

November Offer 2025

'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 Sleep-Inducing Body Wrap with Guasha Facial & Scalp Massage.

Two Course Lunch in The Brasserie 60min Access to the Steam Room, Sauna & Outdoor Hot Tub

All for just €165/pp



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