



Healing Through Hypnosis

Fees

A free 15-minute phone consultation will be provided to discuss your issue of concern and to determine if you would like to move forward.

Hypnosis Single Visit Sessions

Single Sessions: \$85

Though hypnosis is offered in single session visits, which can be all that's required for certain issues, it generally takes 30 days to create a new habit. Therefore, it can be much more beneficial to commit to a 4 session package.

4 Session Package: \$85 first visit, \$80 each for the remaining 3 visits.

All sessions are 60 minutes long. Time permitting and at the discretion of the therapist, you may continue on longer at the rate of: \$25.00 for every additional 30 minutes. The success of a hypnosis depends in part on the active role of the client to follow through with the assigned exercises to reinforce the work done in the session. There are no refunds.

Hypnosis Session Packages

\$325.00 - Initial 4 Sessions (advance payment required for all 4)

\$75.00 - Additional Add-on Sessions (may be purchased individually)

Other services such as Emotional Wellness, Fitness Consulting, and Nutritional Consulting that do not include Hypnosis are offered at the same price for both individual sessions as well as a 4 session package.

One on one personal training sessions are performed locally and not offered via Zoom. Inquire with me if you are interested in this service and pricing.

In addition, packages may be mixed and matched to address your needs (ie: combination of hypnosis and consulting sessions). Please inquire with me for a program layout individualized for you.

All Sessions must be paid for before or at the time of visit.

I am available for in-person sessions at a local business establishment or by ZOOM. You will be provided with materials/exercises to support your progress in between sessions.

For your free 15 minute consult email me at HTHypno@gmail.com or call 1-203-706-8378