

Hello,

Thank you for making your booking. I wanted to send you an information letter to keep all the important details in one convenient place.

**Consultation Form:**

I have attached the consultation form to this email. Please fill it out and return it to me at least a week before your first session. If there's anything crucial I should be aware of before our meeting, please don't hesitate to inform me.

**Payment:**

To secure your booking, I kindly request a deposit equal to half of the session cost. If you've already completed this through our website, please disregard this request.

**Session Prices:**

Hypnotherapy:

Introductory Hypnotherapy Session (Consultation with Taster Therapy): £70

Hypnotherapy & NLP (1 hour 30 minutes): £91 (6 sessions for Harmony Within Programme)

Hypnotherapy & NLP (60 minutes): £63 (9 sessions for Harmony Within Programme)

**Energy Sessions:**

Reiki, Spiritual Healing, or Access Bars (1 hour): £55

Reiki/Spiritual Healing with Meditation/Gentle Hypnotherapy (1.5 hours): £75

**Massage:**

Massage (1 hour, can include some energy work): £55

Massage and Reiki or Spiritual Healing (1.5 hours): £75

The remaining payment can be made via bank transfer before the session. Here are the bank details:

Sort code: 20-77-85

Account number: 93977579

Reference: Please include your first name and the date of the session.

Address:

You'll find me at Hales Osteopathic Practice, 8 Wilkinson Walk, Cheshire Street, Market Drayton, TF91PW. There is paid parking available nearby.

**Cancellation Policy:**

Your understanding of our cancellation policy is greatly appreciated. If you need to reschedule more than 24 hours before your session, there's no additional cost, and we'll apply the deposit to your next appointment. However, if you must cancel within 24 hours of your session, we'll need to charge half of the session cost. This policy helps us manage our schedule effectively, as we have limited availability, typically seeing about 2 clients a day.

**COVID-19 Procedure:**

We have implemented a COVID-19 procedure to ensure everyone's safety. Please review the following:

On the day of your appointment, if you answer "yes" to any of the following questions, please reschedule:

Have you tested positive for COVID-19 in the past 7 days?

Has anyone in your household tested positive for COVID-19 in the last 7 days?

Do you have a high temperature, cough, sore throat, respiratory illness, shortness of breath, or loss of smell or taste?

Do you suspect you may have COVID-19 but have not been tested?

**During Your Visit:**

Bring your own bottle of water.

Please do not arrive early for your appointment.

Call or ring the doorbell at your appointment time.

Wait at the front door, and I will come to meet you.

Use the provided hand sanitizer when entering the building.

**During the Session:**

If you're receiving energy therapy, I'll wear a face mask, and I kindly ask you to consider wearing one as well (though it's optional).

You'll be provided with an optional blanket that will be washed after each use.

Before and after each client, I will clean the treatment room equipment and wash my hands.

**Leaving the Therapy Room:**

Please exit promptly to allow time for cleaning and changing of personal protective equipment before the next client.

You may dispose of any paper masks in the provided bin.

If you have any concerns or questions, please feel free to reach out. You can contact me at 07737769548 or via email at rebeccagarratt.therapies@gmail.com.

While we've taken every precaution to ensure your safety, ultimately, your health is your responsibility. Please assess whether these safety measures are suitable for you.

I'm looking forward to meeting you and embarking on this journey together.

Warmest wishes,

Rebecca