



March Offer 2024

**'The Power of Sound' – Back by popular demand
(75 Minutes)**

During this ritual your therapist will open & close your treatment using specific sound therapy instruments that allow positive energy to flow freely using the Tibetan 'singing Bowls'.

Grounding Back Massage, enveloped into a SleepInducing Body Wrap with Guasha Facial & Scalp Massage.

Access to the Steam room, Sauna & Outdoor Hot Tub Two Course Lunch in The Brasserie

All for just €150/person

NÁDÚR

Nádúr Spa | Ballygarry Estate Hotel & Spa | Leebrook | Tralee | Co Kerry
Tel: 066 7144560 | Email: spa@ballygarry.com | www.ballygarry.com