



Louise Smart's Emotional Detox is listed "best therapy" and "fast track to healing" in Harpers Bazaar and has been featured in Canary Wharf, Spa Europe, Spa World, Times body and soul, Positive Health, The Wharf, Healthy and Red to name a few.

FOR APPOINTMENTS AND ENQUIRIES

Call Louise Smart on 07973 780 852 Central London UK

Face to face and telephone consultations are available.

louise@emotional-detox.com

You are invited to call Louise to discuss your needs and queries, so that you can make an informed choice to book an appointment or not.

LOUISE SMART is qualified and insured to practice with the Complimentary Therapists Association (CTHA).

Who can benefit from Emotional Detox

Louise can help people who have identified they are being held back by stress, emotions, self sabotaging beliefs and behaviour or anxiety attacks, that may be caused by suppressed anger, hurt, resentment, guilt, shame, fear, confusion, insecurity, apathy, numbness and feelings of unhappiness. Many people find that they are doing all the right things and trying to be positive but the shift they are looking for doesn't seem to be happening. Clients find Emotional Detox is often successful when conventional psychotherapy, counselling or analysis has failed to bring relief. Clients also use Emotional Detox to ease the emotional discomfort brought on by physical or dietary detoxing and to support the natural detoxification process that occurs with sustained yoga practice.

How Emotional Detox works

I will listen to your story and whatever is holding you back in life with openness, acceptance and a non-judgemental attitude. I provide a safe nurturing space and help you explore your experiences so you can begin to understand and gain new insights into yourself. I will show you how to quickly and easily let go and Detox using a set of proven methods to diffuse emotional discomfort, to unravel emotional energy blocks, release limiting beliefs and self destructive behaviour and prevent panic attacks. I will offer guidance on how to proceed in your personal and professional life and relationships where appropriate. By the end of sessions or within 24 hours clients report feeling lighter, freer and tangibly energised. They are able to effortlessly make choices for change or find themselves naturally at peace with what is already present. An average of 4 sessions is fairly typical of what most clients need but one session is frequently all that is required to make a substantial shift. At the end of sessions Louise will show you what to do to sustain new positive energy and keep yourself clear.

Louise is also qualified in Spiritual Response Therapy (SRT) and on request, she will use SRT to research and clear past life energies and clear the energy in your home, properties or business to support the Emotional Detox process.

About Louise In 2000, following a life changing experience resulting in a profound awakening of consciousness, Louise developed **Emotional Detox**. Her work is a response to people's hunger for spirituality, greater awareness of the soul, its energy and how emotional patterns and beliefs are reflected in the circumstances and challenges of everyday life, relationships and health. Her detox process offers people greater freedom, peace, spiritual growth and positive transformation which are the inherent potential within every personal challenge.

Louise has 15 years experience as a holistic therapist, energy healer, spa consultant and lecturer. She has a clinical and corporate background in stress management presenting workshops in-house in organisations. She worked for 5 years at the Stress Management Unit at London Bridge Hospital seeing medical referrals from psychiatrists, company doctors and cardiologists. She has worked in spas overseas and run a medical spa consultancy. Today, Louise runs a central London practice for face to face consultations, works extensively with clients over the phone and clears energy in homes and businesses. Louise lectures and consults regularly at Grayshott Spa in Surrey.

EMOTIONAL DETOX - Tel - 07973 780 852

TESTIMONIES

"Emotional Detox is a direct way to liberate you from low energy feeling states and belief patterns that result in poor health and unhappiness in your outer daily circumstances. This is not a heavy bout of therapy, rather a liberating way to let go and detox the drain of uncomfortable emotions, stress and depression. You will feel lighter and freer even in one session and find that you quickly reclaim your energy, confidence and personal power. These are invaluable tools for your personal and professional life."

"I had gone through an horrendously stressful year that affected my work competence. My partner had a stroke, and my sister found out she had cancer. I was at a complete loss whilst trying to hold down a highly responsible job in investment banking. In the first Emotional Detox session we had an extraordinary breakthrough, something which previous therapy had never produced. I felt freer, that my life was on a much better, stronger, safer path. Not only was I able to face my problems, but in a very short space of time the depression and confusion just went. The fact that it all happened so quickly amazes me, but it is testimony to Louise's extraordinary ability to be able to listen, guide, work with the human energy system and heal. I can't thank her enough."

"I met Louise at her lecture in the spa where I was recuperating. My extremely busy life with young children and step children had left me drained with dreadful insomnia which has plagued me for years. In a 'one on one' EMOTIONAL DETOX session Louise showed me how to properly let go and strengthen my energy. Her wisdom and practical guidance has enabled me to cope with circumstances that previously drained or depressed me. She cleared the energy in my home too. The night I went home, I slept solidly for 10 hours and this is consistently ongoing."