

# **Acne Free**

**Clear and Clean Skin**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are completely free from acne. See this from many different perspectives.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming freer from acne. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

my skin is smooth and clear

my acne vanishes while I sleep

I have smooth skin

I have clear skin

my skin is free from acne

my pores are clean and open

my skin is healthy and clean

my skin is healthy and clear

I appreciate my acne free skin

my pores naturally open up

my pores are naturally open

my pores are naturally clean

my skin remains clean and clear

any acne quickly vanishes

any acne quickly clears up

my acne quickly vanishes

my acne quickly clears up

I release my acne

I release stress

I release anxiety

I release toxins

I release unhealthy ideas

I release unhealthy patterns

I eat healthy food that supports clear skin

I eat healthy food that supports clean skin

I sleep deeply at night

I sleep peacefully at night

my healthy behavior supports clean skin

my healthy beliefs support clean skin

my healthy ideas support clean skin

I am acne free

I am free from acne

your skin is smooth and clear

your acne vanishes while You sleep

You have smooth skin

You have clear skin

your skin is free from acne

your pores are clean and open

your skin is healthy and clean

your skin is healthy and clear

You appreciate your acne free skin

your pores naturally open up

your pores are naturally open

your pores are naturally clean

your skin remains clean and clear

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You release unhealthy ideas

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You eat healthy food that supports clear skin

You eat healthy food that supports clean skin

You sleep deeply at night

You sleep peacefully at night

your healthy behavior supports clean skin

your healthy beliefs support clean skin

your healthy ideas support clean skin

You are acne free

You are free from acne