CALL OR EMAIL TODAY TO SCHEDULE YOUR SMOKY MOUNTAIN EXPERIENCE

800 557 8451

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1471 WEST MILLERS COVE ROAD ° WALLAND, TN 37886

THE
WELLHOUSE
AT BLACKBERRYFARM

WELLNESS AND SPA
2017 - 2018
“We must always change, renew and rejuvenate ourselves.”

—JOHANN WOLFGANG VON GOETHE
Nestled in the foothills of the Great Smoky Mountains, a sanctuary for personal discovery, vitality and relaxation awaits to transform you to an optimal state of well-being. With the same level of personal attention, detail and Southern hospitality that has earned Blackberry Farm the reputation as one of America’s most celebrated luxury hotels, we present the Blackberry way to healthy living.
“Eat healthy, sleep well, breathe deeply, move harmoniously.”

—Jean-Pierre Barral
Blackberry Farm’s approach to spa and wellness is rooted in a philosophy of balance. We hope you’ll experience that balance here, from our massages to our learning lectures to our signature outdoor activities. Our goal is to help you relax and renew, while also nurturing sustainable habits for a healthy lifestyle after your stay is over.

Visit The Wellhouse to revive body, mind and soul. Regain balance through yoga and a variety of other movement classes. Work up a sweat with a certified fitness instructor. Relish the energy-boosting concoctions, juiced daily from farm-fresh ingredients, at our juice bar. Looking to revitalize your mind and body? Select from a tempting array of indulgent spa treatments inspired by science, advanced technology and the natural rhythms of the farm.

Journey to our Deep Healing Woods to experience enhanced health and rejuvenation. There, we invite you to discover the powerful benefits of Forest Bathing through a series of mind and body activities designed to increase mental focus, accelerate physical fitness and improve the ability to reduce stress and fight disease.

And through it all, learn to fuel and energize the body more effectively without having to give up the pleasure of fine food and drink. Our Nourishing Table classes and offerings will introduce you to farm-fresh cuisine that is as healthy as it is delicious. Come. Learn. Be inspired. Begin your journey of self-discovery toward a healthier and more fulfilling way of life—the Blackberry Farm way of life.
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“People of balance age as gracefully as wines of balance.”
—JOHN JORDAN
SPA TREATMENTS

menu
PHILOSOPHY

SURROUNDED BY SWEEPING MOUNTAIN VISTAS AND DEEP GREEN FORESTS, BLACKBERRY FARM SHARES A RARE AND POWERFUL CONNECTION WITH NATURE.

We believe embracing the balance of the seasons and the abundance of our fields and forests is key to transforming our bodies; in fact, for years, we’ve relied on nature’s ability to renew. Shaped by this philosophy, our Wellhouse spa program—from wellness to treatments—is deeply rooted in the rhythms of the Foothills region.

We bring a seasonal approach to the latest advances in skin and body science, crafting personalized treatments to suit any stay or request. Ingredients for all Wellhouse treatments aim to utilize local flowers, herbs, fruits, vegetables and other healing elements. Every offering is designed to immerse you in the restorative peace of our mountains.
“In silence, there is eloquence. Stop weaving and see how the pattern improves.”

—RUMI
BE WELL

Whether you are about to enjoy a relaxing spa service or returning to the Farm after an adventurous hike. We invite you to take a moment to simply be. Wellness cannot be defined by a single treatment or activity but often surprises us in curious, playful and quiet moments. These moments are waiting to be discovered here at the Wellhouse.

SELF-GUIDED EXPERIENCES

HERB GARDEN

As you enter the Wellhouse pause for a deep breath of lavender in our herb garden. Clip a sprig to take infuse your steam shower or tuck under your pillow for a restful night’s sleep.

ARRIVAL RITUAL

An affirmation and alchemy ritual await you as you begin your Wellhouse experience.

VITALITY BAR

Come nourish yourself at the vitality bar over a replenishing cup of tea or seasonally infused water.

MEADOW LOUNGE

Settle into the scenery of the smoky mountains under a cozy throw. This is our favorite room to read, reflect or simply be still.

TRANQUILITY ROOM

Let the gentle rhythm of the tranquility beds take you into deeper relaxation.
TOTAL WELL-BEING MASSAGE

For centuries, massage has soothed souls, strengthened bodies and calmed minds. Recent scientific studies prove why: massage alleviates anxiety and depression, lowers blood pressure, increases circulation, stimulates brain chemicals to induce a state of well-being, decreases pain and stiffness while increasing range of motion, improves sleep, reduces chronic back pain, boosts the immune system, relieves symptoms of PMS, improves mental focus and alertness, and reduces migraines and tension headaches.

The Wellhouse harnesses the power of aromatherapy to boost the effects of your massage. Select from four signature blends—Meditate, Inspire, Chill and Re-Boot—to enhance your sensory experience.

WELLHOUSE SOOTHE

Our most popular massage utilizes a combination of classic Swedish strokes to improve circulation and gentle stretches to relieve muscle tension. Warm compresses cradle the feet and back helping you to surrender all stress. Available in 50, 80 and 110 minutes.

DEEP TISSUE MUSCLE RECOVERY

An ideal selection for any fitness enthusiast, this massage utilizes a combination of pain relieving techniques, warm compresses and deeper pressure to enhance the body’s recovery from a strenuous activity or sport. Available in 50 and 80 minutes.

COUPLE’S MASSAGE

Enjoy a massage side-by-side with the one you love in one of our duet massage suites. You and yours must have the same duration, but can select your choice of: Wellhouse Soothe, Deep Woods Muscle Recovery, Mother-to-Be and Hesse Creek Hot Stone. Available in 50, 80 and 110 minutes.

HESSE CREEK STONE MASSAGE

Feel at one with Mother Earth as warm and cool stones are smoothed across sore, tired muscles. This popular massage dispels stress and tension leaving you relaxed, revitalized and renewed. Available in 80 and 110 minutes.

REIKI

A unique Japanese energetic therapy that employs light touch to soothe the mind, relax the body and improve energy flow. Experience a greater feeling of peace, security and overall well-being. Available in 50 minutes.

HEALING HERBS & FLOWERS

This delightful massage offers a multitude of therapeutic benefits. Choose Renew, to energize and uplift; Detox, to cleanse and purify; and Rest to relax body and mind. Muscular tension is dispelled with a healing massage using potent blends of essential oils. Next, poultices filled with farm fresh herbs and flowers are steeped in warm water and applied to the body. The soothing warmth induces a deeper state of relaxation while the heat and herbs signal the body to regenerate and repair tissues. Available in 80 and 110 minutes.
THAI MASSAGE

Traditional Thai massage has been practiced for more than 2,500 years and still is used as a form of medical massage to treat numerous diseases. Enjoy this harmonizing experience of stretching, massage compression, acupressure and yoga like positions to release tight muscles and rebalance your system all preformed on our traditional Thai massage mat. Please wear loose fitting comfortable clothing for this treatment. Available in 80 or 110 minutes.

MOTHER-TO-BE MASSAGE

Every expectant mother deserves extra care and attention. Let our highly trained therapist safely relieve tension and discomfort caused by changes to the body during this special time. Available in 50 minutes.

GALVLATI (‘GAH LUH LA TEE’)

The Cherokee word for ‘heaven’ is a dance of four hands synchronously weaving patterns of blissful relaxation. As two therapists focus their intentions on creating an experience that encourages the release of stress and tension, the body and mind are gently reminded of the beauty of balance, assuring you a journey to galvlati. Available in 50 and 80 minutes.

REVITALIZING DUO SCALP AND FOOT MASSAGE

Increase circulation, stimulate nerve endings, and relieve pain and tension with this targeted foot and scalp massage duo. Available in 50 minutes.

Wellhouse Tips

Not all massages are the same. Different styles offer different therapeutic benefits. Whether you’re looking to relax or recover, let us help you select the right massage for your visit.

Contact our concierge at 865.380.2086.
ENHANCEMENTS

REVITALIZING SCALP MASSAGE
Reduce stress related tension with our aromatic scalp massage. We apply a small amount of blended avocado oil, lime and citrus notes to revitalize the senses and relax your mind. Our scalp massage can be added onto any massage or facial session. Available in 25 minutes.

ECO-FIN HEALING HEAT THERAPY
Enhance any Wellhouse service with an all-natural blend of shea butter, beeswax and soy extracts. Self-heating mitts and booties help to relieve joint and muscle pain, relax tension, increase circulation, and deeply hydrate to renew hands or feet leaving them incredibly soft and moisturized.

REVITALIZING FOOT MASSAGE
Everyday living can create an imbalance in the body’s energy zones. This calm-inducing ancient Chinese technique restores harmony by applying pressure to reflex points in your feet that respond to specific energy zones in the body—a powerfully relaxing treatment. Our foot massage can be added onto any massage or facial session. Available in 25 minutes.

WELLHOUSE TO-GO

For those that want to hibernate in the luxury of our Blackberry Farm guest rooms, we bring The Wellhouse experience to you.

IN-ROOM MASSAGE
Select from Wellhouse Soothe or Deep Tissue Muscle Recovery in 50-, 80- or 110-minute offerings to be enjoyed in the privacy and comfort of your room.

THE PERFECT EVENING IN
For the ultimate in-room luxury, pair with our In-Room Massage: fine champagne, a tray of delectable chocolate-covered strawberries and a drawn bath. Available in 50 min. and 80 min.
BALANCED BODY

Because a massage is oh-so-good, most spa-goers are hard-pressed to try a body treatment. At The Wellhouse, we’ve carefully crafted our body offerings to impart all of the advantages of massage, with the added benefits of refining and rejuvenating the skin. So go ahead, stop neglecting what lies beneath your clothing and perk up your body’s envelope—you’ll be glad that you did!

LAVENDER AND VANILLA BOURBON BODY DRENCH

This sumptuous full-body massage combines nutrient-rich lavender essential oil with aromatic vanilla bourbon body butter. The butter melts as it is massaged into the skin to deeply nourish while a heated wrap enhances intense hydration to smooth and soften the body. Available in 50 and 80 minutes.

SMOKY MOUNTAIN SKIN GLOW

Beyond heavenly, this sweet scrub and skin conditioning cocktail seduces the senses. A blend of pomegranate seed, orange peel powder and essential oils lift away dull lifeless skin. Conditioning essences are deeply absorbed as you relax in a private steam bath. A full-body massage with nutrient-rich body butter leaves the skin silky, smooth and drenched in hydration—the ideal choice for relaxation, anti-aging body care, and for those preparing for a special occasion. Choose from: Eucalyptus, Rosemary and Mint, Fig Tea & Bamboo or Red Currant & Citrus. Available in 80 minutes.

MOTHER-TO-BE RESTORATIVE BODY TREATMENT

This nourishing treatment addresses the special needs of expectant mothers including dry skin, lower leg swelling and stretch marks. Bright citrus notes of Lomon Verbena and gentle buffing grains are blended with hydrating extracts to soften the skin and ease the discomfort of dry skin. A creamy balm fortified with Gotu Kola and Raspberry Ceramides is applied to the belly and décolleté to improve barrier function and prevent stretch marks. This session includes a full body massage and concludes with a lower leg massage to help reduce swelling and improve circulation. Available in 50 min. and 80 min.

APPALACHIAN BODY PURIFICATION

Fragrant and finely ground coffee beans are blended with sarsaparilla, honey, tobacco and black silt clay in this total-body purification treatment. A micro-mitt exfoliation stimulates the lymphatic system preparing the body for a detoxifying scrub and mask with clay, espresso grinds and essential oils penetrated by a heated mud wrap. An application of a hydrating bergamot body lotion leaves you feeling refreshed and completely renewed. Available in 50 and 80 minutes.
NATURE’S PHARMACY: MAGNESIUM RENEWAL

Essential to life, necessary for health and a vital component within our cells; magnesium’s benefits help our bodies maintain balance, avoid illness, perform well under stress and maintain a general state of good health. Enjoy a full body massage with magnesium enriched oil then a wrap with magnesium, arnica and sweet birch steeped hot towels. You will leave relaxed with an increased range of motion, decreased muscle tension and improved circulation. Available in 80 minutes.

We are committed to using only the world’s very best natural skin and body care products. That means every product we offer must align to our farm ethic, environmental values and high quality standards—and, of course, deliver unparalleled results.
ESSENTIAL SKIN CARE

Each day, skin is under attack. Pollution, ultra-violet rays, free radicals, unbalanced diet, hormonal changes and natural aging all take a toll. A professionally prescribed skin care program is vital to maintaining healthy, vibrant skin. Expertly administered facial treatments increase circulation; improve oxygenation; and firm, tone and tighten the skin to slow the signs of aging. All Wellhouse facials include a skin analysis by trained estheticians to ensure the perfect products are selected for each skin type. Add Soy-affin Healing Heat Therapy to any facial for softer, younger-looking hands.

WELLHOUSE PURE RESULTS

Naturopathica’s performance-based skin care solutions marry the healing properties of plants with the latest clean cosmeceuticals to deliver visible results for all types of skin. A layering of vitamins, antioxidants and anti-inflammatory botanicals replenish the skin at a cellular level. Upgrade to 80 minutes for additional results with an advanced enzyme peel and microcurrent technology. Available in 50 and 80 minutes.

NATURAL FARM-FRESH FACE LIFT

Experience ultimate therapeutic benefits with handcrafted natural and nontoxic Tata Harper products specifically created to provide instant results. Through therapeutic massage and high performing active ingredients, wrinkles are smoothed and reduced. By successfully stimulating the tissues of the skin, you will experience an instant uplift to the skin. This treatment also includes a luxurious Ageless Hand Treatment and Eye Therapy for youthful eyes. Available in 80 minutes. Suggested Enhancement: Complexion Reset Peel

HYDRAFACIAL

This invigorating treatment includes the signature HydraFacial® that deeply cleanses, exfoliates, extracts and hydrates the skin while addressing specific concern with a booster of your choice. This treatment concludes with LED Light Therapy to further reduce visible signs of aging. Available in 50 and 80 minutes. Suggested Enhancement: Eye and Lip Treatment

NATURAL FARM-FRESH REJUVENATION

Tata Harper’s highly concentrated, 100% synthetic-free products are hand-blended using ingredients grown on her family farm. Using natural ingredients packed with botanical vitamins, minerals, omegas and antioxidants provide environmental protection and nutrition to help restore the skin to reveal a youthful, radiant complexion. Available in 50 minutes. Suggested Enhancement: Complexion Reset Peel
VITAMIN C BRIGHTENING FACIAL

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our breakthrough daily Vitamin C Wrinkle Repair Serum that helps firm, brighten and dramatically reduce the appearance of wrinkles. Available in 50 and 80 minutes.

BEAUTIFUL BACK

Designed for the most neglected part of the body, we employ traditional European aesthetic methods to regenerate and renew. Skin impurities are eliminated with deep cleansing and exfoliation. A soothing massage and mask improve circulation, skin texture and tone, followed by an application of moisturizer to leave the back silky-smooth. Available in 50 minutes.

FACIAL ENHANCEMENTS

BRIGHTENING DÉCOLLETÉ TREATMENT

A luxurious treatment featuring a powerful blend of antioxidants layered with Matcha Brightening Décolleté & Hand Cream to help boost skin’s radiance and reduce signs of aging, for a firm, bright and rejuvenated décolleté. Available in 25 minutes.

EYE AND LIP TREATMENT

This intensive treatment is designed to reduce puffiness, under eye discoloration and the feathering around the lip area appearance of fine lines and wrinkles.

ECO-FIN HEALING HEAT THERAPY

Enhance any Wellhouse service with an all-natural blend of shea butter, beeswax and soy extracts. Self-heating mitts and booties help to relieve joint and muscle pain, relax tension, increase circulation, and deeply hydrate to renew hands or feet leaving them incredibly soft and moisturized.

DEPILATORY WAXING

A variety of depilatory waxing services are available upon request.

Contact our concierge at 865.380.2086.
“Our bodies are our gardens—our wills are our gardeners.”

—SHAKESPEARE
THE BLACKBERRY MAN

For many men, spas represent a less-than-welcome venture into the perceived beauty world of a woman. Fear not, boys, we’ve got you covered. There’s no fluff-and-stuff here. Just relaxing, therapeutic, feel-good services. So whether you brave a visit to The Wellhouse on your own or get dragged in by a loved one, you’ll leave looking and feeling better than ever.

A MAN’S-MAN MASSAGE

Aroma-infused hot towels and specific massage techniques alleviate tension and tiredness stored in the neck, shoulders and back. Revitalize and restore mind and body with an energy-releasing leg and foot massage using deep pressure. Available in 50, 80 and 110 minutes.

SAVING FACE

Put your best face forward with this highly relaxing treatment designed to deeply cleanse and soothe skin exposed to sports or shaving. Upgrade to the advanced option for a potent anti-aging service to leave behind visibly younger looking skin. Available in 50 and 80 minutes.

MUSCLE MELT

This treatment utilizes vitamin A, E & F-rich ingredients to tone, strengthen and protect the skin. Relax and unwind during a full body massage with shea butter, coconut oil, eucalyptus and rosemary. Concluding with a heated wrap, feeling good never looked better. Available in 50 and 80 minutes.

HAND RESTORATION MANICURE

A hand exfoliation and nourishing oil application prepare the hands for a soak in minerals and essential oils to restore vital nutrients and moisture. Nails and cuticles are expertly groomed followed by a tension relieving hand massage. Available in 45 minutes.

MEN’S HAIRCUT

Trade your typical hurried haircut appointment for a relaxed trim in our luxurious chairs. Using organic performance hair care products, our experts will shape and style your hair for a finished look you can feel confident about. Available in 45 minutes.

MEN’S HIGH-ADVENTURE FOOT RESTORATION

Whether sore from hiking and athletic training, blistered from wearing tight shoes or cracked and dry from daily wear and tear, less than perfect feet can result in an enormous amount of pain and discomfort. This therapeutic foot treatment utilizes Gehwol® products—a world renowned German foot and nail care collection. Available in 50 minutes.

Questions or special requests? Just ask.
HEALTHY FEET & NAIL CARE

A collection of natural services for hands, feet and nails to heal and protect. Our offerings range from beauty basics to strictly therapeutic to the utmost in luxury. Take in breathtaking views of ‘Three Sisters’ mountain, and enjoy a cup of Blackberry Tea or a glass of wine as you unwind in our stunning Nail and Hair Spa.

THE ESSENTIALS

Luscious scents fill the air with an effervescent vitamin C fizzy cocktail soak to cleanse and revitalize. Nails are expertly shaped, cuticles tended, hands and feet sumptuously scrubbed and lovingly massaged. A cooling cucumber mask refreshes before nails are polished to perfection. Choose from Uplifting: Red Currant & Citrus or Energizing: Eucalyptus, Rosemary & Mint. Available in 50 minutes.

NATURE’S PHARMACY: MAGNESIUM RENEWAL PEDICURE

Essential to life, necessary for health and a vital component within our cells; magnesium’s benefits help our bodies maintain balance, avoid illness, preform well under stress and maintain a general state of good health. Enjoy a pedicure with magnesium enriched oil then a wrap with magnesium, arnica and sweet birch steeped hot towels. Available in 50 minutes.

LUXURY-LOVING MANICURE

This perfect manicure was handcrafted by one of the most in-demand celebrity and editorial manicurists, Deborah Lippmann. Her highly effective cuticle care technique encourages healthy nail growth. Hands look vibrant with nails wrapped in cutting edge, long-wearing couture nail color. To make the perfect manicure even better, we include eco-fin heat therapy for intense moisture and younger looking hands. Available in 75 minutes.

GILDED PEDICURE

This red carpet-ready pedicure was developed by in-demand celebrity and editorial manicurist, Deborah Lippmann. Nails are cleaned, shaped and carefully attended, followed by an energizing leg and foot massage. Eco-fin heat therapy hydrates and softens skin before an application of long-wearing couture nail color, and luxurious moisturizer leaves your legs refreshed, radiant and looking better than ever! Available in 75 minutes.

Questions or special requests? Just ask.
LADIES’ HIGH-ADVENTURE FOOT RESTORATION

Whether sore from hiking and athletic training, blistered from wearing tight shoes or cracked and dry from daily wear and tear, less than perfect feet can result in an enormous amount of pain and discomfort. This therapeutic foot treatment utilizes Gehwol® products—a world-renowned foot and nail care collection. The feet are restored and nails are polished to perfection. Available in 75 minutes.

ECO-FIN HEALING HEAT THERAPY

Enhance any Wellhouse service with an all-natural blend of shea butter, beeswax and soy extracts. Self-heating mitts and booties help to relieve joint and muscle pain, relax tension, increase circulation, and deeply hydrate to renew hands or feet leaving them incredibly soft and moisturized.

POLISH OPTIONS

COUTURE NAIL COLOR

Average 3-day wear, included in all manicure and pedicure services.

EXTENDED-WEAR

Double the life of your polish with an average 7-day wear.

GEL POLISH

Maximize color-life for the nails with 14+ day flawless wear, superior color and mirror shine with zero dry-time. Add 15 minutes for the curing process. This product must be professionally removed and an additional 15 minutes for removal if you currently are wearing gel polish.
WELLHOUSE PRIMP & POLISH

A collection of classic beauty services will ensure you’re at your best for any occasion. The Wellhouse features professional performance hair care for beautiful hair without compromise. Free from synthetic fragrance, sulfates, parabens and other harmful ingredients, Wellhouse products are packed with certified organic extracts and essential oils to restore, enrich and protect healthy, radiant hair.

SHAMPOO & BLOW-DRY
Please allow 75 minutes.

NEUHAIR REJUVENATING THERAPY
A nourishing treatment that is as relaxing as it is effective. Our stylist gently exfoliates and nourishes the scalp, then selects the proper deep-conditioning treatment to restore luster to your locks. Ideal for any hair and scalp condition, this treatment finishes with a shampoo & blow-dry style. 75 minutes.

WOMEN’S HAIR CUT
Whether you’re finishing a full day of indulgent spa treatments or simply freshening your look, you’ll enjoy this expert cut from our stylists. Let them trim and shape your hair to your liking. This treatment finishes with a shampoo & blow-dry.

MEN’S HAIRCUT
Trade your typical hurried haircut appointment for a relaxed trim in our luxurious chairs. Using organic performance hair care products, our experts will shape and style your hair for a finished look you can feel confident about. Available in 45 minutes.

Questions or special requests? Just ask.
This special menu offers perfect choices for the budding spa-goer. Appointment days and times are limited. Please call The Wellhouse to determine availability. A parent or guardian must be present for all spa services, making it a perfect time for a mother-daughter visit to the spa.

SEEDLING (5-16 YEARS)
Manicure and pedicure to groom, moisturize and protect. Whimsical glittering polish and playful nail art surprise and delight the child in everyone.
Manicure (5-16 years) 30 min.
Teensie Toes (5-12 years) 30 min.
Teen Toes (13-16 years) 45 min.

SPROUT (13-16 YEARS)
A deep-cleansing and perfecting facial that addresses young, evolving skin and provides a great opportunity to learn about treating and preventing blemishes. 50 min.

SPA BUNDLES
With so many enticing spa and wellness options to compete for your attention, we decided to make it easier for you to put together the ideal selection of activities and services that enhance and complement one another. Any of our bundles may be enjoyed over the duration of your time at Blackberry. Call the concierge and receive special pricing when you book six or more services during your stay.

WELLHOUSE SPA SAMPLER
This blissful bundle represents the perfect collection of Wellhouse spa services to care for and nurture your body. Includes: your choice of a 50 min. Wellhouse Soothe or Deep Tissue Muscle Recovery Massage, a 50 min. Appalachian Body Purification and a Magnesium Renewal Pedicure.

SPA JUNKIE
If your idea of the perfect getaway involves spending the day in the spa to refresh and refine your body from head to toe, this is the bundle for you. Includes: 50 minute Pure Results Facial, 50 minute Lavender and Vanilla Bourbon Body Drench, Shampoo & Blow-Dry, Essentials Manicure and Pedicure.

Contact our concierge at 865.380.2086.
BLACKBERRY-TIME EXPERIENCE

Blackberry Farm’s bucolic setting offers a treasure trove of natural resources to create one-of-a-kind Wellhouse experiences that are found nowhere else.

Inspired by the natural rhythms of the farm, we draw from seasonal plants, flowers, herbs, fruits, vegetables and other healing ingredients to offer distinctive face and body offerings limited to specific times of the year.

COME GRASS TIME

As we emerge from the quiet cold of Winter, never is there a better time to shed dull lifeless skin and encourage the emergence of new cellular growth. This head-to-toe experience both rejuvenates and revives. Enjoy a wild lime scalp massage and a fragrant citrus conditioning body scrub to prepare the body for a hydrating steam bath with nourishing essences. Post shower, an application of bergamot body lotion leaves your skin soft and hydrated. Next, a Springtime mini facial exfoliates, softens and nourishes your skin. This experience concludes with a shampoo and blow dry, preparing for your evening on the Farm.
Available March 1–May 31 in 150 min.

LAY-BY TIME

As the sun hangs high in the air, take respite from the heat of Summer. The body is drenched in a cooling cucumber and grapefruit mask to infuse the skin with much-needed moisture. While the body soaks up all the goodness, the face is treated to a hydrating facial using Tata Harper’s farm-fresh products. A scalp, neck and shoulder massage with fresh lemon essential oils perks up the senses. The finishing touch is the Essentials Pedicure to ensure your legs and feet look and feel their best.
Available June 1–August 31 in 150 min.
HARVEST TIME

As evenings cool and the signs of Autumn begin to appear, spiced scents of the season fill the air. In preparation for colder months, we treat the skin to a full-body massage with warmed oil steeped in fresh ginger and a private steam bath with a bouquet of fresh herbs. Next, a double mask containing Pear & Fig or Pumpkin exfoliates and Blackberry Farm’s Black Walnuts and Honey nourishes the skin. This soothing facial massage leaves your face glowing. Emerge from this warm, aromatic experience with a renewed sense of calm and well-being.
Available September 1–November 30 in 150 min.

RESTIN’ TIME

As the Winter season rolls around, life on the farm tends to slow down. The Wellhouse offers a perfect escape to nurture and warm mind, body and soul. This experience begins with a private yoga session to restore mind-body balance. Next, enjoy a full-body massage with nourishing coconut oil and vitamin rich body butter. A private steam bath helps the beneficial botanicals deeply penetrate and warm the skin. A cup of Blackberry Farm tea gets you ready to venture back out into the cold, crisp air.
Available December 1–February 28 in 150 min.

Contact our concierge at 865.380.2086.
WELLNESS ACTIVITIES

menu
PHILOSOPHY

TRUE HARMONY OF BODY AND SOUL CAN ONLY BE ACHIEVED WHEN WE EMBRACE A WHOLE-LIFE APPROACH TO WELLNESS, AN APPROACH THAT BALANCES REST, ACTIVITY, PLEASURE AND NOURISHMENT.

The pursuit of that balance is the bedrock of wellness at Blackberry Farm. Inspired by the beautiful forests, lakes, mountains and winding roads of our region, we offer a range of physical activities and classes that help you connect with nature, challenge your body and embrace cuisine that truly nourishes.

We believe that wellness is a lifelong pursuit, not a weekend experience. From yoga and strength training to farm-fresh nutrition lectures to cycling, the wellness philosophy at Blackberry Farm is uniquely designed to empower you to lead an active, healthy and fulfilling lifestyle, even after you return home.
STRENGTH & FITNESS

Beyond looking good and feeling great, strength and fitness training will help your body over the course of a lifetime. With numerous benefits such as increased bone density, weight management, improved muscle mass and tone, enhanced stamina and sharpened focus, a regular strength training and fitness routine makes sense.

Wellhouse coordinators will help to tailor fitness and wellness options perfectly suited to your needs. Our extensive selection of offerings ensures something for everyone. While we offer all classes listed, days, times and locations may vary. Please check with The Wellhouse for the current schedule.

GROUP CLASSES OFFERINGS:

*All group classes are also available as one-on-one sessions.

STRETCH & RELEASE

A variety of modalities including dynamic, static and active isolated stretching techniques allow the entire body to relax and release. Available in 45min.

ZUMBA

Sculpt and tone the entire body while burning calories with this upbeat dance fitness class, featuring easy-to-learn moves and resistance training. Available in 50 min.

BARRE

A low-impact fusion class focusing on core muscles that combines Pilates, ballet, yoga and isometrics to strengthen and stretch the body while improving posture. Available in 50 min.

CARDIO-CORE CIRCUIT

Get your heart pumping with this fun and exhilarating aerobic circuit. We’ll help you create the perfect workout with your choice of cardio equipment, personalized timed intervals and targeted core conditioning. Available in 50 min.

WELLHOUSE H.I.I.T.

High Intensity Interval Training is known to increase your metabolism for up to 24 hours after your workout ends. Our signature class at the Wellhouse is suitable for any fitness level that desires to push their limits. After our trainers lead you through mobility work, there is no looking back with this full body, high intensity workout. 50 min.

Questions or special requests? Just ask.
BLACKBERRY FIT

Breathe fresh mountain air as you workout around the property, stopping at outdoor fitness stations for timed intervals. This refreshing workout will leave you energized for your next adventure. Available in 50 min.

AQUAFIT

Water provides a resistant environment that prevents unnecessary stress on the skeletal system. Improve cardio health, balance, strengthen and tone in this energetic aquatic class. Available in 50 min.

ONE-ON-ONE OFFERINGS:

PRIVATE TRX & STRETCH

Developed by a Navy Seal, TRX® is a highly effective workout system that leverages gravity and your own body weight to perform numerous exercises to build a rock solid core and improve muscle endurance. Beneficial for people of all ages and fitness levels. Please contact The Wellhouse for availability. Available in 50 min.

PERSONAL TRAINING

Whether you are a beginner or a longtime fitness enthusiast, our Wellhouse personal trainer will customize a workout routine to take you to the next level. Learn new techniques to help you get more from your fitness program. Available in 50 min. and 80 min.

FOAM ROLLING RELEASE

Give your muscles a workout, treat day-to-day stiffness and loosen things up with this class that helps release sore spots from within muscles and tendons to reduce pain and the risk of muscular injuries. Available in 30 min.

PRIVATE DANCE INSTRUCTION

If music inspires you to move, you’ll love this personal session with our dance instructor. Choose the style that interests you—ballroom, modern, ballet, jazz or Latin—and dance your cares away, feeling the tension leave your body as you spin and stretch. It’s a wonderful way to boost your heart rate and work your muscles. Available in 50 min.
YOGA & MEDITATION

Wellhouse yoga and meditation offerings go beyond the physical body to address the mind-body connection. We recommend yoga for those who desire to strengthen the body, improve flexibility and focus the mind.

The meditation-based classes offer the perfect companion to any fitness program or activity, aiding the body in rest and recovery. In addition to reducing stress hormones, increasing mental focus and improving depression, meditation has been scientifically proven to slow mental aging, improving the way that neurons communicate with each other. It also lowers blood pressure and boosts the immune system. Let us show you how meditating can transform you to a better state of being. A Wellhouse coordinator can guide you to the offering that is best for your lifestyle and needs.

ONE-ON-ONE YOGA:

*Any of our classes can be offered in a personal session in 50 min. or 80 min.
GROUP CLASSES OFFERINGS:

YOGA BASICS
Specifically for those new to yoga, this class introduces the fundamentals of a yoga practice—breath, awareness, proper alignment and mindfulness practices—in a comfortable environment. Also an excellent choice for those working around injuries or for longtime yoga students looking to refine their practice. Available in 50 min.

FLOW YOGA
Recommended for those who have a good understanding of the fundamental principles of alignment within individual postures, this session connects multiple postures through breath and movement. This class is designed to relieve stress and connect one with the authentic self to bring more ease and vitality to each day. Available in 50 min.

RESTORATIVE YOGA
A blend of moving meditations and relaxing restorative poses (typically done on the floor) to help the body release stress and tension. Restorative poses are an important part of a long-term yoga practice, helping to recharge energy reserves, heal the body from stress and bring the nervous system to a more balanced state. Available in 50 min.

GUIDED MEDITATION
Meditation is the simple and direct practice of moment-to-moment mindfulness. With careful and sustained observation and proper breathing techniques, we can experience the ever-changing flow of the mind-body process to cultivate awareness and learn to accept more fully the pleasure and pain, fear and joy, sadness and happiness that are inevitable in life. Available in 45 min.

Wellhouse Tips
Looking for some personal attention? All group classes are also available as one-on-one sessions. Simply call The Wellhouse to reserve your private class with one of our instructors.

Contact our concierge at 865.380.2086.
OUTDOOR ACTIVE BODY

Expand your fitness options beyond The Wellhouse while taking in the beauty of our iconic fields, forests and the Foothills of the majestic Smoky Mountains. Our highly-trained guides have an intimate knowledge of the lakes, trails and forests, ensuring all have an invigorating, enjoyable experience.

AEROBIC GUIDED HIKE

Immerse yourself in the stunning surroundings of Blackberry Farm’s ample trails. Whatever the season, our knowledgeable guides will show you the boundless beauty of the Appalachian Foothills. Select from 120 min., 240 min. and Full Day.

GUIDED TRAIL RUNNING

Scientific studies show that running in a wooded, natural environment boosts physical and mental performance, as well as creating less stress on the knees and ankles. So get off the treadmill and enjoy the enhanced benefit of exercising with Mother Nature. Select from 60 min. (up to 2 miles) and 120 min. (3–6 miles).

MOUNTAIN BIKING

Jump on a bike and take to the trails for an adventurous cardio and full-body workout. Select from 120 min., 180 min. and Full Day.

ROAD CYCLING

Whether you’re new to cycling or a seasoned rider, we have an offering to suit all skill levels. Select from 120 min., 180 min. and Full Day (50–75 miles through scenic East TN).

STRENGTHEN-SUP

Discover the fastest-growing trend in outdoor exercising: stand-up paddle boarding (SUP). Enjoy gorgeous views and local wildlife on serene waters during this incredibly fun and easy-to-learn activity that focuses on strengthening your core muscles and improving balance and agility. Available in 240 min.

TOUR KAYAKING

Let us guide you through beautiful waterways while observing a variety of local wildlife in ultra-stable kayaks. Benefit from a great upper-body workout while you clear the mind and energize the body. Please contact the Concierge for availability. Available in 240 min.

PRIVATE TENNIS

Regardless of skill level, improve your game with a one-on-one session with our tennis pro. Available in 60 min.
MINDFULNESS

Mindfulness enhances every area of life and is the foundation of wellbeing. No matter the means through which you chose to experience it, the benefit of creating a greater capacity to enjoy life. Whether we are helping you begin this intentional practice for the first time or providing a new opportunity for a familiar road, each experience provides a different tool to help you continue to foster the Blackberry state of mind at home.

CREATIVE PRESENCE

Experience meditation as an expression of presence through watercolor. Mindfully painting means being fully present with each stroke and color choice, finding freedom and joy in the creative process, while abandoning hesitation or concern for the finished piece. Available in 80 minutes.

JOURNALING

Find release and clarity while connecting to your truest self through writing. Explore various methods of journaling and identify one that resonates with you. Though we have many favorite spots on property to fill a page or two, our hope is to help you begin a practice that will continue to cultivate a more mindful, peaceful and gratitude filled life long after you leave. Available in 50 minutes.
**NOURISHING TABLE**

Blackberry Farm’s culinary reputation speaks for itself. Less known is that our common-sense approach to healthy eating provides a more balanced way of properly nourishing the body without taking away the fulfillment and pleasure of fine food and drink.

Taking a ‘big-picture’ look at lifestyle and its relationship with food, we offer a multi-faceted method to effectively fueling the body. By combining the benefits of farm-fresh seasonal ingredients, the wisdom of a varied diet and stimulating day-to-day activities, you’ll ensure a balanced blend of vitamins, enzymes and nutrients, while also discovering enhanced levels of energy and vitality.

Developed in collaboration with a professional nutritionist and The Barn’s award-winning chefs, Blackberry will show you that healthy eating doesn’t have to be complicated and restrictive—it can be simple, delicious and, at times, even indulgent.

**NUTRITION CONSULTATION**

Confused about what to eat? Let our nutritionist work with you to help develop a personalized eating plan that addresses your particular health goals, preferences, genetics, and lifestyle. Discover how fueling your body effectively will increase your energy and vitality, as well as help you look and feel younger. Available in 80 min. (first session) and 50 min. (follow-up).

**JUICING SESSION**

Learn the benefits of juicing and develop your favorite recipe with our Wellness coach. Available in 50 min.

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**Wellhouse Tips**

If you’ve always wanted to take a cooking class with your sweetheart, ask us about arranging a hands-on healthy cooking class for two. It’s a fun and rewarding way to spend time together.
DEEP HEALING WOODS

Rooted in nature and proven by science, Blackberry Farm’s Deep Healing Woods activities offer one-of-a-kind experiences with established psychological and physiological benefits.

Groundbreaking research out of Japan highlights the numerous benefits of forest bathing, also known as Shin-rin Yoku, which include enhanced physical fitness, accelerated healing, increased mental focus and improved biological responses to reducing stress and fighting disease.

Journey to the Deep Healing Woods to connect with the earth, connect with nature and connect within to revitalize your internal source of health, energy and well-being.

All Deep Healing Woods activities are 90 minutes and are available in one-on-one or group sessions.

EARTHFIT ENDURANCE HIKE

This high-intensity workout is ideal for any fitness level. Designed for optimal body conditioning and recovery, this activity includes a pre-workout stretching session to warm the muscles and promote circulation. A fast-paced hike encourages cardiovascular strength and endurance. At the conclusion of the physical exertion stage, guests are led in a guided stretch and meditation session to improve body recovery and mental restoration.

DEEP HEALING WOODS YOGA

Yoga means ‘union,’ and when practiced outdoors, a greater sense of connecting with the universe can be evoked. Many of yoga’s asanas (postures) reflect animals and nature. Allow the breeze to expand your breathing, the warm sun to deepen your pose, making muscles more pliable, and let a ladybug invite you to focus on something small and still. Enjoy a sense of harmony, timelessness and union with Mother Nature.

DEEP HEALING WOODS MEDITATION

For centuries, monks the world over have taken to the forest to elevate their meditation practice and become one with the universe. Drawing upon this ancient wisdom, we, too, take you to the Deep Healing Woods to clear your mind, calm your soul and heighten your awareness. Discover how going within can provide an innate sense of connection with oneself and all living things.

EARTHFIT FOREST RUN

The same structure and numerous benefits of EarthFit Endurance Hike, only tailored for those that love to run.
BLACKBERRY LEARNING LECTURES

Because Blackberry Farm living embodies so many principles of well-being, we hope to motivate and inspire our guests to take a bit of Blackberry wisdom home and continue enjoying the benefits long after you’ve left.

All Blackberry Learning Lectures available in 30 minutes. Private or group offerings available.

- Juice Power
- The Science Behind Deep Healing Woods
- Understanding Your Skincare
- Aromatherapy 101
- Eating Between the Rows
- Functional Fitness for Life
- What Color is Your Diet
Did you know that meditation has been proven to lower blood pressure, increase mental focus and reduce muscular tension? Our yoga and meditation classes are designed to help you practice mindfulness and discover its many health benefits.
No matter how you prefer to unwind or recharge, our spa and wellness team is always ready to help you create the perfect Wellhouse experience. From the architecture to our spa products, every element of The Wellhouse has been chosen with your comfort and inspiration in mind. If we can do anything to enhance your time at The Wellhouse, please let us know.
OPENING HOURS
Daily: 9:00am–7:00pm
*Seasonal Hours may vary

SCHEDULING
To schedule an appointment, please speak with our Concierge who will guide you to that perfect spa experience. In-house guests can dial 8819 from their room telephone. From outside the hotel, please call 865.379.9819. To ensure that your preferred time and service is available, we recommend advance booking.

CHECK-IN
You are requested to arrive at least 20 minutes prior to your appointment time. This will allow you time to sign in, change clothes and relax in our steam room and lounge prior to your service.

LATE ARRIVAL
Please be aware that your late arrival may determine the length of your treatment. Your service will end on time so the next guest is not delayed. We appreciate your understanding and cooperation.

CANCELLATIONS
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 cancelled after 7:00pm the day prior will incur a 50% cancellation fee.

SPECIAL HEALTH CONSIDERATIONS
At the time of reservation, please notify our Concierge if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant. This information may also be completed on your personal dossier upon arrival to The Wellhouse.
WELLHOUSE ATTIRE

For your comfort, a luxurious robe and slippers will be provided at The Wellhouse. Please disrobe to your level of comfort. Undergarments are not necessary but may be worn during the treatment, if you prefer. All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are always used to protect your privacy and comfort at all times.

SHAVING

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We specifically suggest that men shave three or more hours before a facial treatment.

QUIET AND HEALTHY ENVIRONMENT

The Wellhouse environment is one of relaxation and tranquility. We respectfully ask that you leave cellular phones silenced so that the tranquility of the spa experience may be preserved.

AGE REQUIREMENT

The minimum age of 16 is required for access to treatments and the fitness center at The Wellhouse.

GRATUITIES

All rates subject to an additional 19% service charge and sales tax and therefore, no additional tipping is necessary or anticipated. Rates are subject to change without notice.
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Contact our spa concierge at 865.380.2086.