

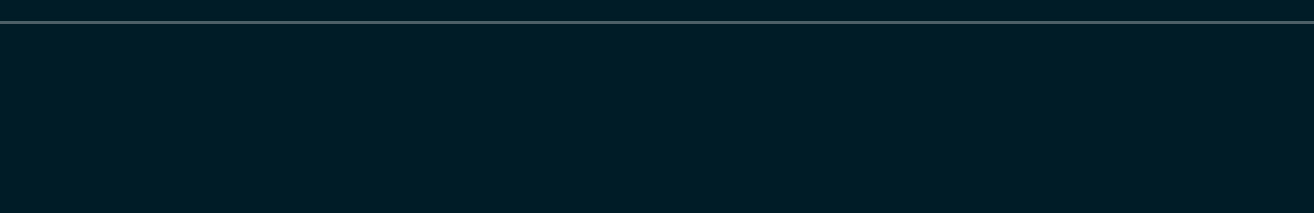
Most Recommended Hypnotherapist -

Aaron Surtees

Book the session now

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As seen on



1-on-1 session

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Hypnosis Treatments

I suffered depression for some time. I was looking at different ways to combat this. I have seen Aaron 4 times now. I have regained my mind, I have very positive feelings and beliefs now and my energy levels are huge. Aaron has quite possibly saved me from a very downward spiral. Highly recommend! Give this a go and see for yourself - David Oliver

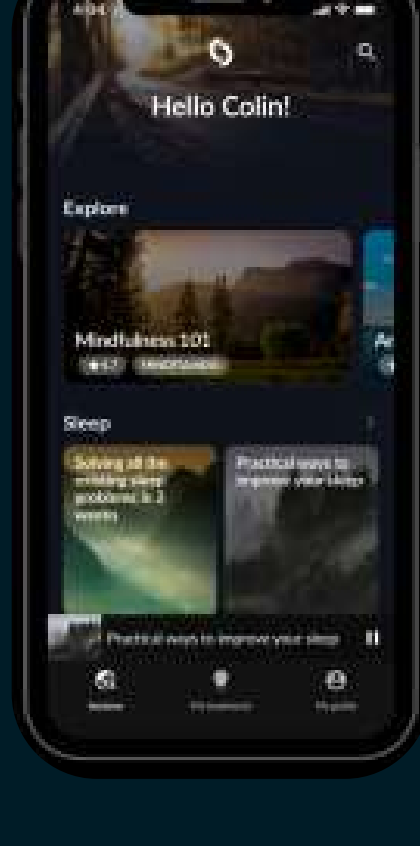
[Depression](#)

"I had 2 sessions with Aaron Surtees for anger management. I would lash out & throw household objects at family members whenever I was frustrated or stressed out. It hurt a lot of people, including myself. **Seeing you was extremely helpful, the physical tantrums stopped almost immediately after those sessions.** I can't thank you enough" - Mary Bradshaw

[Anger management](#)

I went to Aaron over 7 years ago for hypnosis and the service was perfect for my needs at the time. I am writing this as I have recently returned for business motivation. Which Aaron has a fantastic feel for. I can not highly recommend his service highly enough. A truly lovely guy offering a great service" - Lee Taiston

[Procrastination](#)



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How Hypnosis Works?

Hypnosis is a state of relaxed awareness. You will be physically relaxed but mentally alert. In this state, your subconscious mind is most receptive to hypnotic suggestion. You are in full control throughout. Hypnosis has been demonstrated in numerous studies and scientific research world wide for several decades as an effective treatment for a wide range of issues. We also specialise in Cognitive Hypnotherapy. Jana Sheena is an expert in Cognitive Behavioural Hypnotherapy which combines hypnosis and CBT.

Hypnotherapy

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City Hypnotherapy

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TV Appearances

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Testimonials

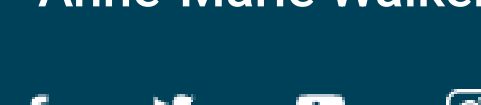
[Client Say's](#) [Video Testimonials](#)

Opinion Matters

★★★★★

"My sweet tooth was having an adverse effect on my health so I decided to try hypnotherapy again (third time) with a different hypnotherapist-Aaron-after reading his reviews. I have been more than happy with the results and would definitely recommend him!"

Anne-Marie Walker



★★★★★

"I have just hit 2 months smoke free which I didn't think was possible 2 months ago and it is all thanks to Aaron. Other than a couple of very mild cravings for the first couple days I don't even think about cigarettes any more and I feel 1000x better! Thanks Aaron!" Jake Kelleher

Jake Kelleher



★★★★★

"I went to see Aaron a few years ago to help me with my anger management. I went for four sessions and it changed my life. I now react to stressful situations and conflict with a calm head and no longer get angry. I would definitely recommend Aaron."

Lee Stanforth



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Media Appearances



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What does it cost?

pay per month

£ 100

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pay per session

£ 350

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