



Miss Laura O'Neill
SanaMente Hypnotherapy

31st August 2021

Testimonial

May I start by saying how truly wonderful Laura and the SanaMente team are. From my first point of contact with Laura, she has been exceptional in accomodating my working hours and travel time to provide me with sessions in the evenings that fit around my schedule.

Many of you will know and have experienced an imbalanced mindset, one that is causing stress, anxiety and frustration.

After the pandemic, I found myself in this place, becoming frustrated with myself far too often, feeling uncomfortable and struggling with doing things that I would never have even thought about before.

Naturally, my mind is always whirring, and I can honestly say, being placed under hypnosis by Clare, is the only time I have ever felt complete calm.

Clare has taken the time to understand my situation, how I'm feeling each session and tailored hypnotherapy exercises to help me.

The outcome has been magical, and I have only had 3 sessions. I will be continuing to attend sessions with Clare to help me on my journey, tackling those difficult challenges that life throws at us and taking positive steps forward.

Sincerley yours

Miranda Priestley
Creative Lead



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