



SIGNATURE EXPERIENCES

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01. RELAXATION & WELLNESS

SPA: Enjoy our one-of-a-kind **infinity pool** with its exquisite views of the surrounding nature. Step into our **steam bath** to detoxify and relax or warm yourself up in our **natural wood fired sauna**.

BEAUTY TREATMENTS

LAVENDER & GOAT'S MILK RITUAL

🕒 75 min.

Lavender flower and goat's milk footbath, lower leg exfoliation and massage, followed by a nourishing anti-aging face mask and face massage.

HOLISTIC BODY TREATMENT

🕒 90 min.

This calming treatment includes head to toe exfoliation accompanied by a relaxing massage with an aromatic oil of your choice.

BRIGHTENING & HYDRATING YOGURT AND HONEY FACIAL

🕒 60 min.

NOURISHING AND CALMING ALOE VERA & VITAMIN E FACIAL

🕒 60 min.

RELAXING LAVENDER MANICURE

🕒 40 min.

REFRESHING CITRIC PEDICURE

🕒 60 min.

TIRED LEGS RITUAL

🕒 60 min.

Warm footbath with freshly cut herbs from our medicinal garden, exfoliation and an olive oil and lemon footwrap, followed by a relaxing hands, head and leg massage.

MASSAGES

🕒 60 min.

🕒 90 min.

Relaxing · Deep Tissue · Thai · Personalized

COUPLES MASSAGE AVAILABLE UPON REQUEST.
MINIMUM DURATION: 90 MIN

HOLISTIC RITUALS

“REROOT & RECONNECT”

🕒 120 min.

Embark on a transcendent journey that begins with aura cleansing through smudging, followed by a soothing footbath and guided meditation, and surrender to a healing embrace of a Thai-Yoga-Massage on the floor.

VIBRATIONAL MASSAGE

🕒 120 min.

This unique massage type uses Tibetan singing bowls, which are placed on certain key points of the body and played in a way that creates sweet vibration. The frequencies emitted create movement on a cellular level, loosening tension. The sensations experienced reduce stress and bring one in a state of balance and harmony.

RESTORATIVE YOGA WITH SINGING BOWLS

🕒 75 min.

In this experience we move through various restorative poses, using tools as bolsters, blocks to fully relax. Tibetan bowls are played on specific parts of the body as we move through the practice to help create space in the body and ease into the postures.

SOUND BATH

🕒 75 - 90 min.

This therapeutic journey, guided through deep sounds and different frequencies, promotes total relaxation on all levels of your being.

MEDITATIONS

🕒 60 min.

*Mindfulness • Osho Kundalini • Chakra Balancing
Nataraj Meditation / The Dancing Meditation*

BEE-SOUND MEDITATION

🕒 75 min.

Get ready to approach the bees! Find out about our natural beekeeping project that started in 2016 with the help of the Natural Beekeepers Trust UK. Learn about the bees' life, their community and get a chance to immerse yourself in their world by meditating on top of three active hives.

PERSONALIZED MEDITATIONS, TAILORED TO THE GUEST'S INDIVIDUAL NEEDS, ARE AVAILABLE UPON REQUEST.

YOGA

🕒 75 min.

*Hatha Yoga • Vinyasa Flow • Power Yoga • Yin Yoga
Breathwork (Pranayama) • Yoga for horse riders*

AERIAL YOGA

🕒 75 min.

PILATES

 60 min.

PERSONALISED YOGA AND PILATES CLASSES,
TAILORED TO GUESTS' INDIVIDUAL NEEDS AND
HEALTH CONDITIONS, ARE AVAILABLE UPON
CONSULTATION.

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02. NATURE EXPLORATION

La Donairá's surroundings offer a wide range of spectacular natural landscapes and outdoor activities for you to enjoy.

ADVENTURE

PARAGLIDING

ROCK CLIMBING

CANYONING

SPELEOLOGY

We work with trusted partners in the region and handle all logistical requirements.

HIKING

La Donaira offers a range of hikes on and off the finca, designed to suit all fitness levels.

All routes are available on the application

Wikiloc, which allows you to follow the tracks using your mobile device.

GUIDED HIKES

 90 min.

 150 min.

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The Lusitano is known to be the oldest saddle horse on the planet. At La Donaira, over 80 of these magnificent creatures are raised in accordance with the principles of **natural horsemanship**, allowing them to learn, play, and grow healthy and strong, with robust hearts and docile souls.

DRESSAGE

Classic rider lessons for beginner or intermediate-level riders.



🕒 30 min.

🕒 60 min.

BEGINNER FRIENDLY

AGE REQUIREMENTS: CHILDREN 10+ YEARS OLD.

INITIAL RIDING EXPERIENCE EVALUATION BY OUR TEAM, FOLLOWED BY SKILL-MATCHED LESSONS.

HACK

Trail ride to explore the property.

🕒 60 min.

🕒 90 min.

LEVEL REQUIRED: INTERMEDIATE OR ADVANCED.

AGE REQUIREMENTS: CHILDREN 10+ YEARS OLD.

INITIAL RIDING EXPERIENCE EVALUATION BY OUR TEAM, FOLLOWED BY SKILL-MATCHED HACK ROUTES.

NATURAL HORSEMANSHIP: TRAINING SESSION



🕒 30 - 45 min.

Assist, observe and participate in one of the daily training sessions of our young horses, aged between 6 months and 3 years.

GROUNDING ON HORSEBACK: AN INTRODUCTION


 15 min. FREE OF CHARGE

An exercise in strength, balance and trust. By slowing down the breath and relaxing into the natural rhythm of a horse, people can feel a great sense of connection and relaxation. An excellent way to overcome a fear of horses or to start any of our horse activity with.

BEGINNER FRIENDLY

CARRIAGE RIDE AROUND THE ESTATE



 45 min.

CAPACITY: 2 ADULTS + 2 CHILDREN

PONIES

 30 min.



For kids (between 5 and 10 years old), we offer various activities with our ponies, from grooming and saddling to riding.

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04. DONKEYS



The Andalusian donkey, a breed native to Andalusia with a history spanning 3000 years, is currently at risk of extinction. Although traditionally used as a work and burden animal, they are great companions for experiences of wellbeing and enjoyment in nature. At La Donaira we are committed to the welfare of the breed, and to make this wonderful animal better known.

SHINRIN YOKU: FOREST BATHING WITH DONKEYS

 120 min.

A Japanese practise combining mindfulness, nature and donkeys. Deeply relax and connect with nature, while enjoying several proven health benefits.

SOUND OF NATURE WALK

 90 min.



FREE FOR CHILDREN UNDER 12 YEARS OLD.

A walk with the donkeys, entering into the fascinating world of the flora and fauna so unique to the Serrania de Ronda.

DANCING WITH DONKEYS

 60 min.



Grooming, touching, feeling. Playfully enjoy the company of our sweet donkeys.

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05. FARM & GARDEN

La Donaira is home to a diverse range of ecosystems, including our medicinal herb garden, the fruit orchard, the vegetable garden, the woodlands, and wide open-range pastures.

MEDICINAL GARDEN

🕒 60 min.

An exciting introduction into the primordial world of original scent and flavour in our Medicinal Garden, with more than 300 types of healing and edible herbs and flowers.

FARM TOUR

🕒 60 min.



Experience the beauty of La Donaira on this one-hour long tour. From our market garden to animal visits, the tour will provide a "behind the scenes" look into the operations of the farm. It includes an overview of LD's history, what regenerative agriculture looks like in the modern era, and what we hope our role to be in the natural world.

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06. WORKSHOPS



Experience a variety of ingredients that nature can offer and gain practical knowledge and skills that can easily be applied back home.

KOMBUCHA WORKSHOP

🕒 90 min.

In this workshop, we will give you an overview of Kombucha (history, uses and benefits). You'll get to taste samples of different flavors of our organic drinks, smell fresh ingredients collected from our medicinal garden, as well as fundamentals of Kombucha fermentation. You'll learn the step-by-step process from brewing to bottling, including first and second fermentation, to create this wonderful beverage at your own home.

Organic Kombucha starter set includes:

- vacuum packed SCOBY w/ liquid (safe for travel)
- a leaflet with all necessary info and more
- a bottle of your favorite Kombucha

SOAP MAKING WORKSHOP

🕒 90 min.

Beginner's workshop in the art and science of soap-making that includes a step-by-step guide through the basics of the Cold Process Method, using natural materials from our farm.

AGE REQUIREMENT: 15 YEARS +

THE AROMATIC WORKSHOP

🕒 60 min.

Could you recognize aromas blindly? Join us and have fun by discovering how good your sense of smell can be and improve your olfactory memory. We use the herbs, fruits and spices from our medicinal garden and our surroundings. Take it to the next level by mixing several components together and testing out more complicated aromas, similar to what you can find in complex wines.

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07. WINES

Explore our wine selection through themed wine tastings at various scenic spots on our farm, under the expert guidance of our sommelier.

WINE TASTINGS

 90 min.

Choose from a diverse range of thematic tastings:

- THE WINES OF LA DONAIRA
- ROCA VIVA
- ANDALUSIA
- THE MEDITERRANEAN
- BIODYNAMIC PIONEERS
- SHERRY
- SPARKLING WINES

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