


45- Minute Stress Relief Hypnosis Session - Just \$45

at Green Mountain Hypnosis

Take 45 Minutes to Reset and Recharge

Enjoy a live, one-on-one remote hypnosis session for stress relief.



Book Your Session Now

Sometimes Your Brain Just Needs a Break Enjoy a live, one-on-one remote hypnosis session for deep stress relief. Whether your mind's been spinning from a long week, or you're just ready to feel lighter and more balanced, this session gives you real relief you can feel right away. In just 45 minutes, you can experience: Relief from mental overload A quieter, more cooperative mind Less tension in the body A better night's sleep More clarity and focus The sense that something clicked back into place It's like hitting the reset button - helping you handle everything else with more ease and clarity. Book Your Session at: https://www.greenmountainhypnosis.com/45min_destress

Terms and Conditions

This offer includes one 45-minute hypnosis session held remotely via video call.

This session is intended for general wellness and personal change. It is not a replacement for medical or psychological treatment. Karen Gray does not diagnose or treat any condition. Participants must be 18 or older. By scheduling, you agree to provide at least 6 hours' notice for any changes or cancellations.

Missed or late-cancelled sessions may be subject to a rescheduling fee.

Exp: January 31, 2026