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.

Questions or special requests?
Contact our concierge at 865.380.2086 or visit www.blackberryfarm.com/wellness for a more comprehensive list of our offerings.
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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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.
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.

VITALITY BAR

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

TRANQUILITY ROOM

Let the gentle rhythm of the tranquility beds take you into deeper relaxation.

FITNESS CENTER

Our fitness center is open from 7am-7pm and can be made available at any time per request.

MEADOW LOUNGE

When you’re ready for your service, settle into the scenery of the smoky mountains under a cozy throw. This is our favorite room to read, reflect or simply be still.

WELLHOUSE POOL

Relax and admire the incredible view from our adult only pool. Order a lunch or beverage to enjoy poolside.

STEAM ROOM

Unwind and enjoy the steam room available in each of the locker rooms before or after your service.
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
Available in 50, 80 and 110 minutes.

DEEP TISSUE MUSCLE RECOVERY
Available in 50 and 80 minutes.

COUPLE’S MASSAGE
Available in 50, 80 and 110 minutes.

HESSE CREEK STONE MASSAGE
Available in 80 and 110 minutes.

REIKI
Available in 50 minutes.

HEALING HERBS & FLOWERS
Available in 50, 80 and 110 minutes.

THAI MASSAGE
Available in 80 or 110 minutes.

MOTHER-TO-BE MASSAGE
Available in 50 minutes.

GALVLATI (‘GAH LUH LA TEE’)
Available in 50 and 80 minutes.

REVITALIZING DUO SCALP AND FOOT MASSAGE
Available in 50 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
Pair with our In-Room Massage: fine champagne, a tray of delectable chocolate-covered strawberries and a drawn bath. Available in 50 and 80 minutes.
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
Your choice of a 50 minute Wellhouse Soothe or Deep Tissue Muscle Recovery Massage, a 50 minute Appalachian Body Purification and a Magnesium Renewal Pedicure.

SPA JUNKIE
50 minute Pure Results Facial, 50 minute Lavender and Vanilla Bourbon Body Drench, Shampoo & Blow-Dry, Essentials Manicure and Pedicure.

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
Available in 50, 80 and 110 minutes.

HAND RESTORATION MANICURE
Available in 45 minutes.

SAVING FACE
Available in 50 and 80 minutes.

MEN’S HAIRCUT
Available in 45 minutes.

MUSCLE MELT
Available in 50 and 80 minutes.

MEN’S HIGH-ADVENTURE FOOT RESTORATION
Available in 50 minutes.
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
Available in 50 and 80 minutes.

SMOKY MOUNTAIN SKIN GLOW
Available in 80 minutes.

MOTHER-TO-BE RESTORATIVE BODY TREATMENT
Available in 50 and 80 minutes.

APPALACHIAN BODY PURIFICATION
Available in 50 and 80 minutes

ENHANCEMENTS

REVITALIZING SCALP MASSAGE
Our scalp massage can be added onto any massage or facial session.
Available in 25 minutes.

REVITALIZING FOOT MASSAGE
Our foot 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.
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 Eco-Fin Healing Heat Therapy to any facial for softer, younger-looking hands.

WELLHOUSE PURE RESULTS
Available in 50 and 80 minutes.

NATURAL FARM-FRESH FACE LIFT
Available in 80 minutes.

HYDRAFACIAL
Available in 50 and 80 minutes.

VITAMIN C BRIGHTENING FACIAL
Available in 50 and 80 minutes.

BEAUTIFUL BACK
Available in 50 minutes

NATURAL FARM-FRESH REJUVENATION
Available in 50 minutes.

FACIAL ENHANCEMENTS

DEPILATORY WAXING
A variety of depilatory waxing services are available upon request.

BRIGHTENING DÉCOLLÉTÉ TREATMENT
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.

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
Available in 50 minutes.

NATURE’S PHARMACY: MAGNESIUM RENEWAL PEDICURE
Available in 50 minutes.

LUXURY-LOVING MANICURE
Available in 75 minutes.

GILDED PEDICURE
Available in 75 minutes.

LADIES’ HIGH-ADVENTURE FOOT RESTORATION
Available in 75 minutes.

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.

WOMEN’S HAIR CUT
This treatment finishes with a shampoo & blow-dry.

SHAMPOO & BLOW-DRY
Please allow 75 minutes.

NEUHAIR REJUVENATING THERAPY
Allow 75 minutes.

MEN’S HAIRCUT
Allow 45 minutes.
BLACKBERRY BLOOMERS JUNIOR SPA MENU

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 (5-16 years) 30 minutes
Teensie Toes (5-12 years) 30 minutes
Teen Toes (13-16 years) 45 minutes

SPROUT (13-16 YEARS)
Allow 50 minutes.

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
Available March 1–May 31 in 150 minutes.

LAY-BY TIME
Available June 1–August 31 in 150 minutes.

Questions or special requests? Just ask.
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.

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<th>STRETCH &amp; RELEASE</th>
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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.

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Questions or special requests? Just ask.
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 or 80 minutes.

GROUP CLASSES OFFERINGS:

YOGA BASICS
Available in 50 minutes.

FLOW YOGA
Available in 50 minutes.

RESTORATIVE YOGA
Available in 50 minutes.

GUIDED MEDITATION
Available in 45 minutes.
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
Select from 120 minutes, 240 minutes and Full Day.

GUIDED TRAIL RUNNING
Select from 60 minutes (up to 2 miles) and 120 minutes (3–6 miles).

MOUNTAIN BIKING
Select from 120 minutes, 240 minutes and Full Day.

ROAD CYCLING
Select from 120 minutes, 180 minutes and Full Day (50–75 miles through scenic East TN).

PRIVATE TENNIS
Available in 60 minutes.

FARMFIT
Available in 50 minutes.

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
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**
Available in 80 minutes (first session) and 50 minutes (follow-up).

**JUICING SESSION**
Available in 50 minutes.
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

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

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.
SPA ETIQUETTE

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.

Questions or special requests? Just ask.
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 service charge and sales tax and therefore, no additional tipping is necessary or anticipated. Rates are subject to change without notice.
CALL OR EMAIL TODAY TO SCHEDULE YOUR SMOKY MOUNTAIN EXPERIENCE
800 557 8451

RESERVATIONS@BLACKBERRYFARM.COM
1471 WEST MILLERS COVE ROAD • WALLAND, TN 37886