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

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

Better Together Package

€400/Couple

€225

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

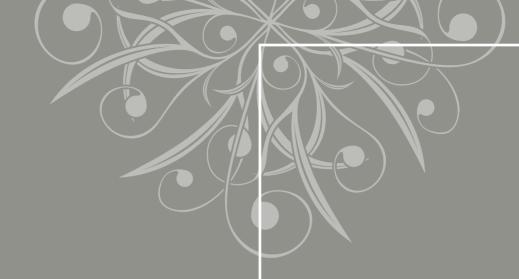




FIND A PURER YOU

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

www.ballygarry.com





AT BALLYGARRY

FIND A PURER YO

Body Treatments

 \sim

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	

Oudoor Bathing Experiences

oya Fresh Seaweed Leaf Bath	€70	
oya Mineralising Sea Salt Bath	€60	
loral Aromatherapy Bath	€60	
Optional add-ons to enhance your bathing experience:		
Pround Firming Peat Face Mack	€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 €90 Broadening Back Massage | 45 minutes €90 Leg & Foot Reviver Massage | 45 minutes €80 Reflexology Treatment | 45 minutes



Love Yourself Ladies

1010 100110011 =00100	
ull Body Maternity Massage 90 minutes	€150
ummy Mummy Maternity Treatment 90 minutes	€15
Fround Hormonal Balancing Massage 90 minutes	€14
comforting Body Wrap 75 minutes	€13
asing Endo Ritual 75 minutes	€13
ension Easer Maternity Massage 45 minutes	€9



Facial Treatments

Skin Formulas Deluxe Combi Facial | 90 minutes €160 €145 Ground Awakening Face Ritual | 60/90 min €120/€155 Ground Mindful Face Ritual | 60/90 minutes €120/€155 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 €175 Honey Harmony Ritual | 105 minutes

Touch Therapy Treatments

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



 \sim





