

Terms & Conditions

- All sessions must be paid a minimum of 24 hours in advance for individual sessions and if you choose the 6 session package, all 6 sessions are paid in advance.
- Sessions are £70 per hour if you use PAYG and £360 for a block of 6.
- As discussed please listen to the audio on WhatsApp every evening, it will offer you the best results of achieving a good night's sleep, therefore allowing your subconscious mind to process your thoughts from the day.
- Please begin listening to it asap.
- Feel free to pass it on to friends and family if you think it may help them.
- If we work on zoom, ensure your appliance is fully charged, that you are comfortable with zoom as a platform and that you are in an uninterrupted space.
- Please also set an alarm on your phone for five minutes after our session in case you should fall asleep during trance.
- If we work in person, arrive on time for your appointment, if the door to the therapy room is closed I will be with another client, wait outside and I will be with you shortly.
- Cancellation or changes to sessions must be within 24 hours of the appointment, or full payment will be charged.
- If you are 10 minutes or more late for any sessions it may mean I need to reschedule as I need a full hour for you to get the benefit of psychotherapy and hypnotherapy combined, the full session will be charged.
- I look forward to working with you towards achieving your goals in a solution focused way.
- If you have any questions on any of the above, don't hesitate to email them to me and I will respond as soon as I'm free.