



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 enjoying a mini facial which includes a warm honey face mask & relaxing scalp massage to leave you feeling radiant and replenished.

Access to Steam Room, Sauna & Outdoor Hot Tubs

€155/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



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

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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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