

Mind Power Therapist Offers Innovative Stress Solutions

Imagine the gentle sound of a trickling waterfall, graced by tropical plants and flowers floating on velvety green carpeting. Soothing music, a wicker loveseat, comfortable recliner and even a vibrating sofa complete this unique retreat.

"Mind Power Hypnosis and Counseling Center was created to relax my clients as soon as they step through the door," said Charlotte Miller, founder of the Romeo center. The facility is as unlike an office as possible.

"Stress raises our blood pressure, decreases our energy, saps creativity, changes our moods, even affects fertility," Miller said. "So stress management is a major focus of Mind Power."

Miller has been planning the center for years, she said. A counselor for over 25 years, she earned an MA from Oakland University, is a certified hypnotherapist, a member of the International Medical and Dental Hypnotherapy Association, and a past president of the Romeo Rotary Club.

"I wanted a totally unique environment in which clients may discover and release unresolved emotional issues which may be causing depression, reduced productivity, headaches, lethargy, nervousness, weight gain and sleep disorders," Miller said. "The exciting thing is that once the underlying issues are resolved, most clients also experience relief from physical symptoms which physicians had not been able to eliminate medically. That's the beauty of hypnoanalysis."

Miller stresses that her programs are custom designed for each client.

"I don't do cookie cutter therapy," she said. In the corporate world, Miller has found that the old administrative hierarchy of the business world is melting into a system where an employee may need to function within several different departments without the clout of



Charlotte Miller, hypnotherapist, of Mind Power Hypnosis and Counseling Center

higher rank to achieve his or her goals.

"That requires people with personal power," she said. "My unique combination of coaching, counseling and hypnotherapy can produce those people!"

Her latest service is designed for those who do not have the time or inclination to go to any kind of facility to talk about personal problems.

"I do a phone consultation, create an audio tape to be mailed and follow up with another phone consultation," Miller said. "It's lighter and less expensive than hypnoanalysis and is highly effective in many situations."

She added that her respect for clients extends to taking extra measures to ensure privacy.

"How do you have confidentiality when files are available to other staff people, secretaries, and insurance companies?" she asked.

"The files I keep are locked and I'm the only person with a key."

The Center officially opened September 21 of this year with a gala open house. It is located at 167 S. Rawles in Romeo. Call (810) 336-1271 for an appointment. Miller is also available for seminars and speaking engagements.

Women Who Dress Great for Less Shop at the Secret Closet

"My greatest compliment," said Linda St. Laurent of Romeo's Secret Closet, "was when a customer brought a sequined designer gown to the counter and asked if I could order it in her size for an upcoming wedding. I had to explain to her that my store features 'one-of-a-kind' ladies' wear because it is previously owned."

Indeed, nothing about the shop's appearance belies the "secret". From the delicately hand-stencilled pillars outside, to the relaxing music, potpourri, custom-made jewelry, unique accessories and gifts, everything promotes the store as a quietly elegant boutique.

"Here" is a shop on Main Street in downtown Romeo featuring high quality ladies' clothing with a "history". Ten to fifteen percent of St. Laurent's mer-

chandise still has the original price tags. Indeed, most of St. Laurent's first-time customers have no idea the clothing is not new until they compare the designer labels — such as DKNY, Liz Claiborn, Evan-Picone, Herve Bernard, and Ralph Lauren — with the very reasonable price tags.

"I am filling two needs," St. Laurent said. "We offer the discriminating shopper the advantage of purchasing previously-owned designer-quality women's career, casual, and after-five wear at a fraction of the original purchase price and at the same time offer the consignee the opportunity to revamp her wardrobe with profits from her earlier clothing investments."

Upcoming events at the shop include "An Evening of Beauty" on Wednesdays

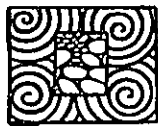
starting in October and running through December 4. For only \$25, customers will be treated to a full make-over and a color analysis. Call for details and reservations.

The Secret Closet is located on 109 S. Main St. in Romeo and is open 10 a.m. to 5 p.m. Tuesday, Wednesday, Friday, and Saturday. The store is open 10 a.m. to 7 p.m. on Thursday and is closed Sunday and Monday.

The Secret Closet can be reached at (810) 752-2137.



The Secret Closet



MIND POWER
HYPNOSIS & COUNSELING
CENTER

Charlotte Miller, M.A., C.Ht.
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Improve self-esteem • Lose weight •
Eliminate fears/phobias and performance
anxiety • Reduce seasonal affective disorder

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P.S. Come sit by the waterfall amid tropical plants and flowers. Relax tired muscles on the vibrating sofa. Experience the very best in restorative therapy.

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