











# Hypnotherapy



Location **North, Cheshire**  
<https://www.freeadsz.co.uk/x-348944-z>



Hypnotherapy can be used to overcome depression, anxiety, headache/migraine, weight loss, phobia's, smoking, skin conditions, insomnia, compulsive behaviours, public speaking and many other issues. It is safe, and you are in control at all times. Hypnotherapy works by ensuring the client is relaxed, and then using hypnosis to influence the subconscious mind with positive suggestions that will change thoughts and feelings, and ultimately.

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