

Initial Consultation: 2 hours for the price of 1 ; £60

General Hypnotherapy, most issues, such as Habits, Phobias, Social Anxiety etc is priced at **£60** per session. You will be sent a link to an appropriate MP3, for additional support, following the session.

Smoking cessation: appointments are **2 hours**, and the charge is **£120**. Most people only require one session. You will be sent a link to an appropriate MP3, for additional support, following the session.

Gastric Hypno Band: Prices are negotiable but usually average around **£450**.

Weight Management: Individual support and help to lose weight comfortably using Hypnotherapy, Counselling and NLP. Usually the first session will last 2 hours and all other sessions will last approximately 1 hour. (please note that there will be a need for a minimum of **6 - 8 sessions over a varying period approximately 6 weeks apart, spread over a 10-12 months period**) These are charged at **£60** per session. You will be sent a link to an appropriate MP3, for additional support, following the session.

HypnoBirthing is priced at **£400** for **4 x 2** hour sessions.

I look forward to us working together.