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[Can Hypnotherapy Help Improve Your Sex Life?](#)

by [Olivia Van Logum](#) in [Sexuality](#), January 4, 2009

How a hypnotherapy session helped improve my sexual libido.

If I had been asked this question 2 years ago, I would have scoffed, being somewhat of a cynical person.

However, 18 months ago, when my father was diagnosed of having an inoperable brain tumour and terminal cancer, my life was turned upside down. My partner had already been diagnosed of having a rare spinal condition, making it impossible for him to work, leaving myself as the only breadwinner.

My working hours were getting longer, to try and make ends meet. Weekends were spent travelling 400 mile round trips to visit my father in hospital and offering moral support to my stepmother & my brother. To make matters worse, just before my father had been diagnosed with cancer, I was trying for a baby and going through fertility treatment. The stress and strain I was going through was leaving me exhausted and my already low libido was now virtually non-existent.

Read more in [Sexuality](#) I felt very low and unattractive, but knew that if I did not take action immediately, I
[« Same Sex If Not Different](#) would spiral deeper and deeper into a depression, which would not help my father
[Tips for Improving Your Sex Life »](#) and would certainly prevent me from falling pregnant.

Whilst scouring the Internet for possible solutions to my dilemma, I happened to find a website entitled “Hypnotic Dreams”. Initially I was curious, so just had a peek at what the website had to offer.

The website is dedicated to exploration of sexual hypnosis and promotes the concept of the brain being the most erogenous zone of your body. It offers a range of Ericksonian (named after Milton H. Erickson) and classical style hypnotic recordings that are specifically targeted for helping increase a woman’s libido, and/or to help make them feel more feminine, desirable and aroused.

I was so desperate to improve my sex life that I ordered two of the recordings there and then; The Pleasure Principal & Introducing Erotic Hypnosis. Later that evening I listened to The Pleasure Principal in bed. The 25 minute long track left me feeling extremely relaxed, but more surprising when I awoke I found that I was incredibly aroused! In fact, I literally pounced on my fiancé and demanded sex there and then! The same effect was amplified whilst listening to Introducing Erotic Hypnosis. I listened to the tracks religiously once or sometimes twice each evening, and my sex life turned itself around.

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sexual or anything hypnotic related, you automatically begin to feel aroused again.

I was so incredibly impressed with both the recordings, that I purchased a further two during the following weeks. I also sent a letter of congratulations to Daniel "The Dream Master," thanking him for making me feel desirable again.

For any woman that has difficulty with getting aroused – I would highly recommend these hypnotherapy sessions. For men feeling left out; fear not! A new hypnotic session is about to be released, and narrated by the delectable Tammy Toy..

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1. 

[Mesmer7](#)

On August 28, 2009 at 12:43 pm

Olivia, you never told me you wrote this. Thank you for this ringing endorsement. If anyone wants to follow up, the recordings are available at <http://www.hypnoticdreams.com>.

2. 

[Olivia Van Logum](#)

On April 27, 2010 at 6:02 am

You're very welcome!!

3. 

[Ryan](#)

On January 17, 2011 at 11:29 am

That is great to hear – I hope more people see the benefit of this type of treatment. We do similar CDs and MP3s at our site <http://www.adultonlyhypnosis.com> – Mesmer, perhaps you would like to discuss notes on this, the more exposure the better I feel?

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