SPÁ NA MARA

Treatment Menu

Welcome

Where the sea meets serenity.

Discover a sanctuary of calm inspired by the rhythm of the Atlantic. At Spá Na Mara, luxury and nature blend seamlessly to create an experience of pure relaxation and renewal.

Our expert therapists and bespoke treatments invite you to unwind, restore and reconnect in an atmosphere of coastal elegance and tranquillity.

Discover a sanctuary of warmth, water, and wellbeing in our beautifully designed Thermal Suite, where every experience is inspired by the calming energy of the Atlantic coast.

Use of Thermal Suite is included with all treatments.
Use of Thermal Suite only for 90 minutes from €45.

Our Thermal Suite includes the following thermal facilities:

- Vitality Pool
- Heated Relaxation Loungers
- Steam Room
- Sanarium
- Himalayan Salt Sauna
- Plunge Tub
- Outdoor Canadian Hot Tubs

Face

Spa Na Mara Signature Facial (50 min) Midweek €100 | Weekend €120
Inspired by Celtic healing traditions, this facial combines a purifying peat mud mask with nutrient-rich botanicals and curated oils to hydrate, balance, and restore radiance.

The Skin Detox (50 min) Midweek €110 | Weekend €130
A purifying facial that deeply cleanses and rebalances, clearing impurities and leaving skin fresh, clear, and radiant.

Golden Goddess (50min) Midweek €120 | Weekend €140
An opulent age-defying facial with 24k gold serum, carrageen moss, and barley to hydrate, plump, and restore a radiant golden glow.

All About The Glow (50min) Midweek €130 | Weekend €150
An illuminating facial that transforms dull, tired skin into a radiant, luminous complexion. Gentle resurfacing smooths and refines while nutrient-rich botanicals deeply nourish, leaving skin silky, rejuvenated, and glowing.

Body

Sedating Scalp & Sinus (45 min)Midweek €99 | Weekend €110

A deeply soothing ritual combining inhalations of wild yarrow and elderflower with a sedating scalp and sinus massage to ease pressure, clear congestion, and calm
the mind. Ideal for tension, headaches, or fatigue.

Coastal Walk (50min) Midweek €110 | Weekend €130

A sensory journey inspired by the wild Atlantic shore. A mineral-rich foot soak and exfoliation prepare you for a soothing coastal reflexology massage that restores balance and melts away tension.

Danú Full Body Exfoliation (50 min) Midweek €130 | Weekend €150

Inspired by the Celtic goddess of nature, this ritual uses seasonal herbs, wild Atlantic sea salt, and aromatic botanicals to refine, polish, and awaken the skin - revealing a silky-smooth, radiant glow.

Warm Atlantic Seaweed Wrap (80 min) Midweek €180 | Weekend €200

Embrace the coastal tradition of a warm seaweed wrap to ease tired joints and aching muscles. Rich in iodine and minerals, this treatment aids detoxification and boosts circulation, leaving the body purified, balanced, and renewed.

Your Best You (50 min) Midweek €130 | Weekend €150

A deeply restorative ritual designed to nurture body and mind. Warm Himalayan salt stones and soothing TempleSpa skincare combine to calm stress, enhance energy, and lift the spirit. Gentle stretches and lymphatic techniques refresh and restore balance.
Upgrade to 80 minutes for an extended experience featuring additional joint release and facial drainage for deeper renewal and radiant hydration.

Massage

Signature Massage(50 min) Midweek €110 | Weekend €130
A restorative full-body ritual combining massage and gentle acupressure with seasonal oils and aromas to rebalance body and mind.

Drift Away (50 min) Midweek €120 | Weekend €140
A deeply relaxing aromatherapy massage using Frankincense, Lavender, and Patchouli to melt away stress and restore calm from head to toe. *Upgrade to 80 minutes to include a signature face and scalp massage for the ultimate escape.*

Coastal Stone (50 min) Midweek €125 | Weekend €145
Inspired by the grounding energy of the Atlantic coast, warm basalt stones and cooling flint crystals work in harmony to ease tension, restore balance, and instil deep serenity.

Stress Not (50 min) Midweek €130 | Weekend €150
A calming, anti-inflammatory ritual using warm basalt stones and CBD balm to ease tension, soothe muscles, and restore deep relaxation. *Upgrade to 80 minutes to include a rejuvenating face and scalp massage enriched with our CBD skin booster oil for the ultimate renewal.*

Work It Out Reviving Deep Tissue (50 min) Midweek €130 | Weekend €150
A powerful deep tissue massage designed to ease tension, revive tired muscles, and restore energy. Using a detoxifying blend of Juniper, Cypress, and Arnica, this treatment targets knots, improves flexibility, and leaves the body feeling refreshed and rebalanced.

Mother To Be

Mother Moon (60min) Midweek €120 | Weekend €140

A cocooning pre-birth ritual designed to nurture body and mind. Using delicate wild rose body oil, this soothing massage envelops the body in comfort and care, easing tension and nourishing the skin.

New Beginnings Total Retreat (140 min) Midweek €230| Weekend €250

Created exclusively for expectant mothers, this nurturing ritual soothes body and mind with a deeply relaxing full-body massage, revitalising facial, and refreshing leg therapy. Designed to ease tension, relieve tiredness, and leave skin radiant—an indulgent sanctuary of serenity for mothers-to-be.

Complete your experience with a light lunch and refreshing drink, an elegant moment of peace for both mother and baby.

For Him

Funghi Facial Cleanse (50 min) Midweek €110 | Weekend €130
Engineered for the modern man, this powerful facial combines hot towel compresses, a collagen-rich mushroom mask, and specialised stone massage to strengthen skin, boost vitality, and define the jawline for a firm, refreshed look.

Tired Sole Uplift (80 min)Midweek €120 | Weekend €140
A rejuvenating gentleman's ritual designed to invigorate and restore. Deep tissue back massage eases tension before a revitalising foot and calf treatment awakens the body. Finished with a purifying bog mud facial to cleanse and refresh the skin.

Muscle Ease Massage (50 min) Midweek €125 | Weekend €145
Designed for the active man, this invigorating full-body massage uses menthol and arnica oils to ease tension, release tight muscles, and restore flexibility and vitality. Targeted techniques relieve deep-seated knots and melt away stress.

Day Spa

Boardwalk Balancer (110 min) Midweek €210 | Weekend €230
A deeply nourishing escape combining a soothing full- body massage with magnesium and birch oils to ease tension and encourage deep relaxation. The ritual continues with a luxurious facial enriched with honeysuckle, rose, and wild moss to rebalance and renew the skin. *Complete your experience with a light lunch and refreshing mocktail or handcrafted cocktail, enjoyed in serene surroundings overlooking the Donegal coast.*

Druids Way (110 min) Midweek €330 | Weekend €350
Inspired by ancient Celtic healing, this grounding ritual restores balance and connection to nature. A purifying herbal scrub and warm oil massage ease tension and calm the mind, while sound therapy and crystal energy realign the body and spirit for deep harmony and renewal.

Tides of Tranquility (110 min) Midweek €399 | Weekend €439
Drift away together on a deeply restorative journey inspired by the rhythm of the sea. Your escape begins with a 1-hour thermal experience followed by 30 minutes in our private hot tub, followed side by side in our private suite, enjoy a soothing full-body massage with marine-infused oils, followed by a radiance facial and calming scalp ritual to melt away tension and restore complete serenity. Your experience concludes with a sweet delight served with sparkling refreshment in our sea-view restaraunt—leaving you both rebalanced and renewed by the ocean's embrace.

The Serious Detox (150 min) Midweek €210 | Weekend €230
Renew body and spirit with this deeply cleansing full-body detox ritual designed to sweep away fatigue and restore vitality. Begin with an invigorating body brush and exfoliation to awaken the skin, followed by a tension-releasing massage to ease tired muscles. A nourishing body wrap draws out impurities and restores balance, while a purifying facial hydrates and illuminates the complexion—leaving you feeling light, radiant, and renewed from head to toe.

Total Glow Up (80 min) Midweek €165 | Weekend €185
Illuminate from head to toe with this luxurious Radiance Ritual designed to restore vitality and glow. Begin with a gentle body exfoliation to smooth and refine the skin, followed by a sculpting massage to tone and uplift. A radiance-boosting facial completes the experience, leaving your skin luminous, your body re-energised, and your spirit renewed by the essence of the coast.

Welnamis Bed

Press pause. Relax your mind. Discover Welnamis, a touchless sound and vibration therapy that gently trains the mind to unwind. Using advanced vibroacoustic technology, soothing frequencies, and rhythmic vibrations, it promotes deep relaxation, stress relief, and mental clarity — all in one serene session.

CLASSIC PROGRAMS
Touch Gentle mid-Alpha vibrations ease tension, calm the mind, and reduce stress. (30 min)
Deep – Multi-channel vibrations and harmonics for profound relaxation and improved sleep. (30 min)

ADVANCED PROGRAMS
Stress Reduction – Deeply relaxing while keeping the mind clear and present. (22 min)
Mindfulness – Induces a dream-like meditative state for inner stillness. (22 min)
Powernap – Mimics deep sleep for full rejuvenation and wellbeing. (22 min)
Awareness – Enhances clarity, focus, and emotional balance. (22 min)

EXTENDED PROGRAMS
Gentle – A blend of light and deep vibrations for total relaxation and energy balance. (60 min)
Energy – Balancing frequencies that promote resilience and renewal. (60 min)

Single treatment €45 when combined with a treatment or from €70 as a standalone treatment A course of Advanced Programs is required before progressing to extended treatments

Terms of booking

Spá Na Mara welcomes guests aged 18 years and over.
For your comfort, robes, slippers and towels are provided throughout your visit.

Each of our treatments includes a personalised consultation and tailored homecare recommendations to ensure lasting results. Guests enjoying treatments of 50 minutes or more may use our thermal suite for up to one hour prior to your appointment.

Please note you must inform your therapist of any medical conditions for health and safety reasons.

A deposit is required to secure bookings. Cancellations made within 48 hours of your appointment will incur the full treatment cost.

Group bookings will require a 10% deposit in addition to card details on booking.

Packaged treatments are to be taken consecutively and are not able to be split between clients. Discounts are not available on special offers or packaged treatments.

Late arrivals will result in your treatment time being reduced to minimise disruption to other guests and full treatment price will apply.

To avoid disappointment, please advise the spa in advance if you are pregnant, nursing or suffering from a medical condition.

As a courtesy to other guests, we ask you to switch of your electronic devices when entering the spa.

Food and drink are not permitted to be brought into the spa but light refreshments are served.

All valuables must be secured in our lockers and we are unable to take responsibility for any personal items.

DONEGAL

BOARDWALK RESORT & SPA

Treatments

Please note, all treatments include 1 hour use of our Thermal Suite plus access to our Relaxation lounge with refreshments after your treatment.

Opening Times

Please see our website for opening times.

To make an appointment you can book online,
email: spa@donegalboardwalkresort.ie,
or call us on +353 7493 04444