

# Hypnotherapy



Location **Scotland, Clackmannanshire**  
<https://www.freeadsz.co.uk/x-552043-z>



Hypnotherapy £40 per hour in the most relaxing setting, and combinations offered of thirty minutes massage and reiki with thirty minutes hypnotherapy, for £40. Text 07706766103 077067661...(click to reveal full phone number) for appointments or email queries.

Hypnotherapy is a talking therapy involving hypnosis which focuses a client's imagination and subconscious to manifest positive change in thought, feelings and behaviour. However, hypnosis can be carried out simply to relax very deeply, with no reason other than that. The client will decide on the desired changes they want to see before the hypnotherapy session begins. The client can write out a detailed description of what they want to achieve through hypnotherapy and email this to me and I will work on a detailed plan for our meeting.

Hypnotherapy often focuses on a single issue and works with the unconscious mind. This doesn't carry any risk of losing control or mean the subject can be manipulated to do or think things they don't want to. At all times, when in a state of hypnosis the client will remain in control and although very deeply relaxed remain able to do what they want when they want.

Common issues often addressed through hypnotherapy are things such as achieving goals, pain, stress, giving up smoking, phobias, weight loss, exams, any kind of performance and confidence issues.

Hypnotherapy can be combined with massage and reiki to assist with deep relaxation and healing. I've received excellent feedback detailing great results with sports performance and stopping smoking.



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