

Nest.

Spa and Wellness

Edition 3



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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
Natural Defense**
50 or 80 min

Experience a deeply relaxing facial that delivers on results. A customized serum layering system is used to target, build and hydrate. It will transform the skin on contact, revealing a glowing and rejuvenated complexion. In our 80-minute option, you will receive an oxygen, vitamin-infused boost designed to nourish your skin and promote collagen growth.

Rejuvenation
80 min

This skincare ritual was designed to rejuvenate skin, enhance radiance and restore luminosity with exceptional results. This comprehensive treatment combines a dual detox cleanse, reveal peel and the power of retinol and organic Swiss actives to support natural cellular turnover, restore the appearance of elasticity and preserve the youthful vitality of skin. Deeply hydrating, detoxifying and restorative, this transformative treatment refines, brightens and regenerates skin for a revitalized, radiant look. You will receive our signature Oxilight oxygen treatment.

**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.





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



Body Therapies

We welcome you to receive Body treatments at Nest.
Massages can be performed in the guest's suite upon request.



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, hot stones and 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 10 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, 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.



Meditative Watercolors

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 + Kettleballs

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

Hydrafacial
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
BR Rejuvenation Facial
Recovery Lab Compression
Subtle Body Healing

Grounded

Wanderlust Grounding Treatment
Natural Rhythms
Herbal Poultice 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



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.

