



# 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**

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)





# December Offer 2024

## Comfort & Joy (60 minutes)

Heated Muscle Melt Back Massage with  
ginger and sweet orange infused oil,  
a facial massage & hot oil scalp massage

Access to Steam room, Sauna & Outdoor Hot Tub

**All for just €125/person**

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# January Offer 2025

## New Skin Resolution (75mins)

A 75mins Voya Deluxe facial incorporating a brightening Marine eye treatment with a relaxing hand & arm massage.

Access to Steam room, Sauna & Outdoor Hot Tub

**All for just €135/person**

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