



DONNA



# WELCOME TO THE DONNA HEALTH & SPA

**Opening hours | Öffnungszeiten | Horario de apertura**

Spa Treatments | Spa-Behandlungen | Tratamientos de Spa  
Daily from 9am - 8pm

Fitnessstudio | Gym | Gimnasio  
Open 24/7

Our expert therapists are dedicated to recommending treatments tailored to your body and mind, ensuring a truly rejuvenating experience. For personalized recommendations, and experiences please contact our spa reception.



# M A S S A G E S

## The Donna Signature Massage

60 min/140€ | 90 min/175€

Discover a truly personalized experience with our Donna Signature Massage, designed to align and rejuvenate both body and mind. This bespoke treatment blends carefully selected aromatherapy oils with a distinctive massage technique, expertly crafted to target tension and enhance deep relaxation.

## Feet and Reflexology Massage

60 min/120€

A method that targets the reflex points on the feet focusing on specific pressure techniques. This reflexology massage activates your body's self-healing abilities and stimulates key functions to restore inner balance.

## Swedish Massage

60 min/130€ | 90 min/170€

Kick-start your endorphins with this natural, mood-boosting body treatment, instantly enhancing your well-being. Focusing on superficial muscles, this well-known massage technique effectively relieves tension and pain while improving blood circulation.

## Deep Tissue Massage

60 min/140€ | 90 min/175€

Focuses on the deepest layers of muscle tissue, effectively releasing tightness and restrictions in the fascia. By loosening these areas, the treatment significantly reduces tension and pain, restores balance, and promotes an overall sense of well-being.

## Thai Massage

60 min/140€ | 90 min/175€

Traditional Thai Massages that focuses on the deepest layers of muscle tissue, effectively releasing tightness and restrictions in the fascia. By loosening these areas, the treatment significantly reduces tension and pain, restores balance, and promotes an overall sense of well-being.



# M A S S A G E S

## Aromatherapy Massage

60 min/130€

Free your mind with our carefully selected essential oils, designed to promote deep relaxation. A gentle yet effective massage technique enhances both inner and outer healing, allowing you to release stress and find tranquility.

## Head & Neck Massage

60 min/120€

Targeting the head and neck, this therapeutic massage improves blood circulation and gently relieves tension. It helps alleviate headaches, reduces muscle stiffness, and promotes a sense of deep relaxation and mental clarity.

## Prenatal Massage

60 min/140€ | 90min/175€

This gentle treatment activates lymphatic circulation to reduce water retention in the feet and legs, leaving the body feeling lighter and more at ease. Specially designed to ease back pain, it offers a soothing escape and provides much-needed relief to celebrate the mom-to-be.

## Lymphatic Drainage Massage

60 min/130€

A soothing therapeutic full-body treatment designed to stimulate healthy lymphatic circulation. This professional drainage massage helps reduce water retention, puffiness, and bloating, leaving you feeling refreshed, revitalized, and balanced.



# FACIAL TREATMENTS

## The Face Express

30 min/90€

Our ultra-fast skin booster delivers a visibly fresher look in just 30 minutes. This treatment combines deep cleansing with our NYNESKINS Skin Food Complex to deeply nourish and hydrate your skin, while a rejuvenating face massage enhances circulation and promotes a glowing complexion. Ideal as a post-sun recovery or a pre-party glow-up.

## The Antioxidant Facial

60 min/150€

A deep cleansing combined with our NYNESKINS Skin Food Complex works to restore and rejuvenate your skin. Infused with potent antioxidants, this treatment enhances skin vitality and supports a balanced microbiome. Eliminate free radicals and reveal a visibly younger, more radiant complexion.

## NYNESKIN Signature Facial

90min/195€

Our NYNESKINS signature facial delivers the ultimate skin renewal experience. This luxury peel facial starts with an intense double cleanse, preparing your skin for deep nourishment.

Dead skin cells are expertly removed, allowing us to deeply nourish and hydrate your skin with our NYNESKINS Skin Food Complex.

The result is a refined, radiant complexion and a luminous glow that lasts for days.

### CHOOSE FROM:

- Our unique manual microdermabrasion using the Glow Stick – precision exfoliation at its finest.
- A powerful glycolic AHA peel – for deeply effective skin rejuvenation.



# RITUALS

## Dynamic Relief

90 min/175€

Relieve muscle pain and tension like never before.

Powered by our vibrating Theragun massage gun, this treatment targets deeper layers of muscle, reducing tension and enhancing muscle recovery. Combined with stretching techniques, it helps improve flexibility and range of motion. Originally used by physical therapists and athletes, the Theragun improves circulation, alleviates post-workout soreness, and stimulates the lymphatic system. Created for athletes and active individuals, this powerful ritual is complemented by aromatherapeutic oils for a holistic and rejuvenating experience. this treatment reduces soreness, improves circulation, and enhances flexibility, making it perfect for post-workout recovery.

## Sounds & Soul

90 min/170€

A holistic relaxation experience that harmonizes body and mind through vibrational therapy. This unique treatment relieves tension, activates self-healing, and enhances mental clarity—perfect for deep meditative relaxation. The soothing vibrations relieve tension, activate the body's self-healing abilities, and unlock creative energy.



# BODY TREATMENTS

## The Essence of Mallorca

90 min/180€

This detoxifying treatment lifts and revitalizes your body, leaving you refreshed and re-energized. Begin with a gentle aromatic salt exfoliating peel to cleanse and refine your skin, followed by a private shower to invigorate your senses. Finish with a luxurious body massage using our deeply hydrating and nourishing cream. Emerge feeling renewed, revitalized, and ready to conquer the day.

## Royal Retreat

60 min/160€

Indulge in the ultimate luxury. Begin with a diamond exfoliation, a cutting-edge technique that gently removes dead skin cells using a diamond-tipped tool, unveiling a fresh and radiant complexion. Follow with a soothing body massage with our nourishing cream, deeply hydrating and revitalizing your skin before experiencing a sauna-like effect created to lock in hydration and ensure maximum absorption and rejuvenation.





# NAIL TREATMENTS

## Full Manicure

65€

Nail shaping, cuticle treatment and nail polish

*Nagelformung, Nagelhautpflege und Nagellack*

Corte de uñas, tratamiento de cutículas y esmaltado de uñas

## Manicure without polish

50€

Nail shaping, cuticle treatment

*Nagelformung, Nagelhautpflege*

Corte de uñas, tratamiento de cutículas

## Full Pedicure

75€

Nail shaping, cuticle treatment and nail polish

*Nagelformung, Nagelhautpflege und Nagellack*

Corte de uñas, tratamiento de cutículas y esmaltado de uñas

## Pedicure without polish

65€

Nail shaping, cuticle treatment

*Nagelformung, Nagelhautpflege*

Corte de uñas, tratamiento de cutículas



### **Health Conditions**

We kindly advise you to inform us of any health conditions, allergies, or injuries that could affect your choice of treatment.

*Wir bitten Sie, uns über alle gesundheitlichen Probleme, Allergien oder Verletzungen zu informieren, die Ihre Wahl der Behandlung beeinflussen könnten.*

Le rogamos que nos informe de cualquier problema de salud, alergia o lesión que pueda afectar a su elección de tratamiento.

### **Delayed Arrival**

Please arrive 5 minutes before your appointment time to ensure there are no delays in the treatment schedule. In the event of your delay, we will be forced to shorten the duration of your treatment out of respect for our following clients.

*Bitte erscheinen Sie 5 Minuten vor Ihrem Termin, um Verzögerungen im Behandlungsablauf zu vermeiden. Im Falle einer Verspätung müssen wir die Behandlungszeit verkürzen, um unsere nachfolgenden Kunden nicht zu beeinträchtigen.*

Le rogamos que se presente 5 minutos antes de la hora de su cita para evitar retrasos en el horario del tratamiento. En caso de retraso, nos veremos obligados a reducir el tiempo de su tratamiento en consideración a nuestros siguientes clientes.

### **Gift Voucher**

Whenever you would like to treat your loved ones to some relaxing time, please contact the Donna Spa team for more information.

*Wenn Sie Ihren Liebsten eine entspannende Auszeit gönnen möchten, kontaktieren Sie bitte das Team vom Donna Spa für weitere Informationen.*

Siempre que desee obsequiar a sus seres queridos con un momento de relajación, póngase en contacto con el equipo de Donna Spa para obtener más información.

### **Cancellation Policy**

Changes to bookings must be notified 24 hours in advance. Any treatment not cancelled with at least 24 hours notice will be automatically charged in full to your room bill.

*Buchungsänderungen müssen 24 Stunden im Voraus angekündigt werden. Jede Behandlung, die nicht mindestens 24 Stunden vorher storniert wird, wird automatisch mit dem vollen Preis auf Ihre Zimmerrechnung gebucht.*

Los cambios en las reservas deben notificarse con 24 horas de antelación. Cualquier tratamiento que no se cancele con al menos 24 horas de antelación se cargará automáticamente en su totalidad en la factura de su habitación.

### **Spa Day**

Advance reservation is strongly recommended (subject to confirmation within 24 hours).

*Eine Voranmeldung ist dringend erforderlich (nach Bestätigung innerhalb von 24 Stunden).*

Se recomienda encarecidamente reservar con antelación (sujeto a confirmación dentro de las 24 horas).





# C O N T A C T

Please contact our Spa Team or front desk for reservations

**+34 971 100 215**

**spa@thedonnaportals.com**

To apply for a DONNA membership please contact the concierge via our Donna Host below:



Donna Host



Nyneskins Website



Book Donna Spa



Phone Contact