THE



DONNA

SPA

WELCOME TO
THE DONNA HEALTH & SPA

Opening hours

Spa
Daily from 9am - 8pm

Treatments
Daily from 10am - 7pm

Gym
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, appointments, experiences, and enquiries about memberships, please contact us.

MASSAGES

The Donna Signature Massage

60 min/140€ | 90 min/175€

Discover a truly personalized experience with our 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 Massage that focuses on the deepest layers of muscle tissue, effectively releasing tightness and restrictions in the fascia. This treatment incorporates dynamic stretching and acupressure to improve flexibility, restore energy flow, and leave the body feeling rebalanced and revitalized.

MASSAGES

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.

NYNESKINS

Nyneskins is a science-backed, high-performance skincare line, bioengineered in Germany to deliver fast, visible, and transformative results.

Each formula is developed with professional-grade actives, including peptides, hyaluronic acid, antioxidants, and retinoids, to target hydration, rejuvenation, and protection at a cellular level. Clean, effective, and free from unnecessary additives, Nyneskins is designed to address skin concerns quickly and intelligently.

Our Nyneskins facials bring these advanced formulas to life through expert application, leaving your skin brighter, firmer, and deeply revitalized, often after just one session.

The name Nyneskins is inspired by the number 9, a symbol of renewal, wisdom, and the edge of perfection. It reflects our belief in powerful transformation through science and simplicity.

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 products 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.

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

CHOOSE FROM:

- Manual Peeling: our unique manual microdermabrasion using the Glow Stick, precision exfoliation at its finest.

- Chemical Peeling: a powerful glycolic AHA peel, for deeply effective skin rejuvenation.

FACIAL LIGHT THERAPY

The Power of Light

30 min/55€
standalone treatment or add-on

Harness the intelligent beauty of light to unlock visible results from within. These cutting-edge treatments use customizable light wavelengths to firm, purify, brighten, balance, and calm the skin without irritation or downtime. Enter a new era of skincare with this next-generation LED therapy facial mask, a non-invasive treatment to improve your skin.

Light Boost

10 min/30€
add-on treatment

Elevate any facial with a targeted light infusion with an LED mask. Whether you seek clarity, calm, or a collagen kick, this intelligent add-on is tailored to your skin’s moment-to-moment needs.

About Light Therapies

Anti-Aging: Red light technology has been clinically proven to heal and rejuvenate the skin, stimulating collagen and elastin production in the skin's dermis. Ideal for fine lines and wrinkles.

Purification: Designed to create an uninhabitable environment for bacteria, blue light is ideal for the treatment of existing and future mild to moderate acne vulgaris, pustules, papules and comedones.

Post-procedure: Red light, blue light and near infrared light stimulate circulation, increase the skin's ability to heal and accelerate skin repair. Perfect after skin touch-ups, skin needling and other injectable treatments. To avoid after heat-based treatments such as chemical peels, laser and IPL treatments.

Soothing: Combination of blue and green light, designed to be anti-inflammatory for stressed skin. It has been shown to promote healing and support compromised skin barriers.

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

Manicure without Polish — 50€

Nail shaping, cuticle treatment

Full Pedicure — 75€

Nail shaping, cuticle treatment and nail polish

Pedicure without Polish — 65€

Nail shaping, cuticle treatment

OTHER SERVICES

Personalized Acupuncture

60 min/250€

Experience a customized acupuncture session that targets your unique needs – whether you're seeking to restore energy, alleviate stress, or rebalance the body and mind.
Rediscover a state of absolute well-being and inner harmony.

Aculifting

60 min/280€
10 sessions 2.600 €

Revitalize your skin with facial acupuncture.
Boosts collagen and elastin production, reduces visible signs of aging, and enhances overall skin texture for a youthful, radiant glow. For optimal results, a series of treatments is recommended.

Sound Therapy

90 min/300€
up to 6 people

Experience the profound effects of sound healing as therapeutic frequencies flow through your body, calming the mind and realigning your inner rhythm. Ancient tones resonate deeply, inducing a state of restorative calm and activating the body's natural healing powers. A powerful treatment for both mind and body, promoting balance, clarity, and renewal.

Personal Training – Yoga, Pilates & Fitness

60 min/120€

Whether you're looking to start your day with energy or build a lasting routine, we're here to guide you with personal training tailored just for you. From the fluidity of yoga to the precision of Pilates and the power of fitness – let us help you elevate your mind, body, and spirit.

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
Booking in advance is strongly recommended (subject to confirmation within 24 hours).
Eine Voranmeldung wird dringend empfohlen (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 House Membership, please contact the concierge via our Donna Host below:

Donna Host

Nyneskins Website

Book Donna Spa

Phone Contact