

[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 am looking forward to our upcoming hypnosis session scheduled for [date and time]. To ensure that we have a productive and effective session, I would like to provide you with some preparatory information.

1. ****Session Focus****: Please take some time to reflect on the specific issue or goal you would like to address during our session. Being clear about your intentions will greatly enhance the effectiveness of the hypnosis.
2. ****Arrive Relaxed****: It's important to come to the session feeling calm and relaxed. Consider engaging in activities that promote relaxation prior to our appointment, such as deep breathing, meditation, or gentle exercise.
3. ****Avoid Stimulants****: I recommend avoiding caffeine or any other stimulants on the day of our session, as these can interfere with your ability to enter a relaxed state.
4. ****Dress Comfortably****: Please wear comfortable clothing to ensure you can relax fully during the session.
5. ****Hydration****: Make sure to stay hydrated, but try to limit excessive fluids just before the session to avoid interruptions.
6. ****Open Mind****: Approach our session with an open mind and a willingness to explore, as this will help facilitate a successful experience.

If you have any questions or concerns before our appointment, please feel free to reach out via email or phone. I'm here to help!

Thank you, and I look forward to seeing you soon.

Warm regards,

[Your Name]
[Your Title/Qualifications]
[Your Practice Name]