

Ildiko Benyak, M.B.A. holds an undergraduate degree in Psychology and a Master's in Business, blending a grounded understanding of the mind with a practical sense of real-world balance. Over the years, she has trained in Hypnotherapy, Belief Work, EFT, and Medical Intuition, expanding her ability to work with both the seen and unseen aspects of healing.

Her studies in Angel Communication, Mediumship, and the healing arts of energy work add a spiritual dimension to her practice, while her professional background as an Esthetician brings in the nurturing, hands-on element of care.

Ildiko's work bridges psychology, energy, and spirit — helping others release what no longer serves, connect with their inner wisdom, and experience renewal in body, mind, and soul.

- Hypnotherapy — Access deep subconscious patterns for lasting transformation. Applicable to weight loss, stress reduction, creation of new life patterns, and more.
- Medical Intuitive — Tune into the body's wisdom for insight and support, including chakra balancing, positive energy infusion, and intuitive health guidance.
- Angel Communication — Connect with angelic guidance and personal guides for clarity, comfort, and deeper spiritual connection.
- Mediumship — Receive messages from loved ones beyond the veil.

- Belief Work — Identify and shift core beliefs to align with your true self, supporting long-lasting change, pattern transformation, and goal realization.