

[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 writing to confirm our upcoming hypnosis sessions and to provide you with some important details regarding our work together.

****Session Details:****

- ****Start Date:**** [Start Date]
- ****Frequency:**** [Weekly/Bi-weekly/As agreed]
- ****Duration:**** [Session Length]
- ****Location:**** [Session Location or Virtual Platform]

****Goals of Hypnosis:****

In our sessions, we will focus on [specific goals such as stress relief, weight loss, overcoming phobias, etc.]. If there are any specific issues or areas you would like to address, please let me know.

****Preparation for Sessions:****

Please ensure that you arrive [on time, or any specific instructions]. It's also helpful to come with an open mind and a willingness to explore your subconscious.

****Fees:****

The fee for each session is [amount]. Payments can be made [payment methods].

Should you have any questions or need to reschedule, please do not hesitate to reach out.

Looking forward to our sessions together!

Warm regards,

[Your Signature (if sending a hard copy)]

[Your Name]

[Your Title/Qualifications]