

K SPA ALTERNATIVE THERAPIES

HYPNOTHERAPY



K Spa has collaborated with qualified practitioner Al Mayfield to create a Hypnotherapy Package for guests looking to bring about beneficial change to their life.

Hypnotherapy is a common therapy used to help individuals overcome a variety of personal issues such as anxiety, stress and relationship issues. It can also be used to encourage someone to make a significant change in their life.



IS HYPNOTHERAPY THE RIGHT TREATMENT FOR ME?

Al Mayfield has been helping clients with a wide range of life issues from helping to quit smoking, weight and eating issues, panic attacks, and lack of confidence. Hypnotherapy is a method used to help people gain greater control over their behaviour and emotions. During hypnosis, the person is led into a relaxed state where the pre-agreed methods are then used to help the person reach their goals.

WHAT ARE THE BENEFITS OF HYPNOTHERAPY?

Hypnotherapy can help improve conditions such as anxiety, depression, stress and grief. Many people try hypnotherapy to overcome addictions such as smoking and drinking.

ARE THERE ANY SIDE EFFECTS I SHOULD KNOW ABOUT?

Hypnosis carried out by a trained professional is a safe alternative to medical treatment. It is not recommended for people who have a history of mental health issues. Reactions to hypnotherapy are very rare but may include headaches, drowsiness, stress and the creation of false memories.

DO I NEED TO PREPARE FOR HYPNOTHERAPY?

You do not need to prepare for hypnosis but it is recommended that you wear comfortable clothing and make sure you are well rested.

WILL I BE IN CONTROL OF MY HYPNOSIS?

You will be in full control and can bring yourself out of the hypnotic state.

Prices for the Hypnotherapy Package start from £85 per person.

Sessions take place at our award-winning K Spa and can be booked with Al Mayfield directly



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