



## READY TO STOP SMOKING?

Ready to feel good, breathe easily, increase your energy and have more money in your pocket?

Sally Hellewell is a qualified hypnotherapist, who works to the highest standards. She offers a confidential service in a comfortable and safe environment.



**GHc**  
MEMBER  
General Hypnotherapy  
Society's Council



If you are ready to make the change, call Sally on 01773 764272 or email info@derbyshirehypnotherapy.co.uk



## DO YOU WANT TO STOP SMOKING?

Are you finding that your 'willpower' isn't enough? The warnings about ill health haven't made you stop? Maybe you've tried other methods but failed?

PERHAPS IT'S TIME TO TAKE A DIFFERENT APPROACH!

JEAN ROSS M.ED., B.ED. (HONS)

*you can expect:*

- Rapid results with proven techniques
- Discover how your beliefs sabotage your efforts & change this quickly
- Eliminate the emotions that cause you to smoke get instant help with cravings
- be amazed at how quickly this works

**CALL TODAY ON 01332 781319**

The Hollies Natural Therapy Centre,  
95 Main Road, Smalley, Ilkeston, Derbyshire

# Hypnosis

completely safe and satisfyingly relaxing

**Have you ever experienced a state between being asleep and awake?**

**Have you ever been so busy thinking about something, that you have completed a task without realising it? Maybe while reading a book you have been unaware that the phone was ringing.**

**Another example is daydreaming. Maybe you've been on a train and unthinkingly missed a station stop. This is known as the trance state.**

During clinical hypnosis this trance state is used to focus really positive and helpful suggestions to help you to make positive changes so they become permanently embedded as good habits for you in a short space of time.

Hypnotherapy is used in medicine, dentistry, professional sports and education. It is well known to help smokers quit quickly and for permanent results with weight control, stress, insomnia and phobias, to name just a few.



As a confidence booster, hypnotherapy is amazing and even after just one consultation you can benefit from positive results. It can help you to improve on the skills you already have and help you to build new ones.

For further information or to book a consultation call either of the two fully qualified, local hypnotherapists detailed above – both are highly experienced in all areas of hypnotherapy.

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