

## Spa Day Packages

*All of the below packages include a two course lunch in the Brasserie  
10% off packages booked Monday - Thursday*

**For Ladies Only Package** €165

*A choice of three of the following 30 minute pampering treatments:*

*Ocean Fresh Facial | Age Support Eye Lift | Back Massage | Leg and Foot Massage | Hydrotherapy Bath | Honey and Irish Whiskey Salted Body Scrub*

**For Men Only Package** €190

*An Aromatic Sea Salt Bath | A 60 minute Deep Down Full Body Massage | A 30 minute Ocean Fresh Facial*

**Ocean Essence Package** €200

*A 30 minute Sweet Seaweed Sugar Scrub | 45 minute Ocean Fresh Facial | Choose either a 45 minute Head and Shoulder Massage or 45 minute Leg and Foot Massage or 45 minute Back Massage*

**Bundle of Joy Package** €225

*60 minute Ocean Fresh Facial | 90 minute Maternity Massage using Hot Stones*

**Better Together Package** €400/Couple

*Outdoor Seaweed Bath each | 60mins Full Body Massage each | Glass of Prosecco each*

## Twilight at Nádúr

6pm - 8.30pm (min. group number 8 guests) €180/pp  
*Prosecco reception on arrival | Private access to all thermal suite facilities | Outdoor seaweed bath for each guest | Canapes & Nádúr Spa signature cocktail | Dedicated party host*



# NÁDÚR

AT BALLYGARRY

| F I N D A P U R E R Y O U |

Nádúr Spa | Ballygarry Estate, Hotel and Spa | Leebrook | Tralee | Co. Kerry | Ireland | V92 W279

tel | 066 7144560 | fax | 066 7127630 | email | spa@ballygarry.com

[www.ballygarry.com](http://www.ballygarry.com)

# NÁDÚR

AT BALLYGARRY

| F I N D A P U R E R Y O U |



## Body Treatments

Voya Organic Seaweed Leaf Wrap   90 minutes	€160
Voya Warm Spiced Mud Wrap   75 minutes	€140
Ground Sleep Ritual Wrap   60 minutes	€125
Voya Sweet Peppermint & Seaweed Scrub   45 min	€85
Nádúr Honey & Whiskey Body Scrub   30 minutes	€70

## Outdoor Bathing Experiences

Voya Fresh Seaweed Leaf Bath	€70
Voya Mineralising Sea Salt Bath	€60
Floral Aromatherapy Bath	€60

<i>Optional add-ons to enhance your bathing experience:</i>	
Ground Firming Peat Face Mask	€20
Voya Seaweed Cream Hair Mask & Seaweed Eye Patches	€20

Bottle of Frizzante Prosecco	€40
Glass of Frizzante Prosecco	€12



## Massage Treatments

Hot Stone Full Body Massage   90 minutes	€150
Freestyle Full Body Massage   75 minutes	€135
Grounding Full Body Massage   60 minutes	€120
Head, Neck & Shoulder Massage   45 minutes	€90
Broadening Back Massage   45 minutes	€90
Leg & Foot Reviver Massage   45 minutes	€90
Reflexology Treatment   45 minutes	€80



## Love Yourself Ladies

Full Body Maternity Massage   90 minutes	€150
Yummy Mummy Maternity Treatment   90 minutes	€155
Ground Hormonal Balancing Massage   90 minutes	€145
Comforting Body Wrap   75 minutes	€130
Easing Endo Ritual   75 minutes	€130
Tension Easer Maternity Massage   45 minutes	€90



## Facial Treatments

Skin Formulas Deluxe Combi Facial   90 minutes	€160
Voya Seaweed Deluxe Facial   90 minutes	€145
Ground Awakening Face Ritual   60/90 min	€120/€155
Ground Mindful Face Ritual   60/90 minutes	€120/€155
Voya Self Discovery Facial   60 minutes	€120
Skin Formulas Lactic Peel Treatment   45 minutes	€90
Skin Formulas Microdermabrasion   45 minutes	€90

## Rituals

Voya's Seaweed Cocktail Ceremony   150 minutes	€280
Ground & Sound Ritual   120 minutes	€200
Honey Harmony Ritual   105 minutes	€175

## Touch Therapy Treatments

Chemo Comfort Therapy   60 minutes	€115
Radium Relief Therapy   60 minutes	€115



## Men in Mind

Voya Face & Back Treat   90 minutes	€155
Brew & Renew Ritual   90 minutes	€145
Deep Down Full Body Massage   60 minutes	€135
Grounding Full Body Massage   60 minutes	€120
HOP in the Bath   20 minutes	€60

