

Cross Conscious Hypnosis

Cost of Services

In-person 60-90 Minute Discovery Consultation

1 hr 30 mins|\$150

We will use this time to get to know each other. After I explain my services and answer your questions, we'll determine the best option for you. You'll also get a brief experiential preview of what working together can feel like and the kinds of changes you may begin to notice.

Online/Phone 60-90 Minute Discovery Consultation

1 hr 30 mins|\$150

We will use this time to get to know each other. After I explain my services and answer your questions, we'll determine the best option for you. You'll also get a brief experiential preview of what working together can feel like and the kinds of changes you may begin to notice.

Cross Conscious Hypnosis Transformation

1 hr |\$997

A 2-month, 4-session program designed to support lasting change, with structured follow-ups and support between sessions during the program, plus access to a personalized toolkit and curated resources for continued use.

In-person Hypnotism Session + Resource Follow-Up

1 hr |\$227

In this one hour session, we work together as a team to help you remove limiting beliefs and replace them with empowering beliefs using hypnotic techniques that are centered around your specific needs.

Online Hypnotism Session + Resource Follow-Up

1 hr |\$227

In this one hour session, we work together as a team to help you remove limiting beliefs and replace them with empowering beliefs using hypnotic techniques that are centered around your specific needs.

In-person EFT Session + Resource Follow-Up

1 hr | \$197

In this one hour session, we work together as a team to counter-condition and neutralize your emotional reactions to longstanding issues by using your body's natural energy system.

Online EFT Session + Resource Follow-Up

1 hr | \$197

In this one hour session, we work together as a team to counter-condition and neutralize your emotional reactions to longstanding issues by using your body's natural energy system.

In-person Mind-Body Coaching + Resource Follow-Up

1 hr | \$197

In this one-hour session, we look at the history and patterns of your chronic symptoms, apply targeted neuroplastic strategies for relief, and build a personalized plan to retrain your nervous system for long-term recovery.

Online Mind-Body Coaching + Resource Follow-Up

1 hr | \$197

In this one-hour session, we look at the history and patterns of your chronic symptoms, apply targeted neuroplastic strategies for relief, and build a personalized plan to retrain your nervous system for long-term recovery.

In-person Pelvic Wellness Training + Resource Follow-Up

1 hr | \$197

In this one-hour session, we work together as a team to evaluate your past and current pelvic symptoms, implement strategies for relief, and uncover the root causes to support lasting recovery.

Online Pelvic Wellness Training + Resource Follow-Up

1 hr | \$197

In this one-hour session, we work together as a team to evaluate your past and current pelvic symptoms, implement strategies for relief, and uncover the root causes to support lasting recovery.

In-person Life & Fitness Coaching Session

1 hr | \$119

In this one hour session, we work together as a team to assess your current lifestyle habits and make the unique changes to your daily diet and exercise routines that are compatible with your age and necessary for your overall goals of fitness.

Online Life & Fitness Coaching Session

1 hr | \$119

In this one hour session, we work together as a team to assess your current lifestyle habits and make the unique changes to your daily diet and exercise routines that are compatible with your age and necessary for your overall goals of fitness.

In-person Running Coaching

1 hr | \$119

In this one hour session, we work together as a team to help personalize your running training, so that you can boost your performance, correct your form, increase your endurance, and substantially lower your mile time with a positive and motivating approach.