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Hypnotherapy Giveaway Ideas



1. Free Group Session

Consider offering a free group session to let interested parties learn more about you and hypnosis. Look at this as a free sample of what you can provide to those who sign up for an entire paid session. Participants can meet you in person, hear you speak about how hypnosis works and what it can help with, and ask questions about hypnotherapy.

2. Guided Meditation Downloads

Offering a no-cost guided meditation download can showcase your expertise and allow potential clients to feel what hypnosis can do. Create a high-quality, downloadable audio file addressing common concerns like stress relief, sleep difficulties, or confidence-building.



3. Social Media Contests

Running giveaway contests on social media can help you reach a wider audience. Ask participants to tag a friend, share your post, comment, or subscribe to be entered to win. Use engaging visuals and captions to attract attention. These contests are your opportunity to introduce yourself to many new prospective clients.

4. Referral Giveaways

Encourage your existing clients and professional contacts to refer new clients by offering them a small gift or discount for each referral. You can even provide a larger reward for any referral that books a paid session.



5. Professional Collaborations

Reach out to your professional network, including wellness providers and nearby businesses. Offer them free advertising space in your office or a free guest post on your blog or social media accounts in exchange for them doing the same for you.

6. Wellness Event Swag

Participate in local wellness fairs and festivals. For wellness-focused events, the participants are more likely to be open to hypnosis or have wellness-related challenges you can assist with. At these events, offer small, branded freebies with your business name and contact information.

