



# July Offer 2026

## Tropical Dew Body Ritual (75 Minutes)

Begin with Coconut & Vanilla Body Polish followed by a soothing Cucumber & Aloe Vera Wrap, to calm and hydrate the skin.

While wrapped, enjoy a relaxing Pressure Point Scalp Massage.

Access to Steam Room, Sauna & Outdoor Hot Tubs

**€175/person**

**Includes a two-course lunch in the Brasserie**

NÁDÚR

Nádúr Spa | Ballygarry Estate Hotel & Spa | Leebrook | Tralee | Co Kerry  
Tel: 066 7144560 | Email: [spa@ballygarry.com](mailto:spa@ballygarry.com) | [www.ballygarry.com](http://www.ballygarry.com)



# August Offer 2026

## Glow & Unwind Fusion (90mins)

Relax and recharge with this combo treat offering a soothing 30mins back massage paired with a 60mins bespoke facial.

Designed to melt away tension while restoring hydration and radiance to the skin.

Access to Steam Room, Sauna & Outdoor Hot Tubs

**€175/person**

**Includes a two-course lunch in the Brasserie**

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# September Offer 2026

## Bee Bliss Ritual (75 mins)

A full body ritual inspired by the healing powers of honey and propolis from our onsite apiary.

Begin with a dry brush exfoliation followed by an application of warm honey butter balm to the full body to deeply nourish the skin. Then lightly cocooned before a warm honey face mask & relaxing scalp massage leaves you feeling radiant and replenished.

Access to Steam Room, Sauna & Outdoor Hot Tubs

**€155/person**

**option to add two course lunch for €25/pp**

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