



Smooth

Do you crave the soft, supple, smooth skin that all the sexiest girls have, but you're stuck in your icky hairy boy body? Do you desire to feel the silkiest material against your bare skin without having to overcome the feeling of hairs catching the fabric? Having smooth and shiny, well hydrated skin is the key to being runway ready. Every girly girl has her daily moisturizing routine and soon you will too.

The gentle suggestions in my subliminal, *Smooth* aims to guide you through habit forming mantras to remind you of the important things in life, such as always shaving off your ugly body hair in the shower, constantly applying lotion to your skin, and always covering your body in the most floral, feminine, perfumes that you can find. Become the velvety soft girly girl you've always wanted to be as you learn to hate the feeling of stubble. Become aware of the dry tightening of your skin and every crack in your lips. Skin care will be a necessary part of your day, starting off the mornings with a fresh, exfoliating shave and falling asleep with thick creams on your smooth girly face.

Gross body hair and dry skin is a thing of the past. Start listening today to embrace the baby soft smoothness of your new, glowing, feminine body.

- ✧ Always remembering to drink water as soon as I am thirsty.
- ✧ Feeling completely disgusted by my dry, cracked skin.
- ✧ Unable to fall asleep without moisturizing my sexy curvaceous body.
- ✧ Always carrying fragrant lotion and lip balm with me wherever I go.
- ✧ Remembering to shave my body and face during every shower I take.
- ✧ Constantly rubbing perfumed lotion into my hands whenever I can.
- ✧ Feeling uncomfortable whenever I feel stubble on my girly face.
- ✧ Remembering my constant need to search for my new favorite skin care products.
- ✧ Becoming the happiest whenever I am buying new scented lotions for myself.
- ✧ Fantasizing about feeling my delicate clothing rubbing against my smooth, hairless body.
- ✧ Loving the experience of rubbing my smooth legs against each other whenever I cross my legs.
- ✧ Constantly looking in the mirror for dry patches of skin that I can cover in cool, soothing, moisturizer.
- ✧ Feeling uncomfortable and hot whenever my body has not been properly moisturized.
- ✧ Terrified of my skin becoming dehydrated and dry.



- ✧ Always covering myself in delicate, feminine, lotions and oils after every bath.
- ✧ Fantasizing about taking a long, hot, bubble bath filled with soothing aromatic oils.
- ✧ Feeling pleasure and great comfort whenever I take bubble baths.
- ✧ Feeling disgusted and nauseated when I feel the gross stubble on my skin.
- ✧ Hating rough, disgusting, masculine beard stubble on my face.
- ✧ Fantasizing about getting a full body wax so that I can show off my perfect, glowing skin to the sexy strangers around me.
- ✧ Buying women's razors to keep my delicate body smooth.
- ✧ Feeling beautiful and feminine whenever my skin shines flawlessly.
- ✧ Wanting every sexy stranger I see to caress my beautiful skin and compliment me on how soft I am.
- ✧ Fantasizing about my lover's hands running up and down my smooth, velvety body.
- ✧ Compulsively researching my newest skin care regiment.
- ✧ Remembering to wear thick creams on my face before bed so that I wake up in the morning with fresh, bright and radiant cheeks.
- ✧ Turned on by my lover's strong hands exploring my delicate body.
- ✧ Desire and Pleasure whenever my lover massages sensual lotions into my back.
- ✧ Imagining sexy strangers giving me a relaxing massage and rubbing soothing lotions into my feet.
- ✧ Always wearing sunscreen to keep my skin healthy, delicate, and blemish free.
- ✧ Feeling confident whenever I flaunt my silky, smooth body by wearing the most revealing clothes when I go outside.
- ✧ Feeling turned on whenever sexy lovers want to touch my smooth skin.
- ✧ Loving how free I feel whenever I am smooth and hairless.
- ✧ Feeling uncomfortable and masculine whenever I see hair on my body.
- ✧ Noticing all of my gross, masculine, body hair and stubble whenever I look in the mirror.
- ✧ Knowing that everyone is whispering and gossiping about my icky body hair whenever I walk around in public.
- ✧ Always using makeup and creams to cover any stubble on my face to look as smooth and flawless as possible.
- ✧ Becoming embarrassed and unconfident whenever my facial hair becomes too long.
- ✧ Feeling anxious, gross, and unconfident whenever I see any hair on my body.
- ✧ Compulsively applying lip balm to my luscious lips whenever my lips smack together.
- ✧ Knowing that I have the most sensual, kissable lips and perfect, fuckable mouth.
- ✧ Needing to apply perfumed lotion to my hands after I wash and dry them.
- ✧ Always covering my body in moisturizer after every steamy shower I take.



- ✧ Being careful not to buy harsh shampoos and soaps that would dry out and ruin my beautiful gleaming skin.
- ✧ Wanting to feel my lover's gentle touch all over my smooth, feminine skin.
- ✧ Always following all the trendiest, most feminine, beauty bloggers and influencers.
- ✧ Feeling excited and feminine whenever I chat with all my cute friends and swap skin care secrets.
- ✧ Fantasizing about trying lotions and creamy face masks during sleepover parties with my happy, giggling best girlfriends.
- ✧ Feeling like a carefree teenage girl whenever I am applying lotion and beauty products to myself.
- ✧ Feeling seductive and sultry after I apply delicate and feminine fragrant moisturizer to myself.
- ✧ Frightened of my family, friends and colleagues ever thinking my delicate, feminine, skin is too rough.
- ✧ Worried that my closest friends will notice if my skin looks too dry and ashy.
- ✧ Constantly itchy whenever I have body hair.
- ✧ Uncomfortable, dry, and itchy without my feminine lotions.
- ✧ Feeling completely clean after shaving my body in the shower.
- ✧ Completely relaxed after applying moisturizer to my entire body.
- ✧ Only feeling clean and content with a smooth, hairless, body.
- ✧ Frightened of my colleagues and neighbors discovering my coarse facial hair.
- ✧ Disgusted when my coarse beard makes my face feel oily and uncomfortable.
- ✧ Disgusted at gross sweat and bacteria collecting under my body hair.
- ✧ Knowing that I smell gross and masculine whenever I have body hair.
- ✧ Afraid of the disgusting odor that comes from my gross body hair.
- ✧ Knowing my lovers will reject me if I have dry, rough, masculine hands.
- ✧ Remembering that my hunky lovers will be turned off by my gross body hair.
- ✧ Knowing that it is not acceptable for me to have underarm hair.
- ✧ Thinking about how sexy strangers will reject me if I have any disgusting underarm hair.
- ✧ Feeling ashamed of any gross, masculine body hair.
- ✧ Becoming an unconfident, miserable, mess whenever I see gross, masculine, stubble and body hair on myself.
- ✧ Becoming confident and comfortable whenever I am smooth, feminine, and hairless.
- ✧ Feeling dirty and itchy whenever I forget to shave.
- ✧ Aware that all of my hunky lovers prefers to feel my smooth, feminine, body.
- ✧ Turned on whenever I feel my lover's skin against my own smooth, feminine, curves.
- ✧ Dreaming about my sexy lover smelling my delicate, feminine, freshly lotioned skin.



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- ✧ Compulsively thinking over every blemish on my face and using balms and creams to cover unsightly spots.
 - ✧ Always careful whenever I am shaving.
 - ✧ Terrified of getting razor burns and bumps on my delicate skin.
 - ✧ Feeling comfortable whenever I talk to my friends about the newest lotions and face serums.
 - ✧ Walking down the beauty aisle for new creams and moisturizers whenever I get the chance.
 - ✧ Always feeling uncomfortable and restless whenever I have dry, itchy skin.
 - ✧ Loving how easy it is to glide my hunky lover's fingertips over my smooth, delicate body.
 - ✧ Feeling disgusted whenever I see gross body hair poking out from my delicate, feminine, skin.