

Prices/Fees

<b>Hypnotherapy Group Packages</b>	<b>Price (Per Person)</b>	
	<b>Normal Rates</b>	<b>Concessions</b>
<b>Relaxation Package (8 people)</b> <b>Includes 4 Sessions:</b> <ol style="list-style-type: none"> <li>1. Learn basic relaxation techniques</li> <li>2. General de-stress session</li> <li>3. Positive visualisation mood lift</li> <li>4. Learn some self-hypnosis</li> </ol>	<b>£100</b>	<b>£80</b>
<b>Performance Package (8 People)</b> <b>Includes 1 x 1.5 Hour introductory session + 4 x 1 Hour Sessions:</b> <ol style="list-style-type: none"> <li>1. Learn to relax and de-stress, Contracts signed, Explanation of Hypnosis, Delivery of Hypnosis</li> <li>2. Controlling and Letting go of Anxieties</li> <li>3. Boost your Confidence and feelings of Competence</li> <li>4. Maximise your Motivation</li> <li>5. Achieve your limit and go beyond</li> </ol>	<b>£125</b>	<b>£100</b>
<b>Weight Management Package (8 People)</b> <b>Includes 4 Sessions:</b> <ol style="list-style-type: none"> <li>1. Boosting Self-Esteem (FREE session)</li> <li>2. Conscious eating - Stop Snacking</li> <li>3. Conscious eating - Portion Size</li> <li>4. Positive future imagery</li> </ol>	<b>£100</b>	<b>£80</b>
<b>Stop Smoking Package (8 people)</b> <b>Includes 1 x 2 Hour Stop Smoking Session</b>	<b>£100</b>	<b>£80</b>
<b>Pregnancy and Childbirth (8 People)</b> <b>Includes 4 Sessions:</b>	<b>£100</b>	<b>£80</b>

<b>1.Learn basic relaxation techniques</b> <b>2.Getting to know your baby</b> <b>3.Preparing for the birth - Pain Management</b> <b>4.Life with your new baby</b>		
<b>Pick and Mix Package (8 People)</b> <b>Choose 4-5 hypnosis sessions from a list of more than 15 options</b>	<b>£25</b> per person, per session	<b>£20</b> per person, per session
<b>Group Relaxation Sessions (10-12 people)</b> <b>Includes 10 x 30 minute Relaxation Sessions</b> <b>Pay per session. Min 10 people.</b>	<b>£7.50</b> per person, per session	<b>£6.00</b> per person, per session

<b>Hypnotherapy</b>	<b>Price</b>	<b>Concessions</b>
<b>Telephone Consultation</b>	FREE	FREE
<b>Hypnosis (60 Minute Session)</b>	£50	£40
<b>Hypnosis to Stop Smoking (2 hours)</b>	£100	£80
<b>Advanced Booking Option</b>	Book and pay, for 3 sessions in advance, get the 4 <sup>th</sup> session FREE!	

<b>Counselling</b>	<b>Price</b>	<b>Concessions</b>
<b>Face to Face (50 Minute Session)</b>	£30	£25
<b>Telephone (30 Minute Session)</b>	£18	£15
<b>Advanced Booking Option</b>	Book, and pay, for 3 sessions in advance get the 4 <sup>th</sup> session FREE.	

### **CDs Made to Order - £20**

(Includes a 30 minute telephone consultation, 30-40 minute Hypnosis CD, and postage and packaging)

HypnoChange4U

## **Professional Hypnosis CDs**

Improve Self-Esteem - £7.99

Free From Stress - £7.99

## **Loyalty Blocks Reward Card (app.)**

Register for your Loyalty Blocks Card and receive between 5% and 15% discount.

**Loyalty Bonus Customer Referral Scheme Also Available -**  
(See HypnoChange4U's website for further details)

