



*Elena Lisnic*



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# Embrace yourself With love

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## How Can I Help You ?

### **Clinical and Transpersonal Hypnotherapy**

Helps with anxiety, depression, fear, trauma, low self-esteem and lack of self-love

### **Energy Clearing and Balancing**

Restore harmony and balance in your body, mind and soul with energy clearing and balancing sessions.

### **Reiki Healing Courses and Sessions**

Experience the profound healing energy of Reiki.

### **Tibetan Bowl Sound Healing Therapy**

Enjoy the experience of a deep relaxation, improve your focus and creativity

### **Indian Head Massage**

Deeply relaxing, relieves headaches and insomnia, stimulates lymphatic drainage and enhances hair growth.



+31 6 17464877



[www.elenalisnicterapias.com](http://www.elenalisnicterapias.com)

