

# Periscope.

DISCOVER A DIFFERENT SIDE OF LONDON

## WELLBEING

THE FUTURE OF WELLBEING:  
TRENDS FOR 2026

## INDULGE

SUNDAY ROASTS  
AT STRAITS KITCHEN

## LOCALE

LITTLE LONDONERS:  
YOUR 48-HOUR LONDON ITINERARY  
FROM OUR CHILDREN'S CONCIERGE





## 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, a touch of tranquillity is always a welcome reprieve. This is where you step into Pan Pacific London. The hotel seamlessly blends British elegance with Singaporean sensibilities, drawing inspiration from the serene ambience of woodlands and rainforests.

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

The over 146-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.

Although the original structure was expanded and eventually demolished after 1925, some 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 London markets such as Spitalfields and Brick Lane as well as historic 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, our signature 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.



# INDULGE

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## **Straits Kitchen & Bar** **Second Floor**

Whether you're in the mood for a leisurely breakfast, business lunch, elegant dinner, or something indulgent in-between, Straits Kitchen promises more than just a meal. It offers a vibrant journey through Southeast Asian flavours, reimagined with contemporary flair.

Led by Executive Chef Adam Bateman and awarded two AA Rosettes, Straits Kitchen blends traditional Western techniques and Asian flavours to create bold, refined dishes that both comfort and surprise.

The restaurant's bold interiors, softened by natural touches and floor-to-ceiling windows, offer an elegant yet relaxed atmosphere, perfect for stylish daytime dining, intimate dinners, or celebratory meals.

With its fusion of culinary artistry, cultural heritage and warm hospitality, Straits Kitchen invites you to savour soulful and beautifully composed flavours in the heart of the City.

## **The Patisserie** **Second Floor**

The Patisserie is your go-to for a quick morning pick-me-up or a relaxing pause later in the day. Freshly baked croissants and pastries, paired with delicious coffee or tea, offer the perfect start for those on the move. In the afternoon, unwind with a slice of cake or a delicate macaron, accompanied by a warming cup of your favourite beverage or a glass of Champagne.

Whether you're after a grab-and-go breakfast or a quiet moment of 'me time' in the afternoon, you'll find just what you need at The Patisserie.







# SIP

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## **Ginger Lily Bar & Lounge** **Ground Floor**

Linger a little longer in our Lounge, where a welcoming ambiance meets a menu of comforting classics and our signature afternoon tea, perfect for any time of day. Just moments from the energy of the City of London, this serene spot offers the ideal escape, whether you're catching up with friends, taking a quiet break or enjoying an informal meeting.

As the day flows into evening, the atmosphere shifts at the Bar, which comes alive with a vibrant buzz. It transforms into a cocktail haven, where skilled mixologists craft both classic favourites and inventive modern creations. Pair your drink with light bites from our curated snack menu, and explore a carefully selected range of premium spirits, fine wines and refreshing beers.

# REJUVENATE

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## **SENSORY Spa & Wellbeing** **Fourth Floor**

For a spot of TLC or a full-body MOT, look no further than our holistic wellness floor. From the 18.5-metre heated infinity pool, saunas and steam rooms to the TechnoBody® gym and spa treatments that blend modern Western science with centuries-old Asian traditions, there's something to suit everyone.

We also offer Bonpoint Beauty experiences, purposefully designed for children aged 5 to 16, giving them the chance to gently explore the world of wellness in a safe and nurturing environment.





# 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.



# LITTLE LONDONERS

**YOUR 48-HOUR LONDON ITINERARY  
FROM OUR CHILDREN'S CONCIERGE**

**WITH JASON GROUNDS, SENIOR CONCIERGE**





At Pan Pacific London, we believe in making family travel feel effortless – full of child-approved sightseeing, hands-on fun, plenty of treats and family memories you'll treasure forever. And nobody brings that spirit to life like Jason, our Senior Concierge and dedicated Children's Concierge.

With a twinkle in his eye and an insider's understanding of London's best family-friendly spots, Jason has crafted the perfect 48-hour itinerary for families eager to explore the city through the eyes of little Londoners, all delivered with the seamless ease of an expertly planned stay.

## Day 1: Pastries, Palaces & Picture-Perfect Views

### A Magical Morning at Leadenhall Market

Start your adventure with a stroll to Leadenhall Market, a stunning Victorian arcade that feels like stepping onto a film set – and, it has been! Harry Potter fans may recognise the spot where Harry entered the Leaky Cauldron.

Treat the family to breakfast at Aux Merveilleux de Fred, where exquisite cakes and pastries are made the Parisian way. It's a delicious way to fuel a day of family adventure.

### Legends & Jewels at the Tower of London

From here, wander down to the Tower of London, where history comes alive. Take a tour with one of the Tower's Beefeaters, whose captivating tales unlock the intriguing history of kings, queens and secrets hidden within the ancient walls. And of course, no visit is complete without seeing the Crown Jewels – a dazzling highlight for all ages.

### Cross Tower Bridge for Lunch at Borough Market

Walk across the iconic Tower Bridge, taking in the views before following the river to Borough Market, London's oldest food market. Jason recommends sampling some of the viral desserts, such as Turnips' chocolate-dipped strawberries, Bread Ahead's crème brûlée doughnuts, or a crumble from Humble Crumble.

### Take in Iconic Riverside Sights

Continue your adventure along the South Bank, taking in Shakespeare's Globe as you pass. End your riverside walk at the London Eye, where you can enjoy sweeping views of the city – with Big Ben and Westminster nearby.

### Cruise Home & Poolside Calm

Take the Uber Boat and cruise back towards the Tower of London – a wonderful way to rest little legs and watch London glide by. Once back at the hotel, head to our SENSORY Spa & Wellbeing Floor, where a dip in the pool feels wonderfully refreshing after a day of exploring.

### Relaxed Dinner at Straits Kitchen

Finish the day with dinner at Straits Kitchen, where comforting favourites and delicious Asian-inspired dishes bring the whole family together. Kids aged 7–12 enjoy 50% off à la carte menus, while diners under 6 eat free.

## Day 2: Classics, Cuisine & Capital Sights

### Breakfast With a City View

Start the day with a hearty breakfast at Straits Kitchen, where a tempting spread will fuel little explorers and grown-ups alike. And if you prefer a slower start, enjoy breakfast from the comfort of your room, watching the City wake up below you.

### Sightseeing by Open-Top Bus

Make your way back to the Tower of London and hop aboard a Big Bus. It's the easiest, most exciting way for families to see London's iconic landmarks in one go – from Buckingham Palace and Trafalgar Square to Hyde Park and beyond.

### A Delicious Pause at Fallow

Hop off near Piccadilly Circus for lunch at Fallow, a beloved spot among Londoners, where sustainable, imaginative dishes will delight both adults and adventurous young diners.

### Regent Street & the Magic of Hamleys

Stroll along Regent Street for a little shopping before arriving at Hamleys – a paradise of toys, making it every child's favourite place on earth. With your toys secured, head to Buckingham Palace to say hello to His Majesty The King, before returning home to recharge.

### Indulge in Relaxation

Spend the late afternoon unwinding in the hotel, perhaps with a Children's Afternoon Tea in Ginger Lily Lounge, or by enjoying the relaxing children's spa treatment on our SENSORY Spa & Wellbeing Floor.

For a wonderful dinner nearby, Jason recommends:

- The Ivy City Garden for elegant British comfort food
- Lina Stores for an exceptional Italian food that the whole family will enjoy.

## Rainy-Day Magic: London Indoors

Even when the rain clouds arrive, London shines – and Jason's rainy-day recommendations save the day.

### Private Mini Cooper Adventure

Climb into a classic Mini Cooper for a bespoke, quintessentially British, family tour. Whether you follow in the pawprints of Paddington Bear or explore London's hidden corners, this playful journey is always a hit.

### A Day at the Young V&A

For curious young explorers, the Young V&A offers immersive, creative hands-on exhibits crafted especially for children. Find out more about the Young V&A on page 11.

For further details about Jason's 48-hour family-friendly itinerary, or for assistance with booking any of the activities, please speak to our wonderful Concierge team.



# Lunar New Year 2026: Year of the Fire Horse

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年



Lunar New Year arrives on 17 February 2026, and we invite you to join us in welcoming the Year of the Fire Horse, a rare alignment that appears only once every 60 years. Each lunar year is shaped by both a zodiac animal and one of the five natural elements. When the spirited Horse, known for its vitality and independence, meets the brilliance of Fire, it ushers in a year associated with passion, creativity, and bold new beginnings.

Celebrated across East and Southeast Asia, Lunar New Year is deeply rooted in Singapore, the home of the Pan Pacific brand. Our cultural heritage blends Chinese, Malay, and Peranakan influences, each adding to the warmth, symbolism and meaningful rituals of the season. Together they reflect values of renewal, community, and generosity that continue to shape the Pan Pacific ethos.

During the 15-day festival, families and communities gather for festive meals, vibrant traditions, and auspicious red décor, culminating in the glowing Lantern Festival. While every Horse year symbolises freedom, intelligence and ambition, the addition of the fire element heightens these qualities infusing 2026 with a sense of bold intention and renewed momentum.

At Pan Pacific London, we are honouring the season with a dedicated Lunar New Year rooms package inspired by our Asian heritage. Guests will receive traditional red-envelope blessings at turndown, are invited to share wishes for the year ahead on our Bonsai wishing tree, and will discover festive touches throughout the hotel.

We invite you to join us in making wishes for luck and good fortune for the year ahead as we welcome the Year of the Fire Horse.





# FAMILY FUN

A world of creativity, imagination, and hands-on fun awaits you at the Young V&A, just one stop away from the hotel on the Central Line. A London museum designed for young people and families, the Young V&A brings together history, art, design and play, to spark curiosity, inspire inventiveness, and turn learning into a fun-filled adventure for all ages.

At the heart of the museum are three immersive galleries, each offering a unique experience:

## **The Play Gallery**

A wonderland for little explorers and future builders. Toddlers can enjoy a sensory-rich environment, while older children are able to get hands-on with building structures, creating sand patterns on a rotating wheel, or testing out the museum's large-scale marble run. Both historic and contemporary toys are on display, illustrating how play has shaped learning and development through the years.

## **The Imagine Gallery**

Invites visitors to step into the spotlight. Dress up in costumes, experiment in creative performance spaces, such as the theatre space, or marvel at iconic exhibits such as the life-size Joey the War Horse puppet and Christopher Reeve's original Superman costume. Don't miss the dolls' house collection or the quirky perspective room – ideal for capturing unforgettable family photos! Changing themes and storytelling installations ensure that every visit offers fresh surprises to spark young imaginations.

## **The Design Gallery**

Challenges budding innovators with hands-on design activities, inspiring displays of cutting-edge children's products and insights into the design process from concept to creation. Rotating temporary exhibitions means that there is always something new to discover and explore.

Throughout the museum, interactive displays, digital installations, and tactile experiences encourage children to learn through play, exploration and imagination.

Whether your family is building, performing, or inventing, the Young V&A offers endless opportunities to spark creativity, make memories and enjoy an engaging day out in London. To plan your family's day out, speak to our friendly Concierge team who will be delighted to assist.



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

## A NEIGHBOURHOOD GUIDE TO MARYLEBONE



Tucked away just north of Oxford Street, Marylebone offers a delightful village-like escape from the city's hustle and bustle. Its Georgian streets and elegant squares invite a leisurely stroll, while independent boutiques, world-class restaurants and historic landmarks offer the opportunity to discover a charming neighbourhood not on the typical tourist itinerary.

Marylebone is a neighbourhood that's steeped in literary lore, being the home of the world's most famous detective: Sherlock Holmes. His iconic fictional residence, 221B Baker Street, is now home to the Sherlock Holmes Museum, where meticulously recreated Victorian interiors and evocative artefacts offer a glimpse into the detective's world. Nearby, Sherlock: The Official Live Game brings the legend to life with an immersive, clue-filled adventure designed to test your powers of deduction. Literary sleuths will find themselves drawn to the iconic Daunt Books, a stunning Edwardian bookshop, whose oak balconies, stained-glass windows and skylights make it a sanctuary for curiosity and imagination.

Classical art lovers will be captivated by the Wallace Collection, a townhouse museum displaying 18th-century paintings, sculptures, and French decorative arts, while contemporary aficionados will enjoy the ever-changing exhibitions at Lisson Gallery. Music enthusiasts can wander into the Royal Academy of Music Museum, home to historic instruments, rare manuscripts, and regular performances.



Shopping in Marylebone offers a distinct village-like charm that's hard to find elsewhere in the city. Stroll down Chiltern Street, where red-brick townhouses frame independent boutiques such as Chiltern Street Deli & Boutique, known for its artisanal delights. Nearby, Caravane offers Parisian-inspired interiors, from textured linens to hand-glazed ceramics, while Luca Faloni brings Italian craftsmanship through luxurious cashmere and leather accessories, and Sunspel, a British heritage favourite, presents timeless wardrobe essentials. Just around the corner, The Monocle Shop offers a curated selection of design objects, stationery, travel guides, and globally sourced curiosities – a true treasure trove!

Marylebone's dining scene is impressively diverse for such a compact neighbourhood, ranging from Michelin-starred tasting menus to long-loved local institutions. Standouts include St. John Marylebone, where the cult restaurant's ethos of nose-to-tail dining is distilled into a compact, chalkboard-led menu; AngloThai, celebrated for its bold fusion of Thai flavours and seasonal British produce; Lita, serving beautiful wood-fired Mediterranean plates; and Nina, a glamorous haunt where inventive cocktails and Italian food attract a fashionable crowd.



# DAY TRIPPING

## DISCOVER BICESTER VILLAGE



For those who love life's little luxuries, a daytrip to the picturesque shopping destination of Bicester Village can now be enjoyed with ease, thanks to our new suite package in partnership with the Village.

Your day at Bicester Village is designed for effortless indulgence, with VIP privileges that make every moment seamless. Enjoy an exclusive 10% off Bicester Village prices, reserved parking and discounted train tickets. Exclusive access to The Apartment elevates the experience further; this members-only retreat offers plush seating, refreshments, Wi-Fi, and a concierge to assist with recommendations, reservations, and boutique enquiries. Guests can pause from shopping in beautifully appointed surroundings, while hands-free and personal shopping services are seamlessly coordinated to ensure that every moment of browsing is effortless and entirely unencumbered.



Just an hour from Marylebone station by train, Bicester Village is a delightful open-air shopping village that combines luxury shopping with a leisurely, immersive experience. Wander its tree-lined cobbled streets, where over 150 boutiques – from British icons like Burberry, Mulberry, and Alexander McQueen to global favourites such as Prada, Saint Laurent, Balenciaga, Jimmy Choo and Dior – are beautifully styled like a quaint English high street. Seasonal décor and picturesque landscaping enhance the storybook atmosphere, making the Village a delight to explore any time of year.

All that shopping is guaranteed to work up an appetite, and dining at Bicester Village is all part of the experience. Enjoy a variety of iconic luxury restaurants throughout the Village, from refined Italian classics at Cecconi's, to modern Middle Eastern-inspired dishes at Ottolenghi, contemporary Chinese cuisine at Shan Shui, and a classic pub-style experience at The Double Red Duke.



For lighter bites on the go, the Village's charming cafés and kiosks offer the perfect indulgent pause. Whether it's an iconic cup of coffee from Ralph's Coffee, a freshly made luxury crêpe from Crêperie Angélie, or a quintessential crumpet from Fortnum & Mason's delightful crumpet bar, these thoughtfully placed stops provide just the right refresh before you continue your browsing.

To experience the best of a day trip to Bicester Village, book our new Suite Escape package and our wonderful Concierge team can arrange everything from travel to restaurant reservations and VIP services, ensuring your visit is a seamless and enjoyable one.



INDULGE





## Mocktails from *Ginger Lily Bar & Lounge*

Celebrate Dry January with a taste of sophistication at home. Straight from the bartenders at Ginger Lily Bar & Lounge, these two signature alcohol-free serves are well balanced and thoughtfully crafted. From bright, bittersweet notes to tropical vibrancy, each mocktail offers the perfect way to brighten your evening – an indulgent experience, without the alcohol.

### Victoria Garden

A fruity, bitter and refreshing cocktail

#### Ingredients

- 40ml Rosso Aperitif
- 20ml Ginger Shrub
- 50ml Rhubarb Raspberry Tonic

Garnish:

- Raspberries
- Mint Leaves

#### Directions

- Fill a wine glass with ice and add Rosso Aperitif and Ginger Shrub
- Top with Rhubarb Raspberry Tonic and stir
- Garnish with raspberries and mint leaves on a cocktail stick

### Endless Joy

A tropical, zesty serve with a delicate touch of spice.

#### Ingredients

- 150 ml Pineapple Juice
- 10ml Yuzu Hot Sauce
- 15ml Fresh Lime
- Top with Fever-Tree Grapefruit Soda

Garnish:

- Grapefruit

#### Directions

- Fill a half pint glass with ice
- Add Pineapple juice, yuzu hot sauce and fresh lime together
- Top with Fever-Tree Grapefruit Soda and stir to combine
- Garnish with a grapefruit slide





# Sunday Roast at Straits Kitchen

Sundays at Pan Pacific London are made for slowing down and Straits Kitchen's Sunday Roast is the perfect way to embrace the colder winter weather. From 1-4 pm, guests can enjoy a menu of generous roasts with unlimited sides, combining classic British favourites with Southeast Asian-inspired flavours. The two-course set menu is £45, and three courses are £52, both menus include a welcome glass of Taittinger Brut on arrival.

The experience begins with starters such as delicate chilled Scallops with soy, chilli and a crisp red curry garnish, their natural sweetness lifted by gentle spice, or Beef Short Rib croquettes, rich and tender with a touch of sriracha heat and bright pickled ginger.

At the heart of the meal are the roasts themselves. Guests can choose dishes such as 28-day-aged Aubrey Allen Hereford Sirloin with horseradish or Char Siu Jimmy Butler's Pork Belly, each served with unlimited sides

including duck-fat roasted potatoes, seasonal greens, leek and cauliflower cheese, Yorkshire pudding, and bottomless Sunday gravy.

Desserts complete the experience with an inviting array of options. The Raspberry & Vanilla Cheesecake with toasted maple granola offers a creamy, lightly sweet finish with a satisfying crunch, while the Summer Pavlova with apricot compote and nectarine provides a fresh, fruity contrast to perfectly end your meal.

Make a note in your diary for the last Sunday of every month, when the Sunday Roast becomes an extra-special occasion with fantastic entertainment ranging from live musicians to world-class magicians, alongside a spectacular buffet-style roast where chefs carve the meat in front of you. It's the perfect way to linger over generous plates, soak up the seasonal ambience, and make a Sunday truly feel well spent.





# THE PATISSERIE

The Patisserie is here to brighten your mornings and sweeten your afternoons.

For those busy mornings, freshly baked croissants and pastries paired with expertly brewed coffee offer the perfect, hassle-free start to your day.

The menu features a variety of perfectly flaky croissants, including Pains Au Chocolat and Almond Croissants, each made fresh daily to ensure the highest quality.

These pastries are complemented by Illy coffee, expertly brewed, while hand-picked Newby teas offer a delightful choice for tea lovers.

And if you're looking to unwind early afternoon, indulge in a selection of exquisite cakes and macarons, crafted to deliver the ideal moment of indulgence.

The cakes range from Coffee & Chocolate to Lemon & Poppy Seed and Strawberry & Elderflower. Alongside these are delicate macarons with delectable flavour combinations such as Raspberry & Rose, Brown Butter & Milk Jam, and Hazelnut & Milk Chocolate, offering the perfect accompaniment to an afternoon cup of tea, coffee or hot chocolate.



# WELLBEING







# *Go With the Flow:* The Rise of Lymphatic Drainage

The start of a new year invites a moment of renewal – a chance to detox and re-energise after the festive indulgence, busy schedules and winter fatigue. In the search for gentle yet effective ways to restore equilibrium, lymphatic drainage has emerged as a signature wellness ritual. Once reserved for more clinical settings, it's now celebrated for supporting immunity, easing fluid retention and revitalising the body from within. Through soft, rhythmic movements that awaken the body's natural cleansing system, lymphatic drainage provides a soothing, restorative experience – perfect for beginning the year feeling lighter, clearer and renewed.

## **Reduced Fluid Retention & Enhanced Circulation**

Lymphatic drainage is renowned for easing puffiness and stagnation. Travel, long sedentary periods and elevated stress levels can slow lymph flow, leading to swelling and heaviness. By guiding fluid toward the body's main lymph nodes, the treatment restores healthy movement of lymph and blood, leaving the body feeling lighter, revitalised and more defined.

## **Supporting Detoxification & Immune Function**

The lymphatic system helps filter waste and impurities, but when flow slows, toxins can accumulate and cause energy levels to dip. Lymphatic drainage gently stimulates this natural cleansing process, supporting immune activity and helping maintain a clearer internal environment. This enhances vitality and overall wellbeing, especially during periods of stress, seasonal changes or frequent travel.

## **Relieving Muscle Tension & Reducing Inflammation**

Despite its gentle pressure, the treatment offers substantial physical relief. Improved fluid movement reduces tissue pressure, easing muscle tightness, joint stiffness and inflammation. It is particularly beneficial after long flights, demanding workouts or full days working in the city. By removing metabolic by-products and reducing congestion, it leaves the body feeling more comfortable and at ease.

## **Calming the Nervous System & Reducing Stress**

The slow, rhythmic technique has a deeply soothing effect on the nervous system, guiding the body into a parasympathetic state. As stress levels drop, the mind settles, breathing deepens and physical tension dissipates. Many experience a meditative calm during the treatment and emerge clearer, more centred and better able to rest – often with improved sleep quality.

## **Recover, Reset & Renew**

For a truly transformative experience, SENSORY Spa & Wellbeing offers the Lymphatic Drainage Mud Treatment, a 75-minute ritual that elevates this gentle therapy. Expertly applied techniques stimulate the natural flow of the lymphatic system, draining excess fluids and easing swelling. This revitalising treatment is enriched with Naturalia Sintesi's signature mud and cream, working in harmony to improve circulation and leave the body feeling lighter, firmer and recontoured. Paired with the calming environment and complemented by time spent in the saunas and steam rooms, it provides the perfect opportunity to recover, reset and begin new the year feeling renewed.





# *The Future of Wellbeing* TRENDS FOR 2026

In 2026, wellness is becoming a personalised, science-driven lifestyle, combining biohacking, longevity, mental fitness, hormonal health and sleep optimisation. People are leveraging data, wearable technology and AI-guided insights to enhance performance and recovery, while mindfulness and breathwork practices support mental clarity. These integrated trends are transforming the wellness industry, and wellness tourism, into a new era of empowerment, sophistication and measurable results.

## **Longevity: A New Perspective on Aging and Wellbeing**

Longevity in 2026 is no longer just about lifespan – it is about maximising healthspan, vitality and quality of life. Across generations, people are taking control of how they age, adopting proactive strategies to maintain energy, strength, and mental clarity. Age-agnostic Baby Boomers continue to challenge traditional narratives of decline, staying active and healthy well into later life. Meanwhile, younger generations are embracing longevity from an early age, leveraging biohacking tools, wearable technology, epigenetic testing and mindful lifestyle choices to optimise their long-term wellbeing.

This integration of longevity and biohacking is fuelled by 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 that measures factors like recovery, breathing, muscle efficiency and maximising VO<sub>2</sub> and VCO<sub>2</sub>. 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.

## **Mind Over Matter**

Mental fitness is now considered equally as essential as physical wellbeing. Techniques such as breathwork, mindfulness and meditation are increasingly integrated into daily routines to reduce stress, sharpen focus and strengthen emotional resilience. Breathwork, in particular, supports nervous system regulation, physical recovery and cognitive clarity, making it a cornerstone of modern wellness.





Pan Pacific London incorporates these principles into its SENSORY Spa & Wellbeing programmes, offering yoga, Pilates and sound therapy sessions that allow guests to cultivate mental clarity, emotional balance and a profound sense of calm. Through these practices, the mind-body connection is enhanced, enabling more effective recovery and peak performance.

### **Discovering Hormone Harmony**

Hormonal balance is central to energy, sleep, mood and metabolism, and has become a key focus for wellness enthusiasts in 2026. Optimising endocrine function through biofeedback, personalised nutrition and targeted therapies supports physical performance, mental clarity and emotional resilience.

At Pan Pacific London, treatments and nutrition consultations are designed to support hormone-friendly routines, helping guests feel energised, balanced and resilient. From bespoke wellness programmes to targeted interventions, guests leave equipped to maintain long-term hormonal wellbeing.

### **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, Pan Pacific London 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 lifestyle, whether you're managing existing health conditions, preventing future illness, or improving your relationship with food.

### **Dreaming Big: The Power of Sleep**

In 2026, 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, sleep-optimising lighting and blue light-blocking glasses, 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. The system allows guests to control their bed's temperature, ranging from 13°C - 46°C, for a restorative sleep experience. Paired with a weighted blanket, it ensures deep, calming sleep 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 2026 and beyond.





# SHOPPING





# SPITALFIELDS MARKET



Historic Spitalfields Market is just a stone's throw from Pan Pacific London and offers an unparalleled shopping and dining experience under its Victorian roof. Open seven days a week, this charming market offers an alternative to high-street shopping, showcasing a fantastic array of independent producers and local artists. A hand-picked collection of craftsmen, traders, artists and artisans follow in the footsteps of merchants who have operated at this site since 1666.

The wonderfully eclectic market champions quality fare and responsibly sourced products, providing shoppers with a selection of independent fashion, beauty and wellness brands as well as artisanal crafts and local artworks.

Be sure not to miss out on the culinary wonders of 'The Kitchens', the heart of gastronomic excellence within Old Spitalfields Market. Savour a diverse array of dishes from the slurp-worthy Xi'an Biang Biang noodles to the mouth-watering burgers at Bleecker Burger and the impeccable dumplings at Dumpling Shack, Spitalfields Market caters to all your street food cravings. For a more leisurely dining experience, indulge in Som Saa's vibrant and aromatic Thai cuisine, the Middle Eastern mastery at the vegetarian restaurant Bubala, or indulge in bottomless raclette or fondue at independent cheese and wine bar, Funky Cellar.

No visit to Spitalfields Market would be complete without saying hello to our favourite neighbours, the Herd of Hope. A magnificent herd of 21 life-sized

bronze elephant sculptures roam the market area, welcoming visitors to Spitalfields with their charm and raising awareness of poaching, habitat destruction and ecosystem changes, all of which threaten the existence of elephants in the wild. Each statue corresponds to an elephant that's being protected and cared for by the Sheldrick Wildlife Trust in Africa and has a plaque to share their name and story, so make sure you stop by to visit them.

With its rich history and vibrant contemporary offerings, Spitalfields Market stands as a testament to London's dynamic cultural tapestry. Whether you're in search of unique fashion, artisanal crafts, or have a penchant for global street food, Spitalfields Market has just the thing, in the heart of one of East London's most exciting neighbourhoods.







## A SLICE OF ITALY IN THE CITY

Experience an epicurean passeggiata through Italy's culinary tradition in the heart of London. A short stroll over the road from the hotel, Eataly offers a sprawling gastronomic paradise for all Italiophiles and invites you to eat, shop and learn with a vibrant blend of restaurants, markets and a cooking school.

A veritable cornucopia of Italian and local produce, their market is a mecca for those who appreciate quality ingredients, providing an unparalleled selection of regional ingredients and artisanal products. From freshly baked bread in a traditional wood-fired oven, an abundant selection of Italian cured meats and cheeses and top quality fruits and vegetables, to an impressive range of over 100 types of air-dried pasta and risotto rice, and the largest selection of boutique, single estate olive oils, the market offers everything you need to bring a touch of la dolce vita to your kitchen.

La Pasticceria features artisanal sweets, chocolates and biscuits rich in regional flavours for those with a sweet tooth, and wine connoisseurs can enjoy one of the largest selections of Italian wines in the UK, with a selection of over 2,000 labels from which to choose.

With a variety of outlets, each restaurant offers a unique slice of Italian cuisine. At Terra, the Italian wood-burning grill, seasonal ingredients are transformed by the depth of flavour that comes with cooking over open flames. Pasta e Pizza serves up wood-fired pizzas and perfect al dente pastas, each bite a testament to Italian heritage. For a more relaxed experience, Central Bar provides a diverse selection of Italian soft drinks, seasonal cocktails and light bites.

Eataly is not just a place to eat and shop space – it's a place to learn about Italian cuisine. La Scuola, the in-house cooking school, offers a variety of classes that cater to all skill levels. Whether you're a novice looking to master the basics of Italian cooking or a seasoned home chef seeking to refine your technique, there's something for everyone. La Scuola also offers interactive cooking classes for kids, making it a fantastic family activity. Children can learn to make their own pizza, pasta and other Italian favourites, fostering a love for cooking and quality ingredients from a young age.

Mangiamo!







**Ilona Skrastina**  
Head Seamstress at Pan Pacific London

Head Seamstress Ilona Skrastina is responsible for creating a variety of different outfits for Singa, our sustainable cuddly toy mascot, and she also ensures that our associates always look and feel their best. She shares insights into her career journey, creative passions, and commitment to sustainability.

#### **Please tell us about your career so far**

Since moving to the UK from Latvia more than 15 years ago, I've had the opportunity to work in a variety of industries. However, my passion has always been sewing and dressmaking. It's a dream come true to have been the seamstress at Pan Pacific London for over 2 years now, where I'm able to truly immerse myself in my passion.

#### **What is the most rewarding part of being a seamstress?**

The most fulfilling part of my role as a seamstress is assisting my colleagues in looking and feeling their best. I understand the discomfort of wearing ill-fitting uniforms

and firmly believe in the adage 'dress smart, feel smart, work smart'. By helping my hotel colleagues embody this principle, I find great satisfaction and consider it a reward in its own right.

#### **Who inspires you?**

The first person who inspired me was my teacher in Latvia. Back then, clothing choices were dull, with a restricted palette of black and grey. My teacher imparted a valuable lesson: "If you desire vibrancy and uniqueness in your life, you must create it yourself." This guidance sparked my venture into sewing and crafting my own garments.

#### **Please tell us about Singa the Lion's outfits**

One of the most fulfilling parts of my job is seeing the happiness that my Singa outfits bring to the children who visit and start to build their collection. This motivates me to keep innovating, ensuring that each experience is unique and creating special moments of joy with every new Singa design.

#### **Which fabrics do you use for Singa's outfits?**

Our team members kindly donate old uniforms and clothing, which I creatively repurpose into unique outfits for Singa. I really enjoy transforming pre-loved garments in a fun and eco-friendly manner. Additionally, I design special seasonal outfits for Singa, such as those for Christmas and Easter, to infuse a magical festive spirit into each ensemble.

#### **How do you view sustainability?**

Growing up in Latvia, sustainability and recyclability were ingrained values. Due to limited new materials, we often repurposed and reused what was available. I continue to uphold this ethos by incorporating pre-used fabrics into our Singa outfits. Emphasising natural fibres, we prioritise cotton, wool and silk over synthetic materials like nylon whenever feasible.

#### **Is the future of sewing and fashion evolving?**

The fields of sewing and fashion are constantly evolving, with modern fabrics and machinery progressing. It is delightful to see the revival of traditional tailoring methods and fashions from the past in today's fashion scene. Personally, I aim to continue learning and refining my craft.

#### **What advice would you give to aspiring seamstresses?**

Be creative, be flamboyant and dare to be different. Make sure you design and create the clothes that bring you happiness. Most of all, never stop learning and adapting - knowledge is key!





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