



Hypnotherapy with Christine Deschemin

The Mandarin Spa is delighted to welcome certified hypnotherapist, Christine Deschemin. After a career in aeronautical engineering and finance, Christine foresaw the need for a solution-focused tool to overcome the behavioural and emotional challenges of living in a busy metropolis city like Hong Kong.

With an extensive experience on hypnotherapy, Christine will offer a series of group and one-on-one hypnosis workshops to help achieve greater well-being and integrate a healthy approach to self-improvement.

For more information and reservations,
please call +852 2825 4888 or email mohkg-spa@mohg.com.





Hypno-relaxation Workshop

60 minutes – HKD1,500 per person

Create beauty from the inside out. Embark on a relaxing journey, in a state of delightful reverie.

In this session, you will experience a deep state of relaxation in which the parasympathetic nervous system is activated. Regular practice of hypnosis helps protect the immune system and elevates the mood.

Slimming Hypnosis Workshop

75 minutes – HKD1,750 per person

Leverage the mind-body connection to gradually improve your relationship with food.

Let go of limiting beliefs and transform the body through the mind.

In this workshop, you will be led through a session that will help you adopt better habits, change your relationship with food and stay motivated.

Bespoke Hypnotherapy

60 minutes – HKD2,250 per session

Optimise your emotional, mental and physical well-being with hypnotherapy.

In this one-on-one session, Christine will work with you to overcome behavioural and emotional challenges such as sleep problems, stress, anxiety, depression and even phobias.

Each session will be tailored to your individual needs.

For more information and reservations,
please call +852 2825 4888 or email mohkg-spa@mohg.com.

Group therapy workshop is applicable for 3 to 4 persons. All prices are subject to 10% service charge.