

Welcome to Nádúr at Ballygarry House

Everything you need to surround yourself in comfort is found here. Situated at the foot of the Kerry Mountains and complimented by natural elements that enhance a calm and peace we all seek; beautiful landscaped gardens, towering trees and peaceful water fountains create a cocoon of natural beauty.

From the moment you arrive you will appreciate our very warm welcome and it is our wish that you understand a new meaning of luxury – the luxury of time and the luxury of being cared for.

Whether you visit us for an hour, a day or as a hotel guest, you will discover a world with open doors, courteous staff and charming surrounds.

It is inside this world that a remarkable spa experience begins.



Voya's Organic Seaweed Treatments

SEAWEED LEAF BODY WRAP

Your body is primed with a lathering exfoliant of crushed seaweed and peppermint leaves. It is then enveloped from head to toe in Voya's signature organic seaweed leaf which is oozing with essential sea minerals providing the body with a treatment that aids detoxification but additionally nourishes the skin. Also includes a mini facial and light head and scalp massage with conditioning hair treatment.

Duration: 90minutes

WARM SPICED MUD WRAP

Seaweed, micronised peat and ginger are all combined and its purifying elements are encapsulated in this rich mud wrap which is applied to the body after a dry body brush and warm compress ritual. The extracts are potent anti-oxidants and manipulate surface tissue for a tingling fresh complexion.

This is a serious metabolism stimulator!

Duration: 75minutes

SEAWEED DELUXE FACIAL

This treatment begins with a dry brush on the back followed by a relaxing back massage. The treatment continues with a mineralising seaweed facial including a gentle exfoliation of finely ground organic seaweed followed by a unique layering of real seaweed leaves. Includes a facial and scalp massage.

Duration: 90minutes

ORGANIC HERBAL LIFTING FACIAL

An inspiring treatment that uses all the marine goodness and organic herbs in mini herbal infused muslin bags to lift and firm the skin. This treatment is complimented with an age defying eye treatment to target fine lines and puffiness.

Duration: 75minutes

OCEAN FRESH FACIAL

A revitalising facial cleanse and exfoliation using organic sea plant products including an active antioxidant seaweed infused gel mask. This mask is combined with a relaxing neck and scalp massage.

Duration: 45minutes

SWEET SEAWEED SCRUB

An invigorating full body polish rich in sea plant minerals using a medley of organic seaweed oils, crushed seaweed leaves scented with 100% organic certified peppermint leaves to help soften and renew your skin.

Duration: 45minutes

Hydrotherapy & Bathing Rituals

AROMATHERAPY HYDROTHERAPY

An aromatic bath infused with bespoke aromatherapy associates essential bath oils, designed to suit your individual needs.

Duration: 20 minutes

AROMATIC SEA SALT BATH

A zingy refreshing bath of sea salts combined with essential oils of organic lemon, lime, clove, mandarin and patchouli.

Duration: 20 minutes

FRESH SEAWEED LEAF SOAK

A warm still bath of 100% organic seaweed leaves hand harvested from the west coast of Ireland. Oozing with natural oils and sea minerals, this will be your most memorable soak!

Duration: 20 minutes

SALT SCRUB BATH RITUAL

Precious seaweed oils are combined with sea salt for an exfoliating treatment designed to remove dull skin and refine skin texture. Then step into a refreshing aromatic sea salt bath and allow all worries and grains of salt to dissolve away.

Duration: 60 minutes

THERMAL SUITE, OUTDOOR HOT TUB & RELAXATION ROOM

The Thermal Suite is recommended before or after treatments to assist with intense relaxation. Enjoy a balmy crystal steam room, an aromatic herbal sauna, or to totally awaken your senses, relax in our bubbling outdoor hot tub.



Aromatherapy Associates Facials

ULTIMATE AROMATHERAPY FACIAL

A bespoke facial, tailor made to suit your skin type. A combination of the purest essential oils and plant extracts are applied with specific massage techniques to restore and recondition the skin. Your face will receive a lot of attention with this facial!

Duration: 90minutes

AGE REPAIR FACIAL

An intensive treatment for ageing skin, including a unique dual layering of masks, with a lifting, plumping and firming facial massage.

Duration: 90minutes



ESSENTIAL ROSE FACIAL

A facial recommended for dry, devitalised skin. Luxurious rose oils help rehydrate and deeply nourish the skin.

Duration: 60minutes

DEEP CLEANSE FACIAL

A highly effective treatment to combat surface bacteria and skin congestion. This facial will help detoxify, balance and regulate problem skin.

Duration: 60minutes

SOOTHING SENSITIVE FACIAL

A gentle facial which will calm and balance irritated skin. This treatment will assist in the reduction of redness and sensitivity.

Duration: 60minutes

INSTANT EYE REPAIR

A tender treatment using specific massage techniques, gently draining and moisturising the eye area. Helping to reduce puffiness, leaving the eyes fresh, bright and youthful.

Duration: 30minutes

Aromatherapy Associates Body Treatments

FRESH WATER MUD WRAP

A distinctive combination of warm clay and essential oils with detoxifying benefits which simultaneously cleanse and deliver essential minerals to the body. Including an aromatic back massage, mini facial and ayurvedic scalp massage.

Duration: 90minutes

INTENSE NOURISHMENT

A treatment that will leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating creams, velvety body butter and a relaxing scalp massage.

Duration: 90minutes

SKIN SOOTHER

A cool and natural anti-inflammatory treatment, recommended for dry, irritated skin including eczema. Includes a body scrub and relaxing scalp massage.

Duration: 60minutes

PERFECT BACK

Designed for backs prone to blemishes and oiliness. This is a deep cleansing treatment for this hard to reach area, leaving the skin flawless and enlivened.

Duration: 30minutes

HONEY & IRISH WHISKEY SALTED BODY SCRUB

(Voted Best Treatment)

A warm sweet honey body balm is applied to the full body which melts to form a protective hydrating barrier for the skin. This is followed by Nádúr's unique honey and Irish whiskey salt scrub. A hot shower finishes the treatment and presents the body with exceptionally hydrated skin. The perfect body scrub for Irish skin!

Duration: 30minutes

ROSE RITUAL

(Signature Treatment)

This is a complete head to toe ritual. Say goodbye to stress and tension with a truly unique full body ceremony; a hydrating rose body wrap, an aromatic back massage, finishing with an essential rose facial including a warm hair treatment and scalp massage. This is profound pampering at its greatest!

Duration: 120minutes

Maternity Treatments

MATERNITY MASSAGE

A complete head to toe massage to alleviate pregnancy related discomforts such as fatigue, sciatica, nausea and fluid retention. During this treatment your therapist will intermittently use hot stones to help induce deep relaxation and ease muscle tension.

Duration: 90minutes

YUMMY MUMMY

A warm fragranced foot soak and rose grain scrub followed by the ultimate rose pregnancy massage. Includes a nourishing mini facial.

Duration: 90minutes

COMFORTING COCO CREAM RITUAL

Begins with a gentle pressure point massage on the feet to help reduce swelling and stimulate circulation. Then a warm creamy coconut butter is applied to the full body, ideal for increasing skin elasticity, nourishing extra dry skin and helping prevent the occurrence of stretch marks. This treatment includes a hydrating face mask and warm hair treatment.

Duration: 75minutes

SMOOTHIE SKIN SOLUTION

A very gentle but effective body polish with pregnancy safe essential oils, followed by a mini facial to harmonise and re-balance the skin, completed with a nourishing hair treatment.

Duration: 75minutes

TENSION EASER MASSAGE

A massage designed especially for you. Advise your therapist what areas of the body you would most like to focus on and allow your therapist to tailor make an effective pre or post natal massage to help muscle tension and fatigue.

Duration: 45minutes

All of the above treatments are recommended after the first trimester. The use of the thermal suite is not recommended at any stage of pregnancy.



Touch Therapy Treatments

Introducing a series of treatments specifically developed for those experiencing the discomfort of common side effects associated with Radium, Chemotherapy and Cancer Related Surgery. **Touch Therapy** is endorsed by the **Irish Massage Therapist's Association** and complementary therapies are recommended by the **Irish Cancer Society**.

During **Touch Therapy** we will use Lindi Skin, an FDA approved and clinically recognised skincare product range. The treatments are delivered by our caring and skilled spa therapists who have been trained by *Christine Clinton*, a gifted oncology massage therapist and educator in the spa industry.

'During treatment my skin became hyper sensitive and nothing I used helped in any way. The treatment I experienced at Nádúr was calming on both my body and my mind. A little bit of comfort during a very hard time.'
Mary, Kerry

CHEMO COMFORT THERAPY

Designed with the side effects of chemotherapy in mind, **Lindi Skin Products** will be used to cleanse, soothe and hydrate both face and body. Your therapist will pay particular attention to any excessive dryness to your hands and feet. Hair loss and brittle nails will also be attended to. Your therapist may also include light massage to alleviate any muscle aches or soreness.

Duration: 60minutes

RADIUM RELIEF THERAPY

This is an extra gentle therapy using hydro gels with healing aloe vera and soothing balms containing extract of turmeric with anti-inflammatory properties. Your therapist may also include light massage to help relieve pain and any muscle aches or soreness.

Duration: 60minutes

LIFE AFTER CANCER THERAPY

Price and Time depends on Treatment Booked

Cancer treatment can have both short and long term side effects. If you are in remission or a cancer survivor certain physical or emotional symptoms may still effect you. This treatment allows you to enjoy any of our spa treatments with the knowledge that you are still in safe hands under the care of one of our **Touch Therapy Trained Therapists**.

Massage Treatments

HOT STONE MASSAGE

Smooth basalt stones caress and massage the body gently and rhythmically. The heated stones are used as a massage tool to help induce a deep state of relaxation through their weight, shape and conductivity properties.

Duration: 90minutes

LU'LUR BALINESE MASSAGE

An intense massage using slow pressure point massage techniques to help soften tension caused by tired and over worked bodies.

Duration: 75minutes

LAVA SEA SHELL MASSAGE (Award Winning Treatment)

Eco friendly tiger clam shells are used to deliver a relaxing massage of heat and touch. The polished shells are heated from the inside using a mixture of lava dust, sea kelp, sea salt and purified water.

Duration: 60minutes

ULTIMATE AROMATHERAPY MASSAGE

This treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Potent essential oils combined with carefully applied pressure stimulates the nervous system while lymphatic drainage helps encourage healthy circulation.

Duration: 60minutes

INTENSIVE MUSCLE RELEASE MASSAGE

A firm massage that works deep into stiff, tight, aching muscles to instantly release pain and tension.

Duration: 60minutes

IMMUNE RECOVERY MASSAGE

This upper body massage clears the mind and helps refocus. The perfect treatment following sickness or ill health to help build up and support the immune system.

Duration: 60minutes

ÓGRA TRIPLE SPIRAL MASSAGE & FACE TREATMENT

(Signature Treatment)

Be prepared to experience a most luxurious and energising treatment. Begin with Ógra's triple spiral full body sports massage using a blend of ancient tree oils where aches and pains are replaced by energy and tranquillity. This is followed by a beautiful triple spiral face massage and inner peace face treatment showcasing Ógra's unique and extremely firming peat mask.

This treatment is a true token of Irish hospitality!

Duration: 120minutes

HEAD & SHOULDER MASSAGE

Created to stimulate the scalp, clear tension from the shoulders and neck and nourish the hair using pleasantly scented oils.

Duration: 45minutes

BROADENING BACK MASSAGE

A therapeutic based massage to the back and shoulders concentrating on lengthening the muscle fibres while eliminating muscular tension.

Duration: 45minutes

LEG & FOOT MASSAGE

Refreshing and hydrating massage to the legs and feet, helping to alleviate fluid retention and improve circulation.

Duration: 45minutes

THAI MASSAGE

Different to traditional massage, this treatment is deep rhythmic acupressure to the muscles with assisted stretches and yoga-like postures. Without the use of oil, this integrated approach helps clear energy pathways, improves postural alignment, increases flexibility and eliminates painful joints and muscle fatigue. Please wear loose comfortable clothing as this treatment is performed fully clothed.

Duration: 90minutes

RECOMMENDATION:

Combine any of the above massages with a hydrotherapy bath for intense relaxation.



Treatments just for HIM

FRESH WATER MUD WRAP

A distinctive combination of warm clay and essential oils with detoxifying benefits which simultaneously cleanse and deliver essential minerals to the body. Including an aromatic back massage.

Duration: 90minutes

REFINERY FACE & BACK TREATMENT

A broadening back massage followed by an aromatherapy associates refinery facial.

Duration: 90minutes

REFINERY FACIAL

Designed to provide perfect skin balance, effectively cleansing, exfoliating and moisturising the face to leave the skin complimented with vitality.

Includes hand and arm massage.

Duration: 60minutes

WARM BAMBOO MASSAGE

Smooth heated bamboo rods of various sizes are used for kneading and rolling out tight muscles. Heat penetrates the muscles and triggers the body's instinctive relaxation response, making it easier for your therapist to access those areas of underlying tension.

Duration: 60minutes

DE-STRESS MUSCLE RELEASE MASSAGE

This rigorous full body massage is intended to work deep into stiff aching muscles. It will also re-energise the body and unwind busy thoughts.

Duration: 60minutes

HANDY MAN MANICURE

A spa manicure to revitalise dry and splitting cuticles, promote stronger, healthier nails and firm and restore moisture to the hands.

Duration: 45minutes

Beauty Suite

AIRBRUSH TAN

(a 24hr tan patch test is obligatory prior to first treatment)

A golden sun-kissed tan, developing in five hours and lasting up to a week. This tan develops according to your own skin pigmentation to offer you a natural radiant colour.

Salt Scrub Exfoliation & Full Body Tan (recommended): 60minutes

Full Body Tan: 30minutes

Half Body Tan: 15minutes

HAIR REMOVAL (a 24hr wax patch test is obligatory prior to first treatment)

Waxing: Legs, Underarm, Bikini, Specialised Bikini, Eyebrows, Lip & Chin

Threading: Eyebrows, Lip & Chin

TINTING (a 24hr tint patch test is obligatory prior to first treatment)

Eyelash & Eyebrow Tinting

PERSONAL MAKEUP APPLICATION

Mineral Makeup by Glo Minerals

Duration: 45minutes

Hair Care

ENRICH OIL HAIR MASQUE (can only be booked with facials)

A nurturing hair treatment that instantly repairs damaged hair, improves the hair shaft and conditions the scalp. This treatment incorporates a blissful scalp massage.

Duration: 15minutes

HAIR STYLING (by appointment only)

Wash & Blowdry

Wash & Set

Special Occasion Pin-Up

Hair Straightening or Curling



Nail Care

NÁDÚR SPA MANICURE

A custom blended Jessica manicure to revitalise dry and problem cuticles and to promote stronger and healthier nails. A warm hand mask cocooned in snug thermal mitts helps firm and restore moisture to the hands before finishing with a nail shape and paint.

Duration:60minutes

NÁDÚR SPA PEDICURE

Enjoy a warm footbath ritual with a minty salt foot pumice followed by a custom blended Jessica pedicure; dry skin removal, cuticle repair, relaxing foot massage and a nail shape and paint.

Duration:60minutes

CALLUS PEEL FOOT TREATMENT

A revolutionary foot treatment using an acid peel foot wrap to gently dissolve the build up of hard callus skin. Includes a warm aromatic foot soak.

Duration:45minutes

SHELLAC GEL POLISH

An advanced gel polish designed to last a minimum of two weeks which is gentle on your nails and protects them as they grow. If you want your nail paint to last, this is ideal!

Duration: 45minutes

PROMPT PAINT

A mini maintenance solution to nourish and recondition the nails and cuticles subjected to the unsympathetic chores of everyday life, followed by a nail, shape and paint.

Fingertips OR Toes: 30minutes

Fingertips & Toes: 60minutes



Our Products

AROMATHERAPY ASSOCIATES

These products use all the therapeutic benefits of essential oils for their exquisite aromas and natural healing powers. Rich in essential nutrients and antioxidants, plant oils work at a cellular level to help improve our physical and emotional wellbeing.

VOYA PRODUCTS

Voya Products are located at Strandhill, Sligo and uniquely situated beside vast seaweed beds where over 500 different sea plant species grow and flourish. The plants are hand harvested to ensure healthy regenerative growth and are used to produce the finest organic seaweed ingredients. These ingredients form the basis of a range of products (100% natural), for use in body, facial and bathing treatments.

LINDI SKIN

Linid Skin is dedicated products that meet the special skincare needs of people living with cancer. They are advanced botanically-based products that are clinically proven, supported and approved by the FDA.



Spa Packages (15% of all packages booked Monday – Thursday, excluding Bank Hols)

BRUNCH BREATHER €150.00

- Choose either a 60mins Essential Rose Facial OR a 60mins Fresh Water Mud Wrap
- Choose either a 45mins Head & Shoulder Massage OR 45mins Leg & Foot Massage OR 45mins Back Massage

BUNDLE OF JOY €180.00

- A 60mins Soothing Sensitive Facial
- A 90mins Maternity Massage using Hot Stones

F.L.O. – FOR LADIES ONLY €125.00

A choice of three of the following 30mins pampering treatments:

- Aromatherapy Associates Facial
- Instant Eye Repair Treatment
- Back Massage
- Leg & Foot Massage
- Hydrotherapy Bath
- Honey & Irish Whiskey Salted Body Scrub
- Prompt Paint – Fingers OR Toes

F.M.O. – FOR MEN ONLY €165.00

- An Aromatic Sea Salt Bath
- A 60mins Warm Bamboo Full Body Massage
- A 30mins Refinery Facial

CELEBRATION €200.00

- Nádúr Rose Ritual (120mins)
- Choose either a Nádúr Spa Manicure OR a Makeup Application

MERMAID'S MAKEOVER €55.00

- for Teenagers, 12 – 19yr olds (does not include lunch)

- 30mins Mini Facial & 30mins Prompt Paint

All packages have complimentary access to the Thermal Suite, Outdoor Hot Tub and Relaxation Room. Also Includes a two course lunch.

Nádúr Spa Wedding Packages

BUSY BEES PACKAGE €100.00/Person

(for Brides, Bridesmaids & Hen Parties)

Take some precious time out from all the preparations for your wedding day and enjoy a giggle and glass of champagne in our outdoor hot tub followed by a choice of two of the following 30mins pampering treatments:

Rose Essential Facial, Instant Eye Repair Treatment, Back Massage, Honey & Irish Whiskey Salted Body Scrub & Manicure with Shellac Paint.

BLUSHING BRIDE PACKAGE €60.00/Person

(on your wedding day)

Bridal Hair Styling including veil & accessory pose with our creative and experienced hair stylists followed by makeup application using the award winning Glo Minerals Cosmetics.

THE HAPPY COUPLE PACKAGE €60.00/Person

(the day after your wedding)

Sneak in a little bit of "us time" the day after your wedding and enjoy a glass of champagne in our bubbling outdoor hot tub followed by ONE of the following treatments:

Hair Style & Makeup Application, 45mins Leg & Foot Massage, Hydrotherapy bath followed by 30mins Back Massage or Mini Facial with enrich scalp massage.



When visiting Nádúr

DECORUM

For your contentment and the comfort of others, we request that all visitors to the Spa keep noise to a minimum and that mobile phones are respectfully switched off.

Please ensure that you are suitably presented for your treatment. Dress for men – shorts or togs. Dress for women – swimsuit or appropriate underwear. We operate a no smoking policy throughout the Spa.

BOOKING

To avoid disappointment, it is our recommendation that you pre-book your treatments well in advance. Residents are advised to book prior to arrival at the hotel as treatments can only be subject to availability.

(Note: the spa does not accommodate persons under the age of 16).

Our staff will be happy to help you with any queries you may have. Please let us know at the time of booking if you have any special requirements. Credit card details may be required at time of booking.

CHECK IN

On arrival, we ask that you check in to the spa at least 15 minutes prior to your treatment. If you are running late for your appointment, please phone to avoid reduced treatment time. Prior to your treatment, you will be required to complete a medical history card. Please note that your therapist may advise you to re-book a treatment based on the results of your medical and will consequently recommend an alternative treatment.

TREATMENTS

Kindly remove all jewellery and makeup, prior to your treatment. Lockers are available in the changing rooms or if a resident, safety deposit boxes are provided in all bedrooms. To help you receive the ultimate spa experience, robes, towels and slippers will be provided and complimentary chilled juice and water throughout your stay.

During your treatment, please remember, therapist's techniques vary accordingly to individual training and styles so please advise your therapist if the treatment is not to your satisfaction. The therapist will gladly adjust to meet your requirements.

PAYMENT AND CANCELLATION

We understand if visitors cannot keep appointments, however, we wish to assist those who may be on a waiting list. Should a need to cancel arise, please let us know 24hrs prior to arrival to avoid a standard 50% cancellation fee. If you do not show for your appointment a 50% cancellation fee will be imposed. Payments can be made by cash, credit card or cheque, residents also have the option to room charge.

GIFT VOUCHERS

Vouchers are available for purchase at the spa reception. They are valid 6 months from date of issue and are non-refundable. If you are paying with a voucher, please present your voucher to the spa reception on arrival.