



## MAY OFFER

*In recognition of Mental Health Awareness Month,  
we are offering a beautiful well-being treatment to  
evoke instant peacefulness and inner mindfulness*

### **Great Escape Treatment (90mins)**

A deeply relaxing massage treatment incorporating  
sleep inducing meditation techniques with rhythmic massage  
and a grounding and balancing foot ritual

Access to Steamroom, Sauna & Outdoor Hot Tub

**All for €125/person**

Nádúr Spa | Ballygarry House | Leebrook | Tralee | Co Kerry  
Tel: 066 7144560 Fax: 066 7127630 email: [info@ballygarryhouse.com](mailto:info@ballygarryhouse.com) [www.ballygarryhouse.com](http://www.ballygarryhouse.com)