



## TAP INTO THE HEALING ENERGY

of the Blue Ridge Mountains at our private Highlands spa. Indulge in soothing massages and therapies based on botanicals from our garden and around the world in the Serenity Spa at Half-Mile Farm. The Serenity Spa is exclusively for guests of Half-Mile Farm.

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Tuesday - Saturday  
10 am - 5 pm

**Call 828.526.9887 to schedule.**

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10 am - 5 pm

24-hour advance booking is recommended; we will attempt to honor same-day bookings when available.

**828.526.9887**

*A 22% service charge is added to all spa services, including spa packages. Gratuities are at your discretion. Guests who cancel an appointment within 24 hours of the scheduled time will be charged the full service amount. Guests who reschedule within 24 hours will be charged 50% of the service price.*



  
SPA & WELLNESS

Immerse yourself into  
pure bliss with a massage  
on property.



## THERAPEUTIC MASSAGE PLUS AROMATIC STEAM BASED ON YOUR WELLNESS GOALS

110 min | \$295  
(80 min massage and 30 min steam)

### RECOVERY MASSAGE

Experience therapeutic massage whether you're a weekend warrior, an athlete, or just want to reclaim range of motion. Reset with elements of Thai stretches, myofascial release, or sports therapy. Your steam experience is infused with essential oils to promote deep recovery.

### BREATH OF CLARITY

The perfect opportunity to fully surrender into relaxation. Your journey begins in guided meditation and breath work to calm body and mind. A deeply relaxing scrub and a massage with shea butter and rosehip soufflé leads to natural velvet softness. Your steam experience is infused with essential oils to support wellbeing.

### IMMUNITY BOOSTER

Keep your body strong with powerful ingredients and expert essential touch focusing on the back, neck and feet. This immune bolstering massage incorporates a full range of nature's healing essences. Your steam experience is infused with essential oils to uplift your body's defense.

## MASSAGE ONLY

50 min massage \$175 | 80 min massage \$255

### ALL ABOUT YOU | 50/80 MIN

Nourish your body and soul with a customized massage designed for your specific needs and preferences.

Optional add-ons (\$25 each):

Deep Tissue, CBD Massage Oil, Foot Refresher

### MOMMA BEAR | 50/80 MIN

Side-lying gentle massage invites you to spend quiet time with your developing infant in a safe and restful environment.

*\*Only available in 2nd and 3rd trimester. This is not a deep tissue massage.*

## BODY TREATMENTS

50 min | \$165

### LYMPHATIC DRAINAGE

A gentle, rhythmic detoxifying treatment designed to encourage healthy lymph flow, reduce inflammation, and boost the body's natural immune function. This specializes in light, precise movements to ease fluid retention, promote deep relaxation while restoring overall wellness.

### CRANIOSACRAL THERAPY

By complementing your body's natural healing processes, we can bolster the immune system, affecting a wide range of medical problems. With a soft, intuitive touch, your therapist will perform a hands-on evaluation of the craniosacral system and release restrictions in the soft tissues near the central nervous system, which improves function and creates profound balance, well-being and deep peace.  
*Please wear loose, comfortable clothes.*

## THE ART OF COUPLES MASSAGE

80 Min Couples Massage  
and Experience \$310

An educational massage experience with step-by-step instruction while protecting everyone's modesty. You can gift your partner with the full massage session as you learn the techniques. Or you can each take a turn on the table learning to give and receive in perfect balance while staying grounded and allowing strength and nurturing energy to flow.

## TOUCHLESS THERAPIES

50 min | \$165

### TUNING FORKS

Discover how sound can harmonize your electromagnetic energy field to address physical and emotional imbalances. Promote ultimate well-being addressing adrenal fatigue, digestive issues, and anxiety, bringing your body into harmonic resonance. Experience a whole-body "Tuning" conducted with tuning forks.

### REIKI

Reiki is a form of alternative medicine called energy healing. "Universal Energy" is transferred through the palms of the practitioner to the receiver in order to encourage emotional or physical healing. Reiki is incredibly relaxing and in these times of uncertainty it is a comforting non-invasive way to soothe the body and mind.

Enhancement add-ins (\$25 each):

CBD Treatment, Deep Tissue  
Guided Breath & Meditation