



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

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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