THE WELLHOUSE AT BLACKBERRY FARM

WELLNESS AND SPA EDITION 3.5 Nestled in the foothills of the Great Smoky Mountains,

a sanctuary for personal discovery, vitality and relaxation awaits to transform you to an optimal state of well-being. With the same level of personal attention, detail and Southern hospitality that has earned Blackberry Farm the reputation as one of America's most celebrated luxury hotels, we present the Blackberry way to healthy living.

WELCOME TO THE WELLHOUSE

SURROUNDED BY SWEEPING MOUNTAIN VISTAS AND DEEP GREEN FORESTS, BLACKBERRY FARM SHARES A RARE AND POWERFUL CONNECTION WITH NATURE.

We believe embracing the balance of the seasons and the abundance of our fields and forests is key to transforming our bodies; in fact, for years, we've relied on nature's ability to renew. Shaped by this philosophy, our Wellhouse programming—from wellness to treatments—is deeply rooted in the rhythms of the Foothills region.

We bring a seasonal approach to the latest advances in skin and body science, crafting personalized treatments to suit any stay or request. Ingredients for all Wellhouse treatments aim to utilize flowers, herbs, fruits, vegetables and other healing elements. Every offering is designed to immerse you in the restorative peace of our mountains.

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BE WELL

Whether you are about to enjoy a relaxing spa service or returning to the Farm after an adventurous hike, we invite you to take a moment to simply be. Wellness cannot be defined by a single treatment or activity but often surprises us in curious, playful or quiet moments. These moments are waiting to be discovered here at the Wellhouse.

SELF-GUIDED EXPERIENCES

VITALITY BAR

Come nourish yourself at the vitality bar over a replenishing cup of tea or seasonally infused water.

FITNESS CENTER

Our fitness center is open 24 hours a day.

MEADOW LOUNGE

When you're ready for your service, settle into the scenery of the Smoky Mountains under a cozy throw. This is our favorite room to read, reflect or simply be still.

WELLHOUSE POOL

Relax and admire the incredible view from our adult-only pool. Order a lunch or beverage to enjoy poolside.

STEAM ROOM

Unwind and enjoy the steam room available in each of the locker rooms before or after your service.

TOTAL WELL-BEING MASSAGE

WELLHOUSE SOOTHE

Our most popular massage utilizes a combination of classic Swedish strokes and seasonal oils to improve circulation and gentle stretches to relieve muscle tension. Warm compresses cradle the feet and back helping you to surrender all stress.

50, 80 or 110 minutes

DEEP TISSUE MUSCLE RECOVERY

An ideal selection for any fitness enthusiast, this massage utilizes a combination of pain relieving techniques, warm compresses and deeper pressure to enhance the body's recovery from a strenuous activity or sport.

50 or 80 minutes

COUPLE'S MASSAGE

Enjoy a massage side-by-side with the one you love in one of our duet massage suites. You and yours must choose the same massage duration, but can select your choice of Wellhouse Soothe or Deep Tissue Muscle Recovery.

50, 80 or 110 minutes

IN-ROOM MASSAGE

Select from Wellhouse Soothe, Deep Tissue Muscle Recovery or Himalayan Salt Stone to be enjoyed in the privacy and comfort of your room.

80 or 110 minutes

HIMALAYAN SALT STONE MASSAGE

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

80 or 110 minutes

HEALING HERBS & FLOWERS

This delightful massage offers a multitude of therapeutic benefits. Choose one of the following essential oils: Ginger, to cleanse and purify; or Lavender, to relax body and mind. Muscular tension is dispelled with a healing massage using potent blends of essential oils. Next, poultices filled with farm-fresh herbs and flowers are steeped in warm water and applied to the body. The soothing warmth induces a deeper state of relaxation while the heat and herbs signal the body to regenerate and repair tissues.

50, 80 or 110 minutes

MOTHER-TO-BE MASSAGE

Every expectant mother deserves extra care and attention. Let our highly trained therapist use lavender oil to safely relieve tension and discomfort caused by changes to the body during this special time.

50 minutes 2nd or 3rd trimester only

GALVLATI ('GAH LUH LA TEE')

The Cherokee word for 'heaven' is a dance of four hands synchronously weaving patterns of blissful relaxation. As two therapists focus their intentions on creating an experience that encourages the release of stress and tension, the body and mind are gently reminded of the beauty of balance, assuring you a journey to galvlati.

50 or 80 minutes

REVITALIZING DUO SCALP AND FOOT MASSAGE

Increase circulation, stimulate nerve endings, and relieve pain and tension with this targeted foot and scalp massage duo.

50 minutes

Enhance

Our foot massage can be added onto any massage session. This calm-inducing ancient Chinese technique restores harmony by applying pressure to reflex points in your feet that respond to specific energy zones in the body creating a powerfully relaxing treatment.

Whether you're looking to relax or recover, let us help you select the right massage for your visit.





BALANCED BODY

LAVENDER AND VANILLA BOURBON BODY DRENCH

This sumptuous full-body massage combines nutrient-rich lavender essential oil with aromatic vanilla bourbon body butter. The butter melts as it is massaged into the skin to deeply nourish while a heated wrap enhances intense hydration to smooth and soften the body.

50 or 80 minutes

SMOKY MOUNTAIN SKIN GLOW

A blend of pomegranate seed, orange peel powder and essential oils lift away dull lifeless skin. Conditioning essences are deeply absorbed as you relax in a private steam bath. A full-body massage with nutrient-rich body butter leaves the skin silky, smooth and thoroughly hydrated—the ideal choice for relaxation, antiaging body care, and for those preparing for a special occasion. Choose from: Eucalyptus and Fig Tea & Bamboo, or Red Currant & Citrus.

80 minutes

CBD RESTORATIVE WRAP

Revitalize from head to toe after everyday exposure to the elements with this warm shea butter, lotus and CBD wrap that nourishes the body and the mind. Paracress plant extract offers lifting and firming for the skin, while a grounding neck, shoulder and foot massage with fast-acting cayenne and CBD brings relief from aches and pains.

80 minutes

APPALACHIAN BODY PURIFICATION

Fragrant and finely ground coffee beans are blended with sarsaparilla, honey, tobacco and black silt clay in this total-body purification treatment. A micro-mitt exfoliation stimulates the lymphatic system preparing the body for a detoxifying scrub and mask with clay, espresso grinds and essential oils penetrated by a heated mud wrap. An application of a hydrating bergamot body lotion leaves you feeling refreshed and completely renewed.

50 or 80 minutes
50 minute session excludes heated wrap.

We are committed to using only the world's very best natural skin and body care products. That means every product we offer must align to our farm ethic, environmental values and high quality standards—and, of course, deliver unparalleled results.

MASSAGE ENHANCEMENTS

REVITALIZING SCALP MASSAGE

Reduce stress related tension with our aromatic topical scalp treatment to revitalize the senses and relax your mind. Our scalp massage can be added onto any 50 or 80 minute massage session.

25 minutes

ECO-FIN HEALING HEAT THERAPY

Enhance any Wellhouse service with an allnatural blend of shea butter, beeswax and soy extracts. Self-heating mitts and booties help to relieve joint and muscle pain, relax tension, increase circulation and deeply hydrate to renew hands or feet leaving them incredibly soft and moisturized.

Incorporated into time of service.

REVITALIZING FOOT MASSAGE

Everyday living can create an imbalance in the body's energy zones. Increase circulation, stimulate nerve endings, and relieve pain and tension with this targeted foot massage. Our foot massage can be added onto any 50 or 80 minute massage session.

25 minutes

THERAGUN PERCUSSIVE THERAPY

Bring a new level of relaxation to your next full body treatment with Theragun Percussive Therapy. This proven method will assist in your deeper relaxation and body awareness, bringing about a more complete massage and improving overall well being.

Incorporated into time of service.

CBD MASSAGE OIL

Find relief from aches and pains through the addition of CBD massage oil. CBD massage oil may be added to any massage therapy. Enjoy through a spot treatment or full body treatment.

Incorporated into time of service.

ESSENTIAL SKIN CARE

WELLHOUSE PURE RESULTS

Naturopathica's performance-based skin care solutions marry the healing properties of plants with the latest clean cosmeceuticals to deliver visible results for all types of skin. A layering of vitamins, antioxidants and anti-inflammatory botanicals replenish the skin at a cellular level. Upgrade to 80 minutes for additional results with an advanced enzyme peel and microcurrent technology.

50 or 80 minutes

FARM-FRESH FACE LIFT

This facial targets skin aging on a multidimensional level, improving the firmness of the skin while promoting cellular renewal. A full regimen complemented with remodelage massage offers dramatically lifted skin with long-lasting hydration.

80 minutes

HYDRAFACIAL

This invigorating treatment includes the signature HydraFacial® that deeply cleanses, exfoliates, extracts and hydrates the skin while addressing specific concern with a booster of your choice. This treatment concludes with LED Light Therapy to further reduce visible signs of aging. The 80 minute service includes our Perk Eye & Lip Treatment, which helps target puffiness and fine lines around the eyes and lips.

50 or 80 minutes

TAMMY FENDER SIGNATURE FACIAL

A head-to-toe Revival. Rooted in the ancient traditions of holistic care, this treatment is customized to support you on every level. Gentle ultrasound waves penetrate deeply to cleanse and hydrate the complexion, encouraging a revival of the skin's strength and tone. Soothing and rhythmic massage techniques enhance circulation, while oxygen therapy and custom blends of the purest botanical ingredients renew radiance, revealing an illuminated complexion. This unforgettable, energetic experience re-balances the body, awakening inner and outer beauty.

80 minutes

FARM-FRESH REJUVENATION

Discover your best skin with this intensive renewing treatment. The fully customized treatment uses a thorough complexion analysis to determine your skin condition. Each step will be then personalized to your individual needs, leaving it balanced and glowing.

ESSENTIAL SKIN CARE CONT.

BEAUTIFUL BACK

Designed for the most neglected part of the body, we employ traditional European aesthetic methods to regenerate and renew. Skin impurities are eliminated with deep cleansing and exfoliation. A soothing massage and mask improve circulation, skin texture and tone, followed by an application of moisturizer to leave the back silky-smooth.

50 minutes

VITAMIN C BRIGHTENING FACIAL

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring Tata Harper's breakthrough daily Vitamin C Wrinkle Remedy Serum that helps firm, brighten and dramatically reduce the appearance of wrinkles.

50 or 80 minutes

FACIAL ENHANCEMENTS

BRIGHTENING DÉCOLLETÉ TREATMENT

A luxurious treatment featuring a powerful blend of antioxidants layered with Matcha Brightening Décolleté to help boost skin's radiance and reduce signs of aging for a firm, bright and rejuvenated décolleté.

25 minutes

ECO-FIN HEALING HEAT THERAPY

Enhance any Wellhouse service with an allnatural blend of seasonally scented shea butter, beeswax and soy extracts. Self-heating mitts and booties help to relieve joint and muscle pain, relax tension, increase circulation and deeply hydrate to renew hands or feet leaving them incredibly soft and moisturized.

Incorporated into time of service

DEPILATORY WAXING

A variety of depilatory waxing services are available upon request.

RED LIGHT THERAPY

Red light therapy improves the appearance of fine lines and wrinkles along with decreasing inflammation. Red light wavelength deeply penetrates the skin to boost collagen.

THE BLACKBERRY MAN

A MAN'S-MAN MASSAGE

Aroma-infused hot towels and specific massage techniques alleviate tension and tiredness stored in the neck, shoulders and back. Relax and restore mind and body with an energy-releasing leg and foot massage using deep pressure.

50, 80 or 110 minutes

SAVING FACE

Put your best face forward with this highly relaxing treatment designed to deeply cleanse and soothe skin exposed to sports or shaving. Upgrade to the advanced option for a potent anti-aging service to leave behind visibly younger looking skin.

50 and 80 minutes

MUSCLE MELT

This treatment utilizes vitamins A, E, & F- rich ingredients to tone, strengthen, and protect the skin. Relax and unwind during a full body massage with a shea butter-coconut blend infused with eucalyptus and rosemary. Concluding with a heated wrap, feeling good never looked better.

50 or 80 minutes

HAND RESTORATION

Your hands and nails will thank you for this beneficial herbal-based treatment. It revives tired hands and restores vital nutrients you need to rejuvenate for your healthiest nails.

30 minutes

MEN'S HAIRCUT

Your stylist will precisely cut and style to your specific hair needs. A cleansing shampoo and conditioning scalp massage will leave you feeling and looking refreshed.

45 minutes

HIGH-ADVENTURE FOOT RESTORATION

Gehwol®, the world's most comprehensive line of effective therapeutic foot care products, has everything you need for the wellbeing of your feet. Our experienced therapist will assess your specific needs and customize the best treatment plan for you. You and your feet will leave relaxed, rejuvenated and refreshed.

50 minutes

BEARD TRIM

Sit back, relax and leave the shaping up to the experts.

Allow up to 15 minutes.

HEALTHY FEET & NAIL CARE

All of our nail services in our natural nail spa include the Dazzle Dry system. It's not a gel and not a traditional polish. Dazzle Dry is a unique four-step system that delivers advanced performance without the use of harsh chemicals and is completely dry in 5 minutes without the use of UV light.

THE ESSENTIALS MANICURE OR PEDICURE

An effervescent vitamin C cocktail soak to cleanse and revitalize. Nails are expertly shaped, cuticles tended, hands and feet sumptuously scrubbed and lovingly massaged. A cooling cucumber mask refreshes before nails are polished to perfection. Choose from Uplifting: Red Currant & Citrus or Energizing: Eucalyptus, Rosemary & Mint. 50 minutes

CBD PEDICURE

Soul to sole care is at the heart of this CBD and warm shea butter spa pedicure that brings the skin and body into harmony. A soothing leg and foot massage with our CBD and agedefying, paracress-infused Balance Oil eases muscle tension and cares for skin.

50 or 70 minutes

LUXURY-LOVING MANICURE

Go on an indulgent journey with this manicure, handcrafted by celebrity nail tech Deborah Lippmann, using her line of award-winning products. Hands are luxuriously soaked in a special elixir, scrubbed with a unique whipped marshmallow scrub that will reveal bright and glowing skin, and cuticles are expertly tended with our highly-effective cuticle technique. Your perfect manicure is then enhanced with an Ecofin heat therapy for intense moisture. Finally, your hands and arms are massaged with a rich hand cream that will help even skin tone and has preventative SPF 25.

75 minutes

GILDED PEDICURE

This pedicure treatment is handcrafted by celebrity nail tech Deborah Lippmann, featuring her line of award-winning products. Your feet and legs are soaked in a luxurious elixir then scrubbed with a deep layer exfoliant, which is rich in antioxidants, to reveal soft, supple, rejuvenated skin. Eco-fin heat therapy then hydrates your feet while your legs are massaged and instantly soothed with ultra-indulgent foot cream to restore exceptional comfort.

50 minutes (without eco-fin) or 75 minutes (with eco-fin)

HIGH-ADVENTURE FOOT RESTORATION

Gehwol®, the world's most comprehensive line of effective therapeutic foot care products, has everything you need for the wellbeing of your feet. Our experienced therapist will assess your specific needs and customize the best treatment plan for you. You and your feet will leave relaxed, rejuvenated and refreshed.

FEET & NAIL ENHANCEMENTS

ECO-FIN HEALING HEAT THERAPY

Enhance your Wellhouse experience with this relieving treatment for your hands, feet or both. Deeply hydrate with an all-natural serum of shea butter, beeswax and soy extracts. Heated hand mitts and foot booties increase circulation and relieve joint and muscle pain, leaving you feeling renewed.

Allow for an extra 15 minutes when added to nail services.

GEL POLISH APPLICATION

Using classic OPI color selection and worryfree LED curing light, you can maximize your flawless polish to an extended wear of 14+ days. Available for manicure and pedicure services.

Allow for an extra 15 minutes when added to nail services.

GEL POLISH REMOVAL

If you are wanting to take a break from gel polish, or remove your current gel polish for your new gel manicure or pedicure, we will need extra time for the process of removal.

Allow for an extra 15 minutes when added to nail services.

WELLHOUSE PRIMP & POLISH

SHAMPOO & BLOW-DRY

Achieve the maximum impact with your current style. We use Virtue Labs breakthrough Alpha Keratin 60ku™ product line to give everyone their best hair possible.

Allow up to 60 minutes.

DEEP CONDITIONING HAIR TREATMENT

A nourishing treatment that is as relaxing as it is effective. Our stylist gently exfoliates and nourishes the scalp, then selects the proper deep-conditioning treatment to restore luster to your locks. Ideal for any hair and scalp condition, this treatment finishes with a shampoo and blow-dry style.

75 minutes

UP DO

Whether it's a birthday, wedding, anniversary or just because, our experienced stylist will give you the look you need to enjoy any occasion. Please arrive with dry hair. (Shampoo and blow dry are not included).

Allow up to 60 minutes.

WOMEN'S HAIR CUT

Consult with your stylist to achieve the desired style that will suit your lifestyle and enhance your hair type, whether it be a simple trim or something new. Add on to your shampoo and blow dry or your hair treatment.

Allow for an additional 30 minutes when added to a hair service.

MEN'S HAIRCUT

Trade your typical hurried haircut appointment for a relaxed trim in our luxurious chairs. Using organic performance hair care products, our experts will shape and style your hair for a finished look you can feel confident about.

BLACKBERRY BLOOMERS JUNIOR SPA MENU

This special menu offers perfect choices for the budding spa-goer. Appointment days and times are limited. Please call the Wellhouse to determine availability. A parent or guardian must be present for all spa services, making it a perfect time for a parent-child visit to the spa.

SEEDLING NAILS (5-13 YEARS)

This journey begins with your choice of aroma. Then, enjoy a softening soak, a scrub that tickles and conditions the skin, and finish with your choice of color, color combo or natural high shine buff to top off properly manicured or pedicured nails.

30 minutes for manicure or pedicure, 60 minutes for both.

Teen Toes (13-16 years) 45 minutes
Teen Manicure (13-16 years) 45 minutes

SEEDLING HAIR (5-13 YEARS)

Whether you're in need for a trim or it's time for a change, our stylists are here to take great care of you.

Allow 15-30 minutes.

SPROUT FACIAL (13-16 YEARS)

A deep-cleansing and perfecting facial that addresses young, evolving skin and provides a great opportunity to learn about treating and preventing blemishes.



PHILOSOPHY

TRUE HARMONY OF BODY AND SOUL CAN ONLY BE ACHIEVED WHEN WE EMBRACE A WHOLE-LIFE APPROACH TO WELLNESS, AN APPROACH THAT BALANCES REST, ACTIVITY, PLEASURE AND NOURISHMENT.

The pursuit of that balance is the bedrock of wellness at Blackberry Farm. Inspired by the beautiful forests, lakes, mountains and winding roads of our region, we offer a range of physical activities and classes that help you connect with nature, challenge your body and embrace cuisine that truly nourishes.

We believe that wellness is a lifelong pursuit, not a weekend experience. From yoga and strength training to farm-fresh nutrition lectures, the wellness philosophy at Blackberry Farm is uniquely designed to empower you to lead an active, healthy and fulfilling lifestyle, even after you return home.

STRENGTH & FITNESS

Beyond looking good and feeling great, strength and fitness training will help your body over the course of a lifetime. With numerous benefits such as increased bone density, weight management, improved muscle mass and tone, enhanced stamina and sharpened focus, a regular strength training and fitness routine makes sense.

Wellhouse coordinators will help to tailor fitness and wellness options perfectly suited to your needs. Our extensive selection of offerings ensures something for everyone. While we offer all classes listed, days, times and locations may vary. Please check with the Wellhouse for the current schedule.

STRETCH & RELEASE

A variety of modalities including dynamic, static and active isolated stretching techniques allow the entire body to relax and release.

45 minutes

WELLHOUSE H.I.I.T.

High Intensity Interval Training is known to increase your metabolism for up to 24 hours after your workout ends. Our signature class at the Wellhouse is suitable for any fitness level that desires to push their limits. After our trainers lead you through mobility work, there is no looking back with this full body, high intensity workout.

50 minutes

CARDIO-CORE CIRCUIT

Get your heart pumping with this fun and exhilarating aerobic circuit. We'll help you create the perfect workout with your choice of cardio equipment, personalized timed intervals and targeted core conditioning.

50 minutes

BARRE

A low-impact fusion class focusing on core muscles that combines Pilates, ballet, yoga and isometrics to strengthen and stretch the body while improving posture.

50 minutes

BLACKBERRY FIT

Breathe fresh mountain air as you workout around the property, stopping at outdoor fitness stations for timed intervals. This refreshing workout will leave you energized for your next adventure.

AQUAFIT

Water provides a resistant environment that prevents unnecessary stress on the skeletal system. Improve cardio health, balance, strengthen and tone in this energetic aquatic class.

50 minutes

PRIVATE TRX & STRETCH

Developed by a Navy Seal, TRX® is a highly effective workout system that leverages gravity and your own body weight to perform numerous exercises to build a rock solid core and improve muscle endurance. Beneficial for people of all ages and fitness levels. Please contact the Wellhouse for availability.

50 minutes

PERSONAL TRAINING

Whether you are a beginner or a longtime fitness enthusiast, our Wellhouse personal trainer will customize a workout routine to take you to the next level. Learn new techniques to help you get more from your fitness program.

50 or 80 minutes



FOAM ROLLING RELEASE

Give your muscles a workout, treat day-to-day stiffness and loosen things up with this class that helps release sore spots from within muscles and tendons to reduce pain and the risk of muscular injuries.

30 minutes

PRIVATE DANCE INSTRUCTION

If music inspires you to move, you'll love this personal session with our dance instructor. Choose the style that interests you—studio dance, ballet, or Latin—and dance your cares away. It's a wonderful way to boost your heart rate and work your muscles.

50 minutes

MAT PILATES

Deepen the mind-body connection in this all mat-work class focusing on alignment, flexibility, core strength and controlled movement.

50 minutes

PILATES AND POSTURE

Both floor and standing work are included in this class designed to connect body awareness and strength from the Pilates mat to your everyday posture.

50 minutes

SCULPT

A full body toning class using light weights with concentrated isolation and high reps to create long and lean muscle definition. This full body burn will have you leaving strong and confident.

MEDITATION & MINDFULNESS

Wellhouse yoga and meditation offerings intentionally foster a mind-body connection. Whether a gentle restorative practice or warming flow, moving in a way so as to honor the body and cultivate presence of being is central to the practice.

Mindfulness and meditation are the perfect companion to any fitness program or activity, aiding the body in rest and recovery. In addition to reducing stress hormones, increasing mental focus and elevating mood, meditation has been scientifically proven to slow mental aging, improving the way that neurons communicate with each other. It also lowers blood pressure and boosts the immune system. Join us for your very first experience or deepen your existing and endearing practice.





YOGA BASICS

Specifically for those new to yoga, this class introduces the fundamentals of a yoga practice—breath, awareness, proper alignment and mindfulness—in a comfortable environment. Also an excellent choice for those working around injuries or for longtime yoga students looking to refine their practice.

FLOW YOGA

50 minutes

Recommended for those who have a good understanding of the fundamental principles of alignment within individual postures, this session connects multiple postures through breath and movement. This class is designed to relieve stress and connect one with the authentic self to bring more ease and vitality to each day.

50 minutes

RESTORATIVE YOGA

This practice is a blend of moving meditations and relaxing restorative poses (typically done on the floor) to help the body release stress and tension. Restorative poses are an important part of a long-term yoga practice, helping to recharge energy reserves, heal the body from stress and bring the nervous system to a more balanced state.

50 minutes

GUIDED MEDITATION

Meditation is the simple and direct practice of moment-to-moment mindfulness. With careful and sustained observation and proper breathing techniques, we can experience the ever-changing flow of the mind-body process to cultivate awareness and learn to accept more fully the pleasure and pain, fear and joy, sadness and happiness that are inevitable in life.



MINDFULNESS & SELF DISCOVERY

Mindfulness enhances every area of life and is the foundation of well-being. No matter the means through which you choose to experience it, embrace the benefit of creating a greater capacity to enjoy life. Whether we are helping you begin this intentional practice for the first time or providing a new opportunity for a familiar road, each experience provides a different tool to help you continue to foster the Blackberry state of mind at home.

CREATIVE PRESENCE WATERCOLOR MEDITATION

Experience meditation as an expression of presence through watercolor. Mindfully painting means being fully present with each stroke and color choice, finding freedom and joy in the creative process, while abandoning hesitation or concern for the finished piece.

50 minutes

JOURNALING

Find release and clarity while connecting to your truest self through writing. Explore various methods of journaling and identify one that resonates with you. Though we have many favorite spots on property to fill a page or two, our hope is to help you begin a practice that will continue to cultivate a more mindful, peaceful and gratitude filled life long after you leave.



DEEP HEALING WOODS

Rooted in nature and proven by science, Blackberry Farm's Deep Healing Woods activities offer one-of-a-kind experiences with established psychological and physiological benefits.

Groundbreaking research out of Japan highlights the numerous benefits of forest bathing, also known as Shinrin-yoku, which include enhanced physical fitness, accelerated healing, increased mental focus and improved biological responses to reducing stress and fighting disease.

Journey to the Deep Healing Woods to connect with the earth, connect with nature and connect within to revitalize your internal source of health, energy and well-being.

All Deep Healing Woods activities are 90 minutes and are available in one-on-one or group sessions.

EARTHFIT ENDURANCE HIKE

This high-intensity workout is ideal for any fitness level. Designed for optimal body conditioning and recovery, this activity includes a pre-workout stretching session to warm the muscles and promote circulation. A fast-paced hike encourages cardiovascular strength and endurance. At the conclusion of the physical exertion stage, guests are led in a guided stretch and meditation session to improve body recovery and mental restoration.

DEEP HEALING WOODS YOGA

Yoga means 'union,' and when practiced outdoors, a greater sense of connecting with the universe can be evoked. Many of yoga's asanas (postures) reflect animals and nature. Allow the breeze to expand your breathing, the warm sun to deepen your pose, making muscles more pliable, and let a ladybug invite you to focus on something small and still. Enjoy a sense of harmony, timelessness and union with Mother Nature.

DEEP HEALING WOODS MEDITATION

For centuries, monks the world over have taken to the forest to elevate their meditation practice and become one with the universe. Drawing upon this ancient wisdom, we, too, take you to the Deep Healing Woods to clear your mind, calm your soul and heighten your awareness. Discover how going within can provide an innate sense of connection with oneself and all living things.

FLOWER ESSENCE MEDITATION

Flowers and plants follow light to break through the Earth's surface showing us our own grounding possibilities. Learn about flower essences, forage, and forest bathe on a guided hike through the deep healing woods. Embrace a gentle and refreshing perspective in a fully guided meditation and chance to reconnect with nature's rhythm.



MAKE SURE TO GIVE TIME BETWEEN ACTIVITIES

WELLHOUSE HOURS

Daily: 9:00am-7:00pm Seasonal hours may vary

SCHEDULING

To schedule an appointment, please speak with our Concierge who will guide you to that perfect spa experience.

In-house guests can also dial 8819 from their room telephone or dial 0 and the operator will connect you. From outside the hotel, please call 865.379.9819. To ensure that your preferred time and service is available, we recommend advance booking.

CHECK-IN

We encourage guests to arrive at least 20 minutes prior to your appointment time. This will allow you time to sign in, change clothes and relax in our steam room and lounge prior to your service.

LATE ARRIVAL

Please be aware that your late arrival may determine the length of your treatment. Your service will end on time so the next guest is not delayed. We appreciate your understanding and cooperation.

CANCELLATIONS

As a courtesy to other guests, we kindly ask that cancellations and appointment changes be made by 7:00pm the day prior to your scheduled service to avoid penalties. Any appointments made or cancelled after 7:00pm the day prior will incur a 50% cancellation fee. A no call-no show will incur a fee of the full appointment amount.

SPECIAL HEALTH CONSIDERATIONS

At the time of reservation, please notify our Concierge if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant.



WELLHOUSE ATTIRE

For your comfort, a luxurious robe and slippers will be provided at the Wellhouse. Please disrobe to your level of comfort. Undergarments are not necessary but may be worn during the treatment, if you prefer. All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are always used to protect your privacy and comfort at all times.

SHAVING

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We specifically suggest that men shave three or more hours before a facial treatment.

QUIET AND HEALTHY ENVIRONMENT

The Wellhouse environment is one of relaxation and tranquility. We respectfully ask that you leave cellular phones silenced so that the tranquility of the spa experience may be preserved.

AGE REQUIREMENT

The minimum age of 18 (with the exception of Blackberry Bloomers) is required for access to massage treatments. The minimum age of 16 is required for Facials and use of the fitness center at the Wellhouse.

GRATUITIES

All rates subject to an additional service charge and sales tax and therefore, no additional tipping is necessary or anticipated. Rates are subject to change without notice.

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