



THE PALM ROOMS

AT HOTEL INDIGO TORQUAY

BODY TREATMENTS 50-MINUTE TREATMENTS

ishga Hot Stone Massage	£85
ishga Bespoke Massage	£80
Swedish Massage	£75
Mum-to-Be Massage	£75
ishga Marine Back Therapy	£75
ishga Detox Body Wrap	£75

THE INDULGENCE RITUAL

75-min. Swedish Massage & 25-min. ishga Facial

ONLY £140

FACE 50-MINUTE TREATMENT

ishga Facial £75

HAND & FOOT 50-MINUTE TREATMENT

Spa Manicure £45

Spa Pedicure £55

EXPRESS TREATMENTS

Choose any two 25-minute treatments
for only £70

ishga Back Massage

ishga Facial

Salt & Oil Body Scrub

Head and Scalp Massage

File & Polish

Foot Detox Scrub & Wrap

Book your slot at: thepalmrooms@ihg.com