

POCKETBOOK HUDSON BATHS & SPA
BATHS GUIDE

YOUR VISIT

RESERVATIONS

Advance reservations for bathing, classes and treatments are strongly recommended and appreciated.

ARRIVAL

Please a few minutes early for your reservation to allow for check-in and a brief orientation with your host.

BATHING VISITS

Visits are scheduled in 2.5-hour sessions. Out of respect for fellow guests, late arrivals may experience a shortened visit. Please check out at reception at the close of your reserved time.

WHAT TO BRING

Swimsuits are required. Towels are provided, and robes are available to rent. Non-slip slides are provided at check-in. You are welcome to bring your own, but they must be clean and designated for indoor-only use. *We recommend leaving valuables at home or in your hotel room. We are not responsible for the loss of personal items.*

PRIVACY

Our changing area features an open co-ed space and two private curtained changing rooms. Any photographs you take of the space must not include the bodies of other guests.

TOILETRIES & PERSONAL CARE

Our Baths are stocked with clean botanical formulas for face and body, free of synthetic fragrance. You may only use products provided or from our retail shop in communal areas. Personal toiletries are welcome in the private shower and vanity spaces, but we ask that you leave anything strongly perfumed at home.

SOUND

We are a living space. In the Baths, Spa and Studio, the sounds of others are likely to texture your experience. We ask that you remain mindful to keep voices low in all areas.

BATHS ETIQUETTE

To preserve a calm and restorative atmosphere for all guests:

- ~ Mobile phones must be silenced.
- ~ Photography and video are permitted, but please be subtle, and ensure your images don't capture guests who are not members of your party.
- ~ Public displays of affection should be considerate of those around you.
- ~ Wear provided slippers—floors may be warm or slippery.
- ~ Rinse before using the pools and steam room.

Behavior that disrupts the environment or the comfort of fellow guests may result in being asked to leave, without refund.

CIRCUIT RITUAL

Our Baths include steam, cold plunge, and hydrotherapy environments. We encourage you to move through the space at your own pace and listen to your body. We recommend:

- ~ Beginning with milder, shorter heat sessions (5–10 minutes).
- ~ Cooling gradually before entering cold pools.
- ~ Resting between heat and cold cycles.
- ~ Staying hydrated throughout your visit.

HEALTH & SAFETY

- ~ Individual sensitivity to heat varies. Take breaks from the heat at least every 15 minutes.
- ~ After a soak or steam, stand and exit heated areas slowly and with care.
- ~ If you feel dizzy, lightheaded, or uncomfortable, exit heated areas immediately. Our hosts are always available to assist.
- ~ We recommend consulting a physician prior to your visit if you are pregnant, have heart or circulatory conditions, or are sensitive to heat or cold.
- ~ Sandals are required at all times, as surfaces are slippery when wet.
- ~ Standing on pool edges is not permitted.
- ~ Guests who appear visibly intoxicated will not be permitted access to the Baths.

TREATMENTS & SERVICES

If you are enjoying the Baths before a treatment, we ask that you leave pools and steam at least 15 minutes before your service, allowing your body to cool, dry and settle. Gratuities for treatment practitioners is customary and appreciated.

RESERVATIONS & CANCELLATIONS

Modifications or cancellations must be made at least 24 hours in advance to baths@pocketbookhudson.com. No-shows and cancellations within 24 hours will be charged for in full, and subject to forfeiture of the reservation. Same and next-day reservations are within this cancellation window. Reservations may be transferred to another guest with advance notice.

COMMUNITY

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. All who enter are welcomed into a space for mutual kindness and respect. 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.