

# Spa Studio by Lost Shore



Wellness in waves

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## **Wellness in waves.**

We believe in the power of finding your feel-good. Whether you're here for a moment of calm between the waves or a deeper journey of restoration, let our Spa Studio be your sanctuary. Pause, unwind and treat yourself to a dose of dopamine.

## **Crafted in sets. Inspired by surf.**

Rooted in nature, guided by intuitive touch, and carried by the rhythm of breath, each of our treatments are designed to calm the body, clear the mind, and awaken a deep sense of balance.

From full-body rituals to short, soul-soothing resets, our flexible, thoughtful sessions are tailored to your needs.

## **Book in, float out.**





# Introducing **ila**

## **A wellness partner on the same wavelength.**

Finding your feel-good is just one treatment away with ila. Every cream, oil, scrub, and mask is designed to provide nourishment, balance and a path to inner joy.

Going deeper than surface-level beauty, each product is crafted using organic, wild-harvested ingredients, sourced sustainably from remote parts of the world.

Active ingredients like Himalayan salts, rose damascena, and sandalwood deliver visible benefits while enveloping you in sensorial bliss.

Want to take the feeling home? All ila products used in our treatments are available to purchase in our Spa Studio.





Float away with  
our surf-inspired  
treatments.

# The Full Set

Drift into deep relaxation with our tidal treatments.

Treatments

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# The **Full Set** \_\_\_\_\_

## MASSAGE

### **Ebb & Flow** \_\_\_\_\_ **45 min | 75 min**

Drift into deep relaxation with ila's warm oils and flowing massage strokes that mimic the ocean's rhythm. Customised to a depth and flow that suits you.

## FACE

### **Glassy Glow** \_\_\_\_\_ **75 min**

A glow-boosting facial using rose quartz crystals and ila's Glowing Radiance range. Includes scalp, foot and eye massage for total uplift.

## BODY

### **Salty Skin** \_\_\_\_\_ **60 min**

Warm oils and ila's mineral-rich Himalayan salt deeply exfoliate the body. Followed by a layer of hydration, the skin is left glowing and nourished.

## PREGNANCY

### **Grom on Board** \_\_\_\_\_ **75 min**

A nurturing pregnancy massage focusing on back, hips, and neck. Includes face and scalp massage with optional bump care.

NB. Guests must be over 13 weeks pregnant for any treatments to be carried out.



# The Ritual Set

Full sensory experiences that will reset mind, body and soul.

Treatments

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# The **Ritual** Set \_\_\_\_\_

## COMBINATION

**Changing Tide** \_\_\_\_\_ **60 min**

Our ever-evolving featured ritual– seasonal, soulful and only for a limited time. Ask your therapist or check social media to see what’s flowing this month.

## MASSAGE

**Tideline Sculpt** \_\_\_\_\_ **60 min**

Idalice’s custom flow, stimulate the lymphatic system to flush out toxins while reducing tension and swelling using a low pressure and rhythmic flow.

NB. To get the most out of this treatment, we recommend drinking 1.5 litres of water each day, one to two days before your visit.

## MASSAGE

**Soulful Surfer** \_\_\_\_\_ **90 min**

Rebalance and restore with Emma’s feel-good blend; a fusion of ila’s aromatherapy oils, the healing energy of crystals, Reiki and sound with connective touch.

## CUSTOM

**Ride Your Own Ritual** \_\_\_\_\_ **120 min**

Not sure what to book? Choose your time and let our therapist create a fully personalised body and/or face ritual that’s just for you.



# The Mini Set

Quick, seated treatments for those on the go.

Treatments

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## The **Mini Set** \_\_\_\_\_

### MASSAGE

#### **The Drop In** \_\_\_\_\_ **20 min**

A fast fix for busy bodies, clothed and on-the-go. Seated back, neck and shoulder massage to release muscle tension.

### MASSAGE

#### **Wave After Wave** \_\_\_\_\_ **40 min | 60 min**

Build your own mini ritual. Combine treatments for the ultimate personalised express reset.

Choose from –

**SHAKA** Hand massage

**HANG TEN** Foot massage

**HEAD HIGH** Scalp massage

**WIPE OUT** Seated back massage

### FACE

#### **Glow & Go** \_\_\_\_\_ **40 min**

Quick facial refresh using ila's Glowing Radiance range. Instant skin boost with serious glow.



# The Upgrade Set

Boost your treatment with one of our bolt-on upgrades, customised to your specific needs to enhance your experience.



# The Upgrade Set \_\_\_\_\_

UPGRADE

**Extend the Ride** \_\_\_\_\_ **15 min | 30 min**

Add extra time to any treatment set. Just ask your therapist to extend the ride and customise your treatment accordingly.

UPGRADE

**Sole Revival** \_\_\_\_\_ **10 min**

Take a load off with our grounding foot ritual, involving warm water, Himalayan salts, scrub and balm.

UPGRADE

**Body Drench** \_\_\_\_\_ **10 min**

Finish your treatment with a body envelopment to deeply hydrate skin.

UPGRADE

**Driftwood Deep** \_\_\_\_\_ **15 min**

Bring Bamboo massage into your session for deep, grounding pressure.

Available with our therapist Idalice only.

UPGRADE

**Mini Facial add-on** \_\_\_\_\_ **30 min**

A targeted express facial designed to refresh, hydrate and revive the skin.



# The Nail Set

More than a manicure — a moment of care, designed to help you pause and slow down.



# The Nail Set \_\_\_\_\_

NAIL TREATMENT

**Natural Manicure \_\_\_\_\_ 45 min**

All the benefits of a manicure, without the polish. Ideal for those that prefer a natural finish.

NAIL TREATMENT

**Classic Manicure \_\_\_\_\_ 50 min**

A timeless treatment focusing on nail health and neat presentation. Includes nail shaping, cuticle care, a moisturising treatment and a classic polish or gel.

NAIL TREATMENT

**Spa Manicure or Pedicure \_\_\_\_\_ 70 min**

An indulgent upgrade to the classic. Includes exfoliation, mini massage, hydration treatment, nail shaping, cuticle care and finished with a classic gel or polish.

NAIL TREATMENT

**Groms Manicure (12+) \_\_\_\_\_ 15 min**

A fun, age-appropriate introduction to nail care. Includes nail tidy, gentle shaping, light massage and a polish finish.

ADD ONS

**Gel Removal \_\_\_\_\_ 20 min**

**Custom Design \_\_\_\_\_ 15 min**





Reclaim your calm.  
Recharge your body.  
Renew your glow.



# Spa Studio **Memberships**

**Because rest isn't a luxury — it's a priority.**

If you're serious about your wellness journey, consistency matters. Our Monthly Memberships are designed to support your nervous system, your body, and your wellbeing with regular, intentional touch.

## **Monthly Massage**

- 60 min customisable massage treatment
- 15% off additional bookings
- 15% off retail purchased
- Exclusive members perks

**£65 per month**

## **Monthly Ritual**

- 90 min customisable face and body ritual
- 15% off additional bookings
- 15% off retail purchased
- Exclusive members perks

**£95 per month**

Regular treatment helps release tension, regulate the nervous system, improve sleep, and support both physical and emotional resilience.

A simple monthly commitment to feeling better in your body — not just occasionally, but consistently.

**Both options are a 12 month subscription saving £240 across the year.**



## FAQs

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### **Where is the Spa Studio at Lost Shore?**

You'll find us in the Reception building, which is the one on the left hand side once you're through the main gate. Once in the building, you'll see us on the left, after the shop.

### **What is your cancellation policy?**

Prepayment is required at time of booking. If you need to change or cancel your booking, please do so with at least 48 hours notice. No shows or cancellations made less than 48 hours before your treatment will result in the full payment being retained.

### **How do I contact you?**

You can email us at [spastudio@lostshore.com](mailto:spastudio@lostshore.com), give us a ring on 0131 287 4590, or drop @lostshore\_spastudio a DM on Instagram.

### **How do I book?**

Scan the QR code below for pricing and our current availability.



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