



freshchange - positive & natural non-smoker

program features: powerful reinforcement 5 sessions over 4 weeks

Visit 1, full consultation with Hypnosis

Visits 2,3,4,5 provide support through this positive process and address triggers, e.g. stress, manage social occasions

No transference to food, No weight gain. Pleasant detox of body.

Reversal of mental habits—No nasty Withdrawal symptoms

Simple Breathing exercises. Learn and Master self hypnosis.

Visits 1,2,3 in the first week consecutively Visits 4& 5 take place weekly

hypnosis:

The hypnotic state can be likened to day-dreaming and is deliberately induced by the clinical hypnotherapist. During this state therapeutic desensitizing suggestions are presented to the hypnotized person.

investment:

\$600 for 5 x 1 hour visits over 4 weeks payable upfront.

Upfront payment encourages patient compliance to complete the program to gain its full benefits.

If payment is an issue for you, please see our receptionist for other

“split payment options”

Shop 3/16 Philip St
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6676 4044

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Shiatsu

Reiki

Hypnotherapy



**Balanced
Being**
holistic health

The Centre for Change