

## **Reiki**



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing and wellness. It is administered by "laying on hands", the Reiki practitioner uses their hands to transmit energy to the recipient.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement. It has been effective in helping virtually every known illness and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

**£25.00 per session**

## **Emotional Freedom Technique**

E.F.T. is a form of psychological acupressure; most highly recommended to optimise your emotional health. E.F.T. is based on the same energy meridians used in traditional acupuncture, to treat physical and emotional ailments for over five thousand years but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem or traumatic event, an addiction, pain, etc. -- while voicing positive affirmations. E.F.T can be used for a wide number of issues.

**£30.00 session**

## **Hopi Ear Candling**

The Hopi Ear Candle is inserted in the ear for a purely physical function. A light suction action (chimney effect) and the movement of the flame create a vibration of air in the Earcandle, generating a massage-like effect on the eardrum. This indicates a pleasant feeling of warmth and balance of pressure in the ear, forehead and sinuses for headache, ear noise, stress and nervousness.

**£20.00 per session**



## **Holistic Healing**

**Hypnotherapy  
Reiki Healing  
Hopi Ear Candling  
E.F.T  
N.L.P**

**Tel: 01924 266265**

**Mob: 07788**

**402344**

(Evening & Weekend Appointments Available)

**Make that call and end the struggle!**

Professionally qualified & registered hypnotherapist  
Heidi Watkins, RMH, R.Hyp, PNLP, HPD  
15 Grove Street, Ossett, West Yorkshire, WF5 8LP.

## About your therapist



As a professionally qualified and registered Hypnotherapist, a practitioner in Neuro Linguistic Programming / Emotional Freedom Technique I can teach you valuable tools to help you help yourself.

I am extremely passionate about my work as a therapist, for me there is no better feeling than helping others. Hypnotherapy gives you back control and is a fast and effective way of dealing with a large number of issues.

My premises are in Ossett where I have a therapy room which has a nice, comfortable relaxed environment. I have a caring and sympathetic approach with all of my clients and appreciate that it is not always easy for some individuals to express their concerns and / or deal with their issues.

## *Hypnotherapy*

Hypnotherapy relies on focussing of the mind to provide access to the subconscious, the part of the mind that controls our feelings, actions and emotions. This access allows us to treat problems at their point of origin, which ensures a permanent effective treatment, in many cases in a very short space of time.

### *Can everyone be hypnotised?*

Everybody who wants to be hypnotised can be, it has nothing to do with one being strong or weak minded, it's about the individuals willingness to work with the therapist to achieve the results they require.

### *How long will it take?*

Unlike conventional therapy like Psychiatry or Psychoanalysis, which can take a few years, Hypnotherapy is a quick solution based therapy, which gets to the root cause of the problem.

### *What can hypnotherapy be used for?*

Hypnotherapy can be used for a large range of problems and issues.

**Fears / Phobias / Smoking / Goal Setting / Age Regression / Panic Attacks / Insomnia / Pain Control / Confidence Building / Test Anxiety Stress Management / Anger Management / Weight Control / Low Self Esteem / Habits / Memory & Concentration / Loss & Bereavement and more.**

**\*Consultations are free of charge \***

**Analytical Therapy** - This type of therapy successfully removes the route cause of the problem. The number of sessions will vary, depending on clients individual issues. **£45.00 per session**

### **Stress Management Package**

3 session package which includes Stress management booklet and deep relaxation cd to compliment therapy sessions. **£150.00**

**Smoking** – This is one session and combines Hypnotherapy, N.L.P and the self help tool E.F.T. This session also includes a back-up booster cd to reinforce the therapy session. **£140.00**

### **Weight Control Booster Package**

3 Session package which includes a combination of Hypnotherapy, N.L.P and E.F.T to help with cravings. **£150.00**

**\* Packages, payable on first session \***

**For further help or advice on any of  
the therapies listed, please do not  
hesitate to call 01924 266265 or  
mobile 07788 402344**