



Services Offered

If you require specific information regarding any topic listed, please don't hesitate to contact me for the 'Brief Sheets'.

Simple Weight Loss

Shape Management (increasing Healthy eating) and Food Management (managing hunger and cravings). Hypnosis and hypnotherapy have an excellent success rate in helping people with weight problems and food related disorders. It works because it re-trains your subconscious mind and changes your relationship with food. Simple, easy and effective slimming, weight loss and weight control.

Confidence Improvement

Allow yourself a Hypnotherapy session to gain Confidence and help you to lead a more confident life.

Ego Boosting & Self Esteem

Boost your Ego with a Hypnotherapy session designed to awaken your senses and help you to feel much more complete.

Deep Relaxation

There are occasions in our lives when we are so busy or feel so pressured that we find it almost impossible to relax. Whilst there is no doubt that some stress is useful and natural, too much can seriously damage our health. **Do you find it difficult to relax and 'switch off'**, to allow yourself some well deserved relaxation time then Hypnotherapy can help.

Memory Improvement

Hypnotherapy can help you to remember. Have you got an exam coming up? Need help revising? We can help you by improving your learning ability.

Advanced Smoking Cessation

Research has shown hypnosis and hypnotherapy to be more effective in helping people to stop smoking than patches, gum, going cold turkey or Zyban. Helping you to stop smoking for life.

Age Regression Therapy

Regression therapy is an age old therapy whereby the client can be taken back to a time when the client was happiest or a time when the client's upheavals occurred in order to help the client experience a different way of dealing with the situation to help the client to move on.

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