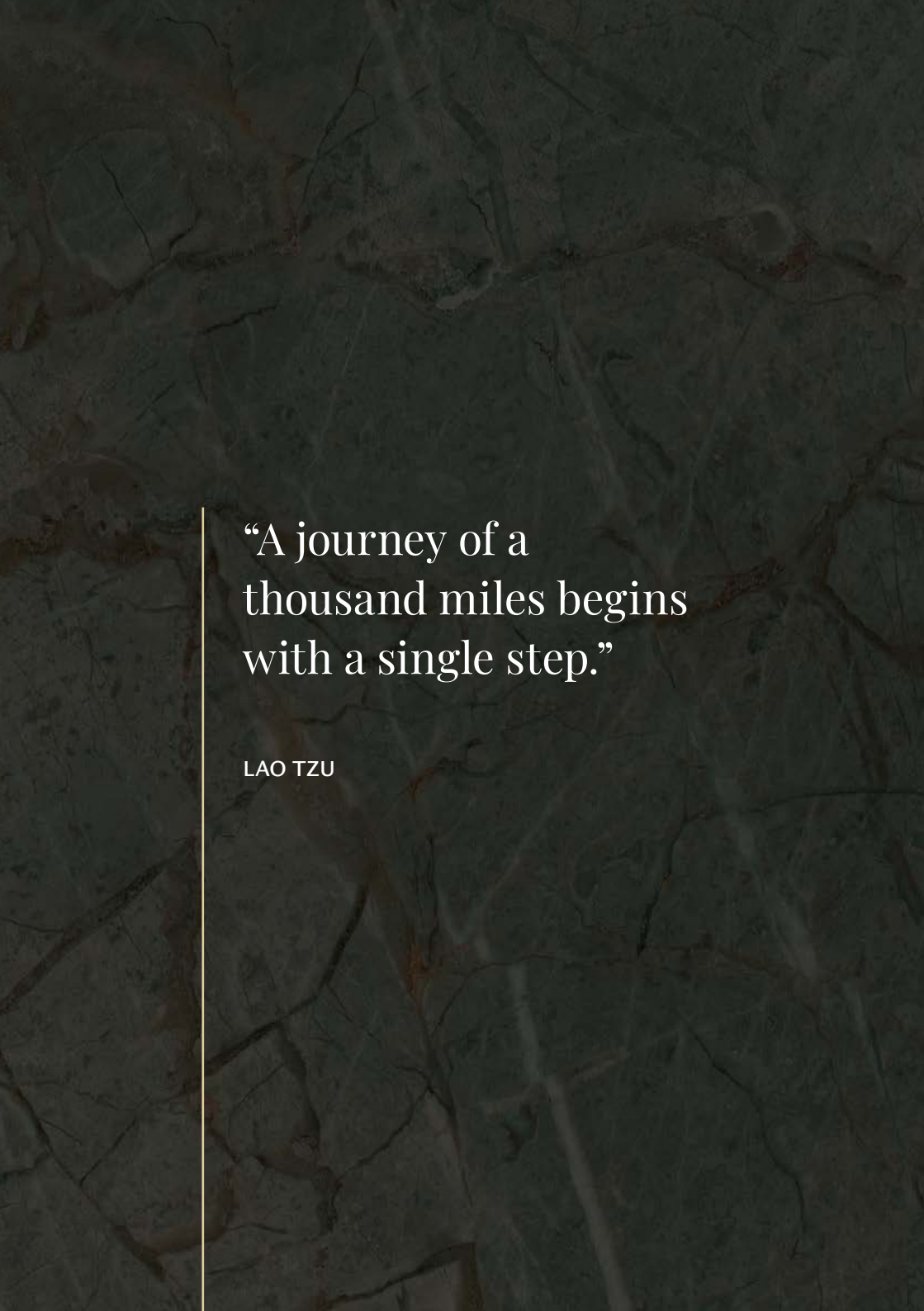




PAN PACIFIC
LONDON

A Haven of Wellbeing

TREATMENT MENU



“A journey of a
thousand miles begins
with a single step.”

LAO TZU



Pan Pacific London Experiences

Human Performance

£410

Muscle Activation Phase	15 min
High-Performance and Interactive Training Session	45 min
Muscle Enhancement Recovery Treatment	10 min
Recovery and Digital Mental Reactivation	20 min
Rhythmical Bamboo Massage	60 min
Bespoke High Protein Nutritious Meal	-
Pan Pacific Sleeping Programme	Overnight

Performance Recovery

£390

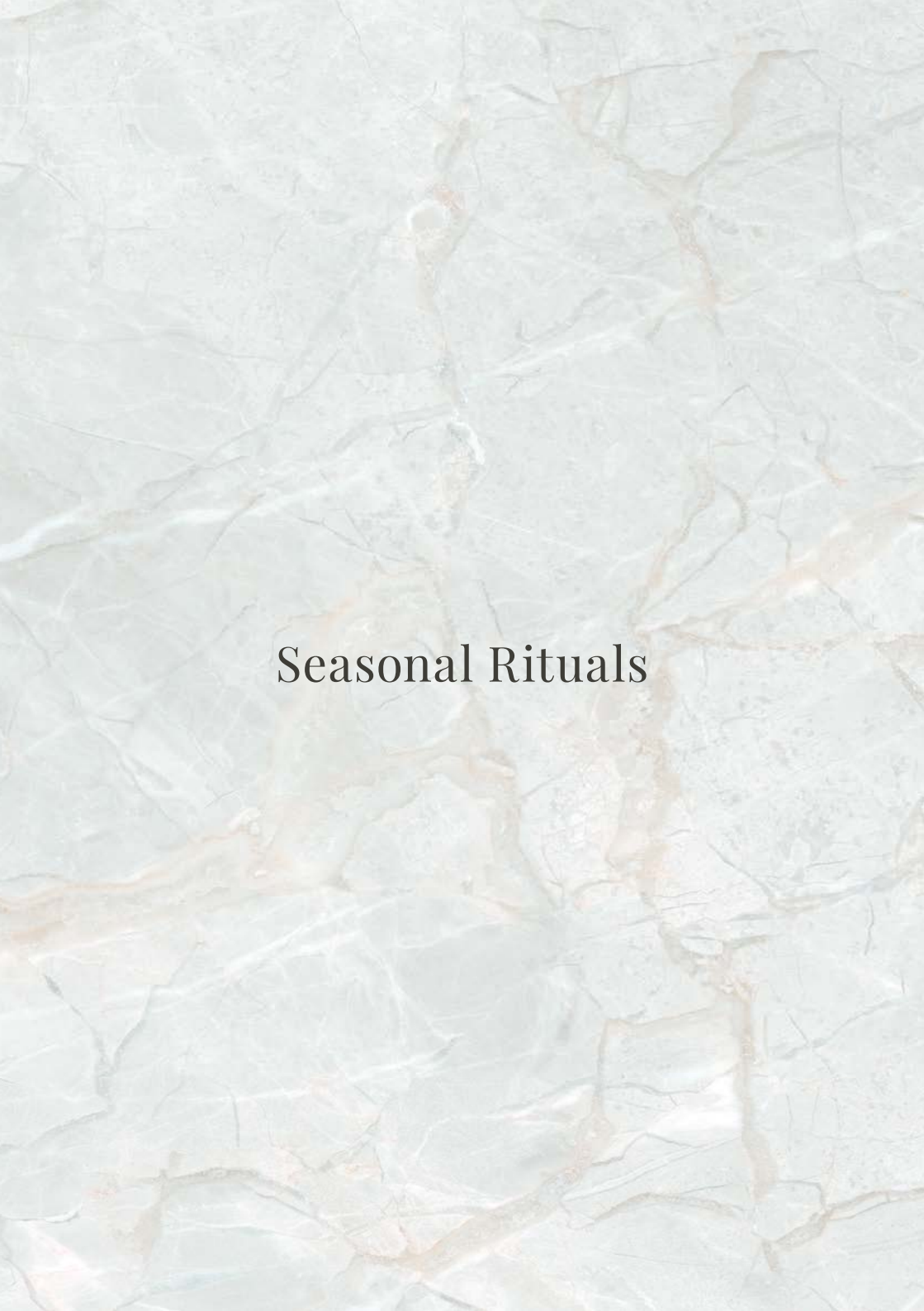
Stretch and Mobility Session	15 min
EMS Recovery Session	45 min
Muscle Enhancement Recovery Treatment	10 min
Mindful Relaxation with Leg Recovery	20 min
Holistic Massage	60 min
Bespoke Recovery Nutritious Meal	-
Pan Pacific Sleeping Programme	Overnight

Flight Mode Recovery £390

Water Muscle Activation Phase	10 min
Aqua Bike Recovery Workout	45 min
Steam Room Relaxation with Aromatherapy Oil	-
Lymphatic Drainage Massage	60 min
Bespoke Energy Booster Nutritional Meal	-
Aromatherapy Self-Care Bath Oil	-
Pan Pacific Sleeping Programme	Overnight

Unwind & Reconnect £360

Morning or Evening Yoga / Pilates / Reformer	60 min
Steam Room Relaxation with Aromatherapy Oil	-
Mindful Singing Bowl Meditation with Sauna Blanket	30 min
City Detox and Exfoliate	60 min
Aromatherapy SelfCare Bath Oil	-
Pan Pacific Sleeping Programme	Overnight



Seasonal Rituals

Ultimate Pan Pacific London *£340 / 120 min*

Seasonal Wellbeing

Using Thai and Balinese techniques, our custom Holistic Rejuvenating massage will first improve your blood circulation as well as loosening up tendons and muscle stiffness. Paired with a hand treatment, discover an exquisite facial that helps eliminate accumulated toxins. Your tissues will be enriched with precious natural plant extracts and trace elements of thermal muds and water, ensuring immediate re-oxygenation, erasing dull complexion, sebum excess, signs of fatigue and stress and to welcome a brighter, firmer and revitalised skin.

Urban Seasonal Escape *£390 / 150 min*

Using our unique infrared sauna blanket, let yourself be transported by the sound of the singing bowl to promote physical and mental rebalance your body and emotions. The rhythmical bamboo massage is a powerful healing tool used with aromatherapy oil and various Thai and Swedish techniques to leave you relaxed and revitalised.

Continue the experience with a bespoke Sensitive Skin facial, combining natural ingredients and biotechnology to revive luminosity and youthful complexion.

Relief and Release

£390 / 120 min

Dive into absolute relaxation with our Cold and Hot Stone Massage. The rhythmic movements sweep away all muscle tension and stress while the warmth of the stones and the fragrance of your massage oil provide you with a re-comforting feeling. Here comes the apotheosis with our luxurious Oxygen Booster facial synergistically combining precious active ingredients, for immediate results in terms of brightness, smoothness and significantly reducing signs of mature skin.

You are shining like a star with your silky soft skin dazzling everyone in your path!

Golden Retouch

£360 / 150 min

Enhancing emotional and physical calm, our Thai massage combined with the unique infrared sauna blanket promotes blood circulation and escalates deeper physical relaxation. Go back in time with our exceptional Lifting and Elasticing LIFTO HD facial. The unique formula blends hyaluronic acid with numerous plants extracts to immediately regain suppleness and vitality.

Your natural collagen production is boosted and wrinkles fade away, leaving you with a fabulous younger you!



Body Treatments

Pan Pacific London Holistic Massage

£150 / 60 min

£230 / 90 min

Handcrafted in Thailand, immerse yourself with our unique south east Asia essential oil mixing experience. Combining Thai and Balinese acupressure techniques, this deep tissue massage allies powerful kneading strokes and invigorating hand movements to stimulate blood circulation and increase muscle flexibility.

Soothing & Relaxing Hot Stone Massage

£250 / 90 min

This treatment combines traditional Thai massage, aromatherapy and acupressure techniques to ensure absolute relaxation. Surrender the body to the rhythmic movements of a full body massage and drift away to the exquisite aroma of your massage oil.

Rhythmical Bamboo Massage

£170 / 60 min

£250 / 90 min

A soothing, rhythmical massage that blends ancient Eastern with Swedish therapeutic techniques to help reduce tension, promote circulation, and induce relaxation. By combining long, flowing strokes with deep compressions and gentle stretching, the massage alleviates discomfort and eases away stress. The addition of aromatherapy enhances the overall experience, giving you a truly blissful, one-of-a-kind experience.

Thai Massage

£160 / 60 min

£230 / 90 min

Our Thai massage promotes emotional and physical calm, and helps to relieve stress as well as the severity of headaches in addition to energising your body. Your therapist will use their palms and fingers to apply firm pressure to your body, as well as stretching and twisting movements to decrease lower back and joint pain.

You can be fully clothed during this massage.

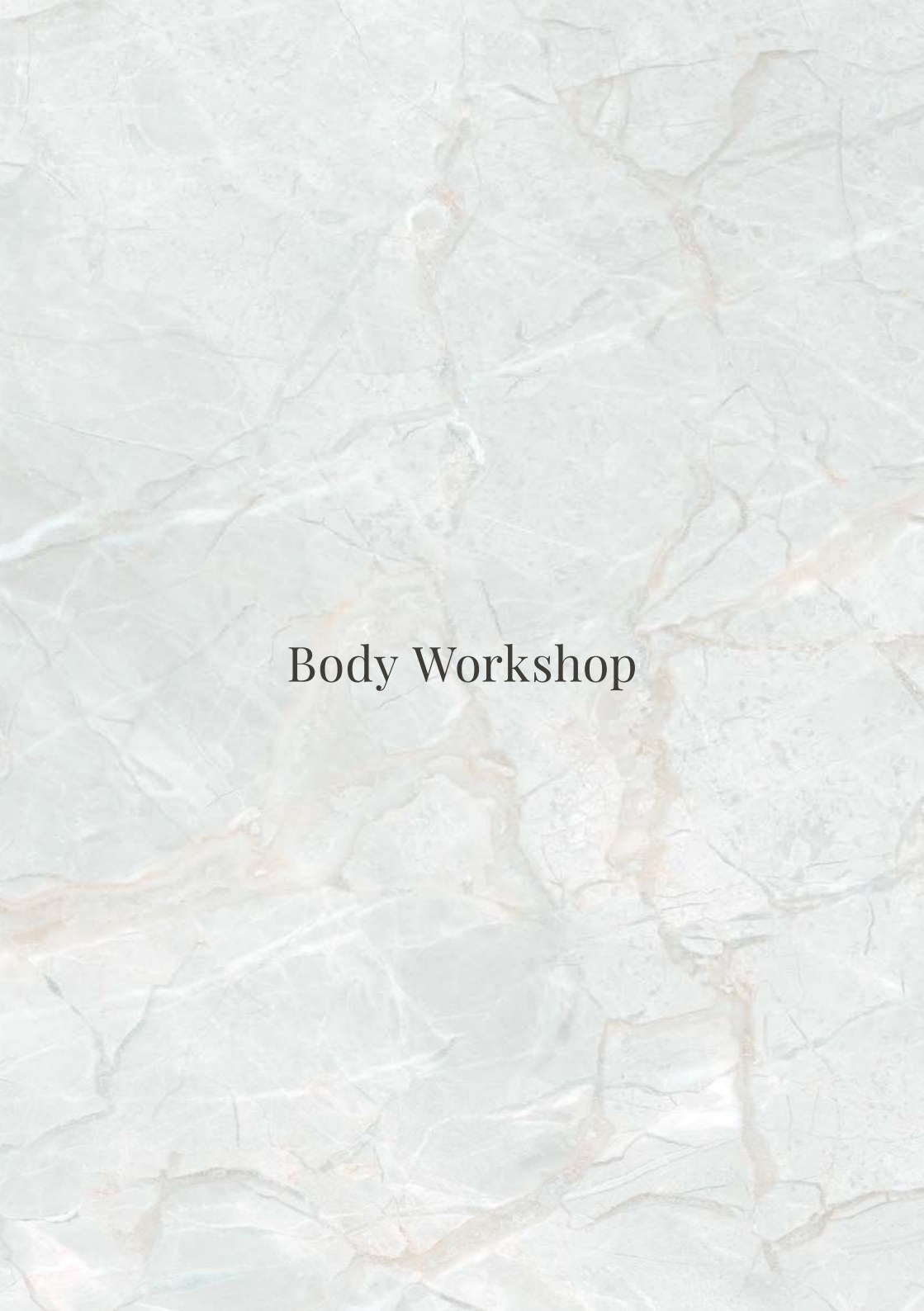
Pregnancy Massage

£160 / 60 min

£240 / 90 min

Pre-natal massage can help to relieve aches in your back and neck as well as addressing leg cramps. Fewer aches and pains can lead to a better night's sleep.

This massage can also improve circulation and help reduce nervous tension.



Body Workshop

Lymphatic Drainage Functional Massage Modelling Cream Mud

£190 / 60 min

Let your mind relax while our therapist takes care of your body contours with a life-changing full body massage that makes exquisite use of essential oils and trace elements found in thermal muds. A lighter, more toned and refreshed body is just one massage away.

City Detox & Exfoliate Functional Massage Biosharing System

£195 / 60 min

A regenerating and reinvigorating scrub combined with a relaxing complete body massage: while the salt crystals drain fatigue and fluids excess, the precious and highly purified essential oils nourish the skin and tone the body contours.

You feel pampered and relaxed in your silky soft skin.



Informa Trielastion Simplus Wrap

£200 / 60 min

An exclusive method based on Theobroma Cacao, Glaucine and Glucosamine, benefitting from the Transdermal Drug Delivery System.

This treatment has a programmed system that releases active ingredients over wide areas, shapes the body and achieves inch loss even after the first few sessions without over-filling the skin.

Total Wellness Body Informa Trielastion Body Up

£200 / 60 min

Lift and tone your upper body, bust and arms with a cutting-edge, non-invasive wrap treatment that not only provides you with immediate and noticeable results but also triggers a fantastic chain reaction, stimulating your body to naturally improve those tissues that lack tone and strength.



Facials

Lifting & Elasticising Lifto HD Anti-Wrinkle

£200 / 60 min

De-stress and re-energise your complexion with specially selected biotechnological ingredients brought to you by Lifting and Elasticising: cutting-edge and non-invasive methodology to lift and firm the facial contours.

Close your eyes and bathe in the fountain of youth.

Oxygen Booster Algo Mask Gold

£210 / 60 min

An exclusive, luxurious and unforgettable facial treatment, specially designed to make you shine even brighter on special occasions and which guarantees a more youthful and polished complexion. Light will naturally radiate from your skin thanks to the finest sparkle dust of natural origin, erasing signs of ageing and complexion blemishes.

City Detox Prevention & Balance Detoxifying

£190 / 60 min

Purify and refine your complexion with biotechnological enhanced natural ingredients which will allow your skin to feel regenerated and refreshed. This treatment's unique formulation makes use of trace elements found in high quality thermal muds and waters, and it elevates them to create an indispensable facial treatment.

Claregen Treatment

£180 / 60 min

A prompt rebalancing and decongestive action joins a progressive re-education and strengthening of tissues by a powerful synergy of natural extracts and bio-tech actives.

This treatment provides a long-lasting, corrective and anti-ageing action.



Gentlemen's Face Care

Environmental Defence & Illuminating Facial

£170 / 60 min

Protect your skin with 25 years of skincare research and innovation. The Red Oil, a key product inspired by Korea's traditional first-aid ointment, combined with 32 other nutrient-rich root extracts, botanicals and essential oils, creates a powerful protective barrier. This facial combines elements and plants that survive extreme environments and will hydrate your skin, improve elasticity and firmness, as well as instantly increasing skin's radiance.

Anti-Ageing Hydra Boost Facial

£190 / 60 min

Enter a new era with our South Korean expertise. Venn's patented form of Ginsenoside Compound K is packed with 5 different types of hyaluronic molecules, peptides and vitamins and will provide comprehensive anti-ageing skin benefits. Strengthening the skin and visibly reducing wrinkles, pores, and discolouration, this facial will also reduce trans-epidermal water loss and brighten skin's appearance while improving skin elasticity and firmness.



Extras & Add Ons

Express Percussive Therapy Massage

£70 / 30 min

Percussive therapy can help sciatica by reducing pain, releasing tension and increasing blood flow, to name just a few benefits. The percussive motion of the massage relieves the muscles surrounding the sciatic nerve and helps release the pressure on the nerve. It also helps to reduce inflammation and muscle tension and break up those pesky knots that can linger after a hard workout.

Hand Treatment

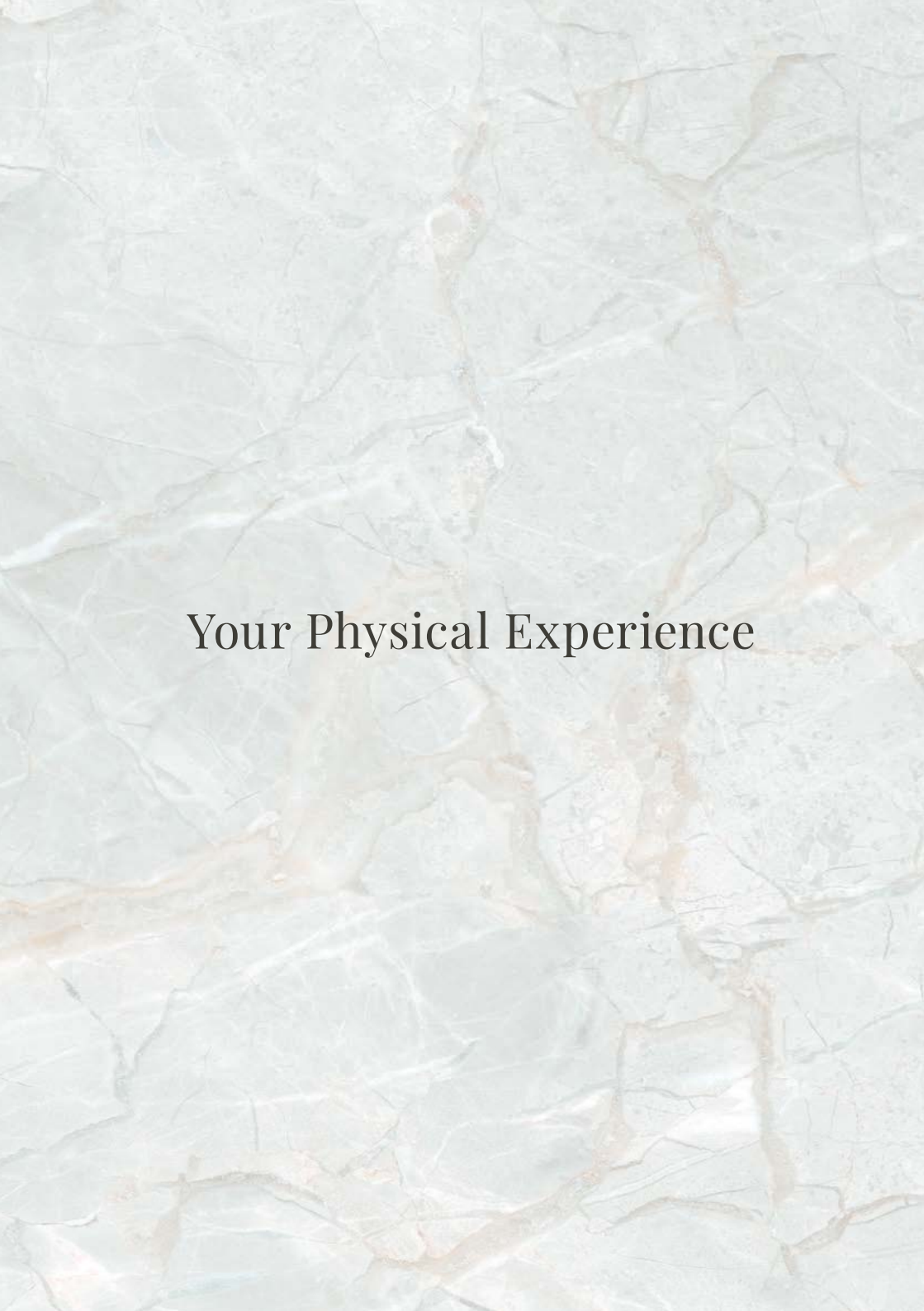
£65 / add on

Treat signs of ageing and discolouration while also deeply nourishing and restoring your skin texture to achieve a softer, smoother and rejuvenated complexion. Precious natural ingredients have been carefully selected to be part of this relaxing hand massage.

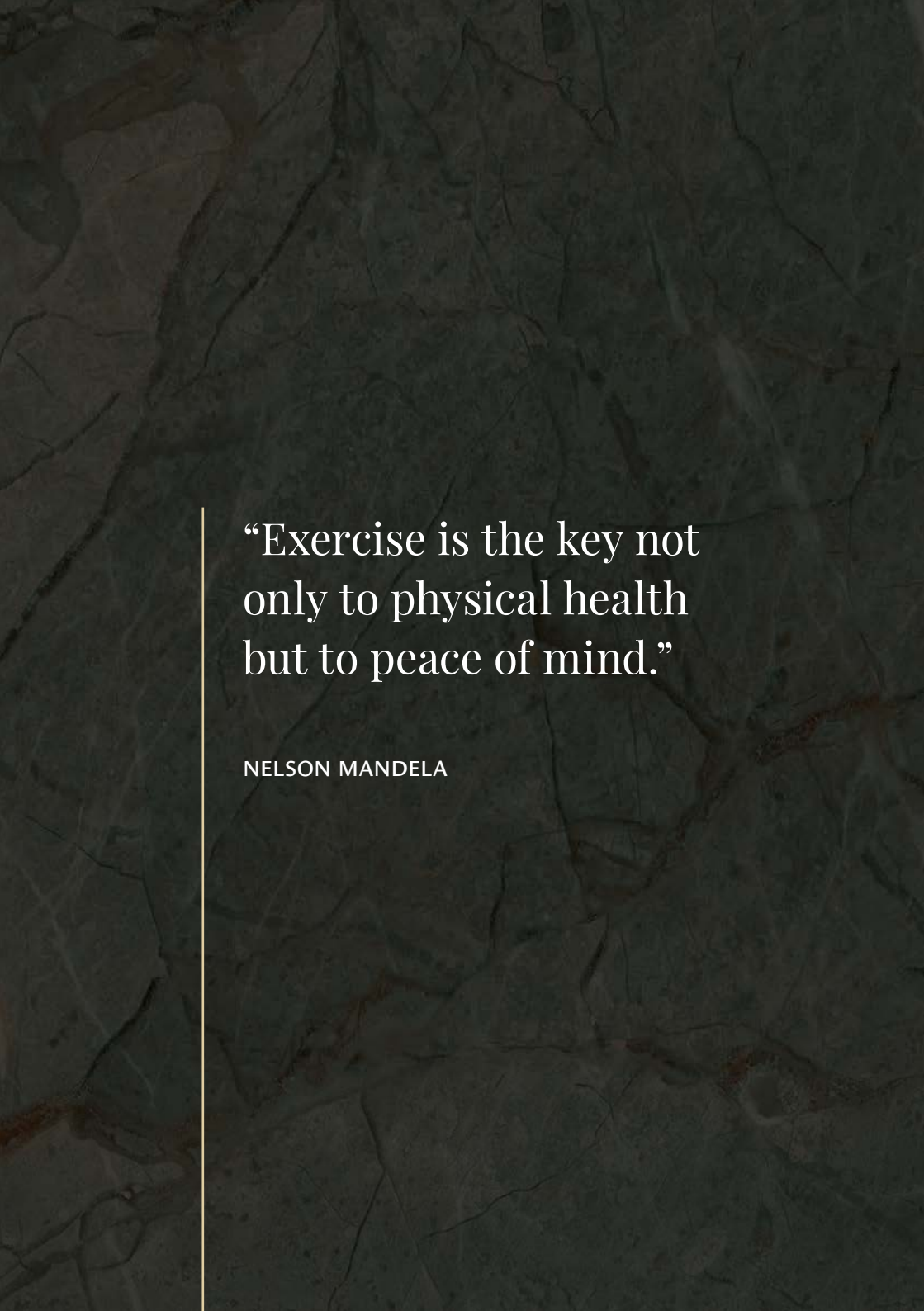
Feet Treatment

£65 / add on

Experience the feeling of walking on pillows after indulging in this foot massage which uses a blend of essential oils. Relax and let our beauty operators turn back time to regenerate and rejuvenate the appearance and texture of your feet.

The background of the entire page is a piece of marbled paper. It features a complex, organic pattern of swirling, branching, and veining. The primary colors are various shades of light grey and off-white, which form the base of the pattern. Interspersed throughout are thin, irregular lines and larger, more diffuse patches of a warm, earthy brown or tan color. Some areas also show very faint hints of green or blue, adding to the multi-colored, naturalistic appearance of the marbling.

Your Physical Experience



“Exercise is the key not
only to physical health
but to peace of mind.”

NELSON MANDELA

Body Assessment

£300

Welcome to the new era of body assessment. With the support of Pnoe, the world's leading automatic VO2 and metabolic analysing system, the test will provide an in-depth analysis of heart, lung, muscular and neuromuscular function in real time. Continue with our signature D-Wall technology that captures up to 16 body articulations and every movement performed in front of its 3D camera. Complete this 360 degree assessment with a food intolerance and allergy testing with our in-house nutritionist.

Performance Training

£120 / 60 min

Escalate your training to new heights. In the expert hands of our physical team, connect to your body and discover its full potential. Experience the future of training. Tapping into industry-backed science trusted by athletes and physicians to keep you moving towards your best - whether you are looking to increase your athletic performance, relieve pain without the use of medication, or rehabilitate your body from injuries.



Human Performance Training

£140 / 60 min

Get ready for the next generation of human performance training! Whether you want to train like a professional athlete or towards a special sport event, our physical experts will guide you through a programme using our signature D-Wall - the most advanced innovative technology which will help you to better understand your body via tools such as its 3D camera, real time bio-feedback and performance report.

Yoga

£120 / 60 min

Awaken the mind, body and soul in our Mindful Studio. Experience peak spiritual energy and clarity before the day's distractions. Through emphasis on linking movement and breath, our experts aim to synchronise qualities of strength with flexibility, to tone your whole body and give a sense of awakening to the body and mind.

Reformer Pilates

£120 / 60 min

Improve your alignment and performance with this uplifting Pilates session. Targeted exercises will help you gain control, strength, power and flexibility. Your core will get stronger you will gain renewed sensation of support in your body and improved posture.

Either on a mat or a reformer, shine the light of awareness into the darkest corners of your body.

Barre

£120 / 60 min

Elegance is the new strength. Elevate your training with this low-impact body workout, using elements of ballet which targets the hips, glutes, abs and arms.

This is the perfect method to build strength and tone the entire body.

Aqua Barre

£120 / 60 min

Engage in the ultimate water ballet. In our infinity pool overlooking the Plaza, this resistance-based workout improves your coordination and posture, and builds up your overall strength and stability while burning calories.

Aqua Bike

£120 / 60 min

Offers 12 times the resistance of air, aquabiking offers a more rigorous workout for your muscles. This low impact training helps improve cardio endurance and strength, and promotes recovery while keeping your joints safe and naturally supports your entire body.

Private Swimming Lessons

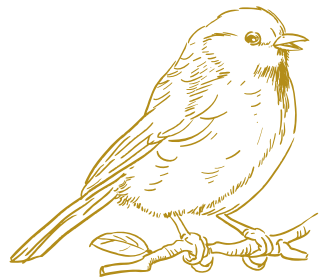
£120 / 60 min

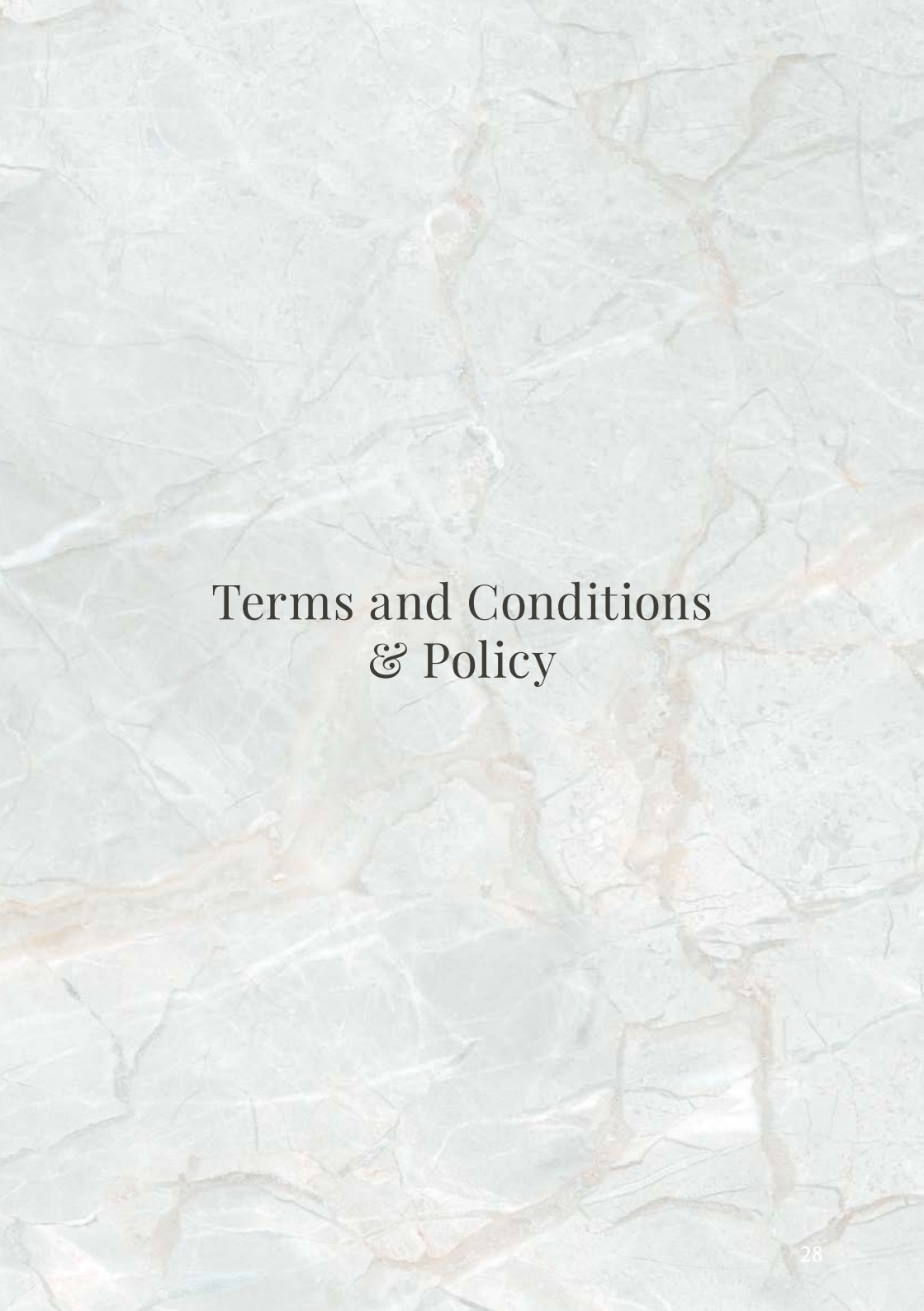
Immerse yourself in our 18.5m infinity swimming pool whilst perfecting your technique with your very own private swimming instructor. Our aqua expert will be on hand to guide you through those difficult strokes and support your swimming experience.

Nutrition Care

£120

Improve your health and wellbeing with a personalised one-to-one nutrition consultation, tailored to your individual needs. Allow our in-house nutritionist to provide you with expert advice so you can embrace a healthy and delicious way of eating and lifestyle. Whether you require help to improve existing health conditions, prevent future illnesses and sustain long-term good health, address weight management or improve your relationship with food, prepare to feel empowered!





Terms and Conditions & Policy

OPENING HOURS

Fitness: Monday - Sunday, 6am - 9pm

Treatments: Monday - Sunday, 10am - 8pm

RESERVATIONS

Advance reservations are recommended as appointments are subject to availability on the day. A deposit 10% of the charge is required at the time of booking to secure the appointment.

HEALTH CONSIDERATIONS

When making your treatment reservation, kindly highlight any health conditions you may have – for example, pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, recent medical procedures - which may affect your treatment.

ARRIVAL

We recommend that you arrive at least 30 minutes prior to your scheduled appointment. This allows time to complete our consultation (if you have not already done so digitally) and have a brief discussion regarding your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatment times.

TERMS AND CONDITIONS & POLICY

CANCELLATION POLICY

Please allow at least 24 hours' cancellation notice to avoid charges. A full charge will automatically be imposed in the event of a no-show, cancellation or reschedule of their appointment within 24 hours.

VALUABLES

Secured lockers are available both in our changing facilities and treatment rooms. The management of Pan Pacific London will not be responsible for the loss of any money or valuables brought into its premises or the surrounding public areas.

DIGITAL DEVICES

In consideration of other guests' right to privacy and serenity, it would be appreciated if you could turn off or silence your digital devices and secure them in your locker during your journey with us. Taking photos or filming in any guest area without prior approval is prohibited.

MINIMUM AGE REQUIREMENTS

Guests must be at least 16 years of age to utilise many of the facilities within the Wellbeing Floor. Any guests up to 16 years old must be accompanied by an adult (18 years and above).

Please note that treatment services, sauna and steam rooms are only available to guests aged 18 and above.

PETS

No pets are allowed on the Wellbeing Floor, with the exception of licensed guide dogs accompanying person(s) with visual disability. When making any reservations, please confirm if a guide dog will be accompanying the guest and they will be met in the hotel Lobby and accompanied to the Wellbeing Floor. Thereafter the guide dog will be led by a Security associate to a secure area within the premises that is equipped with pet necessities - bowl, mat and pet goodies - and will be waiting for the guest in the Lobby at the end of their visit to the Wellbeing Floor.

GUEST CARE

Our ethos is to offer a holistic wellbeing journey for you.

Please feel free to contact us in advance or speak to one of our associates on arrival for any assistance or information.

Your feedback and suggestions are very much appreciated.