

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

December Offer 2026

Merry & Bright (60 mins)

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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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)

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