



Living Well
North Tyneside
Supporting Health and Wellbeing

Sammy Anne's

Established in 2009, Sammy Anne's provides a sanctuary where busy minds can relax. The award-winning shop in Whitley Bay offers a range of holistic and sports therapies, as well as a range of vegan-friendly products.

Our team of highly trained specialists tailor every treatment to suit your individual needs. If you'd like some advice about which treatment to book, please contact us via Text

All our therapists are fully qualified and registered with the FHT (Federation of Holistic Therapists) and we are continuously learning new techniques and gaining new qualifications to enhance our treatments.

Please note, we are appointment-based only. We do not offer walk-ins so that your therapist is completely dedicated to your relaxation. Please get in touch if you would like to schedule some pampering! The quickest way to get hold of us is via Text.

In all our treatments, we use all vegan-friendly products. Our skincare range is 100% naturally derived and in all massages we use carrier oils and 100% pure essential oils.

Swedish Massage, Deep tissue massage, Aromatherapy, Reflexology, Hot stones, Hot compress, Pregnancy massage, Oncology Massage, Indian head massage & tibetan scalp massage.

Sammy Anne's



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@sammyannes



@sammyannesholistic



Last Updated - 30th August 2023

Services

No Services

Events

No Events

Activities

No Activities