



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



April Offer 2024

Relax with Results (45 Minutes)

A 'Skin Formulas' prescriptive lactic peel treatment
Ideal for first time peel users and suitable for even sensitive skin.

Using a very effective lactic acid to gently refine and hydrate the skin. An incredible facial treatment that brings together results and relaxation.

Access to Steam Room, Sauna & Outdoor Hot Tubs

All for just €85/person

NÁDÚR

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



May Offer 2024

'Fruity Summer Glow Treat'

(60 Minutes)

A Zesty Grapefruit & Raspberry Full Body Scrub
with a Lime & Mandarin Moisturisation
followed by a Hydrating Hair & Scalp Treatment.

Access to Sauna & Outdoor Hot Tub.

All for just €115/person

NÁDÚR

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