 'Let Go', developed by the Swipe & Tap team for iOS.

The Let Go app provides powerful yet gentle tools for change through guided visualisation and self-hypnosis. Each track is designed to help you 'let go' of your stress and to enable you to tackle various issues in your life.

Hypnosis is a safe and relaxing way to bring about changes which can help you improve your life. Regular use will help you sleep better, handle stressful situations more calmly, and to let go of unhelpful thoughts, feelings and behaviours which are holding you back from leading the life you want to live.

All of the Let Go tracks are original and written by Ann Finnemore, a highly experienced and qualified hypnotherapist. Each track is available in both a male and female voice, so you can choose which you prefer (both narrators are qualified hypnotherapists). The tone of voice and style of narration will guide you gently to a place of calmness and safety in which changes can be made easily and naturally.

Ann says, "As therapists we have repeatedly seen benefits and amazing changes in our clients through guided visualisation, imagery and self-hypnosis. We wanted to produce an app which could deliver these benefits to many people in a simple, convenient and cost-effective way. We hope to give people the chance to change the way they think, feel and act in relation to a specific problem area in their life."

The Let Go app has tracks to help people deal with stress relief, weight management, loneliness, those who find it hard to let go and relax, and those who feel they need to control everything in their lives.

Getting You There decided to launch the Let Go app in time for Christmas due to this being a stressful time for many people. The Pure Relaxation tracks (free) may be helpful for those seeking a sense of calm and peacefulness over the festive period. Other tracks will help to support people's New Year's resolutions.

Ann says, "We want people to use these tracks to experience complete relaxation and to discover how to make easy and beneficial changes in

their lives through hypnotherapy. As time goes on, we will add new tracks to deal with other issues, as well as more relaxation tracks.”

To find out more about the Let Go app, search online via Twitter using hashtag #LetGoDiscoverYourself - @GYTWellbeing @Ann_Finnemore @SteveFinnemore. Visit the Facebook page: <http://www.facebook.com/holistic.therapies.in.Leicestershire> or the main Getting You There website: www.gettingyouthere.co.uk

Key Features:

The Let Go app includes two tracks for pure relaxation. In app purchases of additional tracks include:

- * Manage stress well
- * Let Go of the need for control
- * Be comfortable when alone
- * Journey to healthy eating

Device Requirements:

- * iPhone 4s or above
- * Running iOS 8.0 or above
- * 10mb

Pricing and Availability:

Let Go costs £0.79 and includes two relaxation recordings (and also has additional tracks available to purchase). It is available worldwide exclusively through the App Store in the Lifestyle category.

Getting You There is based in Leicestershire, United Kingdom. Specialising in helping people to achieve their health and life goals through stress management, life and career coaching, Getting You There provides remedial massage, myofascial release therapy and hypnotherapy (including IBS, anxiety and hypnobirthing).

Ann & Steve Finnemore
Getting You There

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Located in Leicestershire, Swipe & Tap is an independent mobile app development company based in the East Midlands. Born in 2011, Swipe & Tap builds groundbreaking, bespoke apps to help streamline business processes, improve services for customers and to build brand awareness. Copyright (C) 2015 Getting You There. All Rights Reserved. Apple, the Apple logo, iPhone and Apple Watch are registered trademarks of Apple Inc. In the U.S. and/or other countries.

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