



January Offer 2024

Relax, Renew, Refresh (90 minutes)

A 60mins stimulating treat for your face offering lymphatic drainage and gua-sha techniques, triggering the skin's natural function to repair and detoxify paired with a 30 mins relaxing back massage (using Ground, our newly introduced Irish skincare brand)

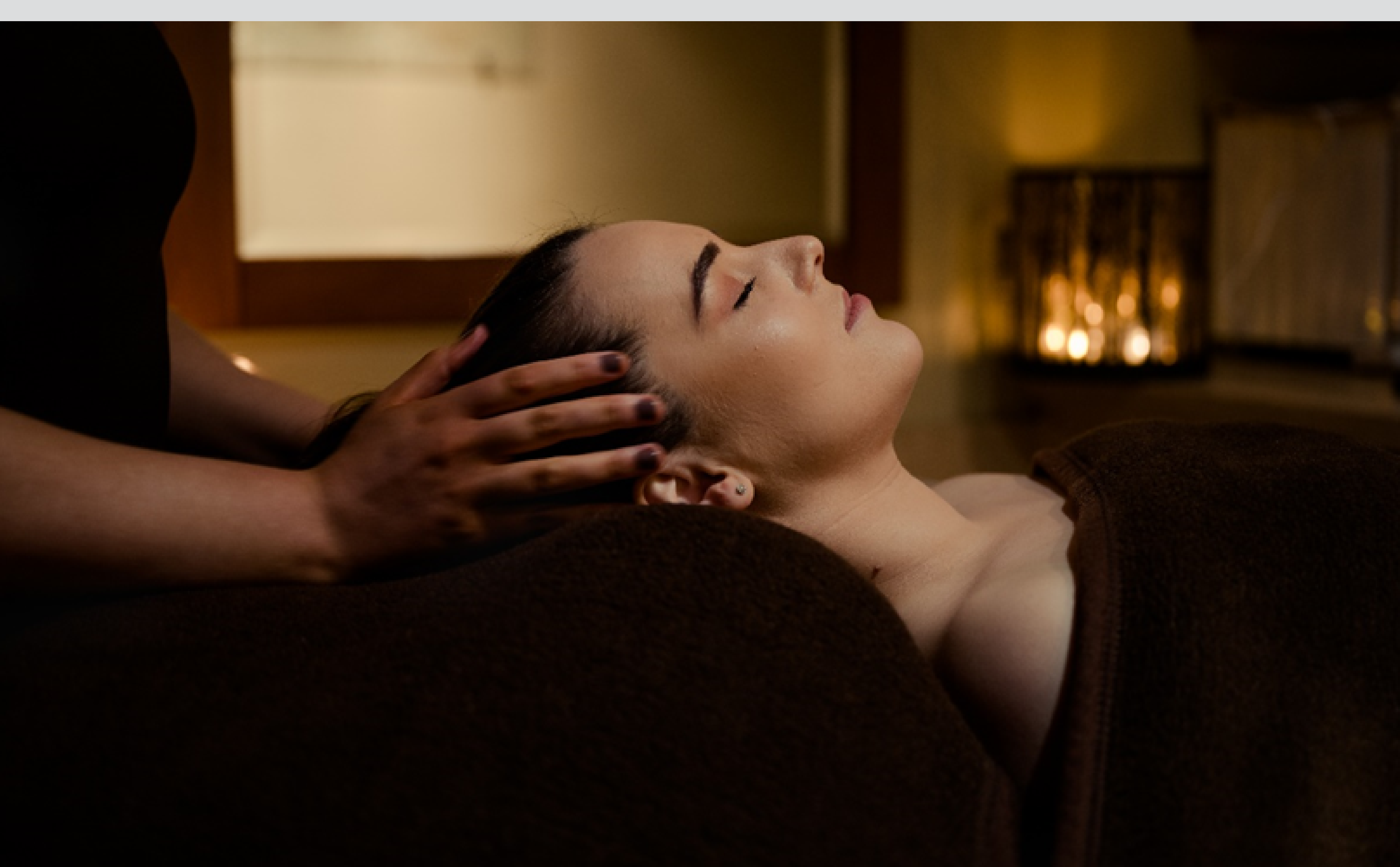
Access to the Steam Room, Sauna & Outdoor Hot Tubs
& including a Two Course Lunch in the Brasserie

All for just €155/person

NÁDÚR

Nádúr Spa | Ballygarry Estate Hotel & Spa | Leebrook | Tralee | Co Kerry

Tel: 066 7144560 | Email: spa@ballygarry.com | www.ballygarry.com



February Offer 2024

Head Over Heels (60 minutes)

Bespoke Facial including a warming scalp and hair treatment with a pressure point foot massage

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

All for just €135/person

NÁDÚR



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

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