

ACTIVITIES PRICES



HIKING

ON-SITE HIKING

1-2 Hour Guided Hike - per 2 guests	\$150
2-3 Hour Guided Hike - per 2 guests	\$200
Half Day Guided Hike - per 2 guests	\$250
Full Day Guided Hike - per 2 guests	\$325

OFF-SITE HIKING

Half Day Off Property Guided Hike - per 2 guests	\$250
Full Day Guided Hike - per 2 guests	\$325

BIKING

2 Hour Guided Mountain Bike Ride	\$220
2 Hour Guided Road Cycling	\$220
4 Hour Guided Road Cycling	\$290

ROCK CLIMBING

INDOOR CLIMBING WALL

1-2 Hour Indoor Rock Climbing	\$220
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BOULDERING

1-2 Hour Boulderling	\$220
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TRAIL RUNNING

1 Hour Guided Trail Running	\$125
2 Hour Guided Trail Running	\$150

ARBOR ADVENTURE

2 Hour Guided Ropes Adventure	\$220
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DEMONSTRATIONS AND TASTINGS

Firetower Mixology	\$200
American Whiskey Tasting	\$225
Tequila & Mezcal Tasting	\$275
Wine & Cheese Tasting	\$325
(Private tastings up to 6 people \$3500)	

HORSEBACK RIDING

Field and Stream Ride - 2 hour	\$250
Hunter Pace Ride - 2 hour	\$250
Wilderness Ride - 4 hour	\$525

FLY FISHING

Half Day Private Stream Off Property Fly Fishing	\$290
Half Day Off Property Fly Fishing	\$290
Full Day Off Property Fly Fishing	\$425
Full Day Float Trip - per 2 guests	\$520

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PADDLE SPORTS

Available seasonally May – October

Half Day Canoeing	\$275
Half Day Kayaking	\$275
Half Day Standup Paddleboarding	\$275

MASTERCRAFT

Available seasonally June – September

MasterCraft Adventure (Wakesurfing) - per two guests	\$950
Foothills Cruise (Lake Tour) - per two guests	\$950
*\$150 per each additional person	

SMOKY MOUNTAIN SPORTS CLUB

Sporting Clays	\$275
Archery	\$220
Paintball	\$220

LEXUS OFF-ROAD ADVENTURE

2 Hour Adventure	
Driver - 2 driver maximum	\$220 per person
Rider - 3 guest maximum	\$50 per person
*Drivers must be 21 years of age or older, and riders must be at least 10 years of age. No car seats of any kind are permitted.	

CREATIVE PRESENCE

GUIDED JOURNALING

50 min. Guided Journaling	\$195
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MEDITATIVE WATERCOLORS

2 Hour Meditative Watercolors	\$220
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MALAS AND MANTRAS

75 min. Mala Making	\$220
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ART

WHEEL THROWN POTTERY

2 Hour Wheel Thrown Pottery	\$250
4 Hour Wheel Thrown Pottery	\$400

HAND-BUILDING CERAMICS

2 Hour Hand Building Ceramics	\$250
4 Hour Hand Building Ceramics	\$400

ACRYLIC PAINTING

2 Hour Studio Acrylic Painting	\$220
2 Hour Acrylic Painting Outdoors	\$220

WATERCOLOR PAINTING

2 Hour Studio Watercolor Painting	\$220
2 Hour Watercolor Painting Outdoors	\$220

SKETCHING

2 Hour Studio Sketching	\$220
2 Hour Sketching Outdoors	\$220
2 Hour Trailside Sketching	\$220
4 Hour Trailside Sketching	\$375

BASKET MAKING

2 Hour Basket Making	\$220
4 Hour Basket Making	\$375

TEXTILE ART

2 Hour Textile Art	\$220
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TILE MAKING

2 Hour Tile Making	\$250
4 Hour Tile Making	\$400

RAKU FIRING

3 Hour Raku Firing Session	\$325 per person
4 Guest Min. Weather Permitting (No Rain)	

MANDALA STONE PAINTING

2 Hour Mandala Stone Painting	\$220
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AWAKEN THROUGH CLAY

2 Hour Awaken through Clay	\$250
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FAMILY ACTIVITIES PRICES



FAMILY INDOOR CLIMB

90 minute Indoor Rock Climbing - per 4 guests \$275
*\$50 each additional guest

FAMILY EXPLORATION HIKE

90 minute Guided Hike - per 4 guests \$275
*\$50 each additional guest

FAMILY OUTDOOR ACRYLIC PAINTING

90 minute Outdoor Acrylic Painting - per 4 guests \$275
*\$50 each additional guest

FAMILY PADDLE SPORTS

2 Hour Paddle Sports Session - per 4 guests \$275
*\$50 each additional guest
*Available seasonally May–October

FAMILY YOGA

50 minute Family Yoga - per 4 guests \$250
*\$50 each additional guest

CAMP BLACKBERRY

4 Hour Camp Session \$140

BABYSITTING

Babysitting \$35 per hour per sitter

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NEST. SPA TREATMENT PRICES



BODY THERAPIES

TAILORED MOUNTAIN MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$440

THERAPEUTIC MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

CBD MASSAGE

50 minutes	\$210
80 minutes	\$325
110 minutes	\$440

COUPLES MASSAGE

50 minutes	\$420
80 minutes	\$640
110 minutes	\$880

PRE-NATAL MASSAGE

50 minutes	\$210
80 minutes	\$320

HERBAL POULTICE MASSAGE

80 minutes	\$320
110 minutes	\$445

HIMALAYAN SALT STONE MASSAGE

80 minutes	\$320
110 minutes	\$445

MUSCLE RENEWAL MASSAGE

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

KAOLIN CLAY WRAP

80 minutes	\$320
110 minutes	\$445

ECHINACEA HERBAL BUFF

80 minutes	\$320
110 minutes	\$445

WALNUT AND SANDALWOOD MOISTURE MASK

50 minutes	\$210
80 minutes	\$320
110 minutes	\$445

WANDERLUST GROUNDING TREATMENT

50 minutes	\$210
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LED LIGHTSTIM BED

50 minutes	\$170
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BIOLOGIQUE RECHERCHE BODY

BIOLOGIQUE RECHERCHE, RECHARGE AND RENEW

80 minutes	\$350
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BIOLOGIQUE RECHERCHE, REAWAKENING

80 minutes	\$395
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BODY THERAPY ENHANCEMENTS

HAND TREATMENT

25 minutes	\$100
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FOOT TREATMENT

25 minutes	\$100
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SCALP TREATMENT

25 minutes	\$100
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DRY BRUSH

25 minutes	\$100
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All body therapies can be performed in the couple's suite upon request.

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NEST. SPA TREATMENT PRICES



MIND BODY HEALING

REIKI

50 minutes \$210

CRYSTAL REIKI

50 minutes \$210

NATURAL RHYTHMS

50 minutes \$210

SUBTLE BODY HEALING

50 minutes \$210

PRIVATE CHAKRA BALANCING

50 minutes \$210

SKINCARE

SIGNATURE NATURAL DEFENSE FACIAL

50 minutes \$210

80 minutes \$320

REJUVENATION FACIAL

80 minutes \$320

HYDRAFACIAL

50 minutes \$290

80 minutes \$400

AUGUSTINUS BADER OXYLIGHT FACIAL

50 minutes \$250

80 minutes \$375

FACIAL ENHANCEMENTS | 25 MIN.

LED Light Therapy \$90

Oxygen Treatment \$90

Lymphatic Drainage Facial Massage \$90

Perk Eye and Lip Treatment \$90

Décolleté Treatment \$90

BIOLOGIQUE RECHERCHE FACE

RADIANCE FROM WITHIN

110 minutes \$495

RESTORE

80 minutes \$360

ICOONE

BODY

80 minutes \$450

BODY AND FACE

110 minutes \$600

JOANNA CZECH METHOD

ENHANCED LED FACIAL

80 minutes \$650

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WELLNESS PRICES



WELLNESS

PRIVATE YOGA

50 minutes	\$130
75 minutes	\$200

PRIVATE MEDITATION

50 minutes	\$130
75 minutes	\$200

PRIVATE GUIDED CRYSTAL MEDITATION

50 minutes	\$135
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PRIVATE MALAS AND MANTRAS

75 minutes	\$220
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PRIVATE AERIAL YOGA INDOORS

50 minutes	\$135
75 minutes	\$210

PRIVATE PERSONAL TRAINING

50 minutes	\$130
75 minutes	\$200

PRIVATE TRX

50 minutes	\$130
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PRIVATE HIIT

50 minutes	\$130
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PRIVATE STRETCH AND RELEASE

50 minutes	\$130
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PRIVATE BARRE

50 minutes	\$130
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PRIVATE CARDIO DANCE

50 minutes	\$130
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PRIVATE BUNGEE FIT AND FLY

50 minutes	\$135
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PRIVATE BOOTCAMP

50 minutes	\$130
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RECOVERY LAB

WEIGHTLESS COMPRESSION

50 minutes	\$125
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PRE OR POST PERCUSSION

50 minutes	\$240
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FASCIAL SCRAPING AND FLOSSING

50 minutes	\$220
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ROLL AND RELEASE

30 minutes	\$90
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LIGHTSTIM

50 minutes	\$170
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ASSISTED STRETCHING

50 minutes	\$125
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TRAINING AND RECOVERY

80 minutes	\$225
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WELLNESS PRICES



FOREST BATHING

SUNRISE PRACTICE AT GOAT HILL YOGA

75 minutes	\$210
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SUNRISE PRACTICE AT GOAT HILL MEDITATION

75 minutes	\$210
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JOURNEY TO THE EDGE YOGA

3 hours	\$360
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JOURNEY TO THE EDGE MEDITATION

3 hours	\$360
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AERIAL FOREST YOGA

50 minutes	\$140
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75 minutes	\$210
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WOODLANDS YOGA

50 minutes	\$140
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75 minutes	\$210
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SOUNDBATHING

GROUP SOUNDBATHING

75 minutes	\$75 per guest
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CURATED ELEMENTAL SOUND JOURNEYS

Earth, Air, Fire, Water - 50 min.	\$225 first guest \$75 additional
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Alchemy - 50 min.	\$275 first guest \$75 additional
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