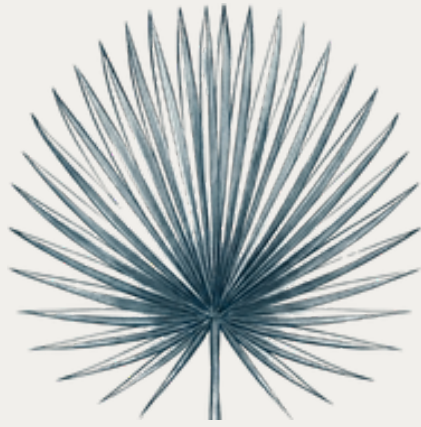




THE PALM ROOMS

SPA TREATMENT ROOMS, HOTEL INDIGO TORQUAY





SPA TREATMENTS

Hot Stone Massage

50 minutes, £85

A full body massage incorporating heated Basalt stones which instantly soothe the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension and reduce aches.

ishga Bespoke Massage

50 minutes, £80

A personalised massage tailored to you, focusing on areas of tension, stress and discomfort. Whether it is deep tissue relief or gentle relaxation, choose from a range of luxurious ishga oils most suited to your needs.

Swedish Massage

50 minutes, £75

This relaxing full body massage is a classic form of massage therapy that uses gentle, flowing techniques to relax muscles, improve circulation, promote overall wellbeing, relieve muscle tension and reduce stress.

ishga Mum to be Massage

50 minutes, £75

A blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be in the second or third trimester.

Lymphatic Massage: Sculpt and Drain

50 minutes, £80

This tailored lymphatic drainage massage targets your main areas of concern, whether that is sculpting your tummy, draining your legs or de-puffing your face. Focusing on where you are most in need, whilst aiding in a full body detoxification.

Lymphatic Drainage Massage: Full Body Renewal

75 minutes, £120

This restorative head to toe ritual uses gentle rhythmic movements to encourage healthy lymph flow, helping to reduce water retention and bloating, ease puffiness, support circulation and promote an overall feeling of lightness and wellbeing.

Reflexology Foot Massage

35 minutes, £45

A therapeutic foot massage using reflexology techniques to encourage deep relaxation and relieve tension. Focusing on key pressure points in the feet, this soothing treatment is designed to help you unwind, leaving you feeling balanced and promoting a sense of overall wellbeing.

ishga Facial

50 minutes, £75

Organic seaweed based products leave skin hydrated and glowing. Repair and protect the skin from environmental damage with the use of powerful anti-oxidants. Facial massage techniques lift and firm the skin, whilst the seaweed extract is proven to preserve the skin's natural collagen. Suitable for all skin types.

Express Reset

25 minutes, £40

Your choice of one express treatment: a Back, Neck and Shoulder Massage, an ishga Facial or a Head and Scalp Massage.



RITUALS

The Indulgence Ritual

100 minutes, £140

Experience the ultimate top to toe relaxation ritual with a soothing 75 minute Swedish full body and scalp massage, followed by a 25 minute rejuvenating ishga facial. Designed to melt away tension, nourish your skin and leave you feeling completely refreshed. Upgrade to a Hot Stone massage for an extra £10.

ishga Marine Back Therapy

50 minutes, £75

The ultimate combination of deep cleansing, exfoliation and massage, designed to decongest the back and reveal a brighter, smoother skin tone. The back is prepped with a sea salt scrub before a powerful mask is applied to clarify and hydrate. Enjoy a leg or head massage whilst the products heal and warm the skin and muscles.

ishga Detox Body Wrap

50 minutes, £75

Start with a full body sea salt scrub which gently buffs away dry, tired skin. An algae wrap is applied to deeply detoxify and stimulate. Relax and unwind with a head and scalp massage whilst the products stimulate the lymphatic system. This treatment is designed to eliminate toxins, reduce cellulite and improve skin tone.



EXPRESS TREATMENTS

Choose any two express treatments below to create your own bespoke spa experience, for £70.

Back, Neck and Shoulder Massage

An adaptable treatment focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system.

ishga Facial

An express facial using our organic product range to deeply cleanse, exfoliate and nourish, leaving skin glowing.

Head and Scalp Massage

A massage focusing on the head and scalp to target tension and release stress, with the option of an oil to nourish and treat the hair and scalp.

Organic Sea Salt and Oil Scrub

A sea salt and oil scrub that gently exfoliates, sweeping away dull, dry skin. An invigorating treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

Detox Foot Scrub and Wrap

Relax as your feet and lower legs are exfoliated with a sea salt scrub. An algae wrap is applied to detox, nourish and heal the skin, followed by a foot and lower leg massage to relieve aches and heaviness.

File and Polish

A nail and cuticle treatment with your choice of polish, on either fingers or toes.

The two treatment package is for one person and cannot be split between two people. Terms and conditions apply. Subject to availability.



NAIL CARE

Spa Manicure

£45

A nail shape and cuticle tidy is followed by a rejuvenating hand scrub and nourishing hand massage. Finished with an OPI polish.

Spa Pedicure

£55

Sit back and relax with a warm foot soak, nail and cuticle treatment. Hard skin removal and a foot scrub leave feet smooth and nourished, followed by a relaxing foot massage and finishing with an OPI polish.

Please note that all gel polish must be removed before arriving for any nail care treatment.



SPA PACKAGES

Daytime Dine and Unwind

£90

Enjoy your choice of two 25 minute treatments and lunch from our set menu.

Indulge and Sip

£80

Get ready for the weekend with your choice of a 50 minute treatment and a bespoke cocktail in the bar.

Weekday Treat

£75

Unwind with your choice of two 25 minute treatments, then relax with your choice of hot drink and cake or scone.

WE ARE PROUD TO USE ISHGA ORGANIC SKINCARE

ishga is derived from the Gaelic word for water. Their products are developed in the Outer Hebrides using the highest quality and purest Scottish seaweed, combined with water from a natural spring on the Isle of Lewis.

Seaweed has been used for centuries for its natural healing and therapeutic properties. It contains a high content of vitamins, minerals and powerful natural antioxidants, which are considered essential for maintaining glowing skin, while recent scientific research shows the seaweed extract used in ishga preserves the skin's natural collagen.

The mineral rich seaweed extract is carefully blended with cucumber extract, macadamia, jojoba, aloe vera and lemon peel, so that your ishga treatment will detoxify, nourish, firm and hydrate the skin.

TERMS AND CONDITIONS

Health and Allergies

Medical conditions may preclude you from some of the treatments available, so please advise us of any health conditions or injuries at the time of booking. We keep our products as natural as possible, so if you have any allergies we can adapt and accommodate you. Please let us know in advance.

Cancellation Policy

If you need to cancel or reschedule your appointment, please notify us at least 48 hours in advance. Guests who fail to attend without prior notice will be charged the full treatment fee. Please arrive on time, as late arrival may result in your treatment being shortened to avoid disrupting subsequent bookings, and the full treatment fee will still apply.

Gift Vouchers

Gift vouchers can be purchased for a package, a treatment or a monetary amount on our website. Monetary vouchers can be redeemed against any of our treatments. Gift vouchers are valid for 12 months from the date of purchase, cannot be exchanged for cash and cannot be extended. Vouchers are only valid for the dates described. We reserve the right to replace treatments and products that are no longer available, and to change these terms and conditions without written notice.

CONTACT AND BOOKING

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Email: thepalmrooms@ihg.com

Facebook and Instagram: [palmroomstorquay](#)



Website: www.ihg.com/hotelindigo, [Hotel Indigo Torquay](#), amenities. Scan the code alongside, or type the address, to visit the website and register your email address for special offers.

This brochure is available in alternative formats on request. All prices are in pounds sterling and include VAT.