

November 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

NÁDÚR

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

NÁDÚR

AT BALLYGARRY

Christmas Calm

(60 Minutes)

A relaxing head, neck and shoulder massage including a comforting heated eye mask to ease muscular tension and quiet a busy mind. Finish with a pressure point foot massage, focusing on key reflex points to release the festive stress and leave you feeling grounded and renewed.

60 min Access to the Steam Room,
Sauna & Outdoor Hot Tub
& Two Course Lunch in The Brasserie

All for just €140/pp

Tel: 066 7144560 | Email: spa@ballygarry.com
www.ballygarry.com



January Offer 2027

Hot Stone Detox Wrap
(90mins)

A hot stone back massage
with a mineral-rich full body mud wrap with
warm basalt stones placed on key muscle groups
to encourage deep relaxation
finished with a hot oil scalp massage

60 min Access to the Steam Room, Sauna & Outdoor Hot Tub

All for just €160/pp
Option to add a Two Course Lunch in The Brasserie (€25 per person)

NÁDÚR

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