

# 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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# ACTIVITIES PRICES



## 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.	

## 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

### TRAILSIDE PAINTING

2 Hour Trailside Painting	\$220
4 Hour Trailside Painting	\$375

### 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)	

### MALAS AND MANTRAS

75 min. Mala Making	\$220
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### MANDALA STONE PAINTING

2 Hour Mandala Stone Painting	\$220
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## CREATIVE PRESENCE

### GUIDED JOURNALING

50 min. Guided Journaling	\$195
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### MEDITATIVE WATERCOLORS

2 Hour Meditative Watercolors	\$220
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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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