



The Creator of Treatment 21™

Treatment 21™ was originally developed by Douglas Preston to provide a totally unique facial treatment that reflects the spa industry's therapeutic "mind / body / spirit" philosophy. Preston, drawing from an extensive background in esthetic skin care and clinical hypnotherapy, designed this special anti-aging treatment that combines cutting edge skin rejuvenating techniques with a deeply relaxing guided visualization experience. Treatment 21™ was then expanded to include a body treatment and homecare programs.

Coming Soon

Look for these additional Treatment 21™ intensive guided visualization programs in late 2005:

Stop Smoking Now!

Win the fight against this stubborn and life-threatening habit through our powerful behavior-shaping program.

Feeling Weightless

Awaken the strength to conquer the binge eating and snacking that add pounds while denying full health and happiness.

Air Travel in Peace

Our three-level guided visualization program will remove irrational flying fears, restoring your freedom to see the world in complete confidence and comfort!



Two Dimensions, One Result

Guided Visualization for
Exceptional Thinking and Being.™



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What is Treatment 21™ ?

Treatment 21™ is both a holistic anti-aging spa experience and a personal care program that can be used at home.

Our state-of-mind influences the overall condition of our physical well being, including the skin. Stress, anxiety, worry; all of these chronic states can profoundly affect the complexion, creating frown lines, breakouts, dehydration. While facials and good skincare products are an effective way to address these issues from the outside, Treatment 21™ also targets their inner source.

A set of unique guided visualization journeys will teach you how to produce self-inspired calm, focus and stress relief—anytime you need it. With repeated listening, the messages are absorbed into the subconscious, creating an improved inner state and feeling of wellness. Tension and worry lines relax; the complexion becomes more clear and youthful; wellbeing truly shines from within.

Listening to these visualization sessions on a regular basis—and enhancing their effectiveness by using the aromatherapy mists that help anchor their messages—can be an integral part of a holistic self care routine.

Welcome to Treatment 21™— a new dimension in personal and spa well-being systems!

How Treatment 21™ Guided Visualization Works

Guided visualization is an ancient technique for achieving a healthier, more positive way of seeing the world around you and your relationship to it. The person one describes as “me” was created by both teaching (training) and through encounters with people, places, and ordinary circumstances (experience). In other words, the “me” is partially reshaped each day through life experience and learning. Guided visualization is a means of taking control of potentially limiting ideas—and reactions to those ideas—and reshaping them into more positive messages.

This is a highly effective method for creating lasting, positive changes in the way we view ourselves and the outside world. Each program leads to a state of inner stillness, allowing the subconscious mind to accept, then recall, healthy, beneficial beliefs about personal abilities. You are what you think, both in body and behavior. Treatment 21™ helps manifest an improved mental state, physical wellbeing, and a confident view of the future.

Treatment 21™ programs can be repeated daily, three times a week, once a week, or whenever you have a little free time; whatever fits into your schedule. The more you hear the message, the better your results will be. The programs are completely safe, easy to follow, and take just 15-20 minutes to complete.



The Treatment 21™ Programs

Stress Release

In this wonderfully relaxing and peaceful experience you'll learn how to abandon the tension and worry that habitually deny you the full enjoyment of life.

Enhancing Confidence

A truly amazing lesson that will create a powerful sense of control and confidence, helping you achieve better results in relationships and goals. Unlock the gate of doubt and be freed from limiting thoughts and fears.

A Positive Mind

An undisciplined mind can drift toward negative ideas and feelings. This session will help you increase thoughts that lead to empowering solutions for life's challenges!

Prosperity and Success

This program will help you to see your true potential in life and to move toward your desired success with firm belief, enthusiasm and consistency. A very powerful experience!

Worry Free

For some, anxiety and worry consume a great deal of energy, leading to fear and a sense of being trapped by forces beyond our control. Learn to take command of your inner world and brighten the world around you!