

PAN PACIFIC LONDON

VOL 4

Periscope.

DISCOVER A DIFFERENT SIDE OF LONDON

INDULGE

SOUTHEAST ASIAN FLAVOURS
WITH WESTERN TECHNIQUES

LOCALE

ST DUNSTAN
IN THE EAST

WELLBEING

FUTURE OF WELLBEING



Gift A Loved One

Treat a special someone to an unforgettable experience at Pan Pacific London.

Discover our gift vouchers.



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LONDON'S DIGITAL
NEWS

DISCOVER





Behind The Build

PAN PACIFIC LONDON

London is one of the busiest cities in the world, and while there's something uniquely invigorating about the hustle and bustle of this capital city, a touch of tranquillity is always a welcome reprieve. This is where Pan Pacific London steps in to save the day. The hotel seamlessly blends British elegance with Singaporean sensibilities, drawing inspiration from the serene ambience of woodlands and rainforests.

The calm atmosphere and comforting colour palette, complemented by thoughtful details such as artwork infused with Asian influences, luxury amenities and in-room curated reads ensure that visitors feel at home from the moment they arrive.

The 144-year-old Devonshire House building, originally the headquarters of the Religious Society of Friends after leasing it from the Cavendish family, serves as the backdrop for this contemporary oasis. Though the initial structure was expanded and eventually demolished after 1925, original features

still grace the property. An authentic Victorian shopfront was meticulously removed and refurbished, preserving the craftsmanship for future generations to appreciate. This commitment to heritage permeates the hotel; meeting areas are named after renowned markets in London such as Spitalfields and Brick Lane as well as coaching inns from the mid-1400s, paying homage to the city's rich history.

While the conscious mind may appreciate an elegant hotel with attentive staff and sophisticated surroundings, the subconscious craves a deeper sensory experience.

Crafted exclusively for Pan Pacific London by a team of experts, a scent harmoniously blending classic Southeast Asian essences such as orange, lemon, bergamot, rose and green tea floats through the public spaces, transporting guests to a state of tranquillity during their stay at the hotel.

INDULGE

Straits Kitchen & Bar **Second Floor**

Whether you're seeking breakfast, lunch, seasonal afternoon tea, dinner, or something in-between, look no further than our signature restaurant Straits Kitchen. Here, you can enjoy a fusion of Southeast Asian flavours with Western techniques to create vibrant and elevated dishes. For refreshing beverages, explore the wide array of wines, Champagnes and mocktails in Straits Bar.

Ginger Lily Bar & Lounge **Ground Floor**

Linger for longer in our lounge with its inviting ambiance and food menu featuring comforting classics. For a tranquil space just metres away from the hustle and bustle of the City of London, this is a perfect all-day spot.

A buzz can always be found at the bar where from late afternoon it blossoms into a vibrant cocktail haven offering a light snack menu and a selection of spirits, wines, beers and popular cocktails, both contemporary and classic, mixed and muddled by our mixologists.





SIP

Silverleaf Devonshire House

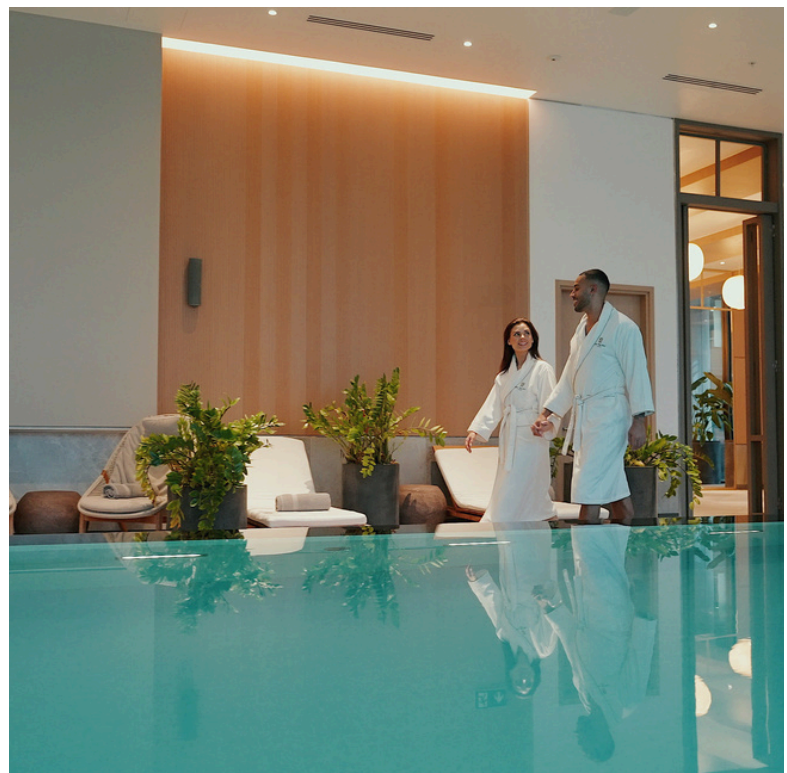
Designed by Tom Dixon, Silverleaf bar offers an innovative menu developed by our talented team who forage for ingredients and craft each cocktail in our lab.

Our bar promises an unparalleled drinking experience, drawing inspiration from design, art and naturalism. Additionally, the hidden bar ALBA provides an elegant setting for private tastings and masterclasses.

REJUVENATE

SENSORY Wellbeing Fourth Floor

For a spot of TLC or a body MOT, look no further than our holistic wellness floor. From the 18.5-metre heated infinity pool and steam rooms to the TechnoBody® Gym and spa treatments blending the theories of Western science with centuries-old Asian traditions, there is something to suit every one. We also offer Bonpoint Beauty experiences designed for children aged 6-16 years, giving them the chance to dip their toes into the world of wellness.



LOCALE



TRANSPORT & ATTRACTIONS

LIVERPOOL STREET STATION

2-minute walk, 0.1 miles
National Rail Services to Stansted Airport
Central, Circle, Hammersmith & City and
Metropolitan Lines
Elizabeth Line to Heathrow terminals
London Overground

ALDGATE STATION

7-minute walk, 0.3 miles
Circle, Metropolitan and Hammersmith &
City Lines

BANK STATION

10-minute walk, 0.5 miles
Central, Northern and Waterloo & City
Lines
DLR

FARRINGDON STATION

8-minute tube, 1.3 miles
Circle and Hammersmith & City Lines
Elizabeth Line to Heathrow terminals
National Rail Services to Luton and Gatwick
Airports



LEADENHALL MARKET

9-minute walk, 0.4 miles
Located in the heart of the Square Mile
and boasting a selection of boutiques,
shops, restaurants and bars.

SPITALFIELDS MARKET

9-minute walk, 0.4 miles
Home to contemporary brands,
boutiques, street food and
independent stallholders.

SHOREDITCH

12-minute walk, 0.5 miles
One of the trendiest neighbourhoods
and popular for its world-renowned
restaurants, bars, clubs and art.

BRICK LANE

15-minute walk, 0.7 miles
Five different markets combined to offer
culinary delights, vintage clothing,
unique treasures and independent shops
alongside eye-popping street art.

THE TOWER OF LONDON

16-minute walk, 0.6 miles
A world-famous monument and one of
England's most remarkable structures.

TOWER BRIDGE

22-minute walk, 1.0 miles
Iconic London landmark with an exhibition
in its Victorian engine rooms and a high-
level glass walkway over the River Thames.

KEYS TO THE CITY

WITH ALEXANDRA, ASSISTANT HEAD CONCIERGE



Meet the wonderful Alexandra, Assistant Head Concierge at Pan Pacific London. With 18 years' experience working as a concierge in luxury hotels of Kensington and Knightsbridge, Alexandra has made the move from West London to bring her wealth of expertise and passion to our fantastic concierge team.

Alexandra has earned her place as a member of the Les Clefs d'Or, a distinguished professional association of hotel concierges who are easily identified by the golden crossed keys on their lapels. As a top tier concierge, she uses her insider knowledge, professional connections and genuine passion to craft unforgettable guest experiences.

What inspired you to become a concierge?

My journey to becoming a hotel concierge began during a work experience placement in the hotel industry. From the moment I stepped into the concierge department, I was captivated. There's an incredible thrill in creating positive, memorable experiences for guests – whether it's helping them discover new places, overcome challenges or simply enjoy their stay to the fullest.

Who inspires you?

My son. The way a child experiences life and appreciates everything is astounding. While I thought it was my role to teach him about the world, he has instead taught me to see life through a fresh lens and to treasure even the smallest details. His thirst for knowledge and his genuine wonder at everything around him inspires me every day to be better, to do better, and to embrace life with the same enthusiasm that he does.

How do you keep up to date with what's new in London?

I like to stay connected with local businesses and fellow concierges to keep my finger on the pulse of London's ever-evolving scene. As a proud member of Les Clefs d'Or, I benefit from an extensive network that gives me the opportunity to attend regular events, allowing me to gain valuable knowledge and preview new products and experiences. Additionally, I rely on a diverse mix of resources, including websites, social media, newsletters and event apps, to ensure I'm always up to date with the latest happenings in the city.

Tell us about a unique request you've fulfilled

One of the most memorable requests came from a father who wanted to bring the magic of Harry Potter to life for his daughter, an avid fan of the series. At the time, I had recently come across a beautifully designed new edition of the first book, complete with interactive elements and stunning illustrations. We arranged for the book to magically appear in their room, accompanied by a scroll delivered "directly from the Hogwarts library." The joy on her face when she discovered it was truly magical and is an experience that has stayed with me.



What nearby family-friendly activities would you recommend for hotel guests?

The City of London offers some fantastic walking trails that are perfect for families. There are three self-guided trails, each with maps, activities and stickers to keep the kids engaged as they explore. The trails feature a mix of museums, landmarks and hidden gems, allowing families to experience the best of the City at their own pace. Trail maps can be picked up at the Concierge desk in the lobby or at the City of London Information Centre, located in St Paul's Churchyard just a short walk from the hotel.

What rainy-day activity would you recommend for families?

For a fun and immersive rainy-day adventure, I highly recommend the Museum of London Docklands. Just two stops on the Elizabeth line to Canary Wharf, this hands-on museum offers a fantastic experience for the whole family. You can try your hand at building a tunnel under the River Thames, step into wartime London, or explore the Mudlark Family Gallery which is a real highlight.

What's the most rewarding aspect of your role?

For me, it's something I like to call "afters." Much like a sweet dessert, the "afters" are those moments that leave a lasting impression. After a guest has departed, some will reach out with heartfelt messages of thanks, simply for doing what I love. When a guest takes the time to express their gratitude, I know that I have been part of an unforgettable experience. These are my most rewarding moments, my "dessert" in life.

What Instagram accounts do you follow to keep up to date on what's on in London?

Some of my go-to Instagram accounts include @timeoutlondon, @visitlondon and @secretlondon. They offer a perfect mix of everything you need for the perfect visit to London – culture, food, events and unique experiences – helping me stay in the know about the very best happenings around the City.



HIDDEN GEM SPOTLIGHT

St Dunstan In The East

Tucked away amidst the hustle and bustle of the City lies St Dunstan in the East, the Square Mile's very own secret garden. Just a short walk from the hotel, this hidden gem is a tranquil oasis set within the evocative ruins of a 12th-century church. Shielded from the fast-paced rhythm of London, St Dunstan in the East offers a peaceful retreat where time seems to stand still.

Steeped in history, the church's story is one of resilience and transformation. Originally built during the Saxon era, it was expanded and enhanced over the centuries, before suffering extensive damage in the Great Fire of London in 1666. The church was rebuilt under the guidance of Sir Christopher Wren in the late 17th Century, before the Blitz of World War II once again reduced much of it to ruins. Wren's tower and steeple survived the war and in 1967, instead of restoring the full structure, the City of London chose to embrace its history and natural beauty, converting the site into a public garden which opened in 1970.

Today, visitors are greeted by a harmonious amalgamation of enchanting gothic stonework and verdant greenery. Climbing ivy and cascading plants weave their way through towering arches and ancient walls that once housed a place of worship, creating a living tapestry of nature and times gone by.

Take a moment to meander along its walkways dappled with sunlight, settle into a secluded alcove or bench for quiet contemplation, enjoy the garden's fountain or admire its timeless beauty through the lens of a camera. For those with a love of history or an eye for photography, it's a space that inspires and captivates, offering a sense of calm rarely found in the heart of a bustling metropolis.

Speak to our wonderful Concierge team for help with directions to the church, for a remarkable glimpse into the City's rich history and to discover one of London's most enchanting hidden treasures.



FAMILY FUN

For our muggle guests, a magical adventure into the wizarding world awaits you just around the corner from the hotel. The Tour for Muggles is a spellbinding walking tour that offers a portkey into the world of Harry Potter. So gather your little witches and wizards, dust off your broomsticks, and prepare to discover London in a new and enchanting way.

Conveniently situated within easy walking distance of Pan Pacific London – with no Disapparition required – the Tour for Muggles invites you and your little muggles on a journey through London that blends historical intrigue with fantastical elements from J.K. Rowling's much-loved series. The tour's passionate guides, all experts in the art of storytelling, bring the wizarding world to life to enchant aspiring witches and wizards of every age.

Your adventure begins at Leadenhall Market, a place brimming with magical charm and reminiscent of the bustling streets of Diagon Alley. This iconic location, home to the hidden magic of the Leaky Cauldron, is where Harry first stepped into the wizarding world. Muggles can follow in Harry's footsteps and explore the secret entrances and hidden passages that bring Gringotts Wizarding Bank to life, where goblins guard the vaults and dragons keep a watchful eye on the treasures within.

As you continue, you will cross the iconic Millennium Bridge, which was famously attacked and destroyed by Death Eaters in "Harry Potter and the Half-Blood Prince". Just beyond, marvel at the grandeur of St. Paul's Cathedral, whose soaring architecture inspired the Ravenclaw Tower and the mystical spiral staircase leading to Professor Trelawney's Divination classroom.

Further along your journey, you'll find yourself at the entrance to the Ministry of Magic, cleverly disguised to blend in with the muggle world.

With each step and spell, the line between the muggle world and the magical realm blurs, making this journey an unforgettable experience for all – a perfect addition to your stay at Pan Pacific London, where every moment can be filled with magic.

L O N D O N I N S I D E R

A NEIGHBOURHOOD GUIDE TO STOKE NEWINGTON



Set in North London's borough of Hackney, Stoke Newington exudes a secluded village-like charm while maintaining the benefits of city life, making it a must-visit for those looking to experience a different side of the capital. Known affectionately as "Stokey" by locals, this vibrant neighbourhood is where history, independent spirit and green spaces converge.

The real beating heart of Stoke Newington lies in Church Street, lined with independent bookshops, boutiques, delicatessens, vintage stores and artisanal shops that reflect the neighbourhood's creative and community-driven spirit. Whether you're searching for unique homeware, artisanal goods, a book that you simply can't put down, or fantastic vintage stores, Stokey's fantastic independent shopping scene is brimming with character and charm.

The food scene is one of the area's standout features, with a diverse range of eateries catering to all. To name but a couple of must-visit spots, The Good Egg serves creative Middle Eastern-inspired brunches, while Perilla, another local standout, delivers modern takes on classical European flavours, using humble ingredients of the highest quality. The restaurant is described by the team behind it as an "anti-fine dining restaurant".



Stoke Newington is also home to a thriving pub and winebar scene. From the lively, spirited atmosphere of The Auld Shillelagh – an Irish pub beloved by locals – to the intimate vibe of The Prince, a trendy pub with delicious food and 16 rotating lines offering the best of British brewers, there's no shortage of places to unwind with a drink. As for wine bars, Stokey also delivers a fantastic selection for those looking to relax with a glass of something special. Jolene, known for its bakery and natural wine cellar, is a beloved spot for wine enthusiasts, offering an impressive selection of natural wines paired with seasonal dishes and should be top of the list when planning a visit to Stoke Newington.

Whether you're shopping, dining, or simply enjoying the local culture, Stoke Newington offers a unique blend of village-like charm with the energy of London's creative scene. Explore its green spaces, indulge in its culinary delights, intimate pubs and natural wine bars, and immerse yourself in a community that prides itself on creativity and individuality.

Speak to our Concierge team to assist with planning your visit.

DAY TRIPPING

DISCOVER BATH



With its enchanting Georgian streets and historic charm, Bath becomes a picture-perfect escape during the colder months. Just over an hour from Paddington Station, it's the perfect place for a wintery day trip, a city with an abundance of cosy nooks, rich history, nearby fairy-tale villages and tranquil countryside walks.

What better way to spend a crisp winter's day than by promenading along Bath's beautiful Georgian streets, before wandering through the city's scenic parks and gardens? The surrounding countryside offers the perfect opportunity for crisp, invigorating walks, including the National Trust's Bath Skyline Walk which boasts panoramic views over the city.

A trip to the picturesque nearby village of Castle Combe is a must. Known for its quintessential English charm, Castle Combe is often hailed as one of England's most beautiful villages. Taking you back in time with its honey-coloured cottages, winding streets, medieval buildings and iconic stone bridge, Castle Combe provides an idyllic visit that is straight from the pages of a storybook.



Embrace Bath's cosy charm and enjoy warming drinks at Society Café or The Bath Bun. Cosy up by crackling fires and savour hearty pub fare at The Raven or The Old Green Tree, or visit Sally Lunn's, the city's oldest house and the birth place of the famous Bath bun. For a classically British experience, indulge in afternoon tea at the elegant Georgian Pump Room which has been the social heart of Bath for over two centuries. Sample the spa water from the fountain and enjoy afternoon tea, set to music by the Pump Room Trio. For dinner, treat yourself to authentic Italian cuisine at Ponte Vecchio, a converted boat house overlooking Pulteney Bridge, or head to Sotto Sotto for an intimate candlelit dining experience in the basement vaults of North Parade.



No winter visit to Bath would be complete without experiencing the city's eponymous Roman Baths, which offer a captivating look into the city's ancient history. Visitors can explore the well-preserved complex dating back over 2,000 years and immerse themselves in Roman life. Nearby Thermae Bath Spa provides the opportunity to bathe like the Romans in naturally warm, mineral-rich waters in the open-air rooftop pool, with spectacular views of the city's skyline.

Whether you're soaking up the history at the ancient Roman Baths, discovering charming nearby villages, or exploring the Georgian streets, Bath is a standout winter destination.

Speak to our Concierge team to assist with planning your visit.

INDULGE





BLENDING WESTERN TECHNIQUES & SOUTHEAST ASIAN FLAVOURS

STRAITS KITCHEN

We are delighted to introduce you to our vibrant à la carte menu at Straits Kitchen - crafted by our talented Executive Chef, Adam Bateman. This menu is a true celebration of the fusion of Southeast Asian flavours and impeccably sourced British ingredients. These elements are brought together beautifully using modern Western cooking techniques, resulting in elevated and elegant plates

Guests can explore an exquisite menu divided into categories such as Small & Raw, Dumplings & Skewers, Larger Plates, and Vegetable, Rice & Noodles. And for those who love to experience a taste of everything, our "Experience Menu" offers a wonderful and comprehensive selection of chef's signature dishes, designed to be shared and enjoyed by the whole table.

Standout dishes celebrating quality produce include Scottish Salmon served with sweet miso, wasabi and

green peas; rich Hereford Beef Short Rib with miso polenta, horseradish and sweet soy; and North Atlantic Cod with an indulgent Laska-style sauce.

Jimmy Butler's Bakso Meatballs are a testament to the hotel's commitment to quality produce. Executive Chef Adam has maintained a close relationship with the Suffolk-based, family-run butcher for over 20 years and heroes their exceptional free-range pork with a char siu glaze and rich Rendang sauce.

For the ultimate showstopper, don't miss the Dry-Aged Gressingham Duck, prepared with Western techniques and served with traditional Peking-style pancakes - a perfect reflection of the fusion of the new menu.

To experience the menu, make a reservation online or with one of our wonderful team during your stay.



TRIPLE CHEESE TOASTIE

Introducing our signature Triple Cheese Toastie from Ginger Lily Bar & Lounge's menu of comforting classics.

The heart of our toastie is perfectly toasted artisanal 75% sourdough that's exclusively made for the hotel. Meticulously crafted, it's fermented for an additional 24 hours to achieve its chewy texture and subtle tang.

This scrumptious bread houses an indulgent blend of three cheeses, each chosen for its distinctive character. The bold, nutty richness of Barber's Farmhouse Vintage Cheddar, aged for 24 months, pairs beautifully with the creamy texture and rich flavour of Mrs Bell's Blue and the mozzarella that's melted to perfection, for the drool-worthy cheese pull.

Tabasco is added for a gentle warmth, Dijon mustard provides a zesty kick, and red onions and cornichons bring sweetness and tang for the perfect bite.



TEXTURE IS EVERYTHING

Silverleaf's current cocktail menu, 'Texture Is Everything', features 13 unique cocktails exploring the interplay between texture, mixology and design, offering guests an immersive sensory experience. The menu itself is a work of art, crafted on textured embossed paper with abstract watercolour designs by London-based artist Ladina Brunner, evoking the essence of each taste sensation.

Building on the success of their previous 'Building Blocks' menu featuring microscopic cocktail images by photographer Karl Gaff, the Silverleaf team is now focusing on textural design to reflect their signature naturalistic and minimalist style. The team have developed a collection of drinks categorised into six distinct mouthfeels - Delicate, Effervescent, Tannic, Smooth, Creamy, Rich - along with their Golden Serve and Signatures. The cocktails are elevated creatively using in-house paint, oil and gel garnishes.

The 'Tannic' section draws inspiration from woody and dry flavours, showcased by the 'Plum Oudh' cocktail. This Manhattan variation features Glenfiddich 15, Vermouth, Plum and Oudh. The flavour profile offers smoky notes that are complemented by the gentle sweetness from the spiced plum cordial. The drink is garnished with a spritz of an in-house edible perfume made from Oudh, Amber and Labdanum. The textural presentation of this section is grainy tree bark-like embossing that reflects the woody characteristics of the drinks.

The 'Smooth' section presents the 'Quince Beeswax' which combines Teeling Small Batch Irish Whiskey, Zubrowka Vodka, Capreolus Quince Eau De Vie, Martini Ambrato, Chamomile Cordial & Beeswax. This delightful whiskey-based cocktail is balanced with sweet and floral flavours, and the texture is embossed to resemble smooth pebbles.

The 'Effervescent' section highlights the 'Melon Fig Leaf', a refreshing tropical highball made with Grey Goose, Cantaloupe Melon, Fig Leaf and Fino Sherry, garnished with Salty Fingers, a flavourful sea vegetable. The rich melon profile is balanced by an in-house fig leaf cordial, enhancing the vodka for a lasting sweet finish. This section is adorned with delicate dotted droplets that mimic the appearance of Champagne bubbles.

The collection expertly balances innovation with sophistication to create a complete sensory experience with each cocktail.

WELLBEING





HOME RECIPE: An Immune-Boosting Ginger Shot

Enjoy this vibrant wellness shot with natural sweetness and a kick, delivering a potent dose of immune-boosting nutrients. Rich in vitamin C, antioxidants, and anti-inflammatory benefits, this ginger shot supports immunity, digestion, and provides an energising boost – a powerhouse addition to your morning routine.

INGREDIENTS AND BENEFITS

350g fresh ginger root, peeled

Contains gingerol, a natural anti-inflammatory and antioxidant that strengthens immunity and aids digestion.

Juice of 3.5 lemons (about 105ml)

Rich in vitamin C and detoxifying antioxidants, it supports immune function and balances pH levels.

Juice of 3.5 oranges (about 350ml)

Packed with vitamin C, folate, and natural sweetness to enhance immunity and skin health.

7 teaspoons (35ml) honey (optional)

A natural sweetener with antibacterial and soothing properties.

2 teaspoons (7g) turmeric powder (optional)

A potent anti-inflammatory ingredient

7 pinches cayenne pepper (optional)

Stimulates circulation and metabolism while adding a spicy kick.

420ml filtered water

Helps to combine the ingredients and adds hydration.

METHOD

Makes 7 x 100-120ml shots

- Grate or finely chop the ginger root.
- In a blender, combine the ginger, lemon juice, orange juice, honey (if using), turmeric (if using), cayenne pepper (if using), and filtered water.
- Blend on high until smooth.
- Strain the mixture through a fine mesh sieve or cheesecloth into an airtight container or small glass bottles, pressing the pulp to extract all the juice.
- Serve immediately in shot glasses or store in the fridge for up to 7 days.



The Future of Wellbeing TRENDS FOR 2025

As we enter 2025, we are looking ahead to see what the future holds for the wellness industry in this new year. We are seeing a more holistic approach to wellness, one that integrates physical, mental and environmental well-being. Reimagining longevity as a lifestyle, prioritising sleep, fostering a healthy microbiome and embracing sustainable practices are just some of the trends propelling the wellness industry – and wellness tourism in particular – toward its zenith.

Longevity: A New Perspective on Aging and Wellbeing

Longevity is no longer just about lifespan but most importantly about healthspan. As life expectancy increases, so too does the desire to age with vitality. This motivator has led to people across generations being empowered to be proactive in adopting healthier lifestyles to promote longevity. Age-agnostic Baby Boomers are leading the charge by combatting traditional narratives of decline and remaining healthy, active and vital as they age.

Meanwhile, younger generations are taking a proactive approach to longevity earlier than ever before. The technologically-savvy generations are more educated on the long-term consequences of their lifestyles and are prioritising health from an early age. These generations are embracing a future-focused mindset, utilising advancing technology, biohacking tools, epigenetic testing and sober-curious lifestyles early on to increase longevity and healthspan.

We have witnessed a surge in consumer-friendly technology granting easy access for consumers to track their wellness journey. This emerging trend is why we at Pan Pacific London offer the PNOÉ test, which provides comprehensive internal body analysis measures factors like recovery, breathing, muscle efficiency and maximising VO₂ and VCO₂. Our TecnoBody® D-Wall provides real-time biofeedback on posture, fitness tests and exercise performance that is accessible to everyone regardless of where they are in their fitness journey.



Sky High Wellbeing: Rise of Wellness-Focused Air Travel

Innovative airports and airlines are making efforts to reduce stress and promote relaxation during air travel, with innovations such as circadian lighting, specialised meal plans, on-screen exercise programmes, hydration stations and more. Seat designs are also evolving and incorporating features like active exercise modes and climate control to enhance passenger comfort and physical wellbeing. Technology is set to play a crucial role in tailoring travel experiences to individual wellness needs and transforming air travel into a holistic wellness journey.

Pan Pacific London are embracing this trend by providing guests with the opportunity to experience the Flight Mode Recovery treatment, designed to combat jet lag and promote a swift recovery. Featuring everything from a lymphatic drainage massage and aqua bike recovery workout to a bespoke energy-boosting meal and steam room relaxation with aromatherapy oils, to start your stay at Pan Pacific London feeling refreshed and rejuvenated.

Savouring Wellness: Nourishing the Body and Mind

As guests seek meals that nourish both the body and mind, there is a growing emphasis on gut health and cognitive function as research into the gut-brain axis gains traction. Probiotic-rich foods, anti-inflammatory ingredients and nutrient-dense dishes are now at the forefront of wellness menus to promote brain function.

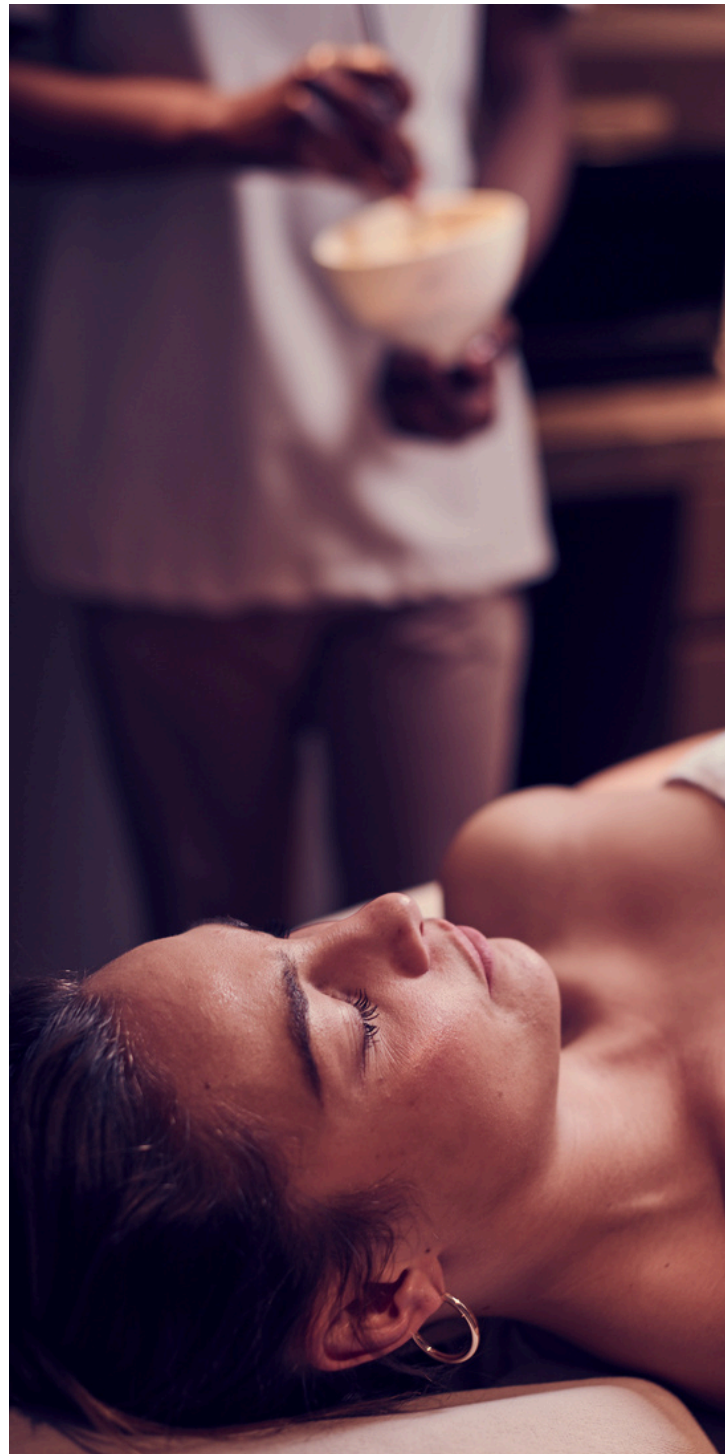
AI-powered, personalised, data-driven meal recommendations will also become increasingly popular, enabling diners to eat to their physiological and psychological needs. In line with this need, the hotel offers personalised one-to-one nutrition consultations tailored to your unique requirements. Our in-house nutritionist offers expert guidance to help you embrace a healthy and delicious lifestyle, whether you're managing existing health conditions, preventing future illness, or simply aiming for a better relationship with food.

Dreaming Big: The Power of Sleep

In 2025, sleep remains a hot topic in the wellness space, as the understanding of its profound impact on overall physical and mental health and wellbeing continues to grow. With nearly 20% of people in the UK reporting insufficient sleep, experts are honing in on how to optimise rest for mental clarity, physical recovery and emotional wellbeing. As technology advances, AI-driven sleep systems will offer personalised insights and recommendations, allowing individuals to tailor their sleep environments based on unique data. From sleep trackers and mood-based lighting to wearable devices that monitor circadian rhythms, the future of sleep is all about personalisation.

One example of this is our SENSORY Sleep System, featuring the revolutionary OOLER sleep system by ChiliSleep. This luxurious system allows guests to control their bed's temperature, ranging from 13 to 46°C, for a restorative sleep experience. Paired with a weighted blanket, it ensures deep, calming rest to ensure you wake up feeling refreshed and rejuvenated.

As we look to the future, the convergence of innovation, mindfulness and holistic wellness will undoubtedly redefine how we live, travel and care for ourselves in 2025 and beyond.



SHOPPING



LEADENHALL MARKET



Leadenhall Market, just a short walk from the hotel, is a vibrant destination that blends rich history with modern charm. With its iconic Victorian architecture, cobblestone walkways and soaring glass roof, it's a hub for luxury shopping, fine dining and unique experiences. The market is also famously known as a filming location for Harry Potter and the Philosopher's Stone, where it stood in for the iconic Diagon Alley, adding a touch of magic to this already enchanting destination. Whether you're a local or a visitor, the market offers an intriguing mix of high-end boutiques, independent retailers and award-winning eateries, making it an essential stop for anyone exploring the Square Mile.



For those with a love of British luxury fashion, Leadenhall Market is home to a selection of iconic brands, including Barbour, Reiss and Hobbs. Barbour brings its signature British craftsmanship with expertly designed outerwear, perfect for those seeking both style and practicality. Reiss offers a modern take on luxury with its sleek, contemporary designs and impeccable tailoring, while Hobbs adds a refined, feminine touch, showcasing beautifully crafted dresses, tailored coats and elegant accessories.

Leadenhall Market also boasts a rich variety of dining experiences. From the traditional British fare at The Lamb Tavern to the vibrant Middle Eastern dishes at Baba Ganoush and authentic tapas restaurant La Viña, there's something to satisfy every taste. For a bite of something sweet, Aux Merveilleux De Fred serves up The Merveilleux, a light and airy French meringue cake in a variety of flavours.



The market is a shopper's paradise, offering an impressive mix of independent retailers and luxury boutiques. Whether you're looking for fine fashion, rare wines at Amathus or artisanal delights from Cheese, there's something for everyone. Cell Smash is the perfect stop for connoisseurs seeking exclusive bottles of wine or whiskey, while Askinology offers high-end fragrances that are as distinctive as they are luxurious.

Leadenhall Market is open seven days a week and hosts regular events, from pop-up shops to seasonal installations, bringing an exciting energy to the market throughout the year.

For assistance in planning your visit, speak to our Concierge team.



THE ROYAL EXCHANGE

No London vacation, or staycation, is complete without a spot of retail therapy. A 10-minute walk from Pan Pacific London, The Royal Exchange is one of London's oldest shopping districts. It was the world's first trading venue, opened in 1571 by Queen Elizabeth I, who was known for her own daring fashions and even she would be spoilt for choice.

The exterior is reminiscent of the Pantheon in Rome, yet the traditional interior paired with modern outlets feels similar to the Galleria Vittorio Emanuele II in Milan. The Royal Exchange makes the perfect day out in London, with the world's best stores and eateries all under one roof – it's not often we can say that.

Starting your day has never been easier with a caffeine fix from Hagen and a sweet treat at Buns from Home – two London institutions with reputations that precede them. As for dining, Fortnum & Mason has a location in the courtyard. Here, you can find a rich fare of lobster, caviar and a quintessentially British afternoon tea. If you want to stay for dinner, Jang is an intimate restaurant with nods to its oriental heritage throughout, and head chef Dana Choi offers a delightful fusion of Japanese and Korean techniques and British produce. For a taste of the hedonistic charm of 1920s Berlin with inventive cocktails, German and Austrian bar food and cabaret-inspired live performances, head to Engel on the north mezzanine.

What makes The Royal Exchange unique in a city with an extensive array of designer boutiques, is the celebration of British brands. While there are ultra-luxury international maisons like Hermès, Omega and Tiffany & Co, there are also British-owned brands like Boodles, Aspinall of London and Baudoin & Lange which exude an air of old-world British excellence often lost in large commercialised multi-brand department stores.

The beauty of London is that it has worked to preserve its oldest relics and buildings like this which have been vital in creating London's rich reputation as a nucleus for trading. The Royal Exchange serves as a reminder that old is gold.





Any epicurean's trip to London would not be complete without a visit to London's oldest food market. With a rich history spanning over a millennium, the bustling market has evolved into a refined and celebrated food destination and has been the birthplace of numerous celebrated food brands such as Neal's Yard Dairy, Bread Ahead, Brindisa and The Ginger Pig. Set beneath historic railway viaducts, Borough Market has become a showcase for high-quality British and international produce, freshly baked goods, artisanal cheeses, free-range meats, seasonal seafood and much more.

Not only can you shop for top-quality ingredients for your kitchen, visitors will also be hard-pressed to leave Borough Market with an empty stomach, as the sensational array of food stalls tempts your taste buds. With over 100 stalls and stands, there is something to suit everyone – and here are some we recommend you don't miss.

Bread Ahead: A renowned bakery famed for its beautiful sourdough loaves and legendary doughnuts which have achieved cult status among Londoners. If you aren't sure what to order, we recommend trying the sea-salted caramel and honeycomb doughnuts.

Kappacasein: Large wheels of raclette are halved and melted under the grill before the bubbling layer of melted nutty cheese is scraped off over new potatoes, cornichons and pickled onions – a heavenly alpine dish that's best enjoyed on a crisp winter's day.

The Black Pig: The signature Honey Truffle Parmesan sandwich is bursting with tender, slow-roasted pork shoulder, paired with honey truffle mayonnaise, fennel apple slaw and a generous helping of 30-month-aged Parmesan from Reggio Emilia.

Neal's Yard Dairy: A staple at Borough Market since 1979, it's celebrated for its commitment to quality and artisanal craftsmanship, offering a diverse range of exceptional British and Irish cheeses.

Brindisa: A beloved fixture at Borough Market renowned for its quality chorizo and jamón, Brindisa offers a taste of irresistible authentic Spanish charcuterie alongside myriad artisan Spanish products.

The Ginger Pig: A celebrated butcher known for its traditional farming methods and quality meat, The Ginger Pig specialises in premium cuts of pork, beef and lamb. Acclaimed for its expertly crafted sausages, pies and scotch eggs, their famous hot sausage rolls are a must.

Speak to our Concierge team to assist with planning your visit.



Richard Haward's Oysters: With a legacy of over 200 years, this stall serves some of the freshest, most succulent oysters in London.

Shucked right in front of you, these oysters are a testament to the market's commitment to quality and tradition and are not to be missed.



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