

HYPNOSIS

Karen Davies has completed training in Clinical Hypnosis. She is able to offer hypnosis in a range of areas including:

- Smoking cessation
- Weight loss
- Healthy eating
- Anxiety
- Phobias
- Changing habits

The number of consultations required vary according to the treatment area and the severity of the condition. Contact Upstream to discuss your needs further.

Costs for sessions are \$185 per hour.

upstream health

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