

Start the year with a

healthy new you

with hypnotherapy treatments



STOP SMOKING IN 1 HOUR

Feel good,
save money
and smell great!



LOSE WEIGHT NOW

Slimming
courses
available

Al Mayfield Hypnotherapy

Phone: 01753 887181 or 07768 894484

www.almayfieldhypnotherapy.co.uk

Start the year with a

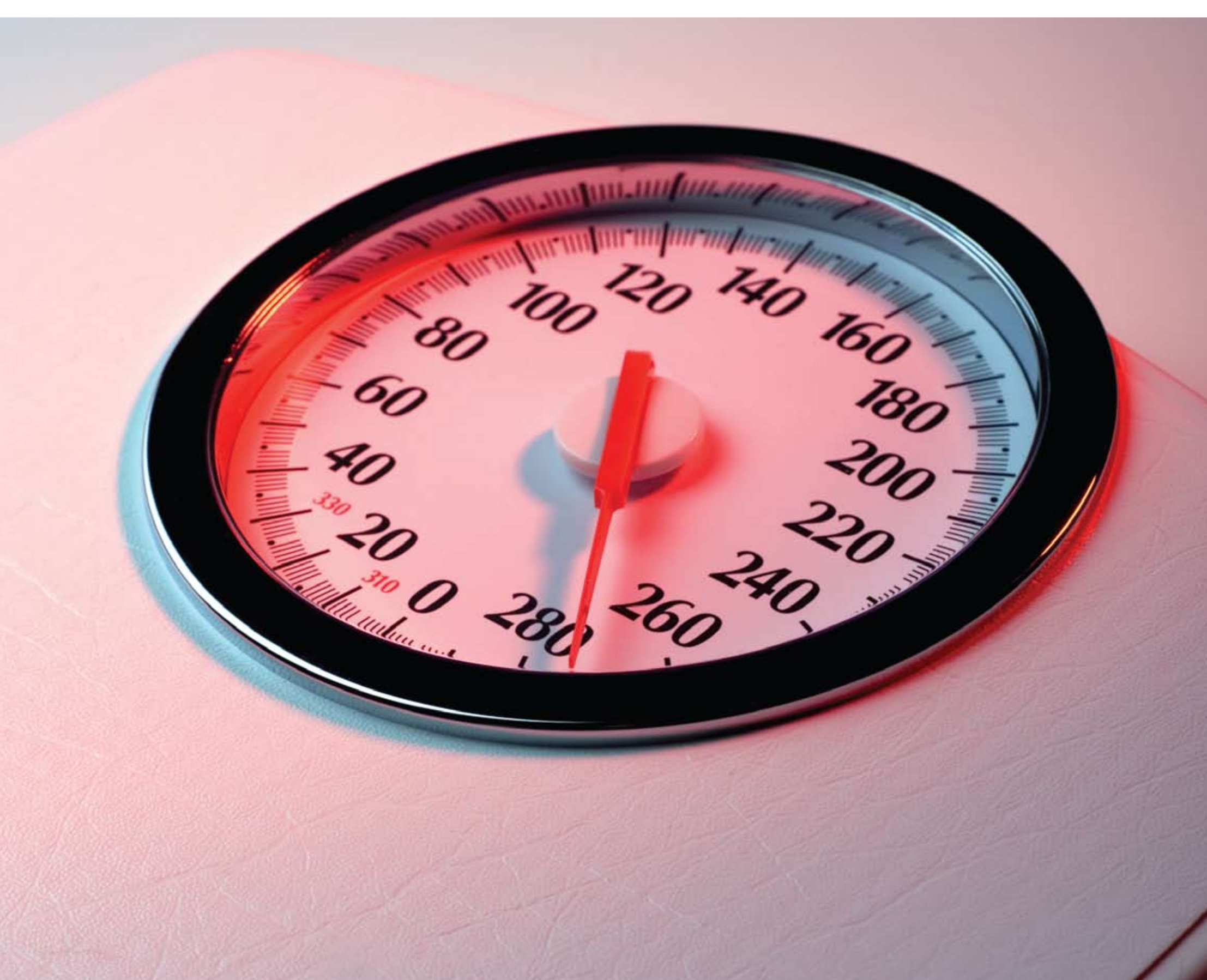
healthy new you

with hypnotherapy treatments



STOP SMOKING IN 1 HOUR

Feel good,
save money
and smell great!



LOSE WEIGHT NOW

Slimming
courses
available

Al Mayfield Hypnotherapy

Call: 01753 887181 or 07768 894484

www.almayfieldhypnotherapy.co.uk