

BIEN-ETRE WELLNESS CENTRE

Referral bonus-\$10 credit (to be used towards services only)

Life Coaching

Enhance your work life, social life, family life, career counseling- to live your best life. Get empowered to speak your mind and expect to have clear weekly goals to accomplish your personal/professional goals.

60 minutes-\$75 (Create a 30 minute goal setting session add 60 minute Hypnosis)~90 minute- \$100)

Hypnosis to Happy-Hypnosis for Wellness

Allow yourself to let go of negative behaviors, emotions, feelings, impulses and create positive results and love. Improve your LIFE....get the life you deserve, Stop Smoking, Weight Control, Self-confidence, Healthy Relationships, Relief from: Pain, Anxiety, and Stress. Hypnotherapy by appointment & available on Skype

(60 minutes-\$75, 90 minute- \$100)

Past Life Regression Therapy

Going back in time to understand how to let go of the problems we are experiencing in the present -you remember everything and you are in control during the process

(60 minutes-\$75, 90 minute- \$100)

Sauna

Relax, Rejuvenate, Lose Weight, Relieve Muscle & Joint Pain, Ease Lyme's Pain, Detoxify

Minimum ~30 minutes ~Maximum~ 60 minute session upon request

Sauna Packages Available to be used exclusively by the same client

Aromatherapy Private Workshop

"Natural Remedies for What Ails You"~ ancient healing used throughout time combining essential oils for healing physical, emotional and spiritual issues- (30 minute private session -\$20)

Essential Oils Available for PURCHASE. BUY Essential Oil(s) and diffusers including alloy & sterling silver jewelry.

Upon request we will create your own personal remedy or scent prices vary depending on cost of essential oil.

GROUP PROGRAMS

All programs can be held privately upon request

Guided Visual Meditation~Yoga breathing with guided imagery to beautiful places-30 minute session

Progressive Relaxation Meditation~releasing tension from head to toe-1st & 3rd wk - 30 minute session

Healing Meditation~bringing our body back to perfect health breath and visualizing- 2nd & 4th week- 30 minute session

Past Life Regression Group Hypnotherapy ~Go back in time to understand how to let go of the problems- 60 minute session

Weight Loss Group Hypnotherapy- 3 week progressive session-Three 60 minute Sessions

Aromatherapy Workshop "Natural Remedies for What Ails You"~ ancient healing used throughout time combining essential oils for healing physical, emotional and spiritual issues

We will be creating different weekly homemade recipe(s) for all that ails us 30 minute Session

HOMEMADE-Essential Oils Available for PURCHASE. Upon request we will create your own personalized remedy or scent.

BUY Essential Oil(s) and diffusers including alloy & sterling silver jewelry.

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