

Happy Healthy Hypnosis

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Transform your life with the power of hypnosis. With over 20 years of experience, I guide clients to lasting results in stress relief, better sleep, breaking habits, and more.

Single Session

\$175

Perfect if you want to experience hypnosis before committing to a program.

3-Session Program

\$450 (Save \$75)

Ideal for focused goals such as stress relief, building confidence, or preparing for an upcoming event.

6-Session Transformation

\$850 (Save \$200)

Best for deeper, lasting changes such as:

- Quitting smoking
- Long-term stress management
- Sleep transformation
- Breaking habits or fears

How It Works

- Each session is 20-90 minutes.
- Programs are tailored to your unique goals.
- In-person or online sessions available.

Ready to Begin?

"Most clients find the 3- or 6-session program gives them the strongest results. Which option feels right for you?"