



Happy Sleepers



Welcome to Pan Pacific Singapore, where we believe  
a tranquil night's rest is paramount to your well-being.

We have tailored a selection of exclusive services designed  
to provide you with the finest sleep experience.

From soothing baths to relaxing aromatherapy and calming  
reads, we invite you for a truly rejuvenated stay with us.

Be a Happy Sleeper.

*General Manager*



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*Meditation & Yoga*

*Read to Sleep*

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GOOD

SLEEP

GOOD

# BEDDING COLLECTION

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# ELEVATE YOUR *sleep experience*

Restorative sleep helps to revitalise your body and refresh your mind. Thoughtfully put together by our sleep experts, an ensemble of premium bed furnishings ensure a quality, restful sleep.



## FOUNDATION FOR *a good sleep*

Our three-layer bed furnishing comprising of the mattress, topper, and duvet is a masterful set-up that promises a complete and rested night's sleep.



### MATTRESS

Our mattress offers a right balance of superior comfort and support, providing you with the ultimate repose at the end of each day.

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### MATTRESS TOPPER

Elevate your nightly rest with cloud-like, contoured support. Our mattress topper helps regulate body temperature and ensure maximum breathability for an optimal night's rest.

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### DUVET

Be lulled to sleep as you snuggle in plush comfort and nestle in downy softness of our luxurious 90% goose down duvet. Likened to a cosy and warm embrace, fall into complete full-body relaxation for a soothing rest.

## PICK YOUR *perfect* PILLOW

We've prepared an extensive menu of specialty pillows to ensure ultimate comfort for all types of sleepers.

*To pick your perfect pillow, please contact ServiceOne.*



### **BULKHEAD HULL PILLOW** *organic!*

(H) Hypoallergenic

With hulls that are thoroughly processed and cleaned, these pillows enhance airflow to keep you cool while fitting perfectly to head and neck contours.



### **CONTOUR PILLOW**

Designed to give extra support to the neck and spine for a deeper and more relaxing sleep, contour pillows are best for back sleepers who need optimal sleep support.



### **COIL POLYESTER PILLOW**

(H) Hypoallergenic

Coil pillows conform immediately to each unique head and neck by reacting quickly to changing movement. Suitable for restless and stomach sleepers.

## PICK YOUR *perfect* PILLOW



### FOAM PILLOW

 Hypoallergenic

Ideal for those who sleep on their side. 100% foam acts as a firm support for proper spine alignment and offers comfort for most sleeping positions.



### MICRO-GEL® PILLOW

 Hypoallergenic

A promise of incredible softness with the lightness and texture of natural down. 100% natural cotton covers for high breathability. Hypoallergenic, allergy-free, and safe for sensitive skin.



### KNEEANKLE PILLOW

The perfect companion to support you through a good night's rest. Designed to help reduce hip and back pain, it is ideal for pregnant ladies and guests with hip and back concerns.

## SLUMBER SUPPER

# *A better sleep* WHEN YOU EAT

Light nibbles before bed enhance sleep quality, improve restlessness, and help you to fall asleep quicker. Choose from our chef curated menus for an enriched sleep experience.





## WITH COMPLIMENTS

*To order, please contact ServiceOne.*

*Items on the menu are subject to availability.*

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### WARM MILK

A warm cup of milk before bedtime can produce a calming effect that helps to fall asleep easily.

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### CHAMOMILE TEA

Known for its sleep-supporting qualities, this tea is a popular remedy with an antioxidant that has been shown to promote sleepiness.

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### OATMEAL WALNUT COOKIES

Walnuts contain melatonin, an important plant compound related to maintaining a healthy sleep cycle, and magnesium that also promotes sleep quality.

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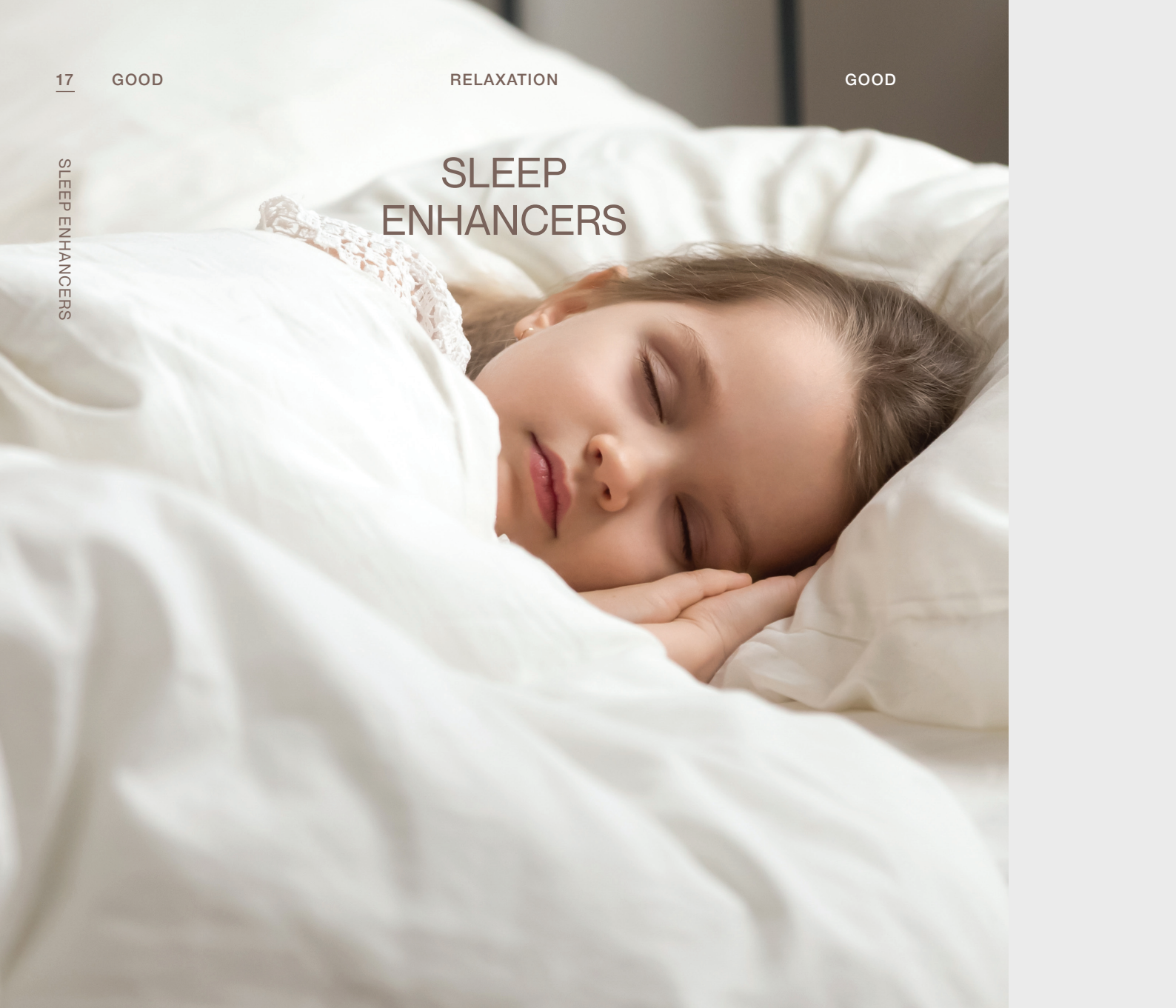
### MINI BANANA MUFFIN

Bananas contain tryptophan and the fruit itself is a modest source of magnesium, both of these properties help to promote a good night sleep.





# SLEEP ENHANCERS



# ENHANCE YOUR *sleep quality*

Our sleep enhancer experiences are particularly effective in priming the body and preparing the 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.



## DEEP BODY *relaxation*

Bathing or showering in warm water before bedtime encourages your body to fall asleep faster, leading to a significantly better quality of sleep.

Have a relaxing bath from the various bath selections and enjoy our exclusively curated bath salt.

The in-room bath experience is available from 10am to 9pm. For fullest enjoyment, request at least 2 hours in advance and allow at least 30 minutes for preparation.

## A SELECTION OF BATH EXPERIENCES

To enjoy the in-room bath experience, please contact ServiceOne.

### NOURISHING MILK BATH

\$120 nett

An ancient beauty treatment enjoyed by Javanese royalty, pairing the soothing powers of aromatherapy with the rich nourishing properties of milk. Excellent for sensitive skin.

| ELEMIS SKIN NOURISHING MILK BATH

### SEAWATER BATH

\$120 nett

An al-natural magnesium-rich bath therapy that revitalises the skin. This thalassic therapy offers a full-body soak in essential compounds and minerals, relaxes the body and alleviates fatigue and stress.

| THAL'ION THALASSO OLIGO SEAWATER

### DREAMY MOMENTS

\$120 nett

Immerse yourself in fragrant rose petals, and relax with the warmth of bath crystals and alluring scents that refine your skin, creating radiance from within.

| BATH CRYSTALS, ROSE PETALS & ESSENTIAL OILS

In-room bath salts is available with compliments to soak for 20 minutes.

Kindly contact ServiceOne to request for additional bath salts.

Beverages by the glass to complete your unforgettable bath experience.

| CHAMPAGNE & STRAWBERRIES | RED WINE  | WHITE WINE |
|--------------------------|-----------|------------|
| \$46 nett                | \$23 nett | \$23 nett  |

Prices are quoted in Singapore dollars.



SPA

SPA MENU:

*Advance reservations are required as appointments are subject to availability.  
For reservation, please contact ServiceOne.*

**TOTAL WELLNESS | 120 MINS** **\$280 nett**

- Beauty Enhancer | 30 mins
- Choice of Body Exfoliating | 30 mins
- Indonesian Balinese or Relaxing Aromatic Body Bliss | 60 mins

**RELAXING AROMATIC BODY BLISS | 60 MINS** **\$180 nett**

Combining the aromatic power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses, and lulls you into a state of ultimate relaxation.

**NECK AND SHOULDER MASSAGE | 30 MINS** **\$100 nett**

Relieves stress points on the neck, shoulders and back, while soothing tense and aching muscles, leaving you relaxed and energised.

**FOOT MASSAGE | 30 MINS** **\$80 nett**

Boosts localised lymphatic and blood circulation to improve sleep and overall wellbeing.

**SCALP MASSAGE | 15 MINS** **\$50 nett**

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

**Opening Hours**

Spa treatments are available at St Gregory, located on Level 4 from 11am to 8pm daily.

**Exclusive Offer**

Guests of Happy Sleeper Programme enjoy 15% off all treatments indicated on this page.

*Prices are quoted in Singapore dollars.*





## AROMATIC SLEEP *therapy*

Scents have natural compounds that are effective in easing your mind into a tranquil state, elevating the quality of your sleep, and promoting thoroughly rested nights.

Our complimentary pillow mist is thoughtfully crafted and formulated by a Singapore-based scent artisan, using only the finest, all-natural fragrances to provide you with a truly exquisite aromatic mood-enhancing experience – elevating your scent rituals.

## PILLOW MIST

Formulated with your wellness and sleep routines in mind, this aromatic mist is the best companions for your pillow. Ease into the ultimate relaxation and soothing sleep with the sedative powers of aromatherapy

### HAPPY SLEEPERS *mist*

*Lavender, Chamomile, Sage, Lemon Peel, Rose*

A blend of Organic Lavender, Rose and Chamomile essential oils will support the gentle release of melatonin, calming the mind in preparation for a relaxing and restorative deep sleep.

Spray the mist on your pillow, bed sheets, pajamas or over your bed to experience deep relaxation.

*The hotel will not be liable for any claims or adverse reactions arising from the use of the pillow mists.*





## CALM MIND *serene sleep*

Bedtime yoga is a great way to unwind from daily tension or mental fatigue, priming both your mind and body for a peaceful night and well-rested sleep.

Studies have shown that these five yoga poses; Waterfall, Happy Baby, Twisted Root, Butterfly, and Child's Pose, help alleviate insomnia, improve sleep patterns, and feel refreshed after waking. You may also choose to stretch out with our selection of soothing and relaxing guided meditation playlist.

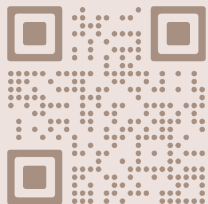
## GUIDED MEDITATION

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

*To request a yoga mat, please contact ServiceOne. Yoga mats are subject to availability.*

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Scan QR code to access guided meditation.



## YOGA POSES

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### WATERFALL

**How to:** Start by lying on your back. 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, slow down heart rates, relieves pressure on legs.

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### 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, back.

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### TWISTED ROOT

**How to:** Lie on your back 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.

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### 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:** This pose stretches the hips, inner thighs and groin; promoting relaxation.

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### 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.

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## RESTFULNESS *from within*

A good book can help you drift off to dreamland easier and quicker. The benefits of reading go further than just stimulating the mind.

When reading, your mind stops thinking about the day's worries, creating a stress-free state of mind. Your muscles also relax and your breathing slows down, leaving you calmer and ready for a night of rested sleep.

## BOOKS TO CHOOSE FROM

A warm beverage and a light snack are good companions when reading. Pick any of our Slumber Supper (from page 11) to help you wind down for the night.

*To loan a book, please contact ServiceOne. There are limited quantities per title and books are subject to availability upon request.*

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### Singapore At Random

An illustrated collection of Singapore truth and trivia, Singapore at Random is filled with anecdotes, statistics, quotes, diagrams, facts, advice, folklore, and other unusual but often useful tidbits.

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### The Strangely Singaporean Book

Your handbook to talking like a Singaporean! A compilation of some of our most used Singaporean phrases with explanations and the etymology of these phrases, along with an illustrated pictorial for the phrase.

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### Awesome Women Of Singapore

A collection of stories of the inspirational women found throughout the country's past to the present day. Illustrated by 10 female Singapore artists, this book was produced in collaboration with the Singapore Council of Women's Organisations (SCWO).

## CHILDREN'S BOOKS

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### **The Going to Bed Book**

This classic bedtime story is just right for winding down the day as a joyful, silly group of animals scrub scrub scrub in the tub, brush and brush and brush their teeth, and finally rock and rock and rock to sleep.

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### **Little Owl's Night**

Little Owl enjoys a lovely night in the forest visiting his friend the raccoon, listening to the frogs croak and the crickets chirp, and watching the fog that hovers overhead.

Putting a twist on the bedtime book, Little Owl's Night is sure to comfort any child with a curiosity about the night.

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### **Ten Minutes to Bed: Little Dinosaur**

Muddy puddles, tropical birds, erupting volcanos... the jungle is full of so many exciting things, how can Rumble the dinosaur possibly go to sleep?

Weaving a journey from lively beginning to gentle end, the ten-minute countdown to bed is at the heart of this adorable, heartwarming story.

*Sleep Tight*





PAN PACIFIC  
SINGAPORE