

Hypnotherapy

...helps more than you realise.

Why not use hypnosis to help you to become more like the person you want to be.

Stop smoking - Improve confidence - IBS - Fears & Phobias - Stress management - Enhanced performance - Examination nerves - Panic attacks - Weight control - Sexual issues - Pre and Post Operative recovery - Depression - Pain control - Habits & Addictions - Improved concentration and memory - plus lots more.