

SENSORY

SLEEP EXPERIENCE

**A GOOD NIGHT'S SLEEP HAS BECOME
THE ULTIMATE MODERN LUXURY, AND WE AT
PAN PACIFIC LONDON WOULD LIKE TO ENSURE
YOUR STAY WITH US IS NOTHING SHORT OF
PURE INDULGENCE AND RELAXATION**



Introducing our Sensory Sleep Experience, an innovative programme designed to ensure a truly blissful night's sleep. Featuring a plethora of sleep-boosting amenities, from our plush and inviting Hypnos beds with topper and 100% fine Italian cotton, to a wide selection of pillow options along with pillow mist.

Additional sleep-enhancing services include yoga guides, luxury bath products and drinks and snacks specifically recommended by our nutritionist and sleep experts. We also have a selection of calming reading books available.

Enjoy a rejuvenating stay with us.

ANNE GOLDEN
General Manager





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A BETTER SLEEP, WHEN YOU EAT AND DRINK

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Comfort Collection



RESTORATIVE SLEEP HELPS TO REVITALISE YOUR BODY AND
REFRESH YOUR MIND. THOUGHTFULLY PUT TOGETHER BY
OUR SLEEP EXPERTS, WE OFFER A COLLECTION OF PLUSH AND
INVITING PREMIUM BED FURNISHINGS TO ENHANCE
A GOOD NIGHT'S REST AND RELAXATION.

A Good Night's Sleep

MATTRESS

Our bespoke Hypnos mattresses are made with a generous blend of natural and sustainable fillings along with an intelligent pocket spring system, offering a balance of superior comfort and support and providing you with the ultimate repose at the end of each day.

TOPPER

Our Hypnos mattress topper makes for an utterly relaxing sleeping experience and elevates your nightly rest with cloud-like, contoured support. The wool-filled topper not only provides an extra layer of comfort but also helps create a calm and tranquil sleeping environment by regulating your body temperature for a less disturbed sleep.

DUVET

Be lulled to sleep as you relax in plush comfort and nestle in the downy softness of our luxurious 90% goose down duvet. Our covers are 100% cotton, woven to a 300-thread count using a satin weave to provide the ultimate comfort for a restorative night's sleep.



Pillow Talk

FEATHER

Current Pillow

Firm and soft, this pillow has a natural filling that is soft, comfortable and supple, and offers adjustable support as it adapts to different positions.

MICROFIBRE

With the finest polyester available, this pillow provides 'down-like' feel and comfort and is an ideal alternative for sleepers who prefer a synthetic-filled pillow.

BUCKWHEAT

100% natural and with no chemicals added, the buckwheat pillow offers consistent airflow to maintain a comfortable core temperature to keep your head and neck cool. By conforming to the exact contours of your head, neck and shoulders, it allows the muscles to relax and thus relieves pain and stress.



BOLSTER

This long narrow pillow with a synthetic filling helps keep your spine, hips and neck aligned, relieving tension for joints and surrounding muscles. This enhances comfort and encourages healthy posture into the next day.

FOAM

Available for those who are allergic to feathers.

MEMORY FOAM (WAVEFORM)

Memory foam is firmer, providing more head and neck support while you sleep.

All pillows are complimentary, subject to availability and available to order through Service One



Enhance Your Sleep



OUR SLEEP ENHANCERS ARE PARTICULARLY EFFECTIVE IN PREPARING THE BODY AND MIND FOR A DEEP, THOROUGH REST. DESIGNED TO MEET A VARIETY OF RELAXATION PREFERENCES, OUR SLEEP ENHANCERS ARE HERE TO HELP YOU WIND DOWN AT THE END OF EACH DAY.

Bath Amenities

SOOTHING BATH SALTS

These 100% natural salts, contain essential skin minerals - magnesium, potassium and calcium. Cruelty-free and vegan. Suitable for the whole family including babies over three months.

Dead Sea Bath Salts - with our compliments

RELAXING BUBBLE BATH

To help your body and mind unwind, enjoy our lavender bubble bath, with its calming scent to help your body surrender to sleep.

Lavender Bubble Bath - with our compliments, available through Service One

NOURISHING

Our overnight face mask is powered by intensive moisture molecules and brightening complexes, to provide ultimate moisture. A light green creamy clay mask that becomes translucent, the mask scent is an essential oil blend of grapefruit, lavender, rosemary, jasmine and lotus extract.

Overnight Face Mask - £6 supplement, available through Service One

COMPLETE YOUR UNFORGETTABLE
BATH EXPERIENCE WITH DRINKS BY THE GLASS
AVAILABLE THROUGH SERVICE ONE

A full selection can be found in your In Room Dining Menu

Pillow Mist

BIG SLEEP MIST

A quietly potent combination of plants and gemstone, including amethyst, lavender and jasmine, Big Sleep Mist brings calming and soothing energy to battle insomnia, release stress and to inspire dreams.

ESSENTIAL OILS OF:

Vetivert - grounding and soothes exhaustion

Spikenard - soothes the nervous system

Jasmine - anti-aging

Lavender - boosts relaxation

Patchouli - promotes calmness and relaxation

Clary Sage - euphoric offering a sense of wellbeing

HOW TO USE:

Use up to 5 pumps of the spray, on bed sheets, pillowcase, or over the bed.

Lying in bed, take 10 slow, deep inhalations to completely relax the mind and body.

With compliments, available through Service One





Sleep Systems

THE OOLER SLEEP SYSTEM

Set your preferred temperature and let the OOLER® hydra-powered sleep sheet do the rest. The OOLER® sleep system allows you to schedule different temperatures, ranging from 13-46°C / 55-115°F, throughout the night so you can enjoy your best sleep possible. This sleep system includes the OOLER® control unit (next to the bed) and our soft Chilipad™ Cool Mesh™ Hydronic mattress pad that actively circulates water beneath the sleeping surface for a luxurious feel.

£150 supplement

MELA COMFORT WEIGHTED BLANKET

Designed to help you melt away stress and welcome calmness so that you wake up feeling rested and ready to face the day. This blanket helps to foster a sense of stillness and calm, helping your body and brain to switch off.

The Mela Comfort Weighted Blanket feels a little like a comforting hug.

£30 supplement



The OOLER® Sleep System and Mela Comfort Weighted Blanket are available to order between 9am - 4pm.

Set-up of the system is between 5pm and 8.30pm and can take up-to an hour. We recommend you vacate your room.

To book please call Service One



Meditation & Yoga

GUIDED MEDITATION

Our sleep meditation playlists feature both male and female narration to suit your personal preference, or simply enjoy soothing and relaxing music as you wind down for the day.

Should you not have a yoga mat in your wardrobe please call Service One

Scan the QR code to access guided meditation playlists:



WATERFALL

How to:

Start by lying on your back, head flat. Swing your legs up against the wall, making a 90° angle. Place your arms comfortably by the side, supporting your body. Stay as long as needed.

Benefits:

Alleviates tension across the lower abdomen, slows down heart rate, relieves pressure on legs.



HAPPY BABY

How to:

Lie flat on your back, head flat. Bend your knees toward your chest at a 90° angle. Face the soles of your feet upwards. Reach forward, grab and hold the outside of your feet, push your knees apart, shifting them toward your armpits. Flex your heels into your hand.

Benefits:

Reduces stress, anxiety, tiredness, fatigue.
Stretches the inner thighs, hamstrings, hips and back.



TWISTED ROOT

How to:

Lie on your back, head flat and hug your knees in to your chest. Cross your right leg over your left, drop your knees over to the left and relax your legs on the ground. Open your arms out in a capital letter 'T'. Turn your head to the right with your right cheek on the ground. Repeat the same on other side after a few minutes.

Benefits:

Releases tension in the spine, lower back, neck, and stretches obliques, glutes, hips and chest.



BUTTERFLY

How to:

Start in a relaxed sitting position. Extend and stretch both legs out in front of you. Gently bend your knees so that both knees point outwards and bring the soles of your feet together with your heels and toes touching each other. Slowly start to lean forward, keeping the soles together, placing your head near your feet.



Benefits:

Stretches the hips, inner thighs and groin, promoting relaxation.

CHILD'S POSE

How to:

Kneel on the floor with your big toes together and your knees hip-width apart. On an exhale, lower your torso between your knees. Extend your arms beside your ears with your palms facing down. Relax your shoulders toward the ground. Rest in the pose for as long as needed.

Benefits:

Stretches shoulders, creates a relaxing posture, improves flexibility and mobility.





A BETTER SLEEP

When You Eat & Drink



A HOT DRINK AND LIGHT NIBBLES BEFORE BED
ENHANCES SLEEP QUALITY, IMPROVES RESTLESSNESS
AND HELPS YOU TO FALL ASLEEP MORE QUICKLY.

WE RECOMMEND ONE OF THE FOLLOWING
FOR AN ENRICHED SLEEP EXPERIENCE.

Sleep Menu

CHAMOMILE TEA

With our compliments during turn down

Chamomile tea has been used for centuries as a sleep and relaxation aid. After you fall asleep, chamomile can help to improve sleep quality so that you wake up rested and refreshed.

GINGER & LEMON TEA

£5

A soothing favourite with its warming properties to make you feel cosy and settled at bedtime.

HUNAN GREEN TEA

£5

Renowned for reducing stress, relaxing brain activity, and improving sleep quality.

PEPPERMINT TEA

£5

Rich in antioxidants, its essential oils relax your muscles.

NUTS & SEEDS

With our compliments

Walnuts, Almonds and Pumpkin Seeds
(N) 860 kcal

GREEK YOGHURT WITH KIWI

£10

(V) (D) 267 kcal

LAVENDER SHORTBREAD

£6

(V) (D, G) 117 kcal

ENRICH YOUR SLEEP EXPERIENCE

Please order through Service One

Please inform us of any allergies or intolerance before placing your order, we are always happy to help.

KEY TO ALLERGENS:

A - Alcohol, C - Crustaceans, CE - Celery and Celeriac, D - Dairy, E - Egg, F - Fish, G - Gluten, L - Lupin,
M - Mustard, MO - Molluscs, N - Nuts, P - Peanuts, S - Soya Beans, SD - Sulphites, SE - Sesame,
V - Suitable for Vegetarians, VE - Suitable for Vegans

*Good Night,
Sleep Tight*



PAN PACIFIC
LONDON