



  
boost  
spa

AT LIDO HOUSE

# BOOST SPA

**LIDO HOUSE'S BOOST SPA** is a place where natural botanicals combine with cutting-edge technology to spark vitality. Designed to optimize energy, our diverse range of spa treatments are thoughtfully crafted to enliven the body, mind and spirit. Boost Spa's intimate setting offers a tranquil atmosphere perfect for pre-wedding pampering, unwinding after a long day of meetings or simply for your own wellness.

**WELCOME TO BOOST SPA. FIND YOUR BLISS.**

## BODY TREATMENTS

### **BODY NECTAR NOURISHING WRAP (FRANGIPANI) | 50 MIN.**

Super-hydrating Monoi oil quenches thirsty skin. Relaxing scalp and foot massages are included.

### **TARGETED TONING TIGHTENER | 25/50/80 MIN.**

Clinically proven\* to reduce the appearance of cellulite after one treatment, this combination of massage and detoxifying clay targets and tightens your area of choice. Choose from: Hips and thighs, arms or abdomen.

### **ORGANIC SEAWEED WRAP | 80 MIN.**

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Begin with a body buff treatment that detoxifies, firms and softens the skin. The whole body is then covered in Laminaria seaweed leaves for instant results. Completed with an application massage of Softly Does It to nourish and soften.

## MASSAGE

### **CUSTOMIZED MESSAGE | 25/50/80 MIN.**

Therapists deliver a personalized massage through a choice of aromatic oil and level of pressure suited to your needs and concerns, providing an experience tailored to you.

### **VOYAGER MESSAGE JOURNEY | 50/80 MIN.**

A complete top-to-toe relaxation journey, incorporating scalp massage, face massage, stretches and body massages, this treatment replicates the movement of the sea, combining both gentle and stimulating movements to relieve aches and pains.

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

### **DEEPER THAN DEEP HOT STONE MESSAGE | 80 MIN.**

Salt stones bathed in Frangipani Monoi body oil are worked into the muscles, alleviating deep tension, intensely hydrating skin and restoring a sparkling vitality.

### **PEACEFUL PREGNANCY | 50/80 MIN.**

An intuitive and relaxing massage using hydrating oils for skin that is expanding to accommodate a growing baby.

### **DUO MESSAGE | 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.

### **MINDFUL DREAMS SLEEP RITUAL | 80 MIN.**

A profoundly soothing ritual to help combat physical exhaustion. Powerful techniques of foot massage and lavender essential oil will calm the nervous system to improve relaxation and promote wellness. Enjoy a peaceful, silent meditation or music of your choice while cocooned in a warm blanket with a soothing eye pillow.

*\*Independent clinical trials*

# FACIALS

## HYDRAFACIAL™ MD | 25/50/80 MIN.

The award-winning HydraFacial™ delivers long-term skin health and can be tailored to meet the specific needs of all skin types. It offers instant, noticeable results with no downtime or irritation. 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.

### TAILOR YOUR TREATMENT - ADD A BOOST!

*\*\*One Boost included complementary with purchase of 80-min. HydraFacial MD treatment.*

#### BRIGHT ALIVE BOOST\*\*

Minimizes the appearance of discoloration and brightens skin for an instantly gratifying glow.

#### DERMABUILDER BOOST\*\*

Minimizes signs of aging and recharges skin with a patented combination of peptides.

#### BRITENOL BOOST\*\*

Minimizes the appearance of dark spots and sun spots for an even complexion.

#### GROWTH FACTOR BOOST

Minimizes the appearance of fine lines and wrinkles to restore skin health and vitality.

## FACE TOUCH - SKIN THERAPIES | 50/80 MIN.

### PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with an age-defying treatment of Padina Pavonica. Optimize cellular function for nourished, younger-looking skin.

### DR. DENNIS GROSS ALPHA BETA PEEL

Alpha hydroxy acids deeply exfoliate, providing a boost of collagen, elastin and hydration. Visible results in skin clarity. Includes: 30-day home care system.

### SUPERFOOD PRO-RADIANCE

Superfoods and essential minerals deliver energizing, detoxifying actives to dull skin. Clinically proven\* to leave skin plumper and more radiant.

### HIGH-PERFORMANCE SKIN ENERGIZER

A facial that addresses aging, dehydrated skin and tired eyes by maximizing cell regeneration. Experience a facial massage boosting circulation, while a scalp and foot massage provide deep relief.

## FACE TECHNOLOGY - HEALTHY AGING | 25/50/80 MIN.

BIOTEC's cutting-edge technologies are clinically proven.\*

### ELEMIS BIOTEC LINE ERASER

Micro-current therapy is coupled with light therapy to reduce wrinkles and energize skin.

### ELEMIS BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with a hybrid of massage and galvanic sculpting technology. Skin is lifted to reveal a contoured complexion.

### ELEMIS BIOTEC SKIN RESURFACER

This revolutionary facial addresses skin tone, blemishes and fine lines. The ultrasonic peel, massage and light therapy further smooth the complexion.

### ELEMIS BIOTEC ANTI-PIGMENT BRIGHTENER

An illuminating treatment that tackles uneven skin tone, discoloration and age spots. A blend of brightening actives, ultrasonic peel and light therapy reveal a youthful radiance.

### ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration while red light therapy and antioxidants improve the skin's ability to repair itself.

### ELEMIS BIOTEC MEN'S SUPER-CHARGER

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean.

## BOOST SPA

### EXPRESS SUITE

**THOSE WHO DESIRE** an expedited spa experience will appreciate our Express Suite, which will entice you to take a moment to unwind and re-energize. Using a state-of-the-art Zero Gravity chair, you will feel a sense of weightlessness, allowing the opportunity to get energy flowing — or to simply take a break and just breathe. Relax and enjoy!

#### **SLEEP WELL RITUAL** | 25 MIN.

A luxurious relaxation treatment that melts away stress and brings sweet dreams. Find the ultimate sensory boost in this sleep-encouraging ritual.

#### **SOLE REVIVER/REFLEXOLOGY** | 25 MIN.

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

#### **COLLAGEN EYE & FACE TREATMENT** | 15/25 MIN.

Plumps and nourishes skin while restoring lost moisture. This amazing Knesko mask leaves an immediately refreshed and dewy appearance. It also includes a cleanse and exfoliation.

#### **BOOST EXPRESS MASSAGE** | 15/25 MIN.

For when you're short on time but need to alleviate sore, tired muscles. This fully clothed chair massage concentrates on the neck, shoulders and back, leaving you refreshed and revitalized.

#### **FRANGIPANI SCALP MASSAGE** | 15/25 MIN.

A scalp massage that stimulates blood flow, relaxes muscles and releases cranial and neck tension. Your choice of oil or oil-free treatment.

#### **FOOT & LEG RELIEF** | 25 MIN.

Hand-harvested from the coast of Ireland, this seaweed treatment detoxifies, increases circulation and soothes damaged, dry skin, while a relaxing, concurrent foot and leg massage eases tired and swollen legs and feet.

## WAXING SERVICES

### EYEBROW LIP CHIN

## BOOST SPA

# ENHANCEMENTS

**ELEVATE YOUR EXPERIENCE** with one of the following:

**SPA LONGER** | \$85 (MON.-TH.) / \$95 (FRI.-SUN. & HOL.)  
*ADD 25 MIN. TO TREATMENT*

### BIOTEC EYE TREATMENT

Advanced, targeted technology reduces wrinkles, boosts hydration and brightens the eye area by gently stimulating the delicate skin.

### BIOTEC NECK TREATMENT

Micro-current therapy relieves muscle pain and restores vitality, while an arjun-infused face and neck mask lifts and tightens skin for super-sleek contouring.

### 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.

### FIRMING & TONING TREATMENT

Seaweed detoxifies, firms and tones, ideal for weight-loss assistance or a special evening out. Choose one stubborn area: Upper arms, stomach, thighs, hips or back.

### SEAWEED LEAF LEG WRAP & FOOT MASSAGE

Hand-harvested from the coast of Ireland, this seaweed detoxifies the body, increases circulation and soothes skin damage, while a concurrent foot massage releases tension.

**SPA MORE** | \$25 / 3 FOR \$60

*NO ADDITIONAL TIME*

### WARM SALT STONE MUSCLE MELT

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.

### MUSCLE & JOINT RELIEF

A special blend of arnica extract, peppermint balm and St. John's wort soothes aches and pains by reducing inflammation, improving blood flow and elevating mood.

### FRANGIPANI NOURISHING SCALP MASSAGE

Warm Frangipani Monoi oil delivers hydration to dry scalps to nourish, soften and condition. The result is revitalized, lustrous and healthy hair.

### MUSCLE-WARMING HEAT MASK

A spiced mud mask is applied to the back over a layer of arnica gel to increase circulation and relax muscles, making it ideal for guests with neck or back problems.

### PLUMPING MARINE EYE TREATMENT

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

## BOOST SPA

### PRICE LIST

#### BODY TREATMENTS

	MON - THURS	FRI - SUN & HOLIDAYS
Body Nectar Nourishing Wrap (Frangipani)	\$85	\$105
Targeted Toning Tightener	\$95/\$185/\$285	\$100/\$205/\$315
Organic Seaweed Wrap	\$195	\$225

#### MASSAGE THERAPIES

Customized Massage	\$80/\$150/\$235	\$85/\$170/\$265
Voyager Massage Journey	\$165/\$250	\$185/\$280
Deeper Than Deep Hot Stone Massage	\$250	\$280
Peaceful Pregnancy	\$150/\$235	\$170/\$265
Duo Massage	\$290/\$460	\$310/\$490
Mindful Dreams Sleep Ritual	\$275	\$305

#### FACIALS

HydraFacial™ MD	\$180/\$230/\$320	\$200/\$250/\$350
BOOSTS: Britenol, Dermabuilder or Bright Alive	\$50/\$50/INCL	\$50/\$50/INCL
BOOSTS: Growth Factor	\$150	\$150
Pro-Collagen Age Defy	\$150/\$230	\$170/\$260
Dr. Dennis Gross Alpha Beta Peel	\$185/\$265	\$205/\$295
Superfood Pro-Radiance	\$150/\$230	\$170/\$260
High-Performance Skin Energizer	\$150/\$230	\$170/\$260
Face Technologies – Healthy Aging: <i>All Treatments</i>	\$85/\$150/\$230	\$90/\$185/\$275

#### EXPRESS SUITE

Sleep Well Ritual	\$85	\$100
Sole Reviver/Reflexology	\$85	\$100
Collagen Eye & Face Treatment	\$45/\$85	\$60/\$100
Boost Express Massage	\$45/\$75	\$60/\$90
Frangipani Scalp Massage	\$45/\$75	\$60/\$90
Foot & Leg Relief	\$85	\$100

#### WAXING SERVICES

Eyebrow	\$25	\$25
Lips / Chin	\$20	\$20

## 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. Minors age 16–17 are permitted to receive facials and treatments from the Express Suite menu with written consent from a parent or guardian.

### 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.

### GRATUITIES

A 20% gratuity is added to services received. Additional gratuities are at the guest's 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.

### GIFT CARDS

Gift cards available for purchase.



AT LIDO HOUSE

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[BOOSTSPA.COM](http://BOOSTSPA.COM)