

Health suite at Heights

Steam room and sauna

The steam room and sauna raise your body's temperature and produce perspiration which cleanses the skin. If you finish off with an invigorating needle shower, you'll feel completely refreshed.

Spa pool

If your muscles are aching in protest after a strenuous game of squash or an intensive session in the Tone Zone gym, head for the spa pool – the perfect way to unwind and relax.

Needle shower

Micro-massages skin and improves skin tone.

Far Infrared Therapy Cabin

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



Where

The Heights
The Broadway,
Sandown, PO36 9ET
Tel (01983) 405594

When

Monday to Friday
8am to 10pm

Saturday
8am to 7pm

Sunday
8am to 10pm

Pick up a leisure fees booklet for all activity prices.



T100CX07/10

Health Suite



A great way to relax and unwind. The health suite at The Heights has a sauna, steam room, spa pool and needle shower.

Sauna and steam room



Far infrared therapy cabin



Spa pool



Needle shower



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

one card

at the heart of fitness

General health suite etiquette

Our health suite is a place for relaxation and tranquillity. Please respect all guests' right to privacy, serenity and a clean environment. We ask you to keep chatting and noise to a minimum and be sensitive to the needs of others

Please follow these simple guidelines :

- Pick up your rubbish and place it in the bins provided.
- Don't leave empty bottles and wristbands lying around.
- Keep the toilet area and sinks clean.
- Keep your personal belongings in lockers.
- Shaving isn't permitted anywhere in the health suite.
- No mobile phones, food or glass bottles.
- Don't take locker keys home.
- Do not wear the same shorts in the health suite you've worn in the Tone Zone or on the squash courts.

If you do find that the changing rooms or any part of the health suite are dirty, please inform a duty manager or our reception staff – we will do our best to clean them as soon as possible.

You may also enjoy...

If you enjoy the health suite, you may also enjoy the far infrared therapy cabin at The Heights and Medina Leisure Centre, see separate leaflet. There is also a sauna at Medina Leisure Centre.

Please note

Some medical conditions may restrict your use of the health suite. If you're at all unsure, please speak to one of our reception team who will be happy to advise you.

Depending on your One Card membership, the health suite may be part of your membership. You don't have to be a member to use the health suite – all you need to do is read the user guide, sign the health declaration, pay the fee, put on your wristband (issued at reception), and step into the health suite.

The Gold One Card includes the health suite. You must have your card swiped each time you come in and pick up a wristband.

- Children between eight and 16 may not use the health suite without an accompanying responsible adult.
- Don't use any essences or oils in the sauna, spa or steam room.
- Swimming costumes must be worn at all times.
- If you're pregnant, you really shouldn't use the health suite without prior consent from your GP.
- Drink plenty of water as all the facilities can dehydrate you.

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