

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Client's Name]
[Client's Address]
[City, State, Zip Code]

Dear [Client's Name],

I hope this letter finds you well. I want to take a moment to thank you for choosing me to support you on your journey towards [specific goal, e.g., overcoming anxiety, enhancing confidence, etc.].

As we prepare for our upcoming session, I would like to outline what you can expect during our time together. Hypnosis is a deeply relaxing process that allows you to enter a heightened state of awareness, giving you the opportunity to work through [specific issues or topics].

Please remember that you are in control throughout the process, and you can choose to accept or reject any suggestions given. Here are a few tips to help you prepare:

1. **Relax and Clear Your Mind:** Take some time before our session to relax and set your intentions.
2. **Stay Open-Minded:** Approach the session with an open mind to maximize your experience.
3. **Ask Questions:** If you have any questions or concerns, please feel free to bring them up.

I look forward to working with you and exploring the possibilities that hypnosis can offer.

Warm regards,

[Your Signature (if sending a hard copy)]

[Your Printed Name]

[Your Title or Credentials]