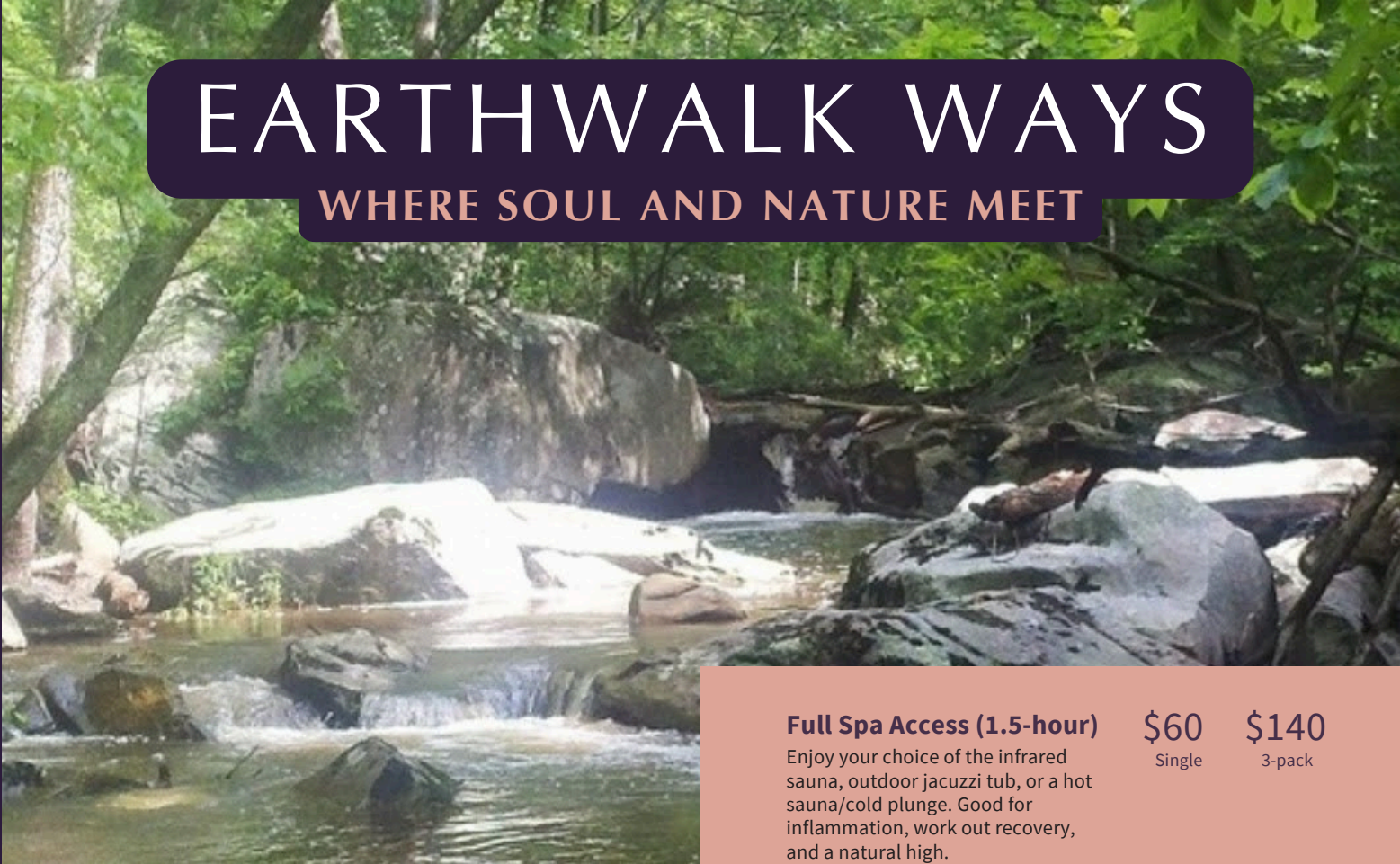


# EARTHWALK WAYS

WHERE SOUL AND NATURE MEET



## Wellness Retreat & Nature Spa

Come for a few hours or a few days

We offer spa and wellness services in a beautiful natural setting. Choose from a variety of spiritual wellness and self-care packages for body, mind, and spirit.

Spend some time before or after your appointment to explore the outdoor spaces, including the creek, labyrinth, medicine wheel, and nature preserve leading to the Rappahannock River.

Or deepen your experience by adding a guided Forest Bathing session. Let Darlene show you how to become deeply connected to nature through this practice.

Open M-F 8am-8pm and alternating weekends.  
Call/text/email Darlene to schedule your appointment  
Discounts and scholarships are available.

[earthwalkways@gmail.com](mailto:earthwalkways@gmail.com)

(540) 752-5540

<https://earthwalkways.com/nature-retreat/mother-natures-day-spa/>

### Full Spa Access (1.5-hour)

Enjoy your choice of the infrared sauna, outdoor jacuzzi tub, or a hot sauna/cold plunge. Good for inflammation, work out recovery, and a natural high.

\$60  
Single

\$140  
3-pack

### Half-Day Spa Package (up to 4-hours)

Spend a half-day using all of the spa services and enjoy a guided introduction to the practice of Forest Bathing. Includes a tea or cacao service.

\$90  
Single

\$230  
3-pack

### Full-Day Group Package (up to 7-hours)

A full day of relaxation and bonding in nature with unlimited spa access, a group Forest Bathing session, and picnic lunch. Includes a closing tea/fire circle for sharing.

\$50  
Person

Large group & Corporate rates available

### Spa Services

Spa services include a 15-minute chair massage, water and tea station, bathrobe, towels, and access to the shower and beauty bar. Bring a swimsuit if you plan to use the jacuzzi tub / cold plunge.

### Spa Equipment

Massage chair, massage gun, professional cups, essential oils

**\*Free introductory Pathwork sessions available. See description below. Call, text, or email Darlene for details.**



EARTHWALK WAYS

# Wellness Services in the Cocoon of Mother Nature

Choose from the menu or contact Darlene to create a personal, customized experience. Overnight rates available.

## Infrared Sauna

Infrared light heats to 140 degrees, creating a healthy sweat to boost your physical and mental health. Benefits include improved heart health, reduced pain and fatigue, improved mood, and feelings of relaxation.

## Jacuzzi Tub

Relax in the outdoor jacuzzi tub while taking in the sights and sounds of the forest. Enjoy hot or cold water and the jets, lights, and bubbles. Relieves muscle tension, lowers blood pressure, promotes heart health, and improves sleep.

## Hot Sauna / Cold Plunge

The contrast between heat and cold has been a popular practice in many cultures for centuries. Alternating between the sauna and cold tub stimulates your natural healing process and improves immune function, reduces inflammation, and enhances recovery after exercise.

## Forest Bathing

Connect with nature through all your senses. Immersion in the beauty and deep presence of nature allows us to be renewed. Improves mood, reduces stress, lowers blood pressure, and boosts your immune system.

## Pathwork

The Pathwork is a contemporary path of conscious evolution which teaches that life is a soul journey of self knowledge that leads to peace and wisdom. Explore your depths, discover all of who you are, and learn a whole new way of being.





# Nature Retreat & Airbnb

Earthwalk Ways Retreat borders a rocky stream that flows down a small secluded canyon to the Rappahannock River. There are 4,000 acres of wild riparian public land accessible from the retreat along Enchanting Run and up and down the Rappahannock River. It is our natural play ground and green sanctuary. Mixed hardwood and beech with ferns and faery rings, and natural zen gardens.

**Receive 25% off all Spa & Wellness Services when booking an overnight stay!**

## Room in the Lodge

**\$125 / night**

A retreat room in the lodge with a small refrigerator, microwave, and hot plate used primarily for guests who are doing an intensive retreat and need a cozy cocoon as well as the big cocoon of nature.



## Camper in the Woods

**\$75 / night**

A 27-foot self contained trailer, with queen bed, refrigerator, oven and stove, shower and toilet off by itself in the woods on a hill above the stream. Great for "on your own" retreats or when you want to be more secluded. The trailer can also function as a base camp kitchen for camping groups.



## Campground & Primitive Camping

**\$40 / night**

Your choice of camping near your vehicle or more primitive camping along the Enchanting Run. Access to all the public lands and outdoor features at Earthwalk Ways.



## About Darlene

Darlene Rollins is an elder who guides other souls through the underworld of the unconscious and wounded shadow to excavate and polish the precious gems hidden inside. She follows a path of ongoing soul initiation and has created a special cocoon for inner work and self-transformation in the emerald forest along the Rappahannock River .

She offers sessions, retreats, soul quests, ceremonies, and workshops. She also offers online groups and ongoing sessions for those seeking the hidden revelations within the ordinary and extraordinary experiences of life and their own life's calling. Personal, customized packages are available at discounted rates. Contact Darlene to chat about your individual needs and create your ideal wellness experience. Schedule a free exploratory session in Pathwork.



EARTHWALK WAYS

# Corporate Luncheons & Retreats in the Heart of the Forest

A relaxed sensory feast will do wonders to rebalance and recharge your co-workers and yourself. You will be amazed at how productivity, creativity, and bonding are enhanced through this experience. Research shows that being in nature and staying present has really great benefits for health and creativity.

Come for a lunch meeting or stay the whole day!

Call/text Darlene or email her at [earthwalkways@gmail.com](mailto:earthwalkways@gmail.com) to create a tailored package for your organization!

## Corporate Luncheon (3-4 hours)

\$50 / person

Get out of the office and into nature! Host your next organizational meeting or luncheon in nature's garden. Meal accommodations include the outdoor Forest Gazebo or indoor Zen Zone. Includes a guided introduction in the practice of Forest Bathing and time to explore the land and features. All dietary options available with advanced notice.

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## Corporate Retreat (6-7 hours)

\$75 / person

Enjoy a full day of teambuilding, exploration, and relaxation surrounded by the sights and sounds of the forest. Plan meetings or group activities in the outdoor Forest Gazebo or indoor Zen Zone. Includes lunch, a group Forest Bathing session, and a closing tea/cacao service and fire circle for sharing. Individual spa appointments available by request.

