



boost
spa

AT LIDO HOUSE

BOOST SPA

LIDO HOUSE'S BOOST SPA offers a journey of wellness rituals to restore, revive and escape with a diverse range of marine based and result driven treatments.

Boost Spa's intimate setting offers a tranquil atmosphere and sea inspired therapies. Drawing on modern wellness techniques, our spa menu promises to rebalance and rejuvenate your mind, body and spirit.

RITUALS OF THE SEA

RESTORATIVE MASSAGE JOURNEY | 80 MIN.

The perfect therapy to raise both physical and emotional energy levels and re-unite body and mind. As gentle stretches help quieten your mind, awareness of your body increases and replicates the movement of the sea, - the flowing massage and gentle manipulations effortlessly stretch and elongate muscles, stiff joints find an ease of movement and deep tension is released. Feel renewed, transformed and perfectly balanced.

Choose from: Uplift (Angelicus Serratus), Relax (Mindful Moments) or Muscle (Ginger Chai).

ULTIMATE REVIVER RITUAL | 80 MIN.

Unlike any other VOYA seaweed treatment, this truly grounding therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladderwrack Body Buff to uplift the senses, the whole body is then cocooned in Laminaria Seaweed leaving you feeling truly revitalized, fortified and your skin will appear radiant, smooth and silky soft.

RITUALS OF WELL-BEING

MINDFUL MESSAGE | 50/80 MIN.

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualization techniques, your therapist will help calm both mind and body. The metamorphic zones on the feet are then massaged to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energizing scalp massage using warm Rose Quartz Crystals.

Includes: Breathing and visualization techniques, massage on the metamorphic zones of the feet, full body massage and scalp massage with warm rose quartz crystals on the back of the body, head, scalp, neck, shoulders, feet and spine

BODY IN BALANCE | 80 MIN.

Bring your system into its deepest state of harmony with this mind-body ritual. Revitalize from head to toe after everyday exposure to the elements with this warm shea butter, lotus and CBD wrap that nourishes the body and the mind. A soothing arnica and CBD-infused oil are then applied in long strokes, leaving your skin with an impeccable glow. For the scalp, a warm infusion of CBD, Icelandic moss and coconut oil energizes and revitalizes through a gentle and rhythmic massage, easing muscle tension and stimulating circulation. Nurturing each part of your body's largest organ (the skin),

Includes: Wrap, scalp serum, and massage.

SOULFUL ESCAPE | 110/170 MIN.

Join us for our most intuitive treatment. Focusing solely on your individual needs, your therapist will create a unique treatment experience utilizing a combination of services to enhance your physical and mental well-being.

Includes: Consultation and personalized treatment plan

RITUALS OF THE BODY

TRANQUILITY | 50/80 MIN.

Allow our talented therapists to personalize your journey to well-being and relaxation with their expertise and understanding. Your stress points will be their guide to leave you feeling restored completely.

TRANQUILITY FOR TWO | 50/80 MIN.

Celebrate your spa journey in the same suite as your loved one. Whether your companion is family or friend, this is a great way to relax and reconnect.

OCEANIC HEALING STONES | 50/80 MIN.

Summoning the ancient and restorative properties of the sea. The warm, soothing salt stones are applied to the body to relieve tension and relax the mind. The Himalayan salt stones are antimicrobial and antibacterial. Boasting 84 essential nutrients and minerals, the pure crystal salt will re-mineralize your skin to deliver an increased level of wellness and recharge your body and spirit.

MER-MOMMY'S PRECIOUS MOMENTS | 50 MIN.

An organic treatment tailored specially to Mum and her growing bump. Mothers-to-be are restored to optimum wellness with an intuitive and relaxing massage that restores the body and hydrates skin that is expanding to accommodate a growing baby. Aromatics are carefully selected to encourage relaxation, health and an overall feeling of well-being.

SIGNATURE SENSORY EXPERIENCE | 50/80 MIN.

Awaken the senses as you relax and enjoy a rejuvenating scrub, warm cocooning wrap and full body massage.

MAGNESIUM WELLNESS MASSAGE | 50/80 MIN.

Magnesium is responsible for promoting healthy energy levels, sleep, muscle function and overall well-being. This nourishing treatment promotes detoxification and replenishes commonly deficient magnesium levels.

RITUALS OF THE SEASON

TRANQUILITY | 50/80 MIN.

Allow our talented therapists to personalize your journey to well-being and relaxation with their expertise and understanding. Your stress points will be their guide to leave you feeling restored completely.



RITUALS OF RADIANCE

HYDRAFACIAL™ | 50/80 MIN.

The award-winning HydraFacial™ delivers long-term skin health and can be tailored to meet the specific needs of all skin types. The HydraFacial™ treatment removes dead skin cells and extracts impurities while simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums. The treatment is soothing, refreshing, non-irritating and immediately effective. With ongoing treatments, you'll notice intensely improved hydration, minimized dark spots and dramatically reduced appearance of fine lines and wrinkles.

MARINE ANTI-AGING FACIAL | 50 MIN.

Age-defying skincare in the form of protein-rich caviar and powerful marine actives to firm and refine skin tone and condition.

HYALURONIC MARINE HYDRATING FACIAL | 50/80 MIN.

Replenish hydration, with this ultra-hydrating facial that gives skin an instantly plumped, smoother appearance.

Includes: Dr. Dennis Gross's best-selling Alpha Beta Professional Peel.

ADVANCED REPAIR CUSTOM FACIAL | 50/80 MIN.

Results-oriented treatment individually customized to address any skin type and concern, including sensitivity, fine lines, congestion and premature aging.

ORGANIC CUSTOM FACIAL | 50/80 MIN.

Delight your senses and treat your skin with the Organic Custom Facial, which features the finest fruits, vegetables and herbs of the season to deliver an incredibly potent, active treatment. Fresh organic ingredients are combined to make curated facials that deliver specialized results, ensuring that the best of the season is offered in each treatment.

RITUALS OF THE SUN

QUENCHING ALOE WRAP | 50 MIN.

Healing aloe vera combines with algae and lavender for a nourishing, soothing experience. Includes a luxurious scalp, neck and foot massage.

REFRESHING NEROLI FACIAL | 50 MIN.

Hydrate and brighten with an express facial featuring uplifting aromatherapy as hands and feet enjoy a cooling, aloe vera massage.

HEAD-TO-TOE REFRESHER | 50 MIN.

A cooling light body wrap with hydrating aloe vera, a refreshing facial and a relaxing scalp massage melt tension and clear the mind.



ENHANCEMENTS

SPA LONGER

ADD 25 MIN. TO TREATMENT

MIND AND SOLE

Head over Heels you will enjoy this foot repair application ending with a relaxing foot massage; followed by a conditioning scalp treatment and scalp massage.

GET BUFFED

This relaxing body treatment increases blood circulation, flow of nutrients and moves toxins out of cellular tissue. Leaves your skin feeling smooth by gently exfoliating your entire body and finishes with a hydrating oil application.

SOLE REVIVER/REFLEXOLOGY

Encouraging a healthier inner body starts at the soles of the feet. Add reflexology to your massage or facial for the ultimate vitalizing experience.

MICRO-CURRENT LIFT

Micro-current send soft, gentle waves through the skin, tissues and facial muscles stimulating ATP production creating structural proteins, collagen and elastin. The results are dramatic leaving the skin smooth, toned, lifted and sculpted.

SPA BETTER

NO ADDITIONAL TIME

WARM SALT STONE MUSCLE MELTER

Warm salt stones are placed on the body to loosen and relieve muscle tension, while minerals and nutrients activate the body's natural regenerative abilities.

DEEP TISSUE

Choice between therapeutic deep tissue or the award-winning Hypervolt, a hand-held percussion device that helps relieve muscle tension, improves range of motion, promote circulation, and accelerates warmup and recovery.

HEALING MUSCLE REPAIR*

Relieve muscle aches and ease tension with this warming cayenne, arnica and CBD service. Reducing inflammation, improving blood flow and elevating mood.

CONDITIONING SCALP TREATMENT*

Bring vitality to your scalp with a warm application of oil featuring CBD, coconut oil and Icelandic moss.

CBD OIL

Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

GEMSTONE EYE OR LIP TREATMENT

Bring new life and a more supple, youthful glow to your eyes or lips with this next-level holistic skincare and wellness solution that transforms and nurtures your entire being.

PLUMPING MARINE EYE TREATMENT

A unique eye mask made from Laminaria leaves will plump and hydrate the eye area, helping to reduce fine lines.

NOURISHING BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

GEMSTONE FACE MASK

Bring new life and a more supple, youthful glow to your face with this next-level holistic skincare and wellness solution that transforms and nurtures your entire being

PRICING BROCHURE

RITUALS OF THE SEA

Restorative Massage Journey	Starting at: \$320
Ultimate Reviver Ritual	Starting at: \$300

RITUALS OF WELL-BEING

Mindful Massage	Starting at: \$220/\$320
Body In Balance	Starting at: \$300
Soulful Escape	Starting at: \$480/\$720

RITUALS OF THE BODY

Tranquility	Starting at: \$190/\$290
Oceanic Healing Stones	Starting at: \$220/\$320
Mer-Mommy's Voyager	Starting at: \$300
Mer-Mommy's Precious Moments	Starting at: \$190
Tranquility for Two	Starting at: \$380/\$580
Signature Sensory Experience	Starting at: \$300

RITUALS OF RADIANCE

HydraFacial™ MD	Starting at: \$300
Dr. Dennis Gross Alpha Beta Peel	Starting at: \$50

RITUALS OF THE SUN

Quenching Aloe Wrap	Starting at: \$190
Refreshing Neroli Facial	Starting at: \$190
Head-To-Toe Refresher	Starting at: \$200

HOW TO SPA

RESERVATIONS

We encourage our guests to schedule spa services in advance to ensure your ideal day and time of choice. Please either contact the spa directly or online. If you prefer a male or female therapist, please make your request known when scheduling your treatment.

PERSONAL MATTERS

Please inform us of any health conditions or pregnancy at the time of booking so that we may customize your experience. There are a few services that should be avoided during pregnancy.

AGE REQUIREMENT

Spa guests must be a minimum of 18 years of age to use the entire spa facility and receive all treatments.

CANCELLATIONS

In consideration of others, please cancel 24 hours in advance of your treatment time to avoid fees. Appointments canceled less than 24 hours before the scheduled time will be charged the full price of the treatment. If appointments are rescheduled or changed less than 24 hours in advance, a 25% fee will be charged.

SERVICE CHARGE

For your convenience, a 20% service charge will be added to each spa service. This includes gratuities disbursed to the spa staff members who serve you during your visit. Additional gratuities may be offered at your discretion.

SPA ENVIRONMENT AND ETIQUETTE

Boost Spa is a place to restore your energy and relax. In consideration of other spa guests and to preserve an atmosphere of serenity, we ask that you leave your cell phones and other electronic devices behind. The spa is a smoke-free environment.

SPA ATTIRE

Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. Robes and slippers are provided as well as a locker for your personal belongings. We ask that you please leave jewelry and valuables in your hotel room or at home.

SAFE & SANITARY SPA STANDARDS

The safety of our guests is our top priority. We are committed to providing experiences and services that meet the highest sanitation and hygiene standards in the spa industry. To enjoy your experience to the fullest, we ask that guests be aware of the following standards and requests to help us ensure your safety and comfort as well as that of other guests and spa employees.

- Refraining from visiting the spa if you are under an isolation or quarantine order/directive
- Refraining from visiting the spa if you have a fever or communicable illness
- Respecting the spa's sanitation and hygiene standards and processes posted within the spa
- Respecting social distancing and mask requirements within the spa
- Washing hands for a minimum of 20 seconds prior to beginning each treatment/service

GIFT CARDS

Gift cards available for purchase.



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BOOSTSPA.COM