

Free 15 min Telephone call to find out if Solution Focused Hypnotherapy is right for you.

Session fee's

Initial Consultation & Assessment

New Initial Consultation (50–60 mins)

- Our first session where we will begin our journey to help you understand why you feel the way you do and more importantly, what we can do to help you. You will also be given a deep relaxation to take away and listen to at home
- £70**

Single Session

- Please allow 50-60 mins for these sessions, which include a lovely deep trance/ Relaxation. These sessions are perfect to help tackle many issues. How many you have is a personal choice, but please have a chat for our recommendation as everyone is different
- £70**

6 sessions discounted offer £390
8 sessions discounted offer £530

- To reach the best outcomes for your issue, it is sometimes recommended that you have multiple sessions. So there is a discount for these as shown.

Specialist Area's

- Stop smoking session - a one off extended 1 1/2-2hr session with a minimun of 1 week pre- prep before your session. **£250**
- Phobia's- If you have no other underlying issues, then we usually recommend 3 session following our initial consultation session, to help you replace your phobia with a happier way of living **£260**