

November Offer 2025

'The Power of Sound' (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'.

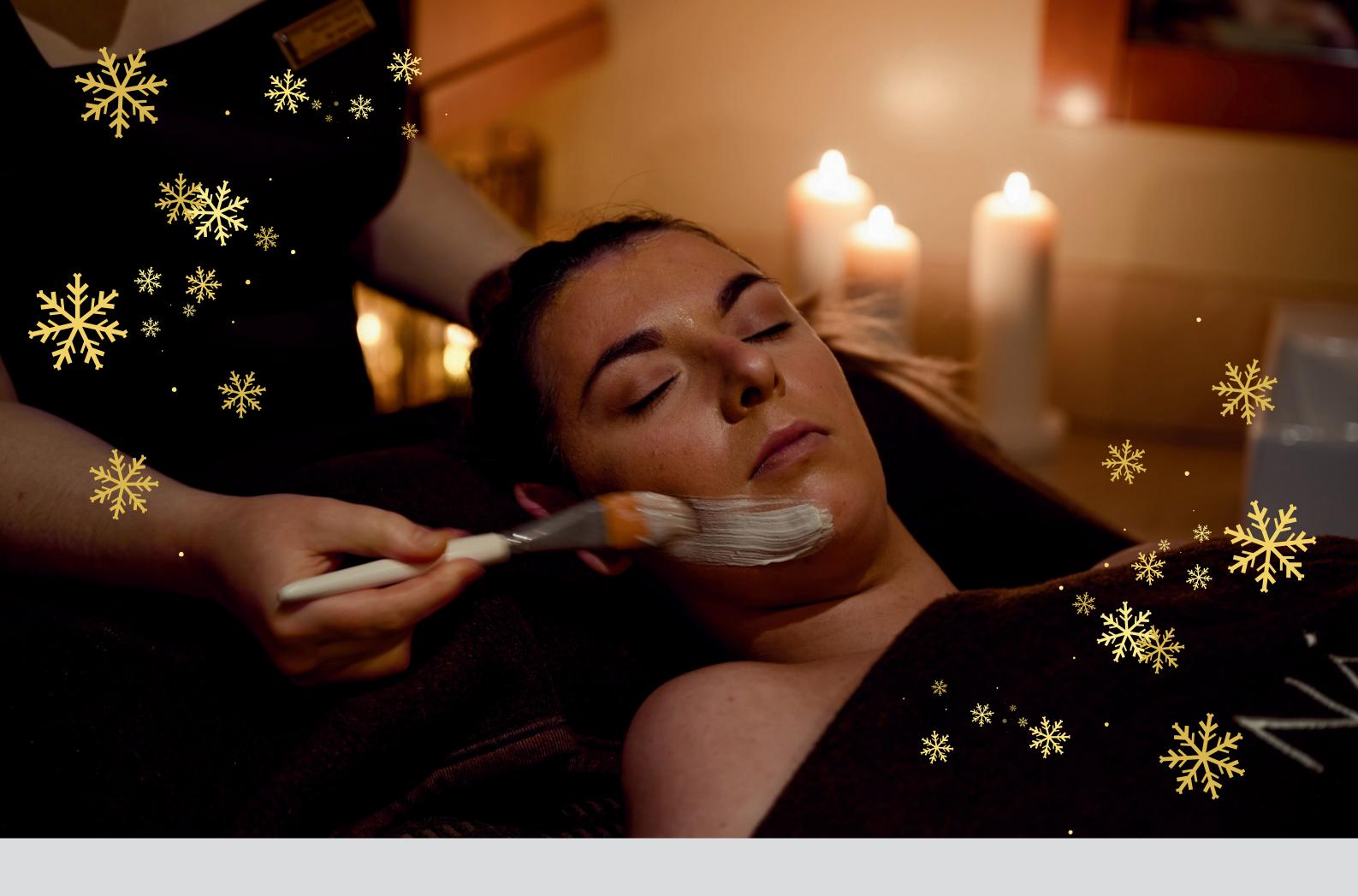
Grounding Back Massage, enveloped into a Sleep-Inducing Body Wrap with Guasha Facial & Scalp Massage.

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



December Offer 2025

Snow Glow & Twinkle Toes (60 Minutes)

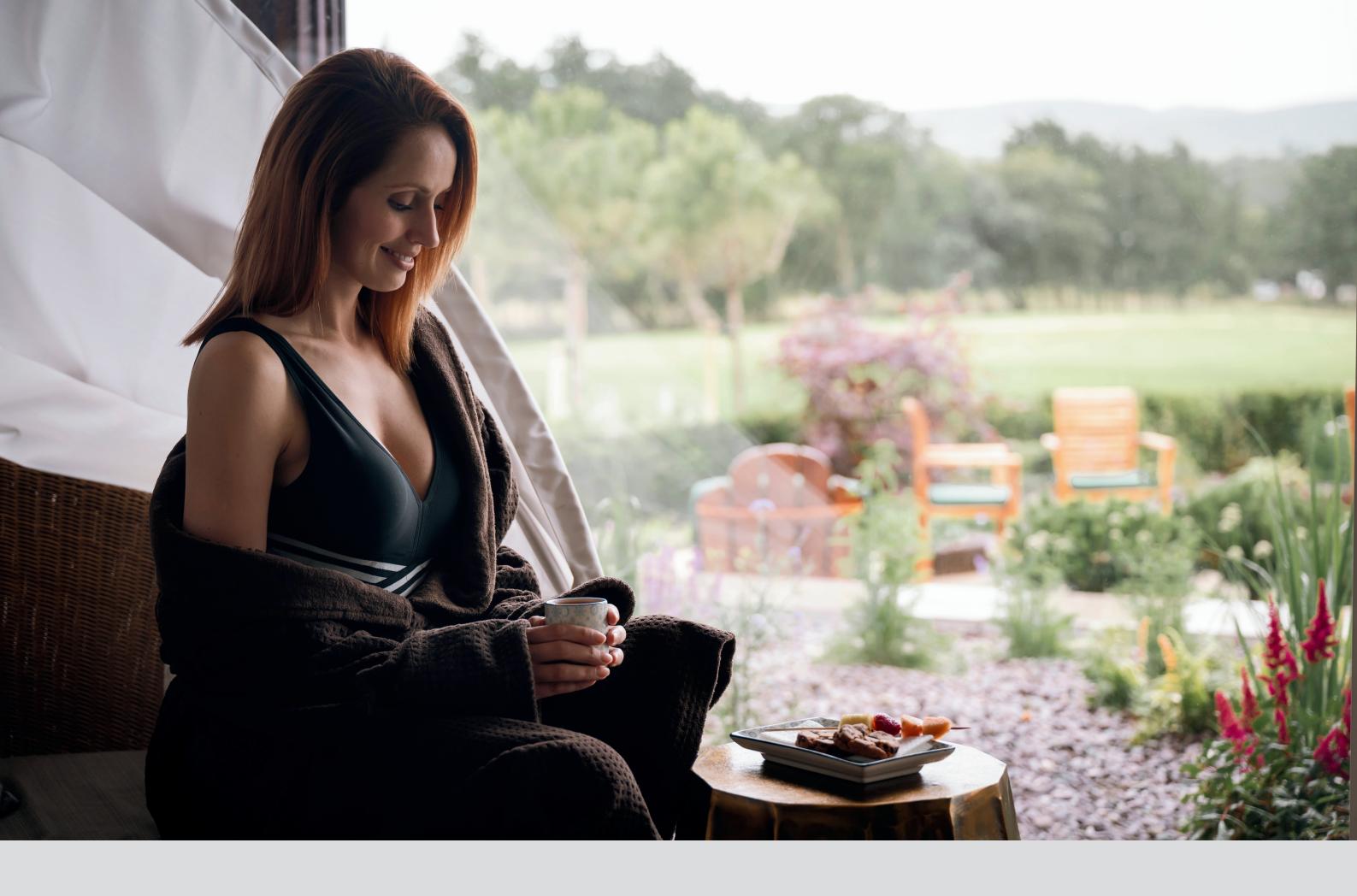
A snow glow hydrating facial with a leg & foot massage incorporating a heated foot treatment.

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

All for just €145/pp



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January Offer 2026

New Skin Resolution (75 Minutes)

A 75mins Voya Deluxe facial incorporating a brightening Marine eye treatment with a relaxing hand & arm massage

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

All for just €135/pp



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