



# September Offer 2024

## 'Honey Heaven'

### (75 Minutes)

*Honey Butter Back Massage,  
Enveloped in a Propolis Body Wrap and  
completed with a Wild Flower Honey Facial.*

*Access to Sauna & Outdoor Hot Tub  
& Two Course Lunch in the Brasserie*

**All for just €150/person**

NÁDÚR

Nádúr Spa | Ballygarry Estate Hotel & Spa | Leebrook | Tralee | Co Kerry  
Tel: 066 7144560 | Email: [spa@ballygarry.com](mailto:spa@ballygarry.com) | [www.ballygarry.com](http://www.ballygarry.com)



# October Offer 2024

## 'Blissful Back Experience'

### (75 Minutes)

*A Gentle Back Cleanse & Exfoliation  
followed by  
A Comforting Hot Stone Back Massage  
completed with  
A Creamy Hair Mask, Hot Towel Hair Wrap  
& Hand and Arm Massage*

**All for just €145/person**

*Includes 60min Access to Sauna & Outdoor Hot Tub  
Add a Two-Course Lunch in the Brasserie (€20pp)*

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# November Offer 2024

## The Power of Sound (75 Minutes)

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 the Steam room, Sauna & Outdoor Hot Tub  
Two-Course Lunch in The Brasserie

**All for €150/pp**

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