

THREE LITTLE BEARS RETREAT

NUWATI SPA AND WELLNESS MENU

At Three Little Bears Retreat, wellness follows the rhythm of the mountains: movement, recovery, and time to rest. Explore massage, facial care, and restorative experiences designed to complement a hike, a workout, or a quiet escape.

Our approach honors the connection between land and well-being, with respect for the Cherokee heritage of the Smokies. The services below are contemporary wellness offerings.

Massage and Facial Treatments

Treatment	Time	Price
Swedish Massage	60/90 minutes	\$150/\$200
Deep Tissue Massage	60/90 minutes	\$160/\$220
Couples Massage	60 minutes	\$340 per couple
Myofascial Release	30-90 minutes	Inquire
Facial	50 minutes	\$150

Swedish massage offers a gentler experience for relaxation; deep tissue massage focuses on areas of muscular tension. Choose the approach that best suits your comfort and recovery needs.

Couples massage is offered side by side indoors or outdoors, subject to weather and availability. Myofascial release uses focused bodywork to address tension in the connective tissues. Facial care provides dedicated time for skin care and relaxation.

Recovery Enhancements

Treatment	Time	Price
Red Light Therapy with Massage	15 additional minutes	\$30 per person
Red Light Therapy Standalone	20-minute appointment	\$40 per person
Cold Plunge with Massage	15-minute appointment	\$20 per person
Cold Plunge Standalone	15-minute appointment	\$25 per person
Infrared Sauna and Cold Plunge	45-minute appointment	\$55 per person

Red light may be scheduled before or after massage and adds time to your treatment. Exposure time follows the equipment instructions; appointments include setup. Cold plunge appointment times include preparation, brief immersion, and recovery—not continuous time in the water.

Wellness Beyond the Spa

Restoration continues throughout the Retreat. Every private accommodation offers a hot tub or soaking tub and an outdoor relaxation area, giving overnight guests room to unwind in their own rhythm.

Follow the Nuwati Trail to quiet places for reflection: a bench beside a small cascade, hammocks around our spring-fed pond, and the sounds of water where our stream meets Lands Creek. Pause, listen, and let the landscape become part of your wellness experience.

Private Wellness Experiences

Inquire for pricing, duration, and availability for the following experiences. Sessions can be arranged around your interests and the pace of your stay.

Forest Bathing and Wellness Hikes Slow, guided walks with time for sensory awareness, reflection, and a deeper connection to the forest.

Guided Food Foraging Explore seasonal edible plants with a knowledgeable guide, with an emphasis on responsible identification and respect for the land.

Private Yoga and Tai Chi Mindful movement tailored to your experience, with space to develop balance, mobility, and a sense of calm.

Reiki and Sound Bathing Quiet, practitioner-led experiences for rest and reflection, available by advance arrangement.

Outdoor Art Classes Creative time in nature through guided art experiences inspired by the surrounding mountain landscape.

Fitness and Movement

Our fitness area includes Pilates reformers, a Peloton, treadmill, NordicTrack resistance equipment, yoga mats, and free weight dumbbells. Ask about equipment access, reformer orientation, and private instruction. Follow movement with a quiet moment in the outdoor relaxation lounge. Fitness equipment reserved for onsite guests.

Planning Your Visit

Please reserve treatments and private experiences with our reservations team prior to your stay. 24 hour notice for reservations are required and service options not guaranteed with late notice. Outdoor services depend on weather and practitioner availability. Share your preferences, recent activity, and any health considerations with your practitioner so your visit can be tailored appropriately.

Cold immersion is brief and adjusted to the guest and water temperature. First-time users generally begin with one to two minutes. Guests with heart or circulation conditions, high blood pressure, diabetes, neuropathy, or pregnancy should seek medical guidance before using the cold plunge. Red light exposure and eye protection follow the device instructions.

The outdoor relaxation lounge is available for spa users and onsite guests.