

# ACTIVITIES PRICES



## HIKING

### ON-SITE HIKING

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

### OFF-SITE HIKING

Half Day Off Property Guided Hike - <i>per 2 guests</i>	\$250
Full Day Guided Hike - <i>per 2 guests</i>	\$325

## BIKING

2 Hour Guided Mountain Bike Ride	\$220
2 Hour Guided Road Cycling	\$220
2 Hour Guided Leisure Cycling	\$220
2 Hour Guided Leisure Cycling With E-Bike	\$370
4 Hour Guided Road Cycling	\$290

## ROCK CLIMBING

### INDOOR CLIMBING WALL

1-2 Hour Indoor Rock Climbing	\$220
-------------------------------	-------

### BOULDERING

1-2 Hour Boulderling	\$220
----------------------	-------

## TRAIL RUNNING

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

## ARBOR ADVENTURE

2 Hour Guided Ropes Adventure	\$220
-------------------------------	-------

## 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 - <i>per 2 guests</i>	\$520

## 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) - <i>per two guests</i>	\$950
Foothills Cruise (Lake Tour) - <i>per two guests</i>	\$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.*

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*

# ACTIVITIES PRICES



## 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

### TRAILSIDE PAINTING

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

### TRAILSIDE SKETCHING

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

### ACRYLIC PAINTING

2 Hour Studio Acrylic Painting	\$220
2 Hour Outdoor Acrylic Painting	\$220
4 Hour Studio Acrylic Painting	\$375
4 Hour Outdoor Acrylic Painting	\$375

### WATERCOLOR PAINTING

2 Hour Studio Watercolor Painting	\$220
2 Hour Outdoor Watercolor Painting	\$220
4 Hour Studio Watercolor Painting	\$375
4 Hour Outdoor Watercolor Painting	\$375

### SKETCHING

2 Hour Studio Sketching	\$220
2 Hour Outdoor Sketching	\$220
4 Hour Studio Sketching	\$375
4 Hour Outdoor Sketching	\$375

### BASKET MAKING

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

### TILE MAKING

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

### KNITTING

2 Hour Knitting	\$220
4 Hour Knitting	\$375

### CROCHET

2 Hour Crochet	\$220
4 Hour Crochet	\$375

### CROSS-STITCHING

2 Hour Cross-stitching	\$220
4 Hour Cross-stitching	\$375

### EMBROIDERY

2 Hour Embroidery	\$220
4 Hour Embroidery	\$375

### RAKU FIRING

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

## CREATIVE PRESENCE

### GUIDED JOURNALING

50 min. Guided Journaling	\$195
---------------------------	-------

### MEDITATIVE WATERCOLORS

2 Hour Meditative Watercolors	\$220
-------------------------------	-------

### MALAS AND MANTRAS

75 min. Mala Making	\$220
---------------------	-------

### MANDALA STONE PAINTING

2 Hour Mandala Stone Painting	\$220
-------------------------------	-------

All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.

# 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

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*

# 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
------------	-------

### LED LIGHTSTIM BED

50 minutes	\$170
------------	-------

## BIOLOGIQUE RECHERCHE BODY

### BIOLOGIQUE RECHERCHE, RECHARGE AND RENEW

80 minutes	\$350
------------	-------

### BIOLOGIQUE RECHERCHE, REAWAKENING

80 minutes	\$395
------------	-------

## BODY THERAPY ENHANCEMENTS

### HAND TREATMENT

25 minutes	\$100
------------	-------

### FOOT TREATMENT

25 minutes	\$100
------------	-------

### SCALP TREATMENT

25 minutes	\$100
------------	-------

### DRY BRUSH

25 minutes	\$100
------------	-------

*All body therapies can be performed in the couple's suite upon request.*

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*

# 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  
*Includes Perk Eye and Lip Treatment*  
80 minutes \$400  
*LED and Lymphatic Drainage*

**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

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*

# 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
------------	-------

### PRIVATE MALAS AND MANTRAS

75 minutes	\$220
------------	-------

### PRIVATE AERIAL YOGA INDOORS

50 minutes	\$135
75 minutes	\$210

### PRIVATE PERSONAL TRAINING

50 minutes	\$130
75 minutes	\$200

### PRIVATE TRX

50 minutes	\$130
------------	-------

### PRIVATE HIIT

50 minutes	\$130
------------	-------

### PRIVATE STRETCH AND RELEASE

50 minutes	\$130
------------	-------

### PRIVATE BARRE

50 minutes	\$130
------------	-------

### PRIVATE CARDIO DANCE

50 minutes	\$130
------------	-------

### PRIVATE BUNGEE FIT AND FLY

50 minutes	\$135
------------	-------

### PRIVATE BOOTCAMP

50 minutes	\$130
------------	-------

## RECOVERY LAB

### WEIGHTLESS COMPRESSION

50 minutes	\$125
------------	-------

### PRE OR POST PERCUSSION

50 minutes	\$240
------------	-------

### FASCIAL SCRAPING AND FLOSSING

50 minutes	\$220
------------	-------

### ROLL AND RELEASE

30 minutes	\$90
------------	------

### LIGHTSTIM

50 minutes	\$170
------------	-------

### ASSISTED STRETCHING

50 minutes	\$125
------------	-------

### TRAINING AND RECOVERY

80 minutes	\$225
------------	-------

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*

# WELLNESS PRICES



## FOREST BATHING

### SUNRISE PRACTICE AT GOAT HILL YOGA

75 minutes \$210

### SUNRISE PRACTICE AT GOAT HILL MEDITATION

75 minutes \$210

### JOURNEY TO THE EDGE YOGA

3 hours \$360

### JOURNEY TO THE EDGE MEDITATION

3 hours \$360

### AERIAL FOREST YOGA

50 minutes \$140

75 minutes \$210

### WOODLANDS YOGA

50 minutes \$140

75 minutes \$210

## SOUNDBATHING

### GROUP SOUNDBATHING

75 minutes \$75 per guest

### CURATED ELEMENTAL SOUND JOURNEYS

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

Alchemy - 50 min. \$275 first guest  
\$75 additional

*All rates subject to an additional 20% service charge and taxes and rates are subject to change without notice. Please contact our concierge team for more details. 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 canceled after 7:00pm the day prior will incur a 50% cancellation fee. In cases of severe weather penalties for canceling or changing outdoor activities will not be imposed.*