Hypnofit

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Struggling to overcome smoking or looking for a way to rid yourself of unhealthy cravings? The team at Hypnofit can help. Founded by award-winning clinical hypnotherapist, and AHA accredited supervisor, Helen Mitas, Hypnofit specialises in clinical hypnotherapy that addresses a range of behaviours and conditions. Our hypnotherapy services include:

Weight Loss Hypnosis – Work towards reaching your weight goals using a non-surgical method that focuses on eliminating thoughtless snacking and unhelpful behaviour patterns.

Anxiety Hypnotherapy – Eliminate being stopped by negative emotions and increase your confidence & positive thoughts with help from our specialists.

Hypnosis for Depression – Treat the potentially crippling impact of depression and breakout out of the depressive cycle with our medication free program.

Quit Smoking Hypnotherapy – Break out of old habits, create a new way of thinking and become a non-smoker. Regardless of whether you vape or use tobacco in other ways, our treatment offers you benefits.

Child Hypnotherapy Melbourne – Hypnofit has specially trained hypnotherapists to address the needs and concerns of kids. We can work with them to manage the stressors of daily life and improve resilience.

In addition to the services above we provide gambling hypnotherapy, hypnosis for alcohol abuse, hypnotherapy for anxiety and depression if you are suffering from both anxiety and depression; gastric band hypnotherapy.

Get in contact with our Melbourne hypnotherapy clinic to book your free thirty minute strategy session today!

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