

POCKETBOOK HUDSON BATHS & SPA
BATHS VISIT GUIDELINES

Our Baths are designed for collective rest and renewal.
We ask that you move through the space with consideration for all.
Children under the age of 18 are not permitted access.

COMMUNITY

We are a space for care and connection. Racist, classist, sexist, ableist, body-shaming, homophobic or transphobic behavior will not be tolerated. If at any point you feel uncomfortable, please speak to a member of our team.

ARRIVAL & YOUR VISIT

ARRIVAL

Please arrive 5–10 minutes before your reservation to allow time for check-in and a brief orientation with your host.

SESSIONS

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 and slippers are provided. We recommend leaving valuables 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 changing rooms.

SOUND

We are a living space. The sounds of others may texture your experience. We ask that all remain mindful of keeping voices low in all areas.

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 available in 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.

BATHS ETIQUETTE

To preserve a calm and restorative atmosphere for all guests:

- Mobile phones must be silenced.
- Photography and video are not permitted.
- Public displays of affection should be considerate of those around you.
- Wear provided slippers—floors may be warm or slippery.
- Remove slippers before entering pools.
- Rinse before using the pools and steam room.

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

CIRCUIT RITUAL

Our baths include steam, cold plunge, and hydrotherapy experiences.

We encourage you to move through the space at your own pace and listen to your body. We recommend:

- Beginning with 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

Please exit any space immediately if you feel dizzy, lightheaded, or uncomfortable. 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. 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. Gratuity for treatment practitioners is customary and appreciated.

RESERVATIONS & CANCELLATIONS

Modifications or cancellations must be made at least 24 hours in advance. Cancellations within 24 hours and no-shows may be subject to a fee or forfeiture of the reservation. Reservations may be transferred to another guest with advance notice.