

## *Holistic Hypnotherapy*

This therapy uses hypnosis for self-improvement and to make positive changes within the client's life.

Holistic hypnotherapy can successfully treat:

- Anxiety/Panic attacks
- Depression
- Smoking
- Irritable Bowel Syndrome (IBS)
- Phobias
- Confidence
- Weight
- Relationship problems
- Skin problems inc. eczema and psoriasis
- Performance problems (Sports, Social & formal)
- Pain control
- Nail biting
- Blushing
- Exam nerves

And many more behaviours and habits that are preventing you from being **Uniquely You**

Other Therapies offered by **Uniquely You**

**Hopi Ear Candling**, or Thermo Auricular Therapy as it is also known, can be used to treat many conditions of the ear, nose and throat area.

**Reiki** is a holistic therapy in that it works on the mind, body and spirit by stimulating the body's own natural healing capacity. It can be used alone or with other treatments to help restore physical and emotional balance in the body.

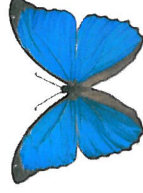


## *Uniquely You*

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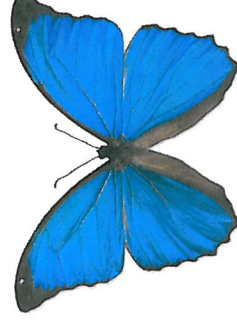
## *Holistic Hypnotherapy*

*"Hypnotherapy is the use of hypnosis for self-improvement and/or the release of problems"*

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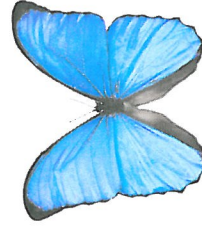


# Uniquely You

**Providing holistic therapies, which aim to treat the person as a whole; mind, body and spirit. There is only one of you, you are Uniquely**

**You, let's treat you as**

**Uniquely You**



**GO WITHIN TO REVEAL THE REAL YOU**



# Holistic Hypnotherapy

It may surprise you to learn that you actually enter a hypnotic state of mind every single day, whether it is whilst reading a good book or becoming engrossed in your favourite television programme.

All hypnosis is "self- hypnosis", you as a client can feel free to choose how deeply relaxed you want to feel and, as a therapist, my role will be to guide you through this meditative relaxed state of awareness and here introduce the therapy that is needed specifically for you.

While you enter this different natural state of consciousness, the subconscious that holds all the memories and emotions of every experience in your life, is accessible.

***It is here where the work truly begins!***

Holistic Hypnotherapy uses hypnosis and therapy to look at **all** areas of your life to make changes and allow you to feel who you truly are.

**GO WITHIN TO REVEAL THE REAL YOU**

# What you have said....

"Since my hypnotherapy sessions with Jen, I have seen a huge improvement in myself confidence. I have clarity and a clear focus, which allows me to live my life as I have always wished to. I now know that to live your dreams is possible!"

**Mrs E, Didsbury**

"I recently got out of a controlling long-term relationship and hit rock bottom. I had no confidence in myself and couldn't see a future.

I was not sleeping and was constantly worrying. I didn't know which way to turn!

I went to see Jennifer who did a free consultation. I was a bit dubious about the hypnotherapy - after all you see on the television but it isn't like that at all. Jennifer was absolutely fabulous and made me feel at ease and comfortable during my sessions. Within just a couple of sessions I am a new person; confident, assertive and taking every day as it comes.

I can't thank Jennifer enough!"

**Miss P, Cheadle**

"I was unable to move forward in my career, feeling stuck and not sure of which path to take. I had two sessions of holistic hypnotherapy and now, thanks to my increased confidence I have moved onto a different career path, which I should have done a long time ago!"

**Mrs H, Stockport**

"A fantastic Hypnotherapist with a great knowledge and understanding. I felt so much better as with her help, I managed to achieve the change I wanted."

**Mr A G, Manchester**