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 lectures to our 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.
TOTAL WELLBEING 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 three signature blends—Relax, Energize and Uplift—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.

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.

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, Healing Herbs & Flowers and Hesse Creek Hot Stone.

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.
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.

MOTHER-TO-BE
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.

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.

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.

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 in a limited amount of time.

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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.

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.

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.

SOUTHERN SORGHUM BEAUTIFYING BODY WRAP
For centuries, Southern farmers have harvested sorghum, a gluten-free grain rich in vitamins and minerals. Experience all the natural benefits from sorghum—as well as other potent anti-agers—in this farm-to-treatment table body wrap. This deeply relaxing and beautifully fragrant body treatment firms, brightens and hydrates the body’s largest organ: the skin.

Blackberry Farm
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, 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 for additional results with an advanced enzyme peel, microcurrent, 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. 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. Upgrade to a longer version, which finishes with a Cruze Farm Buttermilk Mask to brighten and soften skin.

SKIN-BRIGHTENING VITAMIN C THERAPY
This highly-effective treatment utilizes Vitamin C, a powerful antioxidant for skin rejuvenation and revitalization, to address age and sun damaged skin. Paired with orange stem cells and peptides, this facial lightens and brightens the skin delivering significant and lasting results.
AGE DEFYING WITH APPLE STEM CELLS
With aging, cells in the skin become increasingly difficult to repair and replenish. This advanced facial combines peptides and stem cell technology to improve cell life while delaying the natural aging process. This regenerative treatment enhances anti-oxidant activity, reduces collagen degradation and protects the longevity of skin cells giving the skin a more youthful, dewy appearance. Special attention for the neck, eyes and lips makes this a visibly effective facial.

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.
Spa  FEET AND NAIL CARE

HEALTHY FEET AND 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 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.

CRUZE FARM BUTTERMILK & LAVENDER WILDFLOWER HONEY
A farm-fresh favorite that includes The Essentials with the wholesome benefits of Cruze Farm's buttermilk and wildflower honey. Buttermilk contains high levels of vitamins, minerals, amino acids and beneficial fats to deeply nourish the skin. Honey, Nature’s perfect humectant, soothes and softens to restore vitality to hands and feet.

LUXURY-LOVING MANICURE
For those that only want to lift a finger to try on a bit of sparkle, this perfect manicure was hand-crafted 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 affin heat therapy for intense moisture and younger looking hands.

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**Spa FEET AND NAIL CARE**

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**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. Soy-affin heat therapy hydrates and softens skin before an application of long-wearing couture nail color, and luxurious moisturizer leave your legs refreshed, radiant and looking better than ever!

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**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.

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**SOY-AFFIN HEALING HEAT THERAPY**
Enhance any hand or foot 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 and feet leaving them incredibly soft and moisturized.

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**POLISH OPTIONS**
Couture Nail Color
Average 3-day wear, included in all manicure and pedicure services.

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

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**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.
THE BLACKBERRY MAN
For many men, spas represent a less-than-welcome venture into the mysterious 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 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.

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.

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.

HAND RESTORATION
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.

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.

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WELLHOUSE PRIMP AND 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

STYLING ENHANCEMENTS
(add 30 minutes per):
Thermal Styling (flat or curling iron)
Roller-set
Up-do

UP-DO
Whether you’re getting dolled up for a formal event or preparing for a photoshoot, our stylist will create an elegant look for the occasion.

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.

MAKE-UP APPLICATION
Professional make-up application services can be arranged. Please contact The Wellhouse with as much notice as possible, so we may accommodate your request.

HAIR REMOVAL
Waxing services are available. Please contact the Wellhouse for pricing and availability.

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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.
All Blackberry Bloomer offerings are 50 minutes.

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.

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

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 compliment one another. Any of our bundles may be booked over the duration of 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 60 min. Wellhouse Soothe or Deep Woods Muscle Recovery Massage, a 60 min. Appalachian Body Purification and a Cruze Farm Buttermilk & Lavender Wildflower Honey Pedicure.

SPA JUNKIE
If your idea of the perfect get-away involves spending the day in the spa to refresh and refine your body from head to toe, this is the bundle for you. Includes: 60 min. Pure Results Facial, 60 min. Healing Herb & Flower Massage, Neuhair Rejuvenation Therapy, Essentials Manicure and Pedicure.

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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 with the zest of fresh lime 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 a Sheep’s Milk and Wildflower Honey 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. Finally, a 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 Fig and Cedarwood 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.*

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**Blackberry Farm**