

THE BARNs

AT
TROUTBECK

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 cancelled within 7 days of appointment, 25% refund offered. Refund void if cancelled within 48hrs.



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
MASSAGE THERAPY*			
Massage	60 mins	\$180.00	\$200.00
Massage	90 mins	\$270.00	\$300.00
In Room	60 mins	N/A	\$250.00
In Room	90 mins	N/A	\$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 EXPERIENCING			
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 Session	60 mins	\$245.00	\$275.00
Cosmic Connections: Relationship Readings (total for 2 people)	60 mins	\$245.00	\$275.00
Family Astrology (for 3 - 4 people total)	90 mins	\$335.00	\$375.00
PERSONAL TRAINING			
	50 mins	\$125.00	\$150.00

*For your convenience, a 20% service charge is added to all massage therapy sessions, for the full value of the session (prior to the Member discount).