

Welcome Email for a Hypnotherapist After Initial Client Contact About Sleep Issues

Email 1 - Painting a picture of the transformation

Hi [client name]

Thank you for reaching out to me!

Right now, you probably feel like you'll never sleep through the night again but it doesn't have to be like this.

Imagine that following our first session, you experience the deepest and longest sleep you've had in years. And you wake feeling refreshed.

Not tossing and turning or counting sheep.

Not watching the minutes tick by on the clock.

Not getting up and distracting your mind to encourage sleep.

What would that change for your life?

Your mind is incredibly powerful and has huge capacity for re-education.

I use Solution Focused Hypnotherapy to train your mind to sleep better.

You'll gain the relaxation tools you need to fall asleep quickly and naturally. And the power of positive suggestions teaches your mind that you can go back to sleep easily if you wake up in the night.

Just imagine how you'll feel when you're not afraid of sleep struggles anymore.

Here's how my client Leanne's life has changed since we fixed her sleep issues:

"Louise is amazing! Before, I was lucky to get a couple of hours sleep per night and I felt physically awful. Getting through the day was a major struggle. Since working with Louise, my sleep is so much better. Most nights, I get a solid 8 hours, which I never believed would be possible! I can't recommend Louise highly enough - if you can't sleep, book an appointment!"

At the moment, all of my sessions are online. We can talk on Zoom, Facetime or Whatsapp - whatever you feel most comfortable with.

Clients are telling me that it's like we're in the same room together and they feel really relaxed during our sessions.

If there's anything else you want to know about working with me, hit reply and let me know what's on your mind.

When you're ready to book a session with me, pick a date and time that works for you here.

Talk to you soon,

Louise