

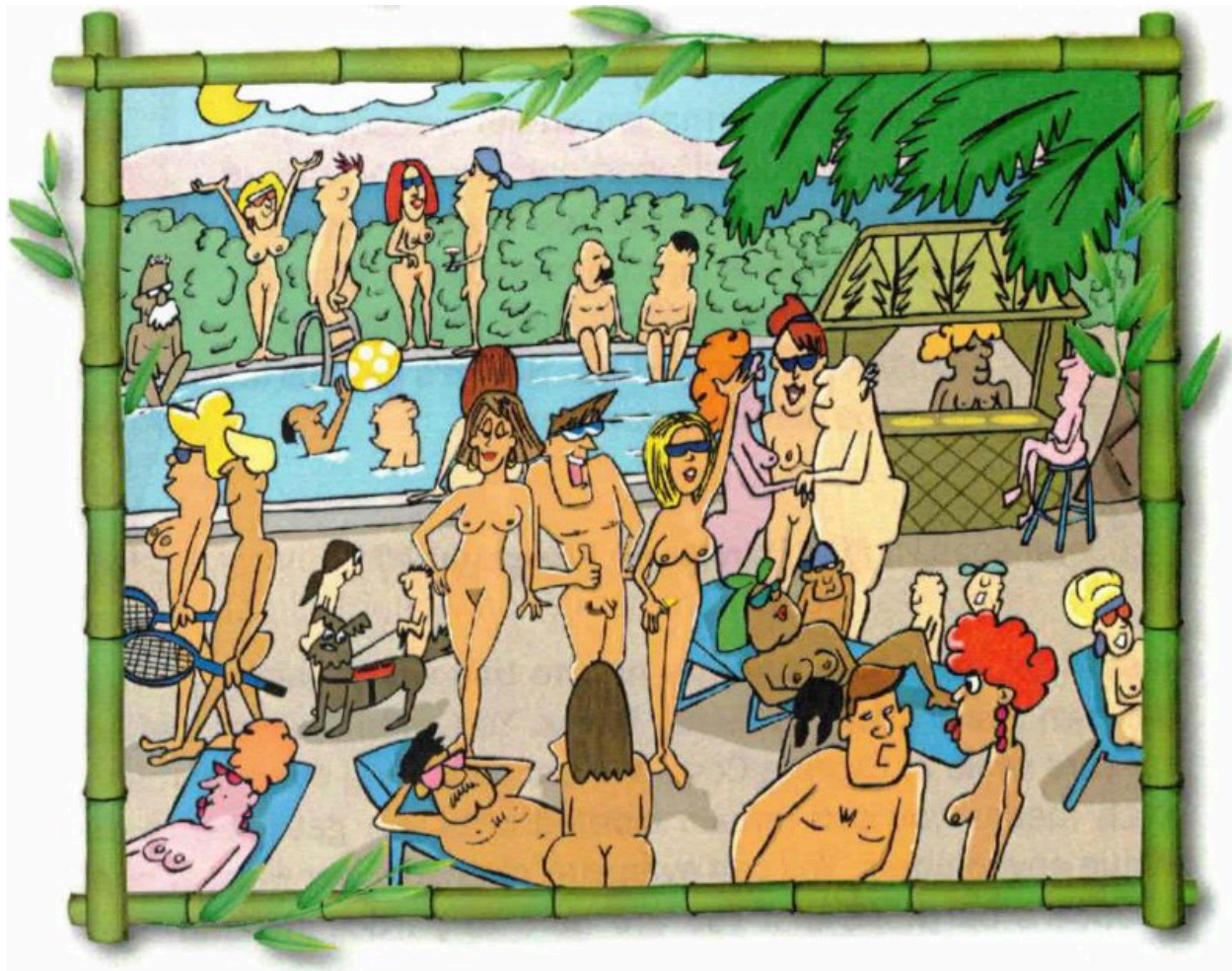
Whispering Pines Nudist Resort

1114 Sun St NW

Ocean Isle Beach, NC 28469

A Guide to Taking it all off

October 16, 2023



OK, you're finally here. You took the plunge and are visiting a nudist resort! Aside from all the new and different feelings you're experiencing, you probably have all sorts of questions running through your mind. We'll answer some of the basic ones right here but there is also a lot of information on our website at www.wpnr.info. You can of course, always feel free to ask a staff member, or other seasoned nudist about their experiences with the nude way of life. So what are the most common questions/concerns...

Now what? Do I have to get naked right away?

The most important thing is to have fun! Go at your own pace and remember to take your time and relax. You should never feel any pressure while at WPNR. We are a clothing-optional resort, which means you can remain clothed until you get used to our unique environment—the only required nude location is the pool & hot tub area. All other areas can be clothed if you want or need to, but it's our hope that you are here to participate and enjoy yourself.

Take time to get acclimated by visiting our natural areas like the lake area and various walking trails. You will be amazed at the quietness of the resort (well except for the pool area) and you can take your time getting used to being natural. Generally, it only takes first-timers about 30 minutes to get used to the environment and actually start shedding their clothes and worries. Many times, you will find it more uncomfortable to be clothed than naked when you are the only one wearing clothes.



You're not alone, everyone has had a first-time experience. The staff and members are here to support you and make you comfortable... you can do this, so have fun!

A natural vacationing, recreation, and leisure and actually very popular. Surveys have shown that millions of people in the US have engaged in social nude recreation, from skinny dipping in a pool or hot tub, nude sunbathing, visiting a nude beach, or nudist resort. Many famous people enjoy it, and we still join millions of other people internationally, from Europe, Australia, New Zealand, and South America—all over! Benjamin Franklin, one of the founding fathers, began every day with an air bath (hanging out in his room naked for about an hour reading and writing), skinny dipping. Theodore Roosevelt used to take his entire tennis

group naked into the Potomac river. Other notable politicians that enjoyed nudism are John Quincy Adams, John F Kennedy, Lyndon Baines Johnson and Richard Nixon. Aside from politicians, there are also plenty of movie and pop stars that enjoy the naturalist lifestyle. For example, Hellen Mirren in 2004 was awarded the "Naturist of the Year" trophy and stated that "I do believe in naturism and am my happiest on a nude beach with people of all ages and races!" Brad Pitt, Kevin Bacon enjoy the home nudist lifestyle and Orlando Bloom along with Justin Bieber share an interest in skinny dipping while on holiday. Then there is Alicia Silverstone, Cameron Diaz, Christy Brinkley, Uma Thurman, and Bruce Willis among many others.

Bottom line, you will find people here from almost every social, political, and religious tradition who all enjoy nude recreation. In Fact, diversity is what makes our community so interesting and fun. That's also why it is so easy for you to make friends at a nudist resort. Once the barrier of clothing is taken away, you begin to look at people as regular human beings just like you and can relate to people much easier without the judgments and perceptions that clothing brings.

In essence, you are stripping down to the real person you are. Openness is easier because no one is hiding behind a costume. You are accepted as a person and not because of the types of clothes you wear. How freeing is that?!

And whole families do this?

Of course! WPNR is a wholesome and safe environment where entire families come to relax and spend time in the natural. There are plenty of activities for experiencing together time, from the beach to boating to pool-time to sports or just plain relaxing together.

We do expect you to supervise your children at all times while you are here, but WPNR members all look out for the safety of our guests. Especially the little ones. In fact, many parents tell us that they feel safer within our gates than they do in public parks and recreational facilities. Our entire resort values safety and privacy, and we guarantee that you will all enjoy your time here as you experience the benefits of nude recreation together.



But is it really ok for kids?

Absolutely, Kids take to it right away. Most are “born nudists” anyway. What parent hasn’t experienced times when they could hardly keep the kids in his or her clothes? Kids are often quicker to accept social nudity because they have not yet been influenced or conditioned to think that certain body parts are “bad,” “shameful,” or “gross.” It is not until a little later in life that we receive those messages from fearful yet well-meaning parents, influencers, media, and entertainment. For children, running around in the buff is natural because they are unencumbered by negative feelings towards the human body. They already live in the freedom that we adults must rediscover.

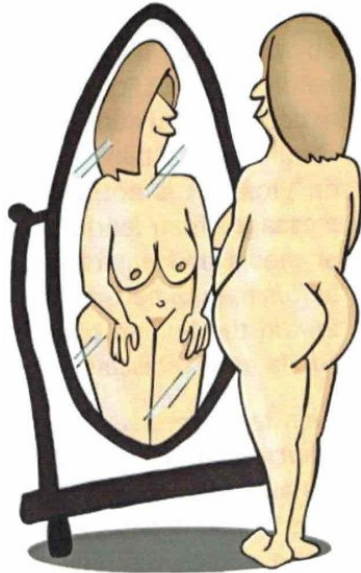


Even teenagers can adapt and benefit from au natural recreation. What a great time to talk with them about having the proper views of the human body and of sexuality! Adolescence is usually a stressful time where dealing with growth and body changes can impact a young person well into adulthood. Seeing how other bodies have developed, how normal it is to have a different body type, how no one is “perfect,” and how it is possible to interact with the opposite sex without confusing nudity with sexuality can all be very healthy lessons for teens and young adults.

Want to raise children that have healthy attitudes toward their bodies and the bodies of others? Spending time at WPNR can be as educational and life affirming as it is fun and recreational. Don’t discount bringing your teen son or daughter with you for a

retreat. They can get used to it at their own pace and will probably thank you for the whole experience later.

Can this help with women's body issues?



Ask any woman that you see around WPNR and she will likely tell you that taking it all off helped her to overcome her own negative body image problems. For years, women have been unfairly subjected to unrealistic comparisons with physical "ideals" in advertising and entertainment and the sexualization of their bodies. This has caused much damage to female self-image, their self-worth and many of the social problems for us all.

Taking off your clothes might seem counterintuitive, but in actuality, it helps. When you see other people uncovered, you quickly realize that no one is perfect, no one is the same, and that there is beauty in everybody. You begin to accept yourself as you are.

WPNR is a great place for girls' day out or weekend getaway! Why not visit together? Sometimes, experiencing this freedom is better with a BFF, a sister or a mother.

Mens concerns, what if...Well, you know?

Men have body image issues also—though they are not as vocal about it. Men also compare their bodies to other men. As with women, men can find freedom from such unnecessary comparisons when visiting WPNR.

But what about the problem of erections? Won't guys get excited when they are in mixed nude company? Not really. When you experience wholesome, social nudity, you quickly realize that it is not a sexual event. It becomes very natural and you acclimate quickly. If you let yourself relax, you will find freedom from all the sexualization and over-stimulation that has bombarded you for years. You will see people as people and not as sexual objects. This can be a very healing experience for many men.

Sexual stimulation is not the only time that men get erections. Erections are a natural process in the male body and they occur throughout the day as the body adjusts to blood circulation needs. So, just because it happens, that doesn't mean a man is sexually aroused. Our bodies' natural processes should be understood and respected. A man should never feel condemnation or unfair judgment when his body just does what it is designed to do.



That said, we do have etiquette regarding erections that is based on mutual respect and common sense. Guys, if you do get an erection, don't make a big deal about it. Simply cover it discreetly and think about something else until it subsides. Again, there is nothing to be embarrassed about, but not everyone understands what is going on with you. Out of respect for that, don't bring attention to yourself. The erection will pass quickly and you will have learned an important lesson about how you can actually control your own body.

Remember, no parts of the body are "bad" or "gross." Respect is key.

Can you really separate nudity and sexuality?

Nudists (or naturists, same thing) and others who have adopted wholesome views of the human body have been saying for over 100 years that "nudity and sex are not the same thing." Yes, you can be unclothed in mixed company and not have to "go there" in your mind. And that doesn't mean that people who enjoy social nudism have become asexual either. We have simply learned that, like a light switch, you can "turn off" sexual thinking and see humanity in a new and better way. Sex is good, in its proper place and time, but being nude does not imply something sexual; it is simply our normal and natural human state of being. If you come to WPNR with this mindset, you will thoroughly enjoy yourself.



Remember, this isn't about "seeing" or "being seen."

It's about "being." Nudist philosophy teaches that our bodies are good, including all parts of them. We have nothing to be ashamed of, and so long as our minds are in the right place, it is possible to enjoy social interaction and recreation wearing nothing but the skin you were born with.

Because we can, and do, separate sex from basic nudity, we learn and teach respect for every individual. You will find more acceptance and respect at WPNR than anywhere else because our total openness creates just that atmosphere. When you stop hiding, you become free to be your true self.

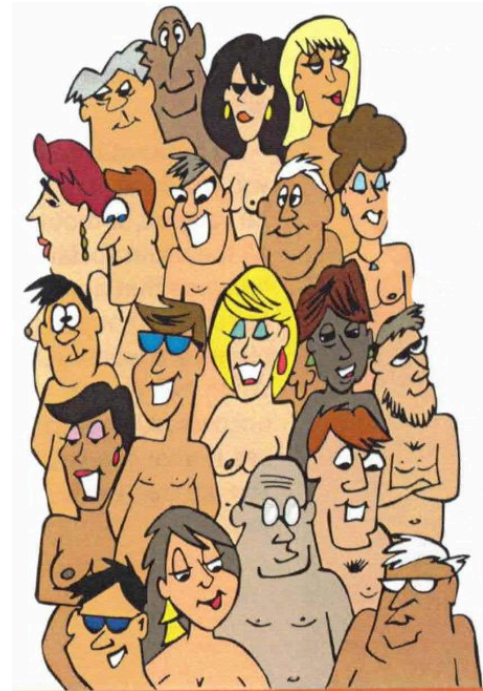
We are sexual beings, but we are also much more than that. Isn't it time to get rid of the old baggage and find a new and healthier way of thinking and being? If you are reading this booklet, you are already on your way to that discovery.

How should I act around other nude people?

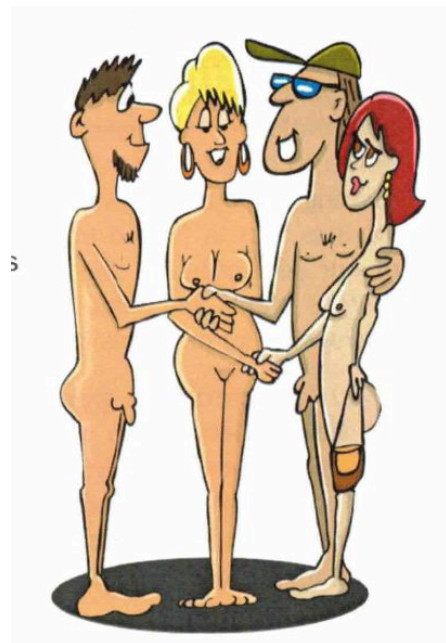
As a guest of WPNR, your behavior will determine your experience. If you are here with the right mindset, you're going to benefit from all the great things that the nude way of life has to offer. If, on the other hand, you are here just to "scope out" nude people or for any other reason, it will become evident and you will be asked to leave. Our goal is to make WPNR a safe and fun place to experience clothing-free recreation for everyone.

But your here to participate and have fun, so here are a few things to remember regarding nudist etiquette:

- Always carry a towel to sit on. We have some at the front desk if you don't have your own. Some folks like to wear sarongs for this purpose and that is also ok.
- Don't stare and don't make people wonder where your eyes are looking under your dark sunglasses
- Relax and be respectful. Don't talk about people's bodies or use crude joking
- Make others feel comfortable and safe
- Don't do anything that you wouldn't do in front of others at a family reunion or corporate picnic. Would you do or say that in front of your mom, dad, sisters, or brother? If you wouldn't, then you shouldn't do it when you're naked either.
- Above all, show courtesy and be respectful



Will I feel comfortable?



If you're worried about how you look, don't be. You'll quickly see that WPNR is a place for "everybody." Young, old, skinny, fat, dark, light, physically fit, physically challenged, pretty, plain, tall, short, hairy, bald, active, slow, we have them all here and you'll fit right in.

Remember, it isn't about what you look like—that's not why we're here. In this relaxing environment, you will not feel the same pressures that you feel in your clothed world—pressures to look a certain way, pressures to dress in certain styles, pressures to live up to what your costumes say about you. That all goes away when you take it all off. For many visitors this can be a truly healing experience.

You don't have to look like anyone else either. Things like jewelry, hair styles, body hair preferences—these are things that are as individual as the people. Don't worry about what other people look like or about fitting in with them. Come here and just be you.

Can this really be for everyone?

Social nudism can be for anyone, but it may not be for everyone. Read that again: Social nudism can be for anyone, but it may not be for everyone. If you're coming to WPNR to experience the benefits listed earlier, you will find them. Some people might not be ready to take this sort of plunge. That's ok, some people need time to process this new way of thinking. Others have issues or concerns before they can consider trying it. Not a problem, When you're ready, we're here to make you comfortable and support you.

So you are a reluctant spouse or friend of someone who wants to try nude recreation but you are not yet ready yourself, don't feel bad and don't feel like you have to stay home. Consider visiting WPNR as our guest anyway. Since we are clothing optional, you can choose to remain completely or partially covered while your spouse or friends go nude. No pressure, Being here, seeing things for yourself and having fun together might just be the things you need to help you through your own body awareness journey.

Taking it all off is natural, relaxing, fun and exhilarating. It's life changing and we appreciate you entrusting WPNR with a part of your au natural experience.



What can I expect during my first visit?

When first visiting WPNR, you will be welcomed by our Office staff in the main office where you will also be checked-in. With all the business out of the way, you can ask for a tour of the grounds so you'll know where all the resort's main features are located and after that, you will be free to get settled into your room, campsite, or go right out and start enjoying WPNR.

As mentioned, if you are new to au natural recreation, you might want to start your experience strolling around our resort where it tends to be quieter while you get acclimated and comfortable. Of course some people just



jump right in and head for the pool to socialize. It's completely up to you how you want to proceed. You will never feel pressured in our relaxing environment.

The people at WPNR are friendly and welcoming. When you encounter others, you will be greeted by a smile, wave, or friendly hello. No one will stare at you or make you feel uncomfortable. They are all here to relax and have fun just like you. That said, if at any time you do feel uncomfortable with someone's actions, report it to a staff member and it will be handled. Likewise, make sure that you understand our resort rules too. Taking photos in most areas is not permitted and taking photos of others without their permission is strictly prohibited. We have other rules as well that ensure privacy and safety, so be sure to read the materials that you were given when you arrived.

We're sure that your first visit with us will make you want to come back again and again. Be sure to check out our resort Membership options if you plan to be a regular!

How can I keep in touch with WPNR?

- **Newsletter** – There is a WPNR newsletter that is sent out every quarter with updates, news, photos, and more.
- **Website** – Visit our website often at www.wpnr.info to find news and information 24/7
- **Facebook** – Join 15,000 followers who love to socialize with us online



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