



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

## Wonderland Wellbeing

**Services available:** Swedish massage, Indian head massage, Hot stones massage, Reflexology, Reiki, combination treatments, meditation and yoga classes, acupuncture, Counselling and Psychotherapy.

**Examples of conditions treated:** burnout, anxiety and depression, chronic fatigue syndrome, insomnia, anxiety, stress and aches and pains, pain, digestive and hormonal health

We work with First Contact Clinical to provide treatment to socially prescribed clients to reduce pain and stress, improve your overall health and quality of life with a holistic approach.

Wonderland Wellbeing



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



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Last Updated - 9th August 2023

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## Services

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No Services

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## Events

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No Events

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## Activities

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No Activities

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