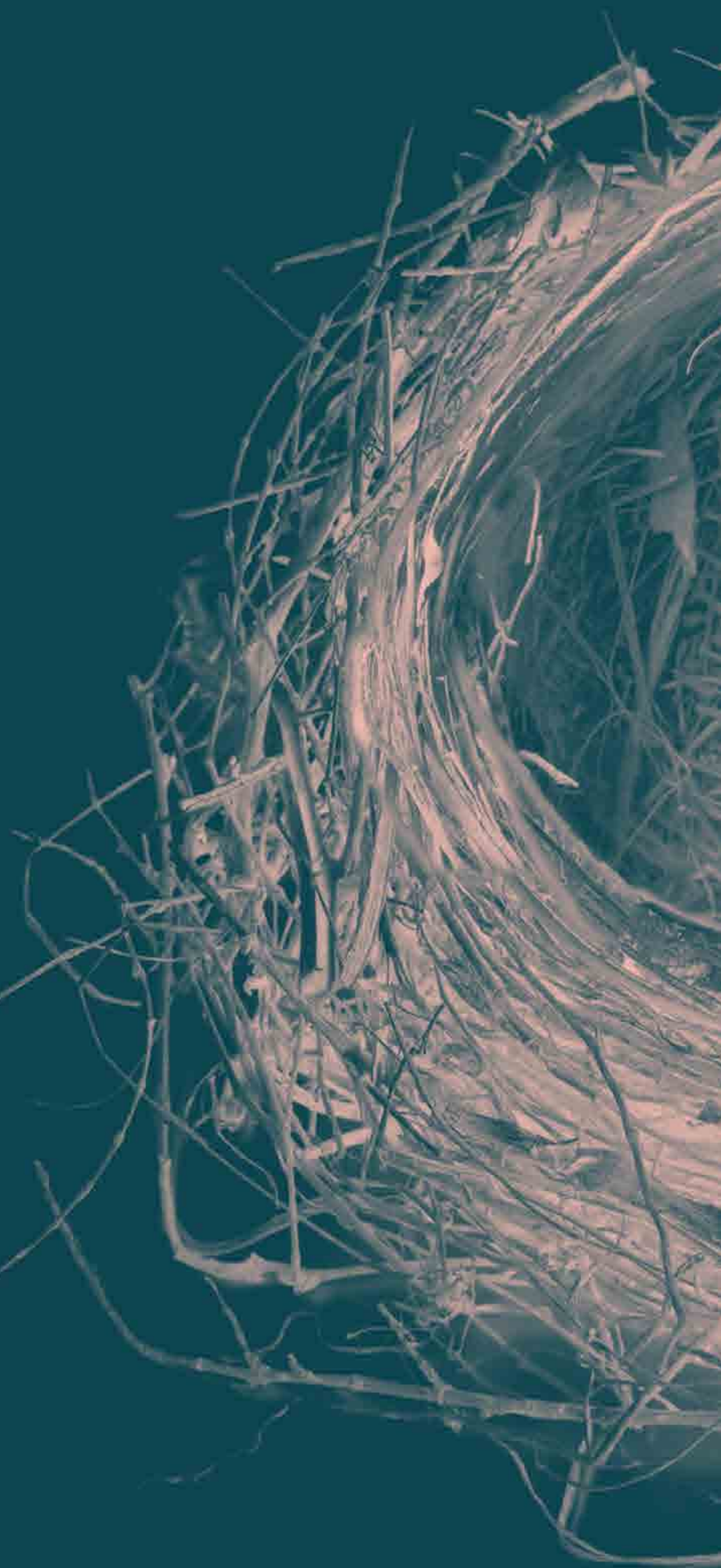
Nest.

at Blackberry Mountain



Nest.

Spa and Wellness

Nestled in the mountains is a sanctuary perfect for settling in and returning to one's self. Blackberry Mountain's approach to wellness is rooted in the natural rhythms of nature. We feel that the foundation for true wellbeing is found when we honor our mind, body and spirit.

The expansive views from the mountaintops are the perfect place to gain perspective. What we need is often revealed when we slow down and reflect. Our approach holds space to pause and allow this to happen.

Nest has created a treatment menu of natural therapies designed to soothe the body, reconnect and promote self-discovery, along with science-based skincare treatments tailored to the needs of each individual.

As the first Joanna Czech-certified spa in the United States, we are thrilled to offer her signature, curated facials to Blackberry Mountain guests.

We invite you to explore the many ways to enhance your overall wellbeing through our spa and wellness offerings.

Ages 18 and older

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Skincare

Replenish and renew with our signature facials and the expertise of our estheticians. Each service is tailored to leave your skin glowing and refreshed.

Joanna Czech Method Enhanced Facial

The 80-minute Joanna Czech Enhanced Facial is a comprehensive experience of Joanna's skincare philosophy. It is completely customized to each client's skin on the day of treatment, and no two facials will be the same. Joanna Czech believes in rebuilding and fortifying the skin through gentle yet effective methods of barrier repair. Each of our estheticians train personally with Joanna before seeing guests in treatment rooms. Joanna supplements this experience with continuous product training and technology instruction to ensure you are getting a Joanna-approved facial.

The treatment begins with sculpting and lifting manual massage, followed by exfoliation, extractions if necessary and a combination of targeted serums chosen for your skin's needs. Afterwards, your esthetician will incorporate a combination of modalities, which may include various forms of microcurrent, ultrasound, cryotherapy, LED, oxygen and more.





Revive
50 min

An ideal selection for those seeking a welcoming introduction into Biologique Recherche. This is a customizable facial based on your skin analysis by your esthetician. Skin is left glowing, toned, tightened and restored.

Restore
80 min

Detoxify and stimulate the epidermis with our restorative facial therapy to prevent and reduce the visibility of dull and uneven skin. An ideal selection for those seeking an exceptional glow, the skin is left dramatically toned, tightened and illuminated using Biologique Recherche technology. Based on the skin analysis conducted by your esthetician, an add-on of oxygen or LED may be added.

Radiate
110 min

Using a specialized sequence of techniques and a personalized combination of Biologique Recherche active ingredients for your unique needs, this custom-tailored lifting treatment is designed to deeply cleanse, gently exfoliate and intensely hydrate the complexion. This treatment will instantly transform your skin with renewed energy and reveal your most authentic radiance from within. Based on the skin analysis conducted by your esthetician, an add-on of oxygen or LED may be added.

Hydrafacial
50 or 80 min

Reduce visible signs of aging with this invigorating treatment. Hydrafacial uses a vortex system that will provide a deep cleanse along with exfoliation, extractions and replenishing hydration. This facial will give you instant, long-lasting results with no down time.

LED light therapy, oxygen treatment and lymphatic drainage facial massage are included in the 80-minute Hydrafacial.

Addition of lip and eye perk available.





Signature Facial
50 or 80 min

Experience a deeply relaxing facial that delivers results. This customized facial was designed to rejuvenate skin, enhance radiance and restore luminosity with exceptional results. This comprehensive treatment includes Environ products as well as other custom picked modalities. After this calming experience your skin will be refined, brightened, hydrated and restored, leaving you revitalized and radiant.

Facial Enhancements
25 min
add-on services

LED Light Therapy
Promote collagen stimulation for overall healing.

Oxygen Treatment
Purify the skin.

Lymphatic Facial Massage
Detoxify and depuff face.

Foot Treatment
Exfoliate and restore feet with hot towels and blissful hydrating body butter.

Scalp Treatment
Invigorate your scalp with an essential oil-infused water designed to eliminate tension.

Hand Treatment
Ease hand tension through heat and hydration.

Body Therapies

We welcome you to receive body treatments at Nest.



Massages

Himalayan Salt Stone Massage
80 or 110 min

Melt away tension and ease stiffness with the placement of smooth, heated stones to key points on the body, leaving you renewed and deeply relaxed.

Muscle Renewal Massage
50, 80 or 110 min

Decompress into the warmth of herbal-infused towels. Your tension and muscle aches will be dissolved as your therapist uses massage techniques and heat therapy.

Tailored Mountain Massage
50, 80 or 110 min

This relaxing massage utilizes a combination of classic Swedish strokes to improve circulation and gentle stretches to relieve muscle tension, allowing your stress to fall away.

Therapeutic Massage
50, 80 or 110 min

An ideal selection for tight, achy muscles, this massage utilizes a combination of pain-relieving techniques and deeper pressure to enhance the body's recovery from stress or strenuous activity.

Prenatal Massage
50 or 80 min

Using specially formatted techniques to assist in comfort with pregnancy, the prenatal massage will bring relief to mother and child.

Second and Third Trimester Only

CBD Massage
50, 80 or 110 min

Allow your aches and pains to dissolve with a therapeutic CBD massage, designed to target areas of discomfort while encouraging ultimate relaxation. A specially formulated cream is applied to any problem areas as a spot treatment, then your technician will continue the massage with CBD body butter or massage oil, supporting pain management and anti-inflammation and guiding you into comfort and tranquility.



Body Treatments

Wanderlust Grounding Treatment
50 min

Ground and center the spirit with this healing foot and leg ritual that restores radiance, activates cellular renewal and reduces environmental damage. Your feet will be polished with an invigorating scrub and massaged with hot stones as well as tension-releasing infused oils.

Hand & Foot Extended Treatment
50 min

An elevated continuation of our Hand & Foot treatment add-on, thoughtfully expanded for deeper restoration. This extended experience offers immersive, focused care for the hands and feet through exfoliation, massage and rich hydration-enhancing relaxation, leaving you feeling fully restored.

Mountain Radiance Body Treatment

Inspired by the restorative calm of the mountains, this renewing full-body experience is designed to smooth, hydrate, and restore the skin's natural radiance while grounding the body and quieting the mind.

Exfoliation & Hydration Treatment **50 min**

This rejuvenating treatment begins with a luxurious full-body exfoliation using nourishing botanicals to gently polish away dullness and awaken healthy circulation. A warm, aromatic moisturizing mask is then applied with intentional, soothing movements to replenish the skin's moisture barrier, leaving the skin soft, radiant, and refreshed.

Exfoliation, Hydration & Heat Treatment **80 min**

Building upon the exfoliation and hydration experience, this service adds a soothing heat wrap that mimics the gentle warmth of the mountain sun. Cocooned in comforting warmth, restorative ingredients are able to absorb more deeply, enhancing hydration while promoting a profound sense of calm and relaxation.

The Full Mountain Radiance Treatment **110 min**

The ultimate expression of renewal, this immersive treatment includes exfoliation, hydration, and a deeply relaxing heat wrap, followed by a full-body massage. Slow, flowing techniques release tension and restore balance, leaving you feeling deeply relaxed, replenished, and beautifully revitalized from head to toe.



Enhancements

25 min
add-on services

Available for any 50 or 80-minute service

Foot Treatment

Exfoliate and restore your feet with hot towels and blissful hydrating body butter.

Scalp Treatment

Invigorate your scalp with an essential oil-infused water designed to eliminate tension.

Dry Brush

Boost your lymphatic system while removing the superficial impurities from your skin.

Hand Treatment

Ease hand tension through heat and hydration.

Theragun Treatment

Ease muscle soreness and fatigue through percussive massage.

Hand & Foot Treatment

Revive tired hands and feet with a warm exfoliating scrub, soothing hot towels, and an indulgent hydrating body butter.

Sculpt

Icoone offers a multi-technology action that is able to lift, massage and stimulate the connective tissue, including the most delicate and vulnerable areas. Five to ten sessions will ensure visible results, however, the first physical changes may be noticeable from the initial session. The delicate skin stimulation delivered by Icoone technology can be performed daily.

ICOONE: BODY
80 min

Our body focused treatment highlights the Icoone benefits that support nutritional distribution and cellular detoxification. Known for its ability to energize and revitalize connective tissue and skin cells, this intentional approach provides extra time to tailor Icoone draining, remodeling and toning techniques to further support specific needs. Digestive imbalance, joint pain, muscle tension, fluid retention, stubborn cellulite and lax skin can all be addressed.

ICOONE: BODY+ FACE
110 min

The Body + Face treatment combines customized Icoone draining, firming and remodeling techniques to deeply condition both skin and tissue. Infrared therapy calms the nervous system and reduces stagnation and cellulite. It enhances cellular stimulation to bestow a powerful sense of lightness in the limbs. This deeply relaxing process completes with a facial sculpting massage to deeply restore skin and tissue from head to toe.

Wellness

The wellness philosophy at Blackberry Mountain is five-fold, honoring the wellbeing of body, mind and spirit with nature and art serving as the conduits of connection to ourselves and the world.

WELLNESS PROGRAM

Forest Bathing

Forest bathing has numerous benefits, such as increased mental clarity, reduced stress and accelerated healing. We invite you to connect within nature and leave feeling deeply grounded and with a strong sense of wellbeing.



Journey to the Edge

Yoga or Meditation, 3 hours

From the top of the Mountain to the edge of your mat, experience freedom within your practice that only nature provides. Join us on the trail to our favorite yoga hideout.

Sunrise Practice at Goat Hill

Yoga or Meditation, 75 min

Roll out your yoga mat from the top of Goat Hill, and allow the vast horizon to bring new perspective to your daily practice.

Aerial Forest

Yoga or Meditation, 50 or 75 min

Feel the support of the silks and the freedom of nature as you align yourself with the forest around you. This creative aerial approach to your practice and sensory experience within the elements will leave you feeling uplifted and inspired.

Woodlands

Yoga or Meditation, 50 or 75 min

Bridge the gap between yourself and the natural world that surrounds you. This private outdoor practice among the trees inspires a deep reconnection with yourself and an invitation to embrace all that nature can provide.

The Labyrinth Experience

75 min

Enveloped by nature's purest elements, we arrive and gather with a grounding meditation. The ridge line lifts our eyes and gives rise to an inner knowing that leads us on a path to center. Embark on your own journey as you wander a sacred path without agenda. Held by undulating rock walls, rising mountains and endless sky, nature reveals her hope with each step.



WELLNESS PROGRAM

Creative Presence

A mindful approach to the creative arts fosters a unique shift from doing to being. The process of creating provides a context for us to experience freedom in expression and a space for observation without judgment. Each medium highlights various skillsets that mirror personal growth.



A Watercolor Meditation
50 min

This mindful approach to watercolor painting is less about the end product and more about the experience. The session begins with guided breath work, meditation and intention setting. Then, we bring awareness to the sensations, thoughts and playfulness that come with gliding the brush across the page. From your breath to your brush, find fluidity and freedom in this guided watercolor experience.

Malas and Mantras
75 min

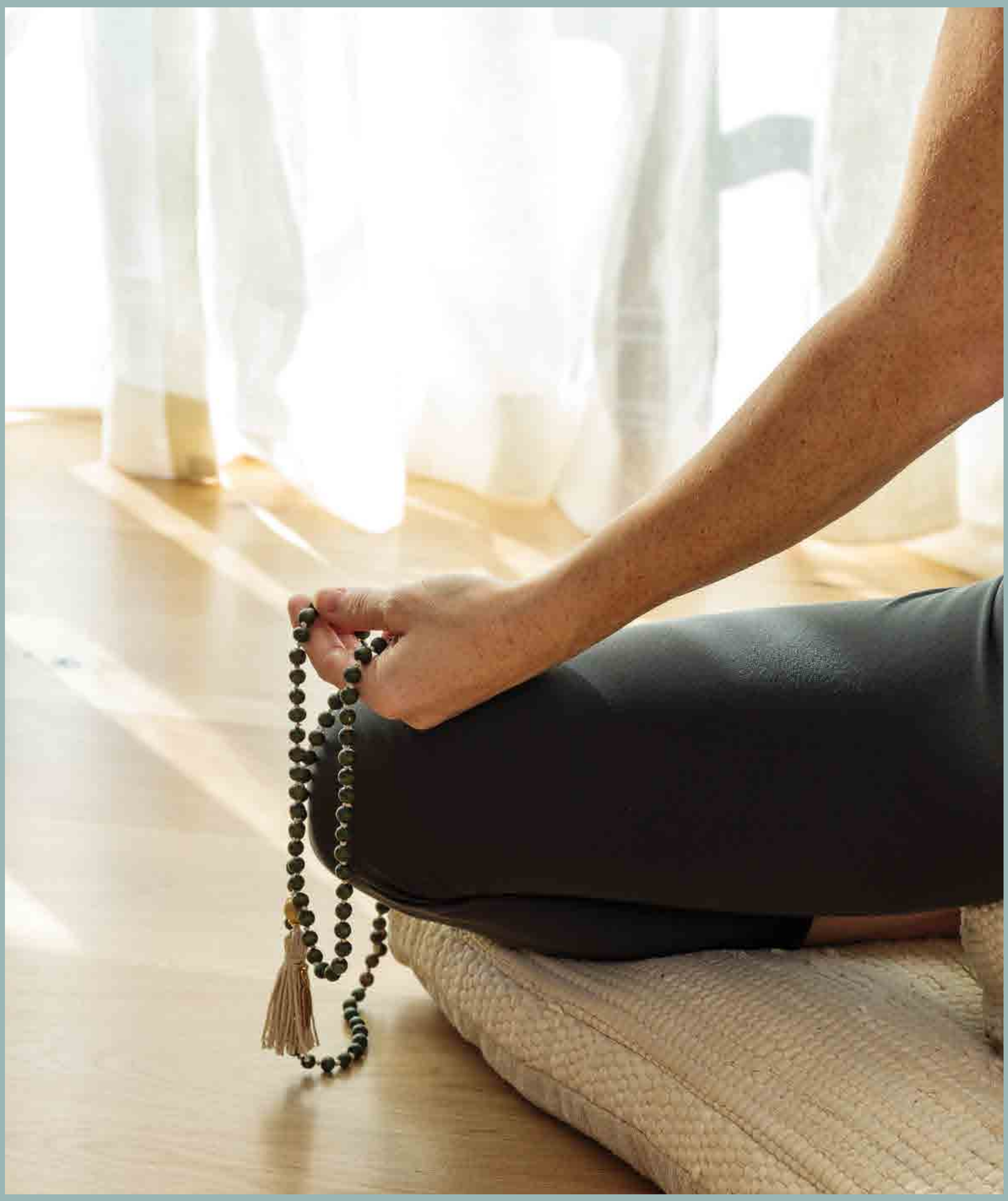
Inspire immense focus and connection with yourself while slowly and intentionally beading your own traditional mala. With our team guiding you, explore the freedom to voice your own mindful meditation as you explore the vibrational benefits of mantra during this experience.

Guided Journaling
50 min

We invite you to acknowledge the value in spending time with yourself in quiet stillness. We offer thoughtful writing prompts to aid you in your own exploration of gratitude and expression. Leave this experience feeling more connected to yourself and those you love.

Reiki Infused Watercolor Meditation
50 min

Awaken your energy centers through a meditative practice using reiki-infused watercolors coupled with gentle hands-on energy work. Work intuitively alongside your practitioner to create energy flow and find it reflected in your own creation.



WELLNESS PROGRAM

Mind+ Body Healing

The Mountain is a special place for taking time to acknowledge we are more than just minds and bodies. Tune in to the connection between the two, and take time to listen, receive and release with the following offerings.

Energy Work

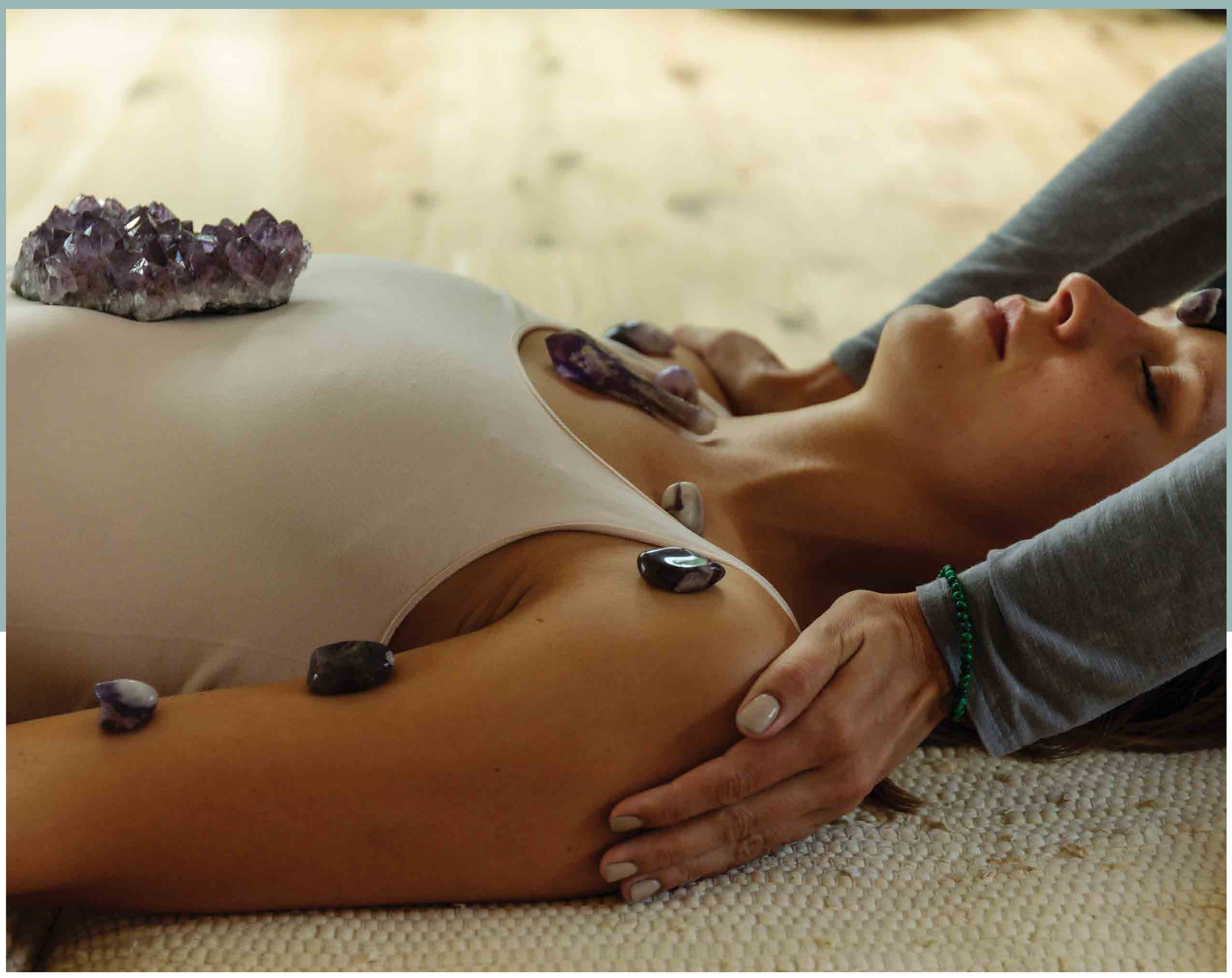
Reiki
50 min

This unique Japanese energetic therapy employs light touch to soothe the mind, relax the body and improve energy flow. Experience a greater feeling of peace, security and overall wellbeing.

Crystal Reiki
50 min

Experience traditional reiki healing with the addition of crystals and gemstones. The crystals are placed on and around the body and work to amplify the reiki healing energy. The addition of this crystalline energy works on both an energetic and cellular level to align and heal the chakras and meridians. This combination of energies helps to access deep levels of consciousness and awaken inner healing power.





Natural Rhythms

50 min

A sonic treatment using tuning forks will tune your body, mind and spirit to the frequency of your own highest vibration and intuition. This service will release tension in the physical, emotional, mental and energetic body. The experience will leave you balanced and reconnected to your natural rhythms.

Subtle Body Healing

50 min

Balance and energize the physical body through a combination of healing touch and auric massage. Gentle and intuitive work with acupressure points and vibrational energy clears blockages and creates a state of calm, clarity and ease.



Soundbathing

Our sound experts have carefully curated private, elevated soundbathing experiences to assist in restoring harmony to mind, body and spirit. See each elemental description to determine which journey may be right for you.

Earth — 50 min

This grounding sound experience is meant to restore a sense of strength and stability. With attention to the details of physical support and focused vibrational energies, the body is able to recall a feeling of landing, of coming home.

Focus: Body

Complement: Crystal Grid and Sandbags

Fire — 50 min

This passionate sound journey encourages transformation and expression. Harmonious yet cathartic contrast of sound inspire vitality and movement in body, mind and spirit. Leave this sound bath feeling revitalized and invigorated.

Focus: Body, Mind, Spirit

Complement: Candlelight

Air — 50 min

The intention of this sound experience is to cultivate clarity and thoughtful focus. While the body is both physically and vibrationally eleveated by aerial silks and sound, the mind and spirit can find the ability to still. Leave with the present moment, gratitude and a sense of lightness and ease.

Focus: Mind

Complement: Aerial Silks

Alchemy — 50 min

The unique harmonic energy that emanates from the Crystal Tones Alchemy Singing Bowels is created by combining the highest quality quartz crystal with gold, platinum and precious gems and minerals. In this elevated experience, specific tones, colors and alchemies can bring a balance effect to the energetic and physical systems of the body. Leave this experience feeling awakened and aligned.

Focus: Energy Body

Complement: Crystal Tones Alchemy Singing Bowls

Water — 50 min

This sound journey is intended to reawaken our innate sense of flow, ease and connection. Soothing sounds coupled with movements of inspiring vibrations allow space for shifts in perspective, creativity and even healing. Leave this experience feeling both centered and refreshed.

Focus: Spirit

Complement: Structured Water

Meditation

Guided Crystal Meditation
50 min

Relax in savasana as you are guided through a healing journey along the chakras with correlating crystals.

Awakening Intuition

A guided meditation designed to relax the physical body, enhance quality of mind and open the heart. This inward journey toward your true nature can foster the space for intuitive insight to emerge.

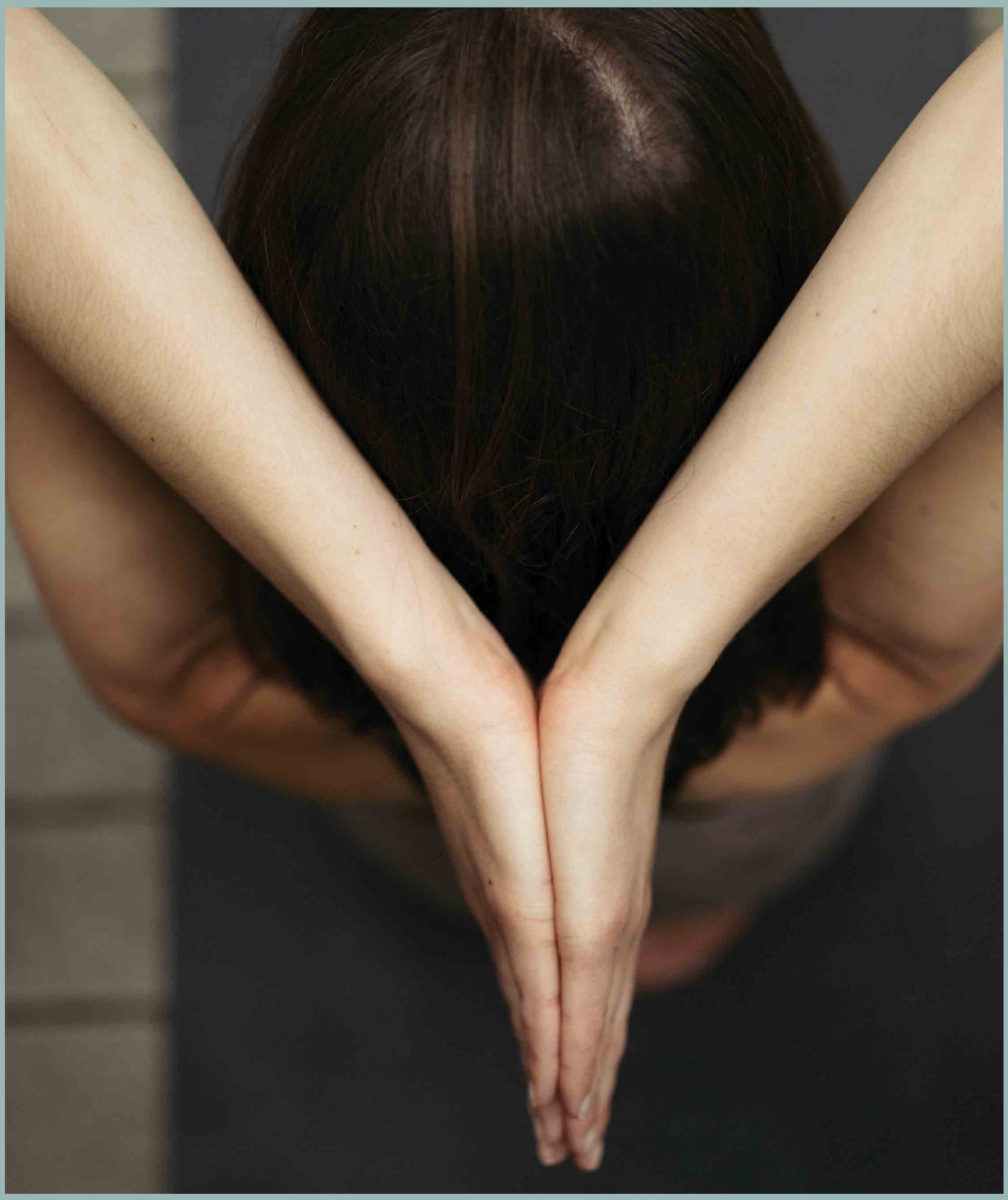
Cultivating Gratitude

Practice present-moment gratitude, and grow a deeper understanding and appreciation for life.

Loving Kindness

Rediscover your natural inclination toward compassion for yourself, your community and those you love.





WELLNESS PROGRAM

Yoga

Sense the presence of the Mountain calling you during your yoga practice to connect moment by moment, breath by breath. Surrounded by the treetops, a private session in the Yoga Loft invites you to explore your practice in ways familiar and new alike. We welcome you to find space to breathe and be.

Sunrise Vinyasa
50 or 75 min

Wake the body and stoke your agni (digestive fire) with a dynamic morning practice.

Ropes Wall Yoga
50 or 75 min

Explore the leverage and support of the ropes wall to find endless possibilities within your practice.

Restorative Yoga
50 or 75 min

Cultivate a tranquil mind with supportive postures in this restorative practice.

Power Yoga
50 or 75 min

Find strength in your practice and build internal heat to increase flexibility, mobility and stamina.

Yoga Basics
50 or 75 min

Focus on the basics of asana, alignment and breath in this all levels yoga class.

Aerial Yoga
50 min

Explore new or familiar postures with the support of aerial silks.

Breathwork
50 or 75 min

Learn ways to both energize and relax the mind and body through the practice of breath awareness.

Beyond Asana
50 or 75 min

A Multidimensional Yoga Practice: Experience intentionally interwoven layers of asana (postures), pranayama (breath control), pratyahara (withdrawal of senses) and dhyana (meditation).





Movement

Our bodies are made to move, and the trails and studios are only the beginning of the journey. Who knows what new way of moving you might discover! Our team is ready to encourage and challenge you in any direction you choose.



Somatic Sculpt	Silent disco technology meets mindful movement! Put on your own headset, and move and shake the body to burn energy in this fully guided and cathartic experience.
Barre	With foundations in Pilates, yoga and dance, barre-based moves will warm, isolate and let your muscles shake.
Cardio Barre	Enjoy the barre moves you love with interval training to boot.
Cardio Dance	Dance floor endorphins are the best endorphins. Come sweat, smile and have fun! No experience required.
TRX + Kettleballs	Build new strength using complementary movements with suspension training and kettlebells in this active yet intentional class.
Mountain HIIT	Earn your recovery period between explosive intervals in this high-energy training class.
Stretch and Release	Roll and release your muscles to find the benefits of Self Myofascial Release (SMR), which is proven to aid in recovery, increase mobility and help prevent injury.
Bungee Fit and Fly	Work hard and play harder! Explore ground-based work and flight-based skills that will strengthen your stamina.



Recovery Lab

We believe in adventure and know the most epic ones require pushing a little harder than our average days. Enjoying these opportunities day after day and year after year means being intentional about recovery. That is why we are excited for you to experience the Recovery Lab at Blackberry Mountain.



Weightless Compression
50 min

Lie back into the Gravity Balans chair and experience our favorite recovery treatment to improve circulation after long travel! With your feet above your heart, the intermittent compression mobilizes lymphatic fluid to speed muscle recovery.

Pre or Post Percussion
45 min

Recover after a HIIT class or warmup for a trail run with a guided Therabody session. By increasing blood flow and muscle temperature, percussion tools are an efficient option for recovery or warmup. Take home a Theragun Mini with your session.

Assisted Stretching
50 min

There is a reason why top athletes put themselves in a trainer's hands for stretching. Whether your hope is increasing range of motion and performance or simple stress relief, you will walk out of the Recovery Lab much lighter than you entered.

Fascial Scraping and Flossing
50 min

Fascial tissue is a living, functional wonder in our bodies. Discover the role it plays and explore various movements and tools to mechanically encourage blood flow and breakup adhesions. Great for runners and endurance athletes, take home a Sidekick tool to continue your treatment.

Roll and Release
30 min

RAD recovery tools might be our trainers' favorite recovery modality for increasing mobility and flexibility! Let us show you why in this personalized Self Myofascial Release session. Take a RAD roller to continue your program at home.

Lightstim
50 min

Curious about red light therapy? Try out the LightStim LED Bed. It uses red light therapy for a non-invasive, soothing and gentle treatment that sets in motion the body's inherent pain-relieving process.

Paths of Intention

The Blackberry Mountain Paths of Intention are personal wellness journeys designed to help you process a specific chapter of life. With the support of our entire team of wellness experts, we will plan the rhythm of your stay, beginning to new beginning. From gentle questions to understand your needs and desires before you arrive, to layers of support throughout every experience, Paths of Intention intertwine activities, Nest services, meals and, of course, plenty of Mother Nature. Allow us to hold space for you to immerse and emerge anew.

New Beginnings

This path is a dive into movement, nutrition, sleep and daily rhythms to support a life well lived. Let our wellness experts offer detailed orientation and guidance for strengthening pillars of health specific to your daily life. This path will encompass the nourishment of your body, mind and spirit utilizing holistic practices that you can incorporate into your life long after your time at the Mountain ends.

Burnout

Sprints are hard, fast and sometimes fun, but they are certainly not meant to be a sustainable speed. Burning our energy at a sprint pace for too long calls for pause and a deep inhale. Take a moment for yourself. Dive into longevity practices. This path allows time for you to explore Blackberry Mountain, eat nourishing food, rest, be cared for and to fully refresh. Your agenda will be customized to create a sustainable rhythm and reset your nervous system. This immersion is a balanced experience of adventure and rest.

My Journey

Journeys are personal. We want to guide you on a path that fits the needs of your present. When one of the others doesn't quite fit, we will work with you to design an individualized immersion that addresses exactly what you are seeking.

