



Initial consultation £30

Pain management £50 per hour

Discover how to cope better with pain and learn self-hypnosis techniques.

Anxiety Depression £50 per hour

Learn how to cope Better and think your way out of the things holding you back and free yourself from Anxiety and depression.

Phobias £50 per hour

Four sessions of hypnotherapy can help you leave the phobia behind you. And break the pattern of behavior that a phobia has us doing.

Fertility £50 per hour

Some sessions of hypnotherapy can help with the stress of fertility and look at all the aspects of why clients are not conceiving. Changes in Life style and relaxation techniques can help.



Hypnosis for child birth **£50 per hour**

With a few sessions of hypnotherapy, we can learn techniques for making the whole birth process a much more relaxing and natural experience.

Needle Phobia **£50 per hour**

Discover ways to cope when it comes to having needles.

OCD **£50 per hour**

OCD can hold us back from living the life we want. Discover how we can re pattern our brain and help to break the pattern of OCD,

