

[Your Name]  
[Your Title/Position]  
[Your Business 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 message finds you well. I wanted to take a moment to thank you for your recent session and to discuss your progress in our hypnosis journey together.

During our last session, we focused on [specific focus or issue discussed], and I encourage you to reflect on any changes or insights you may have experienced since then. Remember, the process of change can unfold in various ways, and it's perfectly normal to have good days and challenging ones.

If you have any questions or need further support, please don't hesitate to reach out. I am here to assist you in achieving your goals.

Additionally, I would like to remind you of your next scheduled session on [date and time].

Thank you once again for allowing me to be part of your journey. I look forward to hearing from you soon.

Warm regards,

[Your Signature (if sending a hard copy)]  
[Your Printed Name]