

POCKETBOOK HUDSON  
THE BATHS

*A space between dreaming and wakefulness*

POCKETBOOK HOTEL AND BATHS  
549 WASHINGTON STREET, HUDSON, NY 12534  
POCKETBOOKHUDSON.COM

THE BATHS

Our communal baths are a living vessel of care and inspiration—a landscape of steam and thermal pools where sensation stirs resonance within and beyond the individual body.

WATER

Hudson’s water source is a clean and plentiful alkaline surface water reservoir located in Churchtown.

Our waters are filtered and treated for safe enjoyment.

Our Float pool is salted with regional sea salt from Amagansett.

WASH

Before you soak, we ask that you rinse or exfoliate as the start of your bathing circuit.

Seated scrubbing stations shed, renew

Standing showers before you drift off

POOLS

Float — drift, notice — 80-104°  
(adapts to the season)  
*A large salted pool with space for swimming, wading and lounging*

Soak — unbind, suspend — 104°  
*An open well with targeted hydromassage jets for loosening muscle tension*

Plunge – adapt, vibrate — 55°  
*A deep cold plunge for dipping, spilling, or full submersion*

HEAT

Steam — expand, blur — 118°  
*2 tiers for lounging and stretching*

*Local seasonal essential oil and vibrational essence blend*

*Pull shower*

CHANGING AREA

Open co-ed changing space  
Personal storage cubbies  
Valuables lockers  
Mirrored Vanity  
Private curtained changing rooms  
Private shower  
Private all gender restroom

ACCESSIBILITY

Fully ADA accessible facility  
Eco cleaning supplies, free of synthetic fragrance  
Unscented eco-laundered towels and linens  
Low stimulation zone in Studio  
Community Day pricing

## SPA

Collaboration is our signature. Together with a healing arts specialist, you'll locate the intersection of their unique body of knowledge and your curiosity. Personalized treatment offerings include massage, facials, acupuncture, sound therapy, strength training, somatic coaching, and an array of consultations in creative, intuitive and herbal modalities.

### 5 Treatment and Consultation Rooms

100% organic cotton linens

Heated massage tables (*including extra-wide and prenatal models*)

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## SIGNATURE TREATMENTS

Our Signature Massage and Facial treatments are a creative partnership between you and your practitioner. Before booking, we invite you to read the practitioner bios on our booking page to learn more about each specialist's unique practice and point of view.

### THE MESSAGE

*90 minutes, \$250*

Treatment begins as a calibration. We'll create a shared language and mode of practice centered on your interests. Hands on, we'll ebb through relevant states and modalities: clear, stretch, drift, pressure, move, sound, still.

Care reaches through the structural tissues and nervous system, supporting release and reintegration. We finish with guided breath and movement, sonic tuning, herbal aftercare, and a ritual to carry home.

### THE FACIAL

*90 minutes, \$275*

Skin is the intelligent, expressive interface between your environment and your inner world. Our botanical ritual combines a bespoke cleansing and refining protocol with guided movement, massage, light therapy and vibrational resonance to stimulate detoxification and regeneration on every level. Treatment extends through the décolletage, scalp and hands, tending the lymphatic and nervous systems. You'll leave with glowing, lucid skin, insight on your unique complexion, and a tailored protocol to carry home.

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## CURATED SESSIONS

On our bookings page, you'll also find a rotating array of unique offerings from our network of healing arts practitioners—including acupuncture, tarot, sound therapy, strength training, somatic coaching, guided meditation, and a variety of consultations in creative, intuitive, and herbal modalities.

## STUDIO

Between classes, our lofted Studio is an open field of rest and free movement for all guests of the Baths. We offer recurring daily classes and special workshops in strength training, sitting meditation, sound immersion, dance, sensory plant meditation, breathwork, Deep Listening, yoga, Pilates and various forms of creative practice. All are access-centered and open level, with no prior experience required.

### CLASS EXAMPLES:

#### RESONANT BODY

*with Remy*

A moving meditation to tend the tissues and tune the nervous system—restoring an optimal balance of activation and receptivity through the muscles and fascia. Through an exploratory flow of floor and standing exercises, we'll cultivate strength, elasticity and ease.

Tools: *Sensory Meditation, Functional Movement, Fascial Conditioning, Integral Anatomy, Qi Gong, Pilates, Dance, Breathwork, Free Movement*

Feels: *Grounded, Water, Listening*

#### PULSE TO PAGE

*with Kate*

A warming practice for unspooling tight tissues and tangled thoughts. We'll refresh circulation and unblock creative energy with invigorating movement, culminating in a no-stakes stream-of-consciousness scribble. With our last 15 minutes, journal/draw/write a poem and allow your inner world to spill onto paper without direction or structure.

Tools: *Barre, Pilates, Stretching, Dance-inspired Gestural Flow, Free-Writing*

Feels: *Energizing, Rinse, Discovery*

#### YIN LAND + SURRENDER

*with Alees*

A slow, floor-based practice focused on deep tissue release, breath awareness, and nervous system down-regulation. Movements are minimal and accessible, with an emphasis on landing in stillness, gentle opening, and embodied presence. Practice culminates with a harmonic sound bath for rest and integration.

Tools: *Yin Yoga, Pranayama, Somatic Meditation, Tantra, Himalayan Phurba Bowl Sound Therapy*

Feels: *Elemental, Rooting, Alchemy*

#### BREATHE ON

*with Rae*

Tune into the feeling of being alive through guided breath and movement. We'll weave recipes for wellbeing with strengthening asana, music, and invigorating breath to the beat, culminating in a soft guided unwinding and extended savasana.

Tools: *Breathwork (Pranayama, Kriya), Vinyasa Flow*

Feels: *Woven, Guided, Vibrant*

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## SHOP

In our retail shop, you'll find a highly curated collection of botanical health and beauty formulas, including skincare, cosmetics and natural supplements with zero synthetic fragrances or harmful additives. We source from local artisans based in the Hudson Valley or independent brands, all with the highest ingredient standards and a commitment to ecological responsibility.

## GIFTS

Electronic gift cards may be applied to items in our shop, and toward treatments and Baths visits once we open to the public. If you are interested in purchasing a gift, please visit the Baths page on our website.

## HOURS

Most Days 9am - 9pm  
Tuesdays and Wednesdays 12pm - 9pm

## RATES

Day Pass, 2.5 soak - \$60

*Tuesday and Wednesday are Community Days for Hudson Valley residents - \$30*

## MEMBERSHIPS

Members receive access to the Baths with special rates on private treatments, consultations, in our shop, and at Ambos Restaurant. Select memberships also include Studio classes and social events. Membership spots are limited and offered on a first come first serve basis.

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### TIERS

Complete – \$325

*Unlimited access to the Baths and Studio classes, 7 days a week. One free Spa Treatment or Consultation annually.\**

Local – \$250

*Weekday unlimited soaking and Studio classes. One free Spa Treatment or Consultation annually.\**

Balance – \$195

*1 Baths visit + 1 class per week, any day of the week. One free Spa Treatment or Consultation annually.\**

Studio – \$125

*Unlimited classes, \$30 soaks 7 days a week (50% off)*

Community – \$100

*1 Baths visit + 1 class per week, on Community Days (Tuesday or Wednesday)*

*\*Founder's Rate - 20% off when a year is paid upfront in full, no refunds, one free Treatment or Consultation upon sign up  
Couples Memberships also available*

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### BENEFITS

10% off Treatments, Consultations and Private Sessions, in our Shop, and at Ambos

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### TERMS AND CONDITIONS

*No initiation fee.  
Memberships are billed monthly or annually.  
Minimum three month or annual commitment.  
Select start date at time of purchase.  
Members must book ahead with our online system.  
Memberships are for personal use only and may not be shared or transferred.  
To cancel after the initial three month or annual term, seven days written notice is required prior to the next billing cycle.*

### COMMUNITY HEALTH

Pocketbook Hudson is a space for care and connection, and discrimination of any kind, including racist, classist, sexist, ableist, body-shaming, homophobic or transphobic behavior, will not be tolerated, and is grounds for removal and membership cancellation. If at any point you feel uncomfortable, please speak to a member of our team.

*We are a co-ed facility with a shared locker room and private changing areas, and bathing attire is required in public spaces.*

## ABOUT THE BATHS

### HISTORY

The historic brick and timber structure that now houses The Baths was originally built in 1885 as a fiber storage warehouse, where raw wool and cotton bales were stored before being processed into textile elsewhere onsite.

### OUR PROGRAM

The Baths and Spa program is designed by Remy Maelen—a multidisciplinary care practitioner, performance artist, and Pocketbook’s Director of Wellness.

Rooted in the conviction that healing is relational, operations and programming blend in a holistic model designed serve guests and team members alike.

Our Hosts, Care Practitioners, and Class Facilitators share a platform and a structured research lab to hone tools and perspectives through guided creative exchange. We welcome guests into this living culture of care, where ‘wellness’ is more than a state of personal health—it’s a reflexive practice that connects us with one another and the environment we share.

### INSPIRATION

The Baths were conceived of and designed by the in-house creative team behind Pocketbook Hudson. We were inspired by the variation of bathing traditions across the globe, and the fundamental healing qualities of water.

### ART AT POCKETBOOK

Pocketbook sees art as a form of infrastructure, rather than adornment. An emotional architecture held together by long-standing friendships, mutual witnessing and shared language. It evolves from an artist-led desire to build—not just images or objects—but conditions: for intimacy, for irreverence, for worlding. What emerges is a new form of hospitality, one rooted in queer kinship, participation and transformation.

*The Space that Dissolves Us, 2026*  
Crystals, gems, wire, wood trellis  
Stephanie Shiu (b. 1988)

*Rubberworks, 2025*  
Rubber stools, buckets, lighting  
Rich Aybar (b. 1983)