

THE BARNs

TROUTBECK

WELLNESS TREATMENTS, THERAPIES & PRIVATE INSTRUCTION

MENU OF SERVICES

The wellness spaces at the Barns are open to Guests and Members with a full range of amenities and services available by appointment. Daily classes take place in our 1,250 sq ft Tall Barn, and in the warmer months, in our open air Pole Barn. The reception, treatment rooms, changing rooms and saunas can be found in the Long Barn.

The fitness center, saunas, massage therapy sessions and daily classes all require reservations.

HOURS OF OPERATION

6am - 10pm

*A human presence at the Long Barn reception: 8am-12pm & 1-6pm 7 days per week.

For our daily class schedule with pricing, please see our Barns monthly calendar.

FOR RESERVATIONS:

thebarns@troutbeck.com
or (845) 789-1567

CANCELLATION POLICY

If treatment/session is canceled within 7 days of appointment, a 25% refund is offered. Refund void if canceled within 48 hours.



The Barns is an adult-only space, 18 and up.

	DURATION	MEMBER	GUEST
ACUPUNCTURE			
Regular Acupuncture	60 mins	\$205.00	\$230.00
Gua Sha + Facial Acupuncture + Celluma Light	90 mins	\$325.00	\$350.00
YOGA			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
MEDITATION			
Meditation (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
PILATES MAT			
Pilates (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
SOMATIC EXPERIENCE			
Somatic Experiencing® private session with Sandrine Harris	60 mins	\$245.00	\$275.00
KINESOMA			
Kinesoma with Sandrine Harris (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
TENNIS INSTRUCTION			
Individual or Couple	60 mins	\$140.00	\$165.00
Group (max 8 people)	60 mins	\$200.00	\$225.00
Individual or Couple	90 mins	\$200.00	\$225.00
Group (max 8 people)	90 mins	\$275.00	\$300.00
INFRARED SAUNA			
Quick Heat	25 mins	\$35.00	\$40.00
Full Heat	50 mins	\$60.00	\$70.00
SOUND BATH			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
FOREST BATHING			
Private (1-2 adults)	60 mins	\$225.00	\$250.00
Group (max 16 adults)	60 mins	\$320.00	\$350.00
ASTROLOGY			
Soul Pattern Personal Astrology Reading	60 mins	\$225.00	\$250.00
Cosmic Connections: Relationship Readings (total for 2 people)	60 mins	\$225.00	\$250.00
Group Readings (for 3 - 4 people total)	90 mins	\$335.00	\$375.00
PERSONAL TRAINING			
	50 mins	\$125.00	\$150.00

WILDSMITH

Beginning in January 2025, Troutbeck debuts Wildsmith as our new wellbeing partner. Consult our Wildsmith X Troutbeck treatment menu for new experiences curated by the Wildsmith team who has trained our exceptional practitioners in their nature-driven wellbeing experiences, such as their Radical Botany Facial, Wildsmith Time, Salt Scrub, Wildsmith New Life — for expecting parents — and more.