



October Offer 2025

Stone & Spice Serenity (60 Minutes)

*Sweet Pumpkin Body Scrub followed by
Hot Stone Massage on Back & Shoulders
with orange and clove infused oil*

60 min Access to the Steam Room, Sauna & Outdoor Hot Tub

All for just €145/pp

NÁDÚR

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



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

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December Offer 2025

Snow Glow & Twinkle Toes (60 Minutes)

*A snow glow hydrating facial
with a leg & foot massage
incorporating a heated foot treatment.*

60 min Access to the Steam Room, Sauna & Outdoor Hot Tub

All for just €145/pp

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