

PAN PACIFIC LONDON

VOL 5

Periscope.

DISCOVER A DIFFERENT SIDE OF LONDON

LOCALE

SPEAKEASIES
OF THE CITY

INDULGE

SECRET GARDENS
OF THE SQUARE MILE

WELLBEING

THE SCIENCE OF
SOUND THERAPY



Gift A Loved One

Treat a special someone to an unforgettable experience at Pan Pacific London.
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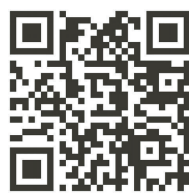
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LONDON'S DIGITAL
NEWS

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 145-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.

The Patisserie Second Floor

The Patisserie is your go-to for a quick morning pick-me-up or a moment of relaxation later in the day. Freshly baked croissants and pastries paired with expertly brewed coffee offer the perfect start for those on the go. Or, if you're in need of a break in the afternoon, unwind with a delicious slice of cake or macaron and a warming cup of something delicious. Whether you're looking for a quick grab-and-go breakfast or a moment of 'me time' early afternoon, you can find what you're looking for at The Patisserie.





SIP

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.

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 everyone. 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.



The Heart of Hospitality

WITH SONIA, FRONT DESK SUPERVISOR AND UK'S BEST RECEPTIONIST 2024

You may have already been welcomed by Sonia – an experience that shows exactly why she was named UK’s Best Receptionist 2024 by the AICR. Recognised for her warmth, professionalism, and genuine care, Sonia embodies the best in hospitality.

Now Front Desk Supervisor, she continues to lead with heart and a smile, ensuring every guest’s stay at Pan Pacific London is exceptional. We’re proud to have her setting the standard for unforgettable service.

What inspired you to become a receptionist?

I've always loved helping people and thriving in social, dynamic environments. Combined with my language skills and passion for travel, hospitality felt like a natural path. I studied Hospitality Management at the University of West London and worked in restaurants during my studies, starting as a waitress and later as a host. Pan Pacific London is my first hotel role, and I’ve grown so much since joining. It’s been an incredible journey, and I’m excited for what’s to come.

Who is your mentor or someone who inspires you?

My biggest inspiration is definitely my mum. It might sound cliché, but she truly has taught me everything I know. We’re super close, your classic mother-daughter duo and best friends who share just about everything. She’s always been my biggest supporter, encouraging me with nothing but love and positivity. She gave up her own career to be there for me and my brother, and her selflessness, strength, and warmth have shaped who I am today. She’s bright, loving, and full of life and honesty, if she weren’t busy being the world’s best mum, she could probably be running the country!

Can you tell us about the most rewarding moment you’ve had while assisting a guest?

I once had a lovely interaction with an Italian family, grandparents traveling with their grandchildren who stayed with us for about 10 days. I had the pleasure of checking them in, and because we connected early on and could communicate in Italian, I naturally became their main point of contact throughout their stay. What stood out most was the grandfather, he was so kind and always came to me for help, constantly thanking me for my support and making me feel genuinely appreciated. It was one of those moments that reminded me why I love being a receptionist. I think I had a soft spot for him too, he reminded me of my own grandad, who I was very close to. It just shows that in this job, the real magic isn’t just in what you do, but in how you make people feel.

How did it feel to be named the UK’s best receptionist by the AICR and what was the process like?

Winning Best Receptionist of the UK 2024 has been the highlight of my career. It proved that all my hard work,



passion, and determination were truly worth it. The process had its challenges – moments of pressure and doubt – but also brought a real sense of pride and excitement. It reminded me that pushing through tough times can lead to incredible achievements and that you’re often capable of more than you think.

How did you celebrate with friends and family?

My friends and family were so proud of me – they couldn’t wait to celebrate and share the news! My mum organised a lovely dinner at home with a few close friends, and one of my best friends even treated me to a nice evening out. The celebrations were simple and lowkey, but they meant everything to me. It was the perfect way to mark the end of one chapter and toast to the start of an exciting new one.

What’s the best piece of advice you've received in your career, and how has it shaped your approach to service?

Throughout the competition, everyone from my managers and the judges to family and friends kept telling me, “Just have fun and enjoy the moment.” Looking back, they were absolutely right. That mindset really shaped the experience and is something I’ve carried into my career. I’m not sure where I’ll be in 10 years or if I’ll still be in hospitality, but I know I’ll try to enjoy the journey. That positive outlook has already made a big difference in how I work bringing more energy and creativity into everything I do.

Are there any personal goals you’d like to achieve?

In the next few years, I’m focused on making time for the things I love, diving deeper into my passion for music and dance, spending more time in nature, and maybe even picking up a new hobby like gardening!



Behind unmarked doors and down hidden passageways, London’s speakeasies offer a world of mystery and allure, where carefully crafted cocktails meet captivating atmospheres. These intimate, tucked-away spots invite you to experience the city’s finest libations. We’ve handpicked some of the most enchanting, secretive locations – each just a short stroll away.

The Mayor of Scaredy Cat Town

Artillery Lane, E1 - 5-minute walk

Behind the door of an unassuming vintage Smeg fridge in a nearby café lies one of London’s most playful hidden bars. To unlock the secret, head to The Breakfast Club and tell the staff, “I’m here to see the Mayor.” They’ll whisk you through the fridge, which opens into the intimate, quirky world of The Mayor of Scaredy Cat Town. With rustic wooden interiors, dim lighting, and an ever-evolving cocktail list, the bar is the perfect spot for an evening out with friends or a discreet date. But don’t forget – when it’s time to leave, avoid the fridge and make sure to slip out via the toilets looking perfectly nonchalant.

Discount Suit Company

Petticoat Lane, E1 - 7-minute walk

Don’t be misled by the name – this former tailor’s stockroom now conceals one of London’s best-kept cocktail secrets. Don’t be fooled by the peeling paint and weathered exterior – just look for the unassuming black door. Step through into the old stockroom where exposed brick walls, low ceilings with aged rafters, and vintage suit remnants

mingle with repurposed cutting tables to form a unique bar setting. Soft ambient lighting and the gentle hum of classic vinyl tunes enhance the intimate vibe, while innovative serves with unexpected twists offer the perfect cocktail of heritage and modernity.

The Bootlegger

Lime Street, EC3 - 9-minute walk

A hidden gem nestled between storefronts, The Bootlegger offers a nod to the Roaring Twenties. With no signs pointing the way, you’ll need a keen eye to find the discreet entrance. Once inside, you’re transported to a time of live jazz, vintage decor and old-school charm, from gramophones to the classic cash register. It’s the perfect spot to soak in the sounds of live music while immersing yourself in the glamour of a bygone era.

Nightjar

City Road, EC1 - 20-minute walk or 9-minute drive

A bona fide gem, Nightjar is a world-renowned speakeasy that regularly ranks among the best bars globally, earning its place on the prestigious "World’s 50 Best Bars" list. Hidden behind an unmarked door in Shoreditch, this candlelit hideaway offers live jazz and a menu inspired by different eras, from Pre-Prohibition classics to contemporary concoctions. It’s an experience that’s as timeless as the cocktails themselves.

Need help uncovering these hidden gems? Our Concierge is always on hand to help you unlock the city’s best-kept secrets – no password required!

FAMILY FUN

Just a short putt from Pan Pacific London, Puttshack City offers a hole-in-one experience for families looking to add a little playful competition during their London stay. With families welcomed before 6pm every day of the week, this isn't your average mini-golf – it's a tech-infused adventure where every putt is tracked, every hole brings a new surprise, and every player - child, teenager, parent and more - has the chance to finish on par.

Gone are the traditional scorecards. Here, Puttshack's smart technology takes centre stage, tracking every swing and adding unexpected twists at every turn. Whether you're navigating the eerie corridors of the Puttman maze or testing your trivia skills at the Pop the Question hole, the course challenges your precision and creativity at every corner. For those with a daring streak, the Ring of Fire heats up the competition, while the Prize Wheel gives players the chance to spin their way to rewards – free glasses of bubbles, complimentary games, exclusive merch, and more. It's an exhilarating experience that's just as thrilling for seasoned pros as it is for first-time putters.

Beyond the course, Puttshack's vibrant dining space serves as the perfect 19th hole to refuel. Whether you're in the mood for indulgent bites like crispy Mac 'n' Cheese Croquettes or prefer something heartier like a BBQ Bacon Cheeseburger with smoky BBQ sauce or a range of delicious sourdough flatbread pizzas, the menu promises to satisfy every craving. For lighter fare, try the refreshing Avocado Caesar Salad or the zingy Kashmiri Style Cauliflower, and for a true crowd-pleaser, Puttshack's ultimate Loaded Fries, with cheese, bacon, and caramelized onion gravy, are a must-try.

For families looking to add a bit of fun and friendly competition to their London stay, Puttshack City is the perfect choice. With surprises around every corner and plenty of moments that will have everyone laughing, it's a great way to make lasting family memories, one shot at a time.

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



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

A NEIGHBOURHOOD GUIDE TO LITTLE VENICE



Tucked away in the heart of West London, Little Venice offers a tranquil retreat where the city's bustle fades away. Just 20 minutes from the hotel via the Elizabeth Line to Paddington Station, this picturesque neighborhood invites you to unwind along its charming canals.

The heart of Little Venice lies where the Grand Union and Regent's Canals meet, and iconic narrowboats, many of which are now charming houseboats, bob along the water. To truly experience the canals, hop on a boat with the London Waterbus Company for a 45-minute cruise that takes you along Regent's Canal all the way to Camden Market, where you'll pass by the manicured gardens of stately Victorian homes, cross beneath charming iron bridges, and even sail past the London Zoo. If you'd rather captain your own vessel, hiring an electric Go Boat is the ideal way to explore the waterways at your own pace and perfect for a picnic on the water in sunny weather.

The neighbourhood is dotted with beautifully restored barges and houseboats that line the canals, offering a glimpse into a slower, more picturesque way of life. The area's peaceful green spaces, such as Rembrandt Gardens, are perfect for a leisurely stroll, where you can sit along the water's edge and watch the boats go by.



The area's relaxed atmosphere is best enjoyed at its riverside cafés and restaurants. London Shell Co., moored on a barge, serves delectable British seafood, while The Cheese Barge offers a delightful selection of cheese-focused dishes. For a casual bite with canal views, The Waterway is a local favourite with a beautiful waterside setting, or enjoy Italian classics at Café Laville, perched above the Maida Hill Tunnel with a balcony perfect for watching the boats pass below.

If you're lucky enough to visit over the early May bank holiday weekend, be sure to experience the Canalway Cavalcade. This vibrant annual festival celebrates the area's rich canal heritage, with dozens of colourful canal boats gathering for a weekend of festivities. The event features live music, street food stalls, and activities, creating a lively and festive atmosphere on the water.

Whether cruising along the canals, dining by the water, or simply soaking in the peaceful atmosphere, Little Venice is a calm, charming escape from the hustle of London.

DAY TRIPPING

DISCOVER BRIGHTON



Just an hour from London by train, Brighton is a bohemian seaside escape bursting with energy, eclectic charm, and creative spirit. From its lively pebble beachfront and independent shops to its world-famous pier, Brighton is a unique and vibrant town not to be missed.

The seafront is the heart of it all. Stroll along the iconic promenade, where colourful beach huts and quirky art stalls line the way, or settle into a deckchair to watch the waves roll in. The iconic Brighton Palace Pier is pure nostalgia and has been delighting visitors since 1899 with fairground rides, candyfloss stalls, and panoramic sea views best enjoyed with fresh fish and chips in hand.

Beyond the beach, Brighton's streets are a kaleidoscope of personality. The Lanes are a maze of winding alleyways where independent boutiques, curiosity shops, and vintage finds tempt you at every turn. North Laine, Brighton's most bohemian quarter, buzzes with street performers, colourful murals, and quirky markets selling everything from handmade ceramics to rare vinyl records.

For a dose of history and grandeur, the Royal Pavilion is a must-see. This exotic pleasure palace, built for King George IV, blends Indian and Chinese architectural influences with opulent interiors that feel like stepping into another world. After exploring its lavish rooms and beautifully landscaped gardens, take a moment to unwind in the nearby Pavilion Gardens, a peaceful retreat in the heart of the city.

Brighton's food scene is just as diverse as its culture. Terre à Terre, is a must-visit for innovative vegetarian dining where plant-based cuisine is elevated to something extraordinary. Nearby Burnt Orange offers a relaxed yet stylish atmosphere, with sensational wood-fired small plates and expertly crafted cocktails, perfect for a date night or special occasion. If you prefer lunch with a sea view, Shelter Hall brings together a rotation of kitchens serving everything from fresh seafood to gourmet burgers, while Riddle & Finns is a favourite for oysters and Champagne with unrivalled sea views.

As the sun sets, golden hour provides the perfect time to soak in Brighton's charm. Whether sipping a sundowner at one of the many beachfront pubs and bars, discovering a hidden speakeasy like The Plotting Parlour, or enjoying the creative cocktails at The Golden Pineapple, the city's energy is infectious. Brighton's live music scene is a key part of its vibrant nightlife, offering everything from intimate gigs in underground bars to large performances at venues like the Brighton Dome. Known for its diverse and energetic mix, the city attracts music lovers with local indie bands, emerging artists, and electronic beats.

Whether you go for the sea air, culture, or simply to get lost in its winding streets, Brighton offers a unique and vibrant coastal escape.



INDULGE





Secret Gardens of the Square Mile Afternoon Tea

STRAITS KITCHEN

Escape the bustle of city life and enjoy an enchanting afternoon tea experience in our botanical oasis pop-up. The beauty of London's hidden gardens meets exquisite patisserie that's inspired by nature and made with locally sourced, seasonal ingredients.

Savour the Honey Pomegranate Mousse infused with London honey, and delight in the Tarragon Apricot Bavaois where early-picked apricots and tarragon perfectly compliment each other. No afternoon tea is complete without our signature Candied Ginger Scones, where warming ginger offers delicate spice that elevates the classic scone.

As you finish your final sip of tea, your journey continues beyond the table. You will receive a beautifully illustrated map to guide you through Square Mile's Secret Gardens. Meander through nearby lush hideaways, uncover historic ruins, admire breath-taking rooftop vistas and discover peaceful sanctuaries tucked away within the City's busy streets. And, as a special keepsake, take home a complimentary seed packet – an opportunity to add to your own garden.



Whilst you enjoy your afternoon tea, your little artists can unleash their creativity with our Children's Afternoon Tea menu, designed for a fun and delicious experience.

Featuring delightfully playful treats like Flower Cake Pops and Jungle Rice Crispy Bites, as well as Singa Lion Biscuits to decorate with icing and sprinkles to make them uniquely theirs, it's sure to be a roaring success!



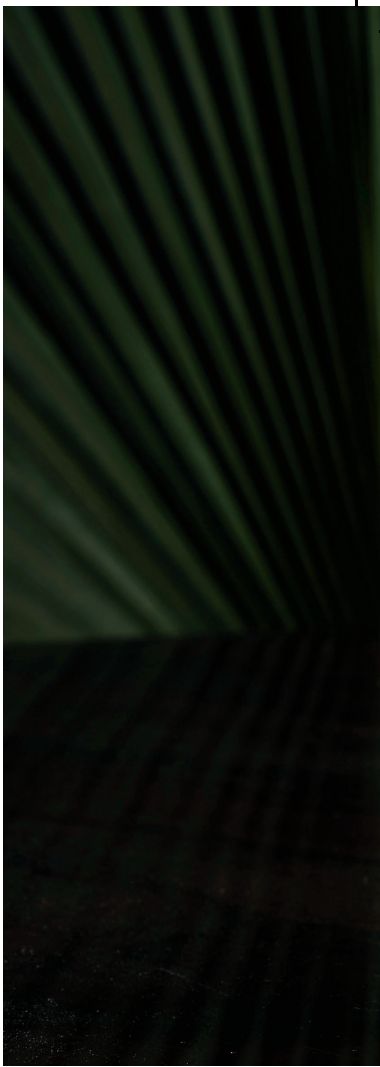
THE PATISSERIE

We are delighted to introduce The Patisserie, now open on the second floor, offering a warm welcome to all guests.

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

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.

For a moment of indulgence, The Patisserie presents a tempting array of sweet treats. 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 or coffee.



HOME RECIPE:

Green Waterfall

Take home a sip of Ginger Lily Bar with our Green Waterfall cocktail recipe – it’s bright, refreshing and elegantly balanced, making it the ideal tippie for warmer weather. The Green Waterfall is a perfect blend of crisp cucumber, fresh mint, and smooth Enemigo Blanco Tequila. A touch of agave adds subtle sweetness, while grapefruit soda brings a vibrant citrus lift. Finished with a tajín rim and cucumber garnish, this cocktail is easy to make at home and is a wonderful crowd-pleaser for entertaining on warm spring and summer evenings.

INGREDIENTS

Serves 1

- 50ml Enemigo or your preferred tequila blanco**
- 20ml lime juice**
- Cucumber**
- 6 mint leaves**
- 5ml Agave**
- Tajín seasoning**
- Grapefruit soda**

METHOD

- Use a peeler to thinly slice the cucumber lengthwise for an elegant garnish
- Rub a cut lime around the side of a glass to moisten, then gently roll the moistened side with tajín seasoning
- Garnish the inside of the glass with the cucumber slice in a spiral as seen in the photo
- Bruise the mint leaves in your hands and add to a cocktail shaker with the tequila blanco, lime, agave
- Shake well, strain into a glass and top up with grapefruit soda
- Serve with ice and enjoy

WELLBEING





Awaken To Care:

An Educational Approach to Skincare for Teens

With so much skincare advice on social media, it's easy to get caught up in trying all the latest trends. But when it comes to teenage skin, simple, effective care is what really matters. That's why we have introduced the Awaken to Care treatment, an educational Bonpoint facial designed to help teens understand their skin and build healthy habits.

Teenaged skin is constantly evolving, responding to changes in hormones, environment, and lifestyle. Without the right knowledge, it's easy to overdo skincare or use products with ingredients that aren't suited to young skin. The Awaken to Care treatment is designed to teach teens how to care for their skin effectively, focusing on gentle cleansing, deep hydration, and protection of the skin's natural barrier. Through this tailored facial, expert

beauty therapists guide teens step-by-step, explaining why certain ingredients work best, how to avoid common skincare mistakes, and how to establish a simple yet effective routine that nurtures their skin for years to come.

Bonpoint's clean skincare champions age-appropriate vegan formulas that are free from harsh chemicals, ensuring that young complexions remain nurtured and radiant. By embracing this considered approach, teens can enjoy healthy, balanced skin without the risks of over-exfoliation or irritation.

For those looking to embark on their skincare journey, the Awaken to Care treatment offers the perfect introduction – one that is rooted in expertise and designed to instil confidence, inside and out.



Tuning in to Wellness:

THE SCIENCE OF SOUND THERAPY

Julia Shin-Yan Tsang

Residency Sound Healing Therapist
at Pan Pacific London

Julia Shin-Yan, a Hong Kong native who trained in Nepal, Bali and the UK, is a CMA-accredited sound therapist and teacher, specialising in Tibetan singing bowls and gongs. As the resident sound healing therapist at Pan Pacific London, she offers transformative vibrational healing experiences, blending Vedic and ancient Tibetan energy systems to create deeply immersive and transformative experiences.

What is sound therapy, how does it work, and what are its mental and physical health benefits?

Sound therapy uses musical instruments to produce soothing vibrations that promote relaxation and wellbeing. These vibrations synchronise brainwaves with specific frequencies and reach deep into the body's cells, restoring balance on physical, emotional, mental, and spiritual levels. By guiding individuals into a calming state, sound therapy breaks the cycle of stress and overwhelming thoughts, promoting clearer thinking, reduced anxiety, and bringing

physical relief. The vibrations unblock stagnant energy, leaving the body feeling lighter and the mind refreshed. With stress linked to 90% of chronic illnesses, sound therapy supports a healthier, more balanced life.

How do sound frequencies influence brainwave activity, relaxation and focus?

The double-slit experiment in quantum physics shows how different waves interact and merge – just like sound entrains our brainwaves. Sound healing gently guides us into an alpha brainwave state, similar to light meditation, before deepening into theta brainwaves, where profound relaxation occurs. Interestingly, this is the state where people often snore yet insist they never fell asleep – I've experienced this, too! That's because we remain fully aware, even in deep relaxation. When we return to full consciousness, our minds feel clearer and more focused. Recognising these benefits, many schools in the UK and Europe now use singing bowls to enhance children's concentration and mental clarity.



On a physiological level, sound therapy also interacts with the autonomic nervous system. Chronic stress keeps us in a ‘fight or flight’ sympathetic-dominant state, but sound frequencies – particularly those in the theta range – can shift us toward the parasympathetic state, also known as ‘rest and digest’. This helps the body and mind return to a natural state of balance, alleviating stress and encouraging overall healing. Relaxing music stimulates the brain’s limbic system, which governs emotions and memory, boosting dopamine levels while counteracting stress-inducing cortisol.

How does sound therapy support sleep quality and are there specific frequencies known to promote deep sleep?

You're referring to the delta brainwave state, associated with deep sleep. Sound therapy guides individuals through alpha and theta states into delta, promoting relaxation and reducing stress. Disharmonious sounds help release trapped energy and improve circulation, so most individuals experience a restful night’s sleep afterwards. The only exception is when vibrational healing continues after the session, as the body goes through a detox process. Unhealthy energy may be released, which could temporarily disrupt sleep before improving it in the long run.

What are the most commonly used sound therapy instruments?

Singing bowls and gongs are among the most popular instruments in sound healing. When struck with a mallet, they produce deep, resonant vibrations that travel through our energy field and into our bodies – reaching into our blood, bones, and cells. The resonance harmonises “dis-ease” frequencies in our bodies, and these corrective frequencies help us heal physically, mentally and spiritually.

How has sound healing been used historically and how does modern science validate these ancient practices?

Tibetan singing bowls, with roots in Tibet’s Bonpa tradition, evolved from food bowls to healing tools and ceremonial instruments. After WWII, sound healing reached the West, where scientists studied resonance, brainwave entrainment, and its therapeutic effects, validating ancient practices with modern research.

What are the recent discoveries in sound therapy, and how is technology shaping its future?

The sound healing experience is becoming increasingly immersive. Recently, I had the opportunity to visit a factory with an enormous crystal bowl setup. I sat cross-legged inside one giant crystal bowl, while another was lowered above me. When the top bowl was struck, the vibration was incredibly powerful and prolonged – it was truly an awe-inspiring experience.

Today, many places are taking sound healing to the next level by combining it with virtual reality or using advanced devices to diagnose chakras and track healing progress. Binaural beat headphones remain popular and some sessions now incorporate specialised lighting to further enhance the effects. These innovations are making it not only more immersive but also more convenient and effective as well.



SHOPPING



WESTFIELD STRATFORD



For those seeking a shopping experience that combines convenience with variety, Westfield Stratford City is the ultimate destination. Just a 15-minute journey on the Elizabeth Line from Pan Pacific London, this retail powerhouse is the largest urban shopping mall in Europe, featuring over 300 retailers all under one roof.

The centre boasts an impressive range of stores, with designer labels like Boss, Breitling and Tag Heuer sitting alongside high-street favourites such as Zara, Mango and Reiss. Footwear and accessories lovers can indulge in the latest collections at Kurt Geiger, Dune and Sunglass Hut, while beauty enthusiasts will discover the best in skincare and makeup at Sephora, L'Occitane, Charlotte Tilbury and Neal's Yard Remedies. For sportswear and athleisure, brands like Adidas, Gymshark and Under Armour offer a range of performance and lifestyle apparel to suit all tastes, and tech lovers will find the latest gadgets at Apple and Samsung, perfect for staying ahead of the curve.



Beyond the shopping experience, Westfield Stratford has an exceptional range of dining options. Whether you're grabbing a quick bite to refuel between stores or enjoying a leisurely meal with friends, there's something for everyone.

For entertainment, the options are endless. Vue Cinema offers the latest blockbusters, while All Star Lanes provides a lively bowling experience perfect for socialising post-shop. Gravity Max takes things to the next level with immersive activities such as indoor karting, digital darts and AR bowling, offering a fun experience for all ages.



Just next door, you'll find Queen Elizabeth Olympic Park, home to some of London's most iconic sporting venues from the 2012 London Olympics. The park also offers a peaceful retreat with its green spaces, scenic walkways and cultural attractions. You can also take in breathtaking views of the city from the ArcelorMittal Orbit, the UK's largest piece of public art and tallest sculpture. Take the lift to the top for panoramic views of London and the surrounding area, or for the more adventurous, try the Slide – the world's tallest and longest tunnel slide that spirals down from the top.

For assistance with planning your visit, speak to our wonderful Concierge Team.



BOND STREET



A London getaway or staycation is not complete without some retail therapy, and Bond Street is the city’s ultimate destination for luxury shopping. Just a 15-minute journey from Pan Pacific London on the Elizabeth Line, this historic street has been home to high-end boutiques and heritage brands for centuries, offering everything from designer fashion to fine jewellery and accessories.

Bond Street is known for its mix of international luxury and British craftsmanship. Flagship stores for Chanel, Louis Vuitton, and Cartier sit alongside homegrown names like Burberry, Mulberry and Alexander McQueen. Jewellery collectors can browse Boodles and Asprey for exquisite British designs, alongside Tiffany & Co. and Van Cleef & Arpels, while watch enthusiasts will enjoy perusing Rolex and Patek Philippe.

A visit to Ralph Lauren’s flagship store is a must, not just for its timeless fashion but also for a coffee break at Ralph’s Coffee. With its vintage-inspired interiors and signature cappuccinos, it’s the perfect place to recharge before continuing your shopping spree.

Dining options in the area are just as impressive as the shopping. Bacchanalia, with its grand interiors and Mediterranean-inspired menu, is an excellent choice for a leisurely lunch or post-shopping dinner, offering fresh seafood, grilled meats and an extensive wine list. For something more intimate, Hakkasan Mayfair serves fine-dining Cantonese cuisine, with dishes like the Hakkasan Signature Peking Duck stealing the spotlight. If you’re in the mood for classic brasserie fare, Scott’s is a timeless culinary classic that has served exceptional British seafood since 1851 and is known for its fresh oysters, lobster, and elegant atmosphere.

Bond Street remains one of London’s most iconic shopping destinations, blending the best of global fashion with British heritage brands. Whether you’re looking for statement pieces, timeless accessories or an indulgent meal, this historic street offers a refined shopping experience unlike any other.

Islington Farmers' Market



Every Sunday, Chapel Market in Islington comes alive with the vibrant energy of the Islington Farmers' Market, where locals and visitors gather to enjoy the finest fresh produce, artisanal goods and seasonal delights. Just a stone's throw from the lively heart of Islington, this charming market offers a true taste of local farm-to-table goodness in a warm, community-focused atmosphere.

Established in 1999, this beloved market is open from 10am - 2pm every Sunday and offers an exquisite selection of seasonal flowers, organic meats, free-range eggs, artisan cheeses, and more – sourced from farms within 100 miles of London.

Notable vendors include Perry Court Farm, offering fresh fruits and vegetables, Nigel's Lettuce and Lovage, known for its vibrant herbs and salads, and Grange Nursery, which fills the market with the most beautiful seasonal blooms. Sweet cravings are satisfied with J's Cakes' macarons and Chegworth Valley's fresh apple juice, whilst Bread Bread fulfils all your artisanal sourdough loaf needs.

The market is an eco-conscious space, encouraging visitors to bring their own bags and containers to help reduce waste. With its sense of community and diverse offerings, the Islington Farmers' Market is the perfect destination for a relaxed and rewarding Sunday outing.

If you're looking to enjoy an exceptional Sunday roast after a morning at the market, you're in for a treat.

The Drapers Arms, just a short walk from the market, serves a superb roast, with top-quality cuts of meat, seasonal vegetables and all the classic accompaniments. The Old Queen's Head, a lively pub with a charming and relaxed vibe, is another favourite, known for its exceptional roasts, served with all the trimmings and a delicious array of sides. And don't miss The Albion, a local institution where you can enjoy a hearty, flavoursome roast in a welcoming setting.





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