POCKETBOOK HUDSON

THE BATHS



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





MEMBERSHIPS

Create a personal care ritual. Membership offers consistent access to our space, along with a more intentional and elevated experience. Members enjoy the Baths and Studio, with special rates on private Spa treatments, hotel rooms, in our shop, and at Ambos Restaurant.

TIERS

Complete – *Unlimited access to the Baths and Studio classes, 7 days a week **

$325/month, or $3,120/year

Local – *Weekday unlimited bathing and Studio classes **

$250/month, or $2,400/year

Balance – *1 Baths visit + 1 class per week, any day of the week **

$195/month, or $1,872/year

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

$125/month, or $1,200/year

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

$100/month, or $1,200/year

Couples rates also available

FOUNDERS' RATE

20% off when a year is paid upfront, in full

FALL SPECIAL

10% off Spa treatments, in our Shop, and at Ambos restaurant

20% off Sunday-Thursday Hotel Stays with free $50 Spa credit

* Monthly members of these Select Tiers receive one (1) free Overnight Hotel Stay, valid Sunday-Thursday.

* Founders receive five (5) stays + one (1) weekday Spa treatment.

TERMS AND CONDITIONS

1. No initiation fee.
2. Memberships are billed monthly or annually.
3. Minimum non-refundable six month or annual commitment.
4. Maximum 1 month freeze per year.
5. Memberships are for personal use only and credits may not be transferred.
6. To cancel after the initial term, fourteen days written notice is required prior to the next billing cycle.
7. Free overnight stays are subject to availability, holidays excluded. One credit per stay. Transferrable.



COMMUNUAL 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 body polishing station
shed, renew

Standing showers
before you drift off

POOLS

Float — drift, notice — 98.6°
(adapts to the season)
A large salted pool with space for swimming, wading and lounging

Soak — unbind, suspend — 105°
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


Monastery
Apis



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*)

SIGNATURE TREATMENTS

Our Signature treatments are a creative partnership between you and your practitioner. Before booking, we invite you to read each specialist's bio in our booking portal to learn more about their unique practice and point of view. Choose a practitioner you resonate with. At intake, you'll co-create a treatment flow aligned with your interests.

THE MASSAGE

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 decolletage, scalp and hands, tending the lymphatic and nervous systems.

You'll leave with glowing, lucid skin, insight on your unique complexion, and a ritual to carry home.

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.





Between classes, our lofted Studio is an open field of rest and free movement for all. We offer recurring daily classes, special workshops, and private group wellness experiences 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, 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 Phurbu Bowl Sound Therapy*

Feels: *Elemental, Rooting, Alchemy*

INTO THE FLOW

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*



HOURS

Most Days 9:00am - 9:00pm
Tuesdays and Wednesdays 11:00am - 9:00pm

Gift cards are available for purchase and may be applied to the Baths, Spa, and Studio

RATES

Day Pass, 2.5 soak - $60
Tuesday and Wednesday are Community Days - $30

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

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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.

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.

OUR PROGRAM

Our Baths, Spa and Studio offerings are designed and curated by Remy Maelen—a multidisciplinary care practitioner, movement and 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 to serve guests and team members alike.

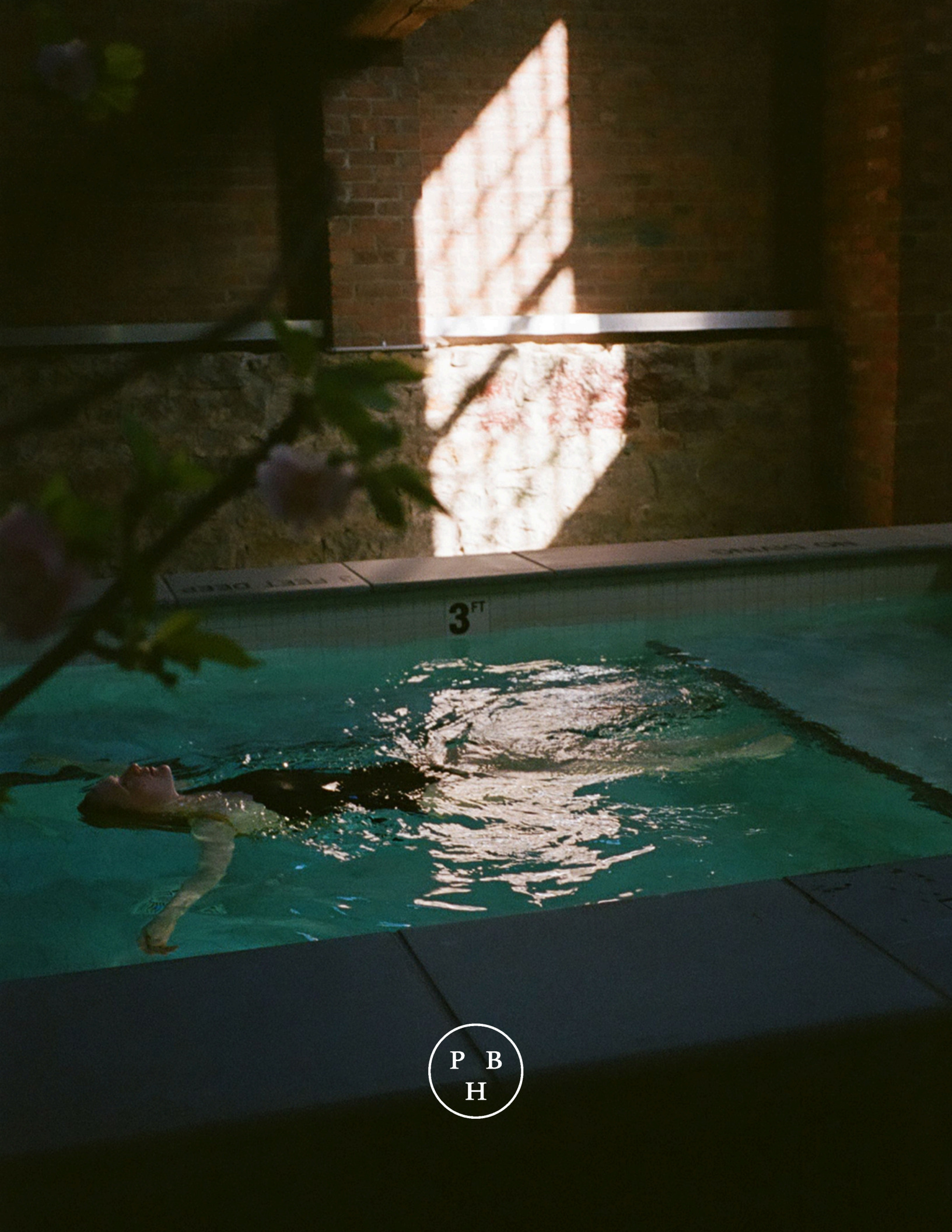
Our Hosts, Care Practitioners, and Class Facilitators share a platform and a structured research lab to hone tools and perspectives through guided creative exchange. We welcome guests into this living culture of care, where 'wellness' is more than a state of personal health—it's a reflexive practice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

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)


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