

# Nest.

Spa and Wellness



Edition 3



# Nest.

at Blackberry Mountain

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 mountain tops 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.

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.

**Signature Facial**

50 or 80 min

Experience a deeply relaxing facial that delivers on results. A customized Environ Cool Peel is used to revive, refine, and reveal radiant youthful-looking skin. In our 80 minute option, you will receive an oxygen and LED infusion designed to nourish your skin and promote collagen growth.

**Rejuvenation**

80 min

This skin care ritual was designed to rejuvenate skin, enhance radiance, and restore luminosity with exceptional results. This comprehensive treatment combines micro dermabrasion, Environ Cool Peel, and the power of retinol palmitate to support natural cellular turnover, restore the appearance of elasticity, and preserve the youthful vitality of skin. Deeply hydrating, detoxifying, and restorative, this treatment refines, brightens, and regenerates skin for a revitalized, radiant look.

**Biologique Recherche Introductory Facial**

50 min

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

**Biologique Recherche, Restore**

80 min

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

**Biologique Recherche, Radiance from Within**

110 min

Using a specialized sequence of techniques and a personalized combination of active ingredients based on your unique needs, our signature, custom-tailored lifting treatment is designed to deeply cleanse, gently exfoliate and intensely hydrate the complexion. This treatment instantly transforms the mind and spirit, with renewed energy that reveals 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.





ANMIOTIQUE  
SERUM AUTHENTIQUE  
PHASE DE SOIN  
15 ml  
BIOLOGIQUE RECHERCHE

COLLAGENE NATIF  
SERUM AUTHENTIQUE  
PHASE DE SOIN  
15 ml  
BIOLOGIQUE RECHERCHE

OLIGO-PROTEINES  
MARINES  
SERUM AUTHENTIQUE  
PHASE DE SOIN  
15 ml  
BIOLOGIQUE RECHERCHE

ELASTINE  
SERUM AUTHENTIQUE  
PHASE DE SOIN  
15 ml  
BIOLOGIQUE RECHERCHE

BIOLOGIQUE  
RECHERCHE



**Augustinus Bader  
Oxylight Facial**  
50 min or 80 min

Our Augustinus Bader Oxylight Facial is a luxurious process that supports activation of TFC8 with sculpting and Fascia signaling massage techniques, focusing on face, neck, and shoulder. Oxygen infusion is included to boost hydration and plump skin. LED light works beautifully to help tighten, tone, and revitalize the skin for a noticeably sculpted appearance. Our 80 minute offering will include the AB sheet mask which hydrates, calms, and works to enhance results.

**Hydrafacial**  
50 or 80 min

Reduce visible signs of aging with this invigorating treatment. It uses a vortex system that will offer a deep cleansing along with exfoliation, extractions and replenishing hydration. The 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.

**Facial  
Enhancements**  
25 min add on service

LED Light Therapy  
Oxygen Treatment  
Lymphatic Drainage Facial Massage  
Triawave  
Lip and Eye Perk



**Joanna Czech  
Method Enhanced  
LED Facial**  
80 min

The 80 minute Joanna Czech Enhanced Facial is a full power 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 exactly alike. 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 on that day. Afterwards, your aesthetician will incorporate a combination of modalities, which may include various forms of microcurrent, ultrasound, and cryotherapy. Every facial is finished with rejuvenating LED and oxygen.





# Body Therapies

We welcome you to receive body treatments at Nest.



# Massages

**Herbal Poultice  
Massage**  
80 or 110 min

Warm herbal poultices are applied to ease inflammation and restore muscle tissue. When the tissue has been warmed, assisted stretches, cold stones will work together to ease tight muscles and improve flexibility.

**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. As your therapist uses massage techniques and heat therapy, your tension and muscle aches will be dissolved.





**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

**Kaolin  
Clay Wrap**  
80 or 110 min

Forged from the depths of the Earth, this clay body mask will pull the toxins from your tissue. After a light exfoliation, your body will be painted with organic clay and tucked in a warm cocoon. Following the clay mask, your body will be treated to warm oil application, leaving you smooth and radiant. For an enhanced experience, upgrade your service to 110 minutes to receive a full body massage within the treatment.

**Echinacea  
Herbal Buff**  
50, 80 or 110 min

Soothe, hydrate and gently exfoliate the skin with echinacea seeds, willow bark oil and aloe vera. Following the exfoliation, your body will be treated to warm oil application, leaving you smooth and radiant. For an enhanced experience, upgrade your service to 110 minutes to receive a full body massage within the treatment.

**Walnut  
Sandalwood  
Moisture Mask**  
50, 80 or 110 min

Disconnect and renew your senses with this soothing body treatment. Your skilled therapist will hydrate your skin with a nourishing Tamaru butter application and heated wrap. For an enhanced experience, upgrade your service to 80 minutes to include an abbreviated massage or 110 minutes to receive a full body massage within the treatment.

**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, nourished in a wild honey hydrating masque and massaged with tension-releasing infused oils. Pamper yourself with the most concentrated, naturally-sourced ingredients.



**Enhancements**  
25 min add on 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.

# 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 first sessions. The delicate skin stimulation delivered by Icoone technology can be performed on a daily basis.

**ICOONE: BODY**  
80 min

Our body focus 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, the focused 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 and 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 as 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 head to toe.



**Biologique  
Recherche,  
Recharge and  
Renew**  
80 min

Envelop the body and mind with an intense exfoliation therapy designed to improve lymphatic flow, tone the skin and combat heavy, fatigued muscles. An application of clinical grade serums and creams are applied to target your unique skin needs, leaving your body detoxified, toned, lifted and rejuvenated. Please note that this body treatment is not a massage.

**Biologique  
Recherche,  
Reawakening**  
80 min

Breathe life and energy into the body with our most intensive lifting and reshaping ritual. Combining a sparkling cocktail of pure, raw, active ingredients and specialized techniques, the complexion bestows instant radiance and vitality, leaving the skin satin smooth and the body revived. Please note that this body treatment is not a massage.







# 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 hrs**

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, 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**

**2 hrs**

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.

### **Mandala Stone Painting**

**2 hrs**

Swirling geometric patterns, referred to as mandalas, have been used for centuries to aid in focus and clarity. Create a personalized mandala with our team while cultivating inner calmness and relaxation using acrylics, brushes and stones. Find focus in the detail work, and allow the big picture to unfold.

### **Awaken Through Clay**

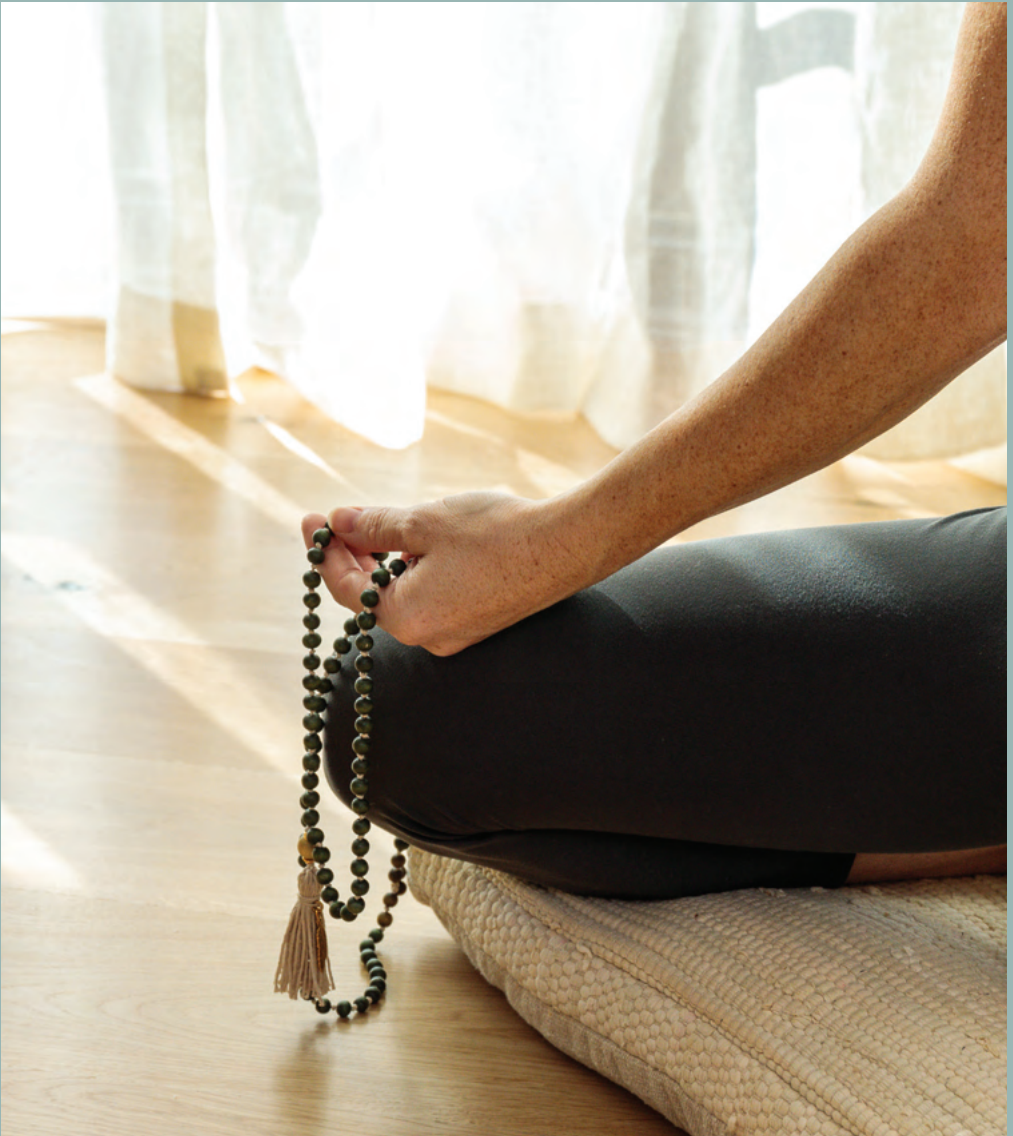
**2 hrs**

Awaken your playful side through this hands-on sensory experience. You will work intuitively with the material and explore a variety of ways to learn from differing qualities of touch and pressures on clay. Experience the freeing sensation as you mold and shape clay into whatever your imagination creates.

### **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.



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.

# Meditations

## **Private Soundbathing**

75 min

This healing practice allows us to experience inner calm and deep relaxation through the vibration of sound.

## **Suspended Soundbathing**

75 min

Ease into a silk hammock, and discover the powerful benefits of vibrational energy and sound.

## **Guided Crystal Meditation**

50 min

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

## **Balance the Chakras Meditation**

50 min

Align, balance and activate the seven energy centers. Explore how chakras have a direct impact on your physical, mental, emotional and spiritual wellbeing.



# Energy Work

## **Reiki**

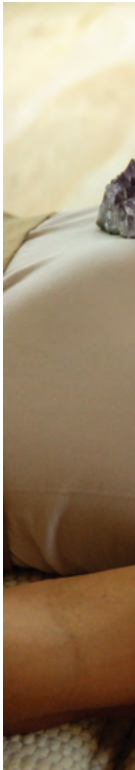
**50 min**

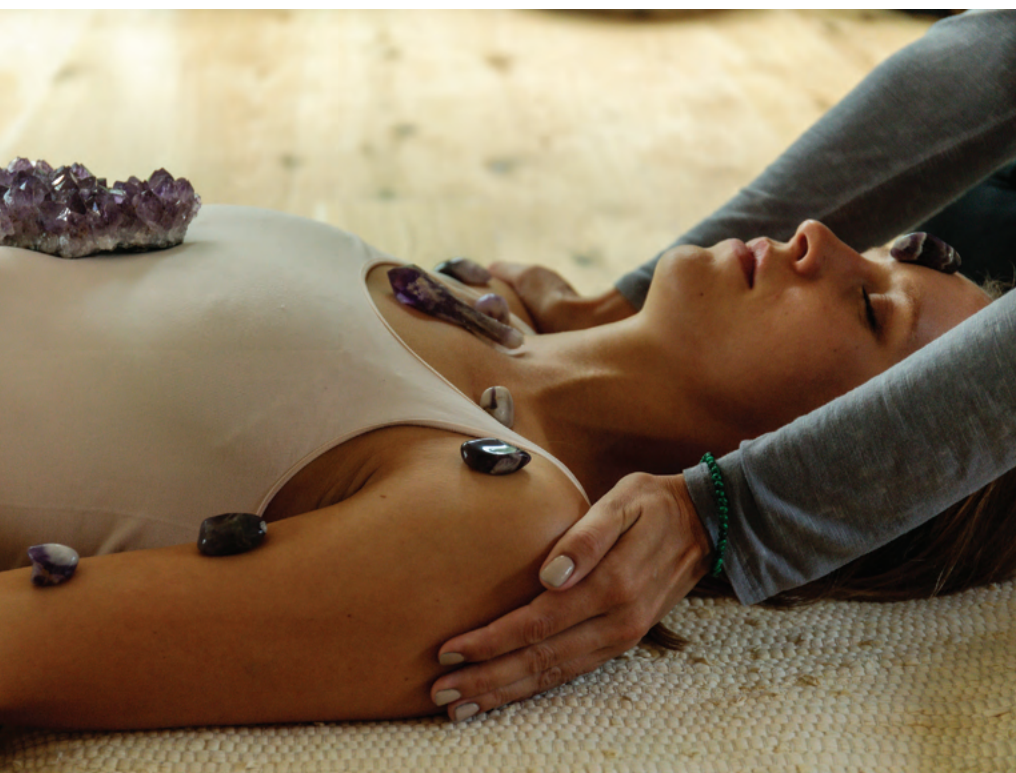
This unique Japanese, energetic therapy employs light touch to soothe the mind, relax the body and improve energy flow. Experience a greater feeling of peace, security and overall wellbeing.

## **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**

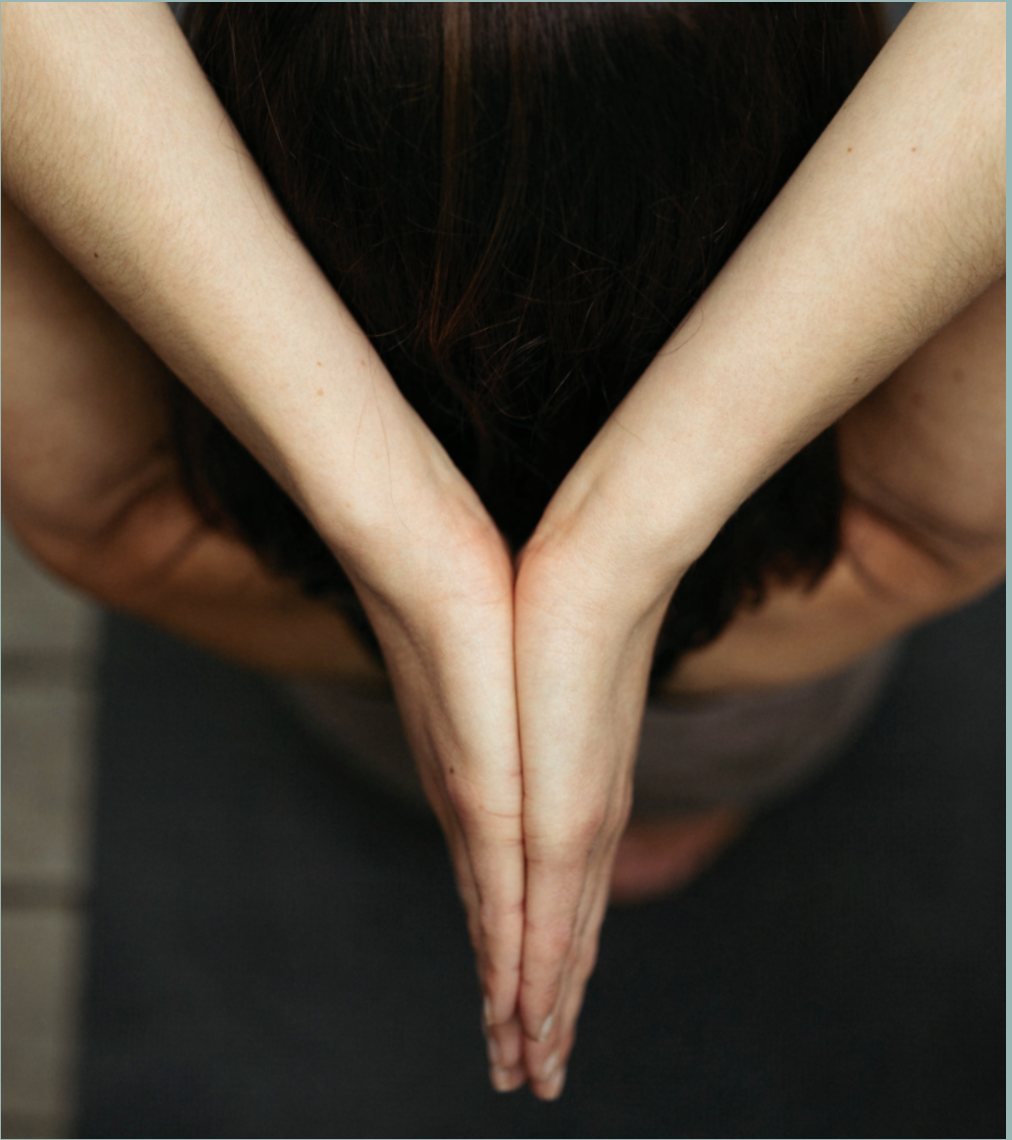
**50 min**

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.

### **Private Chakra Balancing**

**50 min**

Release stagnation in both your physical and energetic body in this healing and balancing treatment. Align your seven energy centers and illuminate the mind body connection to create an overall sense of wellbeing.



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 of mid-mountain, 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 or 75 min

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

### **Pranayama**

50 min

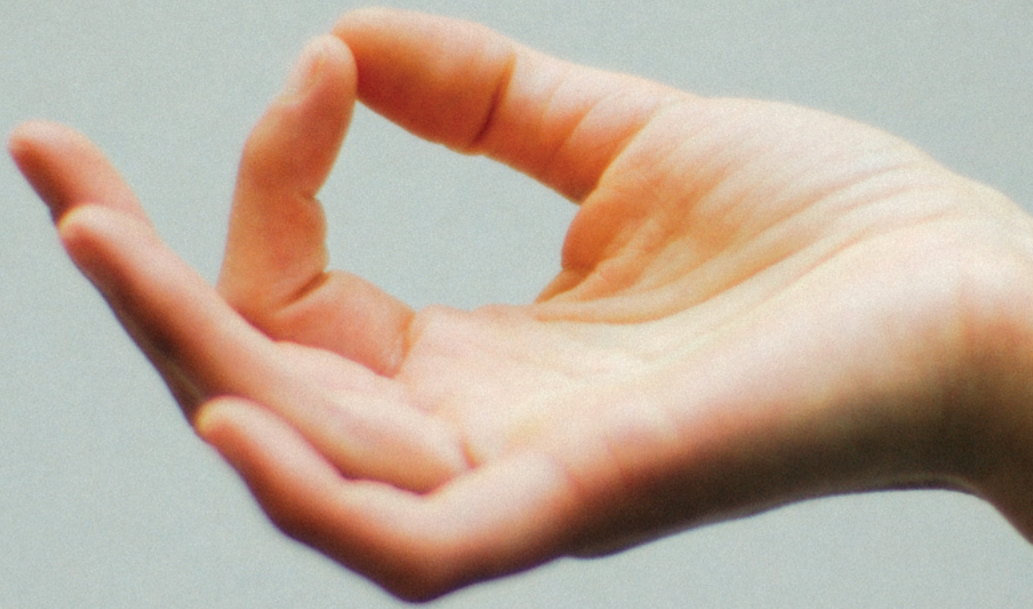
Learn ways to both energize and relax the mind and body through the practice of breath awareness.

### **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.



**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 + Kettlebells**

Build new strength using complimentary 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.





# Curated Experiences

Our wellness experts perfectly pair treatments and activities to create the most enjoyable, beneficial and memorable experiences.

A feeling often lingers with us long after an experience is over. Whether rest, inspiration or grounding is needed we have offerings to support you during your time with us. We invite you to draw from what it is you desire to feel and choose any number or our below suggestions.

**Refreshed**

- Hydracial
- Chakra Balancing
- Inspirational Hike
- SUP Yoga
- Assisted Stretching
- LightStim
- BR Restore Body Treatment

**Inspired**

- Labyrinth Experience
- Creative Presence Watercolor Meditation
- Aerial Yoga
- Crystal Reiki
- Guided Journaling
- BR Radiance from Within Facial





**Rested**

Restorative Yoga  
CBD Massage  
Rejuvenation Facial  
Recovery Lab Compression  
Subtle Body Healing

**Grounded**

Wanderlust Grounding Treatment  
Natural Rhythms  
Herbal Poultrice Massage  
Woodlands Meditation  
Soundbathing  
Malas and Mantras

**Stronger**

Muscle Renewal Massage  
Guided Trail Run  
Power Yoga  
TRX and Kettlebells  
Personal Training  
Pre or Post Percussion  
Therapeutic Massage



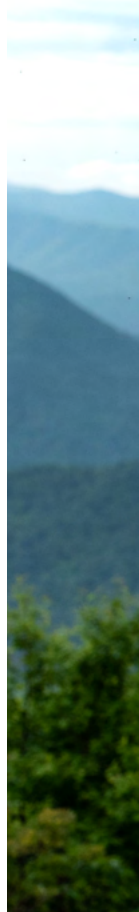


# Paths of Intention

The Blackberry Mountain Paths of Intention are three five - night 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 other's doesn't quite fit, we will work with you to design an individualized immersion that addresses exactly what you are seeking.

