

Hypnotherapy



Hypnotherapy can be used to help with a number of different problems.

- Addiction
- Phobias
- Stress
- Confidence
- Weight loss
- Anxiety
- Smoking

The therapist will put you in a trance to help your subconscious mind to register and adjust certain thought and practices you may have.

It is important to realise that you are in control. the hypnotist can not make you do something you do not want to do.

Duration of treatment 30 - 45 Minutes

Cost per session £25.00