



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

ULTIMATE SEAWEED RITUAL | 80 MIN.

Embrace your wellbeing with this nourishing seaweed ritual. Beginning with a mineral rich scrub to exfoliate and buff your skin, you will then be cocooned in a hydrating marine algae treatment leaving you feeling truly revitalized and renewed from the inside out.

SEASIDE BODY SCRUB | 50 MIN.

A full service dedicated to your skin and circulation, this scrub rich in minerals and seaweed will exfoliate, hydrate, and leave your skin healthy and vibrant. Complete with a full sunscreen application so you will be ready to glow.

MAGNESIUM WELLNESS MASSAGE | 50/80 MIN.

Magnesium, found abundantly in ocean, 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.

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.

RITUALS OF RADIANCE

HYDRAFACIAL™ | 50/80 MIN.

The award-winning HydraFacial™ uses a patented Vortex-Fusion Technology to cleanse, exfoliate and hydrate all skin types. This treatment targets your specific concerns while leaving you with healthy, glowing skin. Continued treatments with intensely improve hydration, minimize dark spots, and dramatically reduce the appearance of fine lines and wrinkles.

- This facial can include LED light therapy, Lymphatic Drainage, and Specialty Boosters.

THE COMPLETEHYDRA-FIX FACIAL | 80 MIN.

Age proof your skin with this non-invasive, anti-inflammatory treatment using Skin Authority and HydraFacial device techniques paired with patented, pharmaceutical level blend of growth factors that repair, correct imperfections, fill, volumize and smooth uneven texture. This treatment produces a new level of immediately visible cosmetic improvement with zero downtime. Facial includes a deep cleanse, exfoliation, gentle extractions, and growth factor treatment, clinically shown to boost the skin's regeneration process promoting collagen production, healthy circulation and accelerated cell .

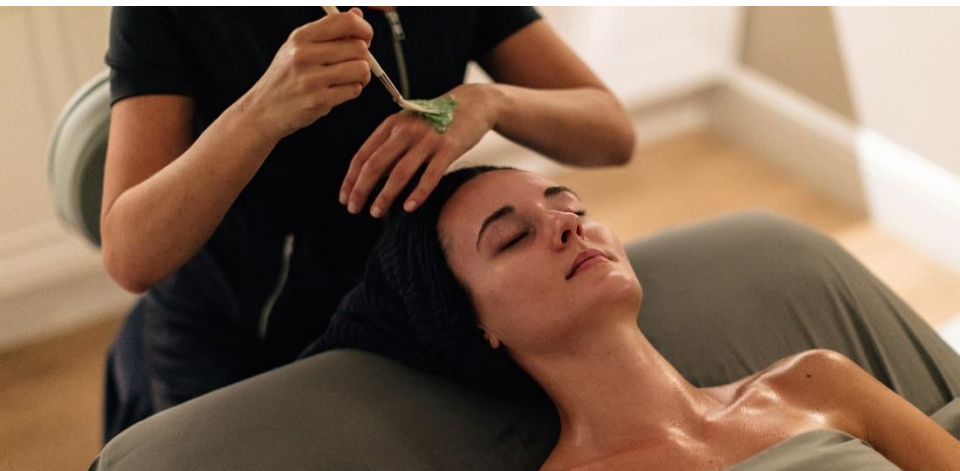
LIDO LIFESTYLE TREATMENT | 50/80 MIN.

BOOST your facial where adaptive skincare meets luxury service. This personalized treatment is great for anyone looking to address sun damage, deep lines, wrinkles, and hormonal acne. Providing the ultimate results in brightening and age-correcting. Includes a professional peel and Unveiled red light therapy mask which stimulates collagen, and growth factor production.

- FDA approved and clinically proven.

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 the best is offered in each treatment.



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.

DEEP OCEAN | 50/80 MIN.

Connect on a deeper level to address any specific areas of your body. Your therapist will focus on incorporating therapeutic work, deep tissue or addressing your athletic lifestyle. This service concludes with spot treatment for those areas in need of relief.

TRANQUILITY/DEEP OCEAN 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.

MER-MOMMY'S PRECIOUS MOMENTS | 50/80 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.



BOOST SPA

LIVE LIKE A LOCAL AT LIDO HOUSE

Live Like a Local Membership is a opportunity for our local community to enjoy Boost Spa's intimate setting. Boost Spa offers a tranquil atmosphere and sea inspired therapies while drawing on modern wellness techniques, to balance your mind, body, and spirit.



MEMBERSHIP INCLUDES:

Choice of a Tranquility Massage or an Organic Custom Facial monthly.

- 15% off additional Spa Services
- 15% off all Food & Beverage Outlets
- 15% all Retail Outlets
- Access to the outdoor whirlpool, pool and fitness center
- Complimentary Valet

VALID SUNDAY – THURSDAY | 6-MONTH COMMITMENT

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.

STAFF CHARGE

A 19% Staff Charge and 3% House Charge is added to all prices. The entire Staff Charge on spa services is distributed to service personnel; the House Charge on spa services is retained by the Hotel to cover administrative, non-labor costs and is not a tip, gratuity or service charge for employees. All prices and charges are subject to applicable taxes. Additional gratuities may be offered at your discretion.

SPA ENVIRONMENT & 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.



TREATMENT PRICING

Inclusive of 22% Staff Charge

RITUALS OF THE SEA

Ultimate Seaweed Ritual	Starting at: \$396.50
Seaside Body Scrub	Starting at: \$274.50
Oceanic Healing Stones	Starting at: \$311.10
Magnesium Wellness Massage	Starting at: \$311.10

RITUALS OF THE BODY

Tranquility	Starting at: \$274.50
Deep Ocean	Starting at: \$311.10
Mer-Mommy's Precious Moments	Starting at: \$274.50
Tranquility/Deep Ocean for Two	Starting at: \$274.50

RITUALS OF RADIANCE

HydraFacial™	Starting at: \$396.50
The Complete Hydra-Fix Facial	Starting at: \$506.30
Lido Lifestyle Facial	Starting at: \$335.50
Organic Custom Facial	Starting at: \$274.50

ENHANCEMENTS Starting at \$51.24

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.

ADDS 20 MIN. TO TREATMENT

SOLE REVIVER/REFLEXOLOGY

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

ADDS 20 MIN. TO TREATMENT

DERMAPLANE

Dermaplaning immediately rejuvenates the skin by removing the top layer of skin cells. This is performed using a specialized blade to physically and mechanically exfoliate the skin. The result leaves your skin smooth, supple and vibrant.

ADDS 20 MIN. TO TREATMENT

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.

ADDS 20 MIN. TO TREATMENT

WARM SALT STONE MUSCLE MELTER

Warm salt stones are incorporated within the massage on targeted areas of the body to release muscle tension, while minerals and nutrients activate the body's natural regenerative abilities.

HEALING MUSCLE REPAIR WITH CBD

Bring health, harmony, and happiness to the body and mind with this CBD treatment to calm and relieve muscle aches and ease tension. This CBD enhancement will reduce inflammation, improving blood flow and elevating mood.

GEMSTONE TREATMENT MASK

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