



October Offer 2026

Blissful Back Experience (75 mins)

A Gentle Back Cleanse & Exfoliation
followed by
A Comforting Hot Stone Back Massage
completed with
A warm eye mask
& Hand and Arm Massage

Access to Steam Room, Sauna & Outdoor Hot Tubs

€150/person
option to add two course lunch for €25/pp

NÁDÚR

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



Novemeber Offer 2026

The Power of Sound (75 mins)

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.

Access to Steam Room, Sauna & Outdoor Hot Tubs

€175/person

Including a two course lunch in The Brasserie

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December Offer 2026

Merry & Bright (60mins)

Get into the festive spirit with a glass of prosecco in the bubbling outdoor hot tub followed by a bespoke brightening facial for that festive glow

Access to Steam Room, Sauna & Outdoor Hot Tubs

€140/person

option to add two course lunch for €25/pp

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