

HOTEL
LAS ISLAS.....

BARÚ - CARTAGENA DE INDIAS



SPA NIÑA DANIELA

A REFUGE TO AWAKEN YOUR SENSES

DEEP BALANCE IN NATURE'S EMBRACE

A dreamlike sanctuary where nature and serenity awaken your inner being. The energy of warm, nurturing hands is transformed into deep wellbeing for body and soul. Spa Niña Daniela is a haven infused with the gentle caress of pure Caribbean air, connecting you with earth and water. Here, balance, peace, and infinite inner connections are reborn, creating a true refuge in the heart of nature.



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CONTENTS

●	BODY TREATMENTS	06 - 08
●	FACIAL TREATMENTS	12 - 14
●	SOUNDS THAT HEAL	16 - 17
●	BODY RITUALS	19 - 21
●	ENJOY OUR SPACES	24 - 26
●	TERMS AND CONDITIONS	28 - 29



BODY TREATMENTS

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SERENITY

Swedish massage

Beginning with a personalized aroma selection to connect body, mind and soul, this harmonious ritual inspired by traditional relaxing massage technique guides the body into a state of deep rest.

Swedish massage is renowned for its ability to induce profound relaxation and calm, making it a popular choice for those seeking relief from accumulated stress and tension.

Price per person

240.000 COP
40 minutes

300.000 COP
60 minutes

400.000 COP
80 minutes

VITALITY

Deep tissue massage

Through firm pressure and slow, deliberate movements, this massage is ideal for chronic aches and pain. It improves fascial elasticity and reaches the deepest layers of the muscles, helping to release adhesions and relieve overall tension.

In addition, deep tissue massage can enhance posture, flexibility, and mobility, contributing to a higher quality of life.

Price per person

270.000 COP
40 minutes

340.000 COP
60 minutes

440.000 COP
80 minutes

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BALANCE

Lymphatic drainage

With slow, circular and repetitive movements, this massage helps reactivate lymphatic circulation by draining accumulated fluids and restoring the body's natural fluid balance.

This technique is especially valued for its gentle and deeply relaxing nature, making it ideal for those seeking a soft and comforting therapeutic approach to enhance overall well-being.

Price per person

280.000 COP
60 minutes

380.000 COP
80 minutes

ENERGY

Hot stone massage

The combination of volcanic stones and the harmonious flow of massage with essential oils creates a deep connection with the earth and your inner self.

This sensory ritual revitalizes energy and restores balance to mind, body and soul. The connection to the earth through volcanic stones feels like a warm, comforting embrace, while the aromas of essential oils nourish the spirit and calm the mind.

Price per person

360.000 COP
60 minutes

460.000 COP
80 minutes

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LOCALIZED MASSAGE

Enjoy a targeted massage experience with soothing and restorative effects. This treatment focuses on specific areas according to your individual needs. Ideal for those experiencing localized pain and chronic muscle tension.

Area of your choice:

Back, head, neck and shoulders, feet and legs, posterior area.

160.000 COP

25 minutes • Price per person

CARIBBEAN RENEWAL

Inspired by the Colombian Caribbean, this body scrub combines the benefits of Manaure salt, shea butter, coconut and lemongrass to gently remove impurities, revealing incredibly soft and deeply hydrated skin.

190.000 COP

30 minutes • Price per person

TIRED FEET MASSAGE

A real treat for tired feet, targeting specific pressure points to restore energy flow and support organ function.

Includes:

Exfoliation, localized foot massage

240.000 COP

40 minutes • Price per person

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FACIAL TREATMENTS

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PURIFYING FACIAL

Experience the benefits of a personalized oxygenating, detoxifying, or soothing facial, tailored to your skin type. Carefully selected active ingredients are applied to deeply prepare the décolleté, neck, and face, leaving the skin hydrated, balanced and radiant.

290.000 COP

30 minutes • Price per person

400.000 COP

60 minutes • Price per person

NIÑA DANIELA FACIAL

Inspired by Japanese beauty rituals, the Kobido technique uses traditional Japanese facial massage to activate blood circulation and stimulate cell renewal, leaving the skin oxygenated and radiant.

450.000 COP

60 minutes • Price per person

REMODELING FACE

Combining the synergy of three electrical currents (galvanic, medium frequency and high frequency), this advanced treatment revitalizes the skin by stimulating epidermal cells. The experience is customized to meet the specific needs of each skin type.

520.000 COP

80 minutes • Price per person

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ORGANIC FACIAL GLOW

Experience the perfect balance of sensoriality and effectiveness to awaken the skin and reveal an instant glow. This certified organic facial invites you to reconnect with nature while enjoying a deeply relaxing cocooning massage for the face and scalp.

270.000 COP

45 minutes • Price per person

FACIAL MASK

Application only. Duration not included

Pamper and hydrate your skin with natural active ingredients that leave your complexion soft and moisturized. Depending on your skin type, we offer masks by Sothys or Biologique Recherche, with special attention to the delicate eye contour. This mask can be enjoyed on its own or combined with one of our body treatments.

70.000 COP

Price per person

HAIR MASK

Application only. Duration not included

Mask and treatment with coconut oil and salt-free formulas, designed to penetrate the hair fiber and provide intense nourishment. Enriched with the repairing power of calendula, this treatment strengthens the hair, repairs split ends and gently detangles, leaving it soft, shiny and frizz free.

40.000 COP

Price per person

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SOUNDS THAT HEAL

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DREAM CATCHER

Neuroestimulation TBA 2026

Enjoy a sensory experience accompanied by binaural and isochronic sounds designed to help reduce stress levels and guide you into states of deep peace and tranquility. This experience is ideal for those experiencing insomnia, work-related stress, anxiety, or mental fatigue.

200.000 COP

60 minutes • Price per person



TAM-TAM GONG

Individual or couple experience

Reconnect with yourself, listen to your inner voice, and feel healthy and at ease in your own body and life. This sound journey invites you into a moment of deep meditation and complete calm. Through this ancient instrument, you will experience a unique vibration that restores balance to body, mind, and soul.

200.000 COP

45 minutes • Price per person

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ENERGY TO HEAL

Quartz bowls

In this exclusive wellness ritual, you will experience balance in your energy points, bringing body, mind, and soul into complete harmony. Waves of enveloping sound, combined with the healing power of quartz, restore your inner balance. This experience can be enjoyed individually or as a couple.

150.000 COP

35 minutes • Price per person



TIBET INSPIRATION

Experience a moment of deep calm through the unique vibrations of 12 metal singing bowls. These sounds work on your aura and body, promoting deep relaxation, stress relief and physical and emotional well-being.

200.000 COP

55 minutes • Price per person

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BODY RITUALS

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BARU DAYDREAM

🌿 Our Guests' Favorite Massage

A treatment for two, designed to strengthen the bonds between loved ones. Enjoy shared moments of wellness that transport you to a world of relaxation, restoring harmony to the body. This treatment harnesses the regenerating and nourishing properties of wild mango for soft, revitalized skin.

Includes:

Body exfoliation, use of wet areas , relaxing massage, express facial and hair mask.

1.300.000 COP

2 hours • Price per couple

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TROPICAL PLAN

Sweet and delicate fragrances transport you to a state of relaxation and harmony. This dreamy escape begins with an indulgent exfoliation using sea salts and pineapple particles, followed by a soothing massage enriched with the benefits of pineapple oil. Your body will enjoy an unforgettable experience of renewal and hydration.

400.000 COP

90 min. • Price per person

ENCHANTED TRIP

Sauna Use After Exfoliation

Embark on a journey of ultimate relaxation. Begin in Africa with a body exfoliation using a subtle blend of baobab oil and coffee beans.

Then, travel to Mexico to benefit from the exceptional anti-aging properties of plant extracts in a hydrating cactus wrap. Finally, arrive on a Polynesian beach to enjoy a truly immersive and lasting monoi massage.

420.000 COP

90 min. • Price per person

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SWEET WAITING RITUAL

Enjoy a relaxing and calming experience with this special ritual. Combining the nourishing and protective properties of orange oil, carrot extract and its key active ingredient, vitamin C, this treatment enhances skin radiance. Paired with a delightful fragrance and body-draining massage techniques with a focus on the legs, it is a special treat for mothers.

300.000 COP

60 minutes • Price per person

RELAXING PLAN

Includes: Relaxing massage • Express Oxygenating Facial

Experience deep relaxation in a nourishing and exceptional treatment. This exclusive plan begins with a soothing massage enriched with coconut oil and tiaré flower and concludes with an express facial to complete this unique moment of well-being.

400.000 COP

80 minutes • Price per person

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SOTHYS
PARIS
Evasion sensorielle
Ananas - Kiwi
Pineapple - Kiwi
sensorial escape
50 ml e - 1.69 FL. OZ

SOTHYS
PARIS
Evasion sensorielle
Vanille - Fruit de la
passion
Vanilla - Passion fruit
sensorial escape
50 ml e - 1.69 FL. OZ

SOTHYS
PARIS
Evasion sensorielle
Citron et petitgrain
Lemon and petitgrain
sensorial escape
50 ml e - 1.69 FL. OZ

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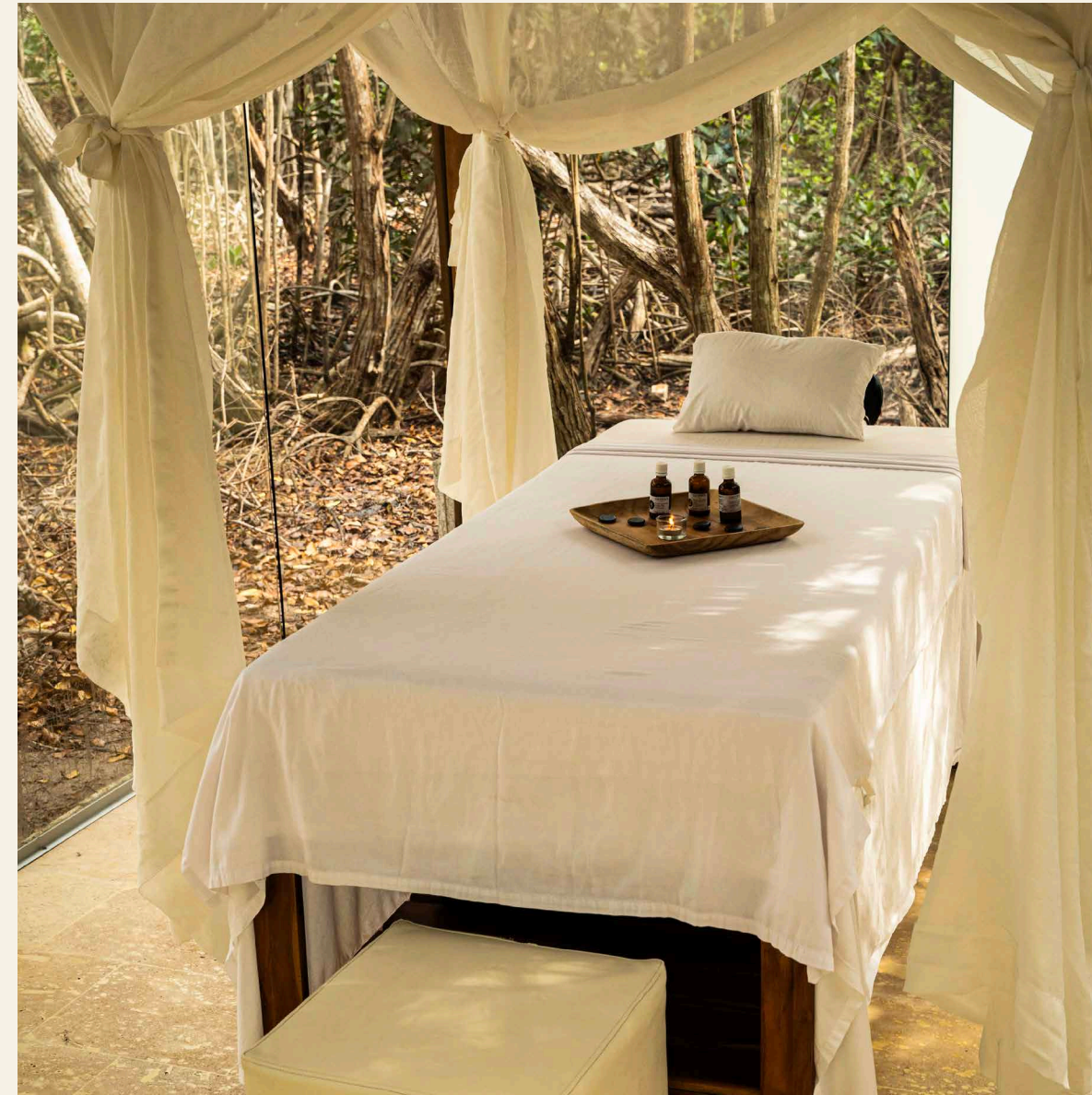


ENJOY OUR SPACES

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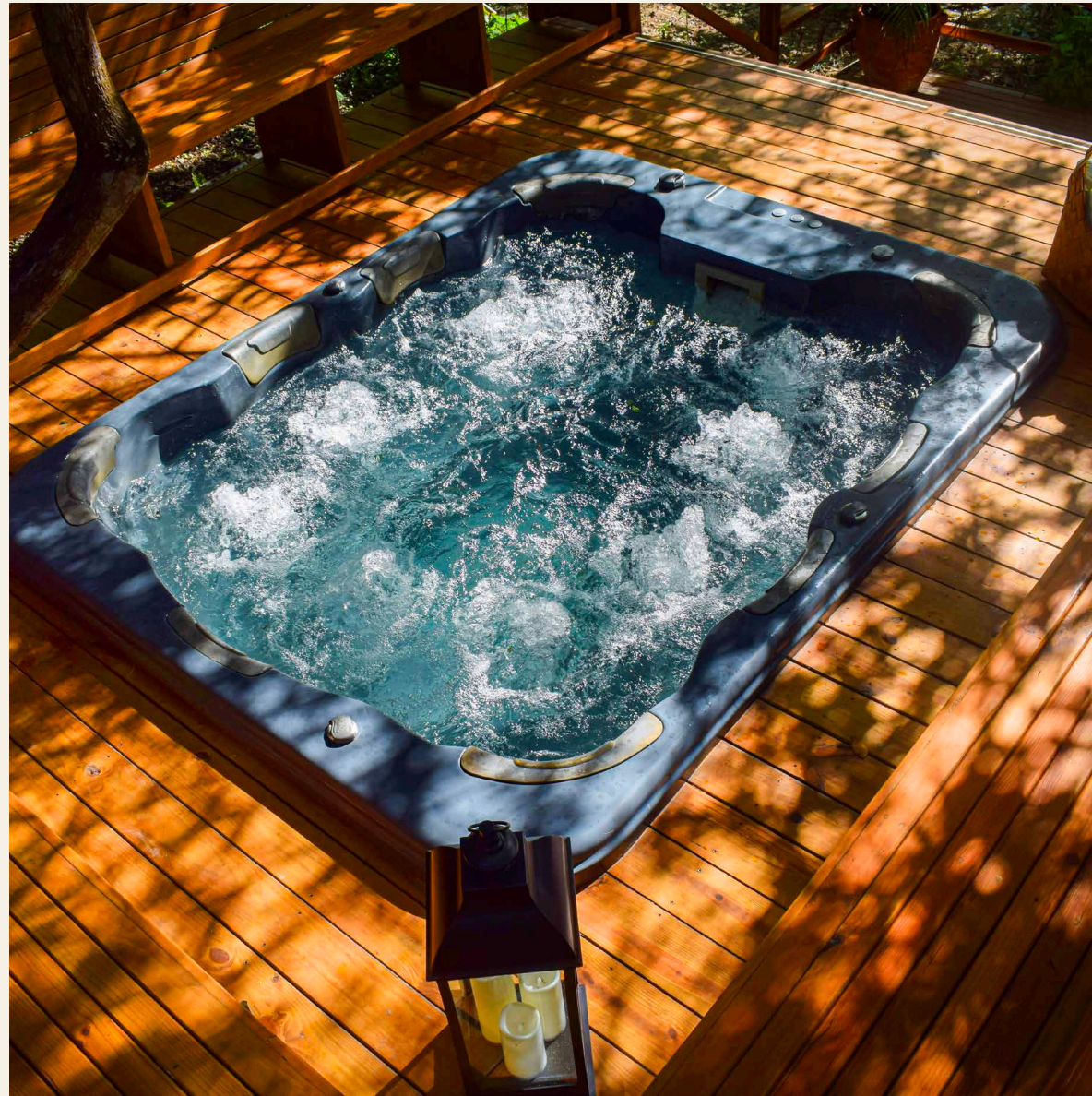
INSIDE CABINS
3 cabins available



EXTERIOR CABINS
2 single cabins available



POOL
Reservation required



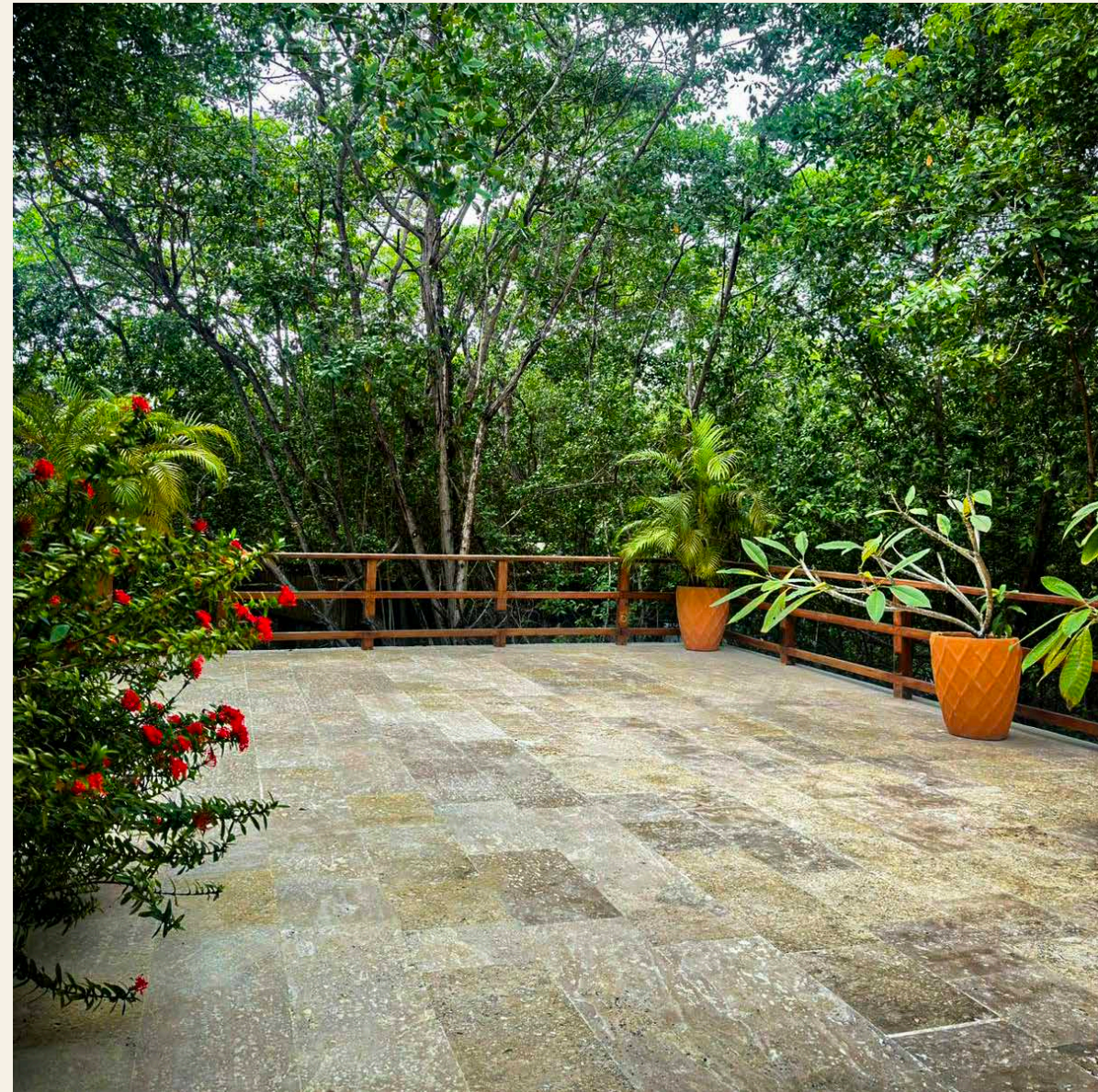
JACUZZI
Reservation required



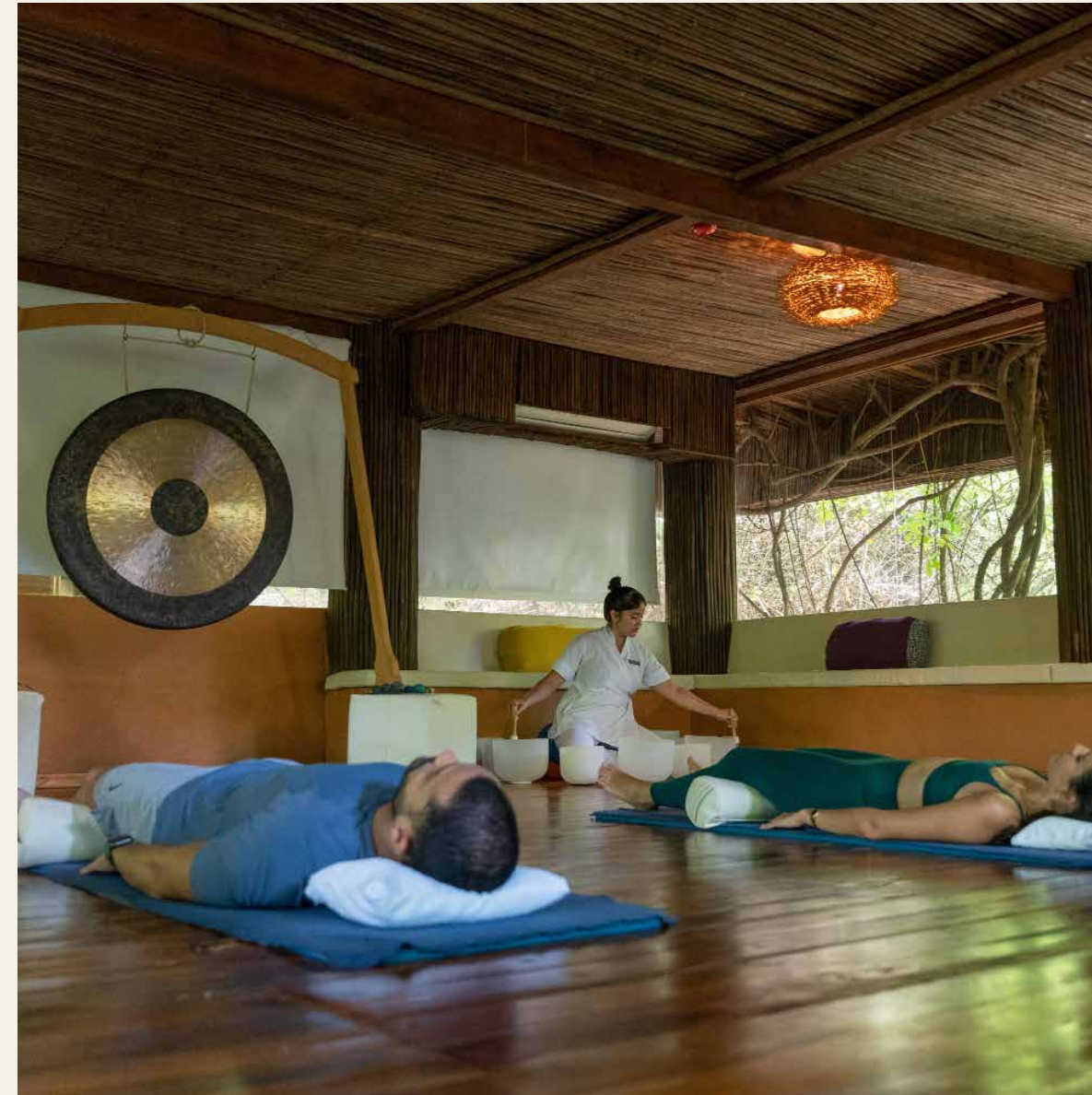
SAUNA
Reservation required



TURKISH BATH
Reservation required



TERRACE
Reservation required



YOGA SALON
Reservation required, subject to availability

TREATMENTS

Daily schedule: 8:00 a.m. – 7:00 p.m.

Treatments must be reserved directly via email, phone, or at the spa reception. We recommend checking availability at least 15 days in advance of your arrival.

GYM

Open 24 hours and reserved for guests only. Located next to the Cafeteria Los Mangos and the handicrafts store. The use of sports shoes is mandatory in these areas. Amenities will be provided for showering and storage of personal belongings. Children are not allowed.

USE OF GONG, QUARTZ, AND TIBETAN BOWLS

It is also not recommended for pregnant women, especially during the first four months of pregnancy. Sessions, particularly the Gong, are best scheduled in the morning or before 5:00 p.m., subject to availability.

The Gong should only be used by trained and authorized hotel staff. This treatment is contraindicated for individuals with epilepsy, pacemakers, cancer, or those taking psychotropic medications.

YOGA SALON

Hours of use: 9:00 a.m. to 6:00 p.m.

Subject to availability and must be reserved in advance. Maximum capacity: 10 people. Wet clothing and shoes are not allowed. To respect all users, proper meditation etiquette must be observed. Children must remain silent and be accompanied by a responsible adult.

CANCELLATION POLICIES

In case of cancellation of reservations made by guests, we recommend notifying us at least 24 hours in advance to avoid any charges. For users who are not staying at the hotel, reservations will be made with a deposit of the total value of the treatment, in this way, the reservation will be effective once the electronic payment is validated. In case of

modification of dates or treatments, you must inform at least 24 hours in advance of the appointment to reschedule it.

COURTESY RULES

Our spa and wellness center is an environment dedicated to tranquility and relaxation. We invite you to respect the right to privacy and serenity of all spa users.

The consumption of food, alcohol, tobacco, and psychoactive substances is prohibited in the spa areas. Appropriate clothing must be worn in common areas.

Cell phones must be used in silent mode. It is forbidden to take pictures of other guests without authorization. It is not allowed to use loud sound items or items that affect the tranquility of other users.

JACUZZI, SAUNA & TURKISH BATH USE

Open daily from 9:00 a.m. to 6:00 p.m., available to all guests by advance reservation and subject to availability.

Reservations must be made directly with the spa. Minors must be accompanied by a responsible adult and only from 10 years of age.

It is recommended to stay hydrated before and after use. Drinks and/or food are not allowed inside the sauna, Turkish bath, or Jacuzzi. For people with health problems and low resistance to high temperatures, these services are contraindicated.

ARRIVAL TO THE SPA

Spa Niña Daniela recommends that you arrive at the spa reception at least 15 minutes before your appointment. This time will allow us to share with you the knowledge, terms, care, precautions, and important aspects of the rituals to be performed.

We recommend leaving your valuables in the safety deposit boxes in your room. For gentlemen, we suggest shaving before taking facial treatments. It is important to stay hydrated before any treatment.

The use of wet areas is recommended before starting any treatment in order to help stimulate circulation and the lymphatic system, as well as afterward as a complement to wellness treatments. There is no additional cost for the use of wet areas. To avoid exceeding the capacity and to their use, we recommend that you guarantee reserve them in advance.

LATE ARRIVALS

Out of respect for other guests, treatments cannot be extended in case of late arrival. The service will be provided within the remaining time of the scheduled appointment .

AFTER THE TREATMENT

We recommend avoiding sun exposure after facial and body treatments. Wait at least 3 hours before sunbathing. To extend your spa experience at home, some of the products used in the treatments are available for purchase at the spa's reception desk.

GIFT CARDS

Gift vouchers will be issued at the spa. If the purchaser is a guest and wants to buy a voucher for an external recipient, payment must be made in full online, and the digital voucher will be sent via email. The voucher is valid for one year from the date of purchase.

HEALTH

Please inform us of any health conditions, allergies, or injuries when making your reservation, as they may affect the services provided.

PREGNANT WOMEN

Some treatments are specifically designed for expectant mothers. Our wellness concierges will guide you in choosing the most appropriate treatments.

CLEANLINESS

In accordance with current safety, hygiene, and sterilization standards, all spa equipment and materials are sterilized and sanitized before and after each treatment.

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SPA
ANIÑA DANIELA
SPA & WELLNESS CENTER

HORARIO
9:00 A.M. A 8:00 P.M.

TRATAMIENTOS FACIALES
FACIAL TREATMENTS

SALÓN DE MASAJES
MASSAGE ROOMS

NEUROESTIMULACIÓN
NEUROSTIMULATION

YOGA Y TALASOTERAPIA
YOGA AND THALASSOTHERAPY

JACUZZI Y SAUNA
JACUZZI AND SAUNA

BAÑO TURCO
STEAM BATH

PISCINA AGUA SALADA
SEA WATER SWIMMING POOL

To book treatments:

spaninadaniela@lasislas.com.co • (+57) (605) 651 7123 Ext. 1107

Opening hours: 8:00 a.m. a 7:00 p.m.

