

Far infrared therapy cabin



Reputed to have a host of health benefits to improve your overall well-being.

Rejuvenate your body



Detox your body



Helps with weight loss



Boost immune system



Far infrared therapy cabin

Regular use of the therapy cabin may assist with weight loss, relieving anxiety and stress, eliminate toxins, boost immune and cardiovascular system, improve circulation, reduce cellulite, promotes healing of sports injuries, relieve arthritic aches and pains, better quality of sleep, reduce blood pressure, improve overall health and fitness.

The far infrared therapy cabin uses organic bio-carbon fibre heat panels to rejuvenate, heal and detox your body

Cabins can be used with either one or two people. Cabins include light therapy and a Seasonal Affective Disorder (SAD) light.



Where

The Heights
Tel: (01983) 405594
Medina Leisure Centre
Tel: (01983) 523767

When

Monday to Friday
(Heights and Medina)
8am to 10pm

Saturday
8am to 7pm (Heights)
9am to 5pm (Medina)

Sunday
8am to 10pm (Heights)
9am to 9pm (Medina)

Pick up a leisure fees booklet for all activity prices.



The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

one1card
at the heart of fitness