



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



Back to School Offer 2026

Offer runs from Aug 31st – Sept 25th

Valid Monday – Friday only

A 45mins personalised facial to restore your skin's natural glow, includes bespoke face mask and relaxing scalp massage.

Before leaving,
choose a Ground Facial product
from our gift shelf so that your glow continues at home.

€139/person

option to add two course lunch for €25/pp

Access to Steam Room, Sauna & Outdoor Hot Tubs

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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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