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 results-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 RADIANCE

HYDRAFACIAL™ | 50/80 MIN.

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

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

THE COMPLETE HYDRA-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 turnover.

LIDO LIFESTYLE TREATMENT | 50/80 MIN.

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

- *FDA approved & 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 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 THE BODY

EASE & EXHALE | 50/80 MIN.

Drift into serenity with this full-body relaxation massage. Long, flowing strokes ease stress and cultivate a sense of calm, allowing your mind and body to fully exhale.

Ease the body, exhale the stress

RESET & REBALANCE | 50/80 MIN.

This full-body deep massage releases built-up tension and encourages natural alignment. Ideal for releasing stiffness and promoting overall wellness, leaving you refreshed and rebalanced from head to toe.

Release tension. Restore balance. Return renewed.

VTL LYMPHATIC FLOW & SUPPORT | 50/80 MIN.

A gentle yet effective lymphatic boost designed to reduce puffiness, support circulation, and help the body feel lighter and more refreshed. Includes the VTL Adaptogen Lymph Elixir and focused manual techniques to stimulate key drainage pathways. Ideal for travel recovery, bloating, or fluid retention.

COASTAL DUO EXPERIENCE | 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 Mom and her growing bump. Mothers-to-be are restored to optimum wellness with an intuitive and relaxing massage that restores the body & hydrates skin that is expanding to accommodate a growing baby. Aromatics are carefully selected to encourage relaxation, health & overall feeling of well-being.

LIVE LIKE A LOCAL

BOOST SPA MEMBERSHIP

Experience the benefits of wellness each month with our *Live Like a Local* membership, thoughtfully crafted for our local community. Enjoy consistent self-care and exclusive perks in a serene, sea-inspired setting.

MEMBERSHIP INCLUDES:

MONTHLY WELLNESS TREATMENT

Your choice of a Tranquility Massage or Organic Custom Facial each month.

EXCLUSIVE SAVINGS

15% off additional spa services, retail purchases, and dining at all food & beverage outlets.

RESORT ACCESS

Full access to our outdoor whirlpool, pool, and state-of-the-art fitness center.

COMPLIMENTARY VALET PARKING

Arrive and unwind with ease.

VALID SUNDAY - THURSDAY | 6-MONTH COMMITMENT REQUIRED

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
All prices include a 19% Staff Charge and 3% House Charge. 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. 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.

boost spa

3300 Newport Blvd., Newport Beach, CA 92663
949-662-6170
BOOSTSPA.COM

TREATMENT PRICING

Inclusive of 22% Staff Charge
Pricing subject to change

RITUALS OF RADIANCE

HydraFacial™	Starting at: $395
The Complete Hydra-Fix Facial	Starting at: $506
Lido Lifestyle Facial	Starting at: $355
Organic Custom Facial	Starting at: $275

RITUALS OF THE SEA

Ultimate Seaweed Ritual	Starting at: $433
Seaside Body Scrub	Starting at: $375
Oceanic Healing Stones	Starting at: $311
Magnesium Wellness Massage	Starting at: $311

RITUALS OF THE BODY

Ease & Exhale	Starting at: $275
Reset & Rebalance	Starting at: $311
VTL Lymphatic Flow & Support	Starting at: $315
Mer-Mommy's Precious Moments	Starting at: $275
Coastal Duo Experience	Starting at: $550

Scan for Appointments

ENHANCEMENTS

Starting at $50

AROMATHERAPY ELEVATED
Additional aromatherapy thoughtfully integrated into your service to support relaxation, clarity, or uplift your mood. This aromatherapy selection is designed to deepen therapeutic results and enhance overall well-being.

CHELLA BROW FILL
Enhance your natural brows with a brow fill treatment designed to add fullness, shape, and definition.

DRY BRUSHING
Improve your circulation, promote drainage, and detoxify your skin with dry body brushing before your massage. Take your brush home with you for continued skin nourishment and home care.

GEMSTONE MASK
KNESKO's iconic Collagen Face Mask is formulated with bioavailable marine collagen and a revolutionary, age-defying, peptide. This new formula helps reduce the appearance of fine lines, supports firmer-looking skin, & revitalizes your complexion.

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 & ease tension. This CBD enhancement will reduce inflammation, improving blood flow and elevating mood.

HIMALAYAN SALT STONE
Warm salt stones are placed on the body to loosen & relieve muscle tension while minerals & nutrients activate the body's natural regenerative abilities.

LED RED LIGHT THERAPY
Recharge your skin & body with red light LED therapy.

SCALP THERAPY
Revives and protects the scalp & hair from pollution and environmental damage while reducing tension & supporting a healthy scalp. Includes a nourishing serum with Vitamins D, E, & K to boost circulation, calm irritation, & strengthen hair alongside protective oils rich in essential fatty acids help repair damage & restore moisture. Hair feels soft, healthy, & hydrated.

VTL SEASONAL ELIXIR
VTL allows us to seamlessly incorporate the principles of ancient medicine into your spa experience. VTL elixirs are thoughtfully crafted to support your natural rhythm & overall wellness. enhancing vitality, digestion, immunity & more to create a truly elevated experience that supports you on every level.