



HAPPY SLEEPER HANDBOOK



PAN PACIFIC
HANOI



Xin chào! Welcome to Pan Pacific Hanoi, where we believe that sleep plays a vital role in good health and well-being throughout your life. From soothing baths to relaxing aromatherapy and calming reads, we have tailored a selection of exclusive services designed to ensure you a restful and healthy sleep.

Be a Happy Sleeper.

Pan Pacific Hanoi

CONTENT

5

BEDDING COLLECTION

9

SLUMBER SUPPER

12

SLEEP ENHANCERS

- *Bath & Spa Experience*
- *Pillow Mists*
- *Meditation & Yoga*
- *Read to Sleep*

Images used are for illustration purposes only.



BEDDING COLLECTION

ELEVATE YOUR *Sleep experience*

High-quality bedding can provide a more comfortable and restful sleep experience, which can lead to increased energy, improved mood, and better overall health.

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.



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.



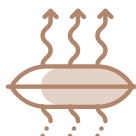
DUVET

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

PICK YOUR *Perfect* PILLOW

Whether firm or soft, cooling or super thick, we can find the perfect pillow for you and your beloved ones.

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



MUNG BEAN HUSK PILLOW

This pillow provides perfect air circulation allowing you to stay cool and comfortable. The soft rustle of the mung bean husks serves as a natural sleeping aid to help you sleep soundly.



FOAM PILLOW

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

CHOICE OF:

Firm Pillow

Designed to provide a consistent level of support, this pillow prevents pain or stiffness in the neck and shoulders. Best for back sleepers.

Soft Pillow

Suitable for restless and stomach sleepers with a softer touch.



LATEX PILLOW

Creating the right level of support for your head, neck, and shoulders, this pillow helps you sleep more comfortably. It also helps keep airways clear and reduce nose noises.



FEATHER PILLOW

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.

CHOICE OF:

Firm Pillow

Best for back sleepers. Enjoy total body relaxation with optimal head and neck support.

Soft Pillow

Made for side sleepers, this pillow contours to your body, supporting the head and neck perfectly.

Square Pillow

Great for propping up your feet in bed, or popping underneath your knees to give your lower back more support.



BOLSTER PILLOW

Best for side sleepers, this pillow provides optimal comfort and support for your back, neck and legs. It is ideal for pregnant ladies and guests with hip and back concerns.

SLUMBER SUPPER

EAT RIGHT AND

You'll Sleep Like a Baby

Bedtime snacks can be part of a healthy bedtime routine that helps you wind down and be ready for a good night of sleep. Choose from our chef curated menus to get better sleep quality.



WITH COMPLIMENTS:

AVAILABLE FROM 9PM TO 11PM.
**To order, please contact ServiceOne.*

GOODNIGHT SET

Hot Chamomile Tea & Banana Muesli Bars

MOONLIGHT SET

Warm Ginger Honey & Healthy Cereal Bars

DREAMLAND SET

Lavender Tea & Oatmeal Chocolate Cookies

CHEF’S MENU:

AVAILABLE FROM 11AM TO 11PM.
**To order, please contact ServiceOne.*

The menu features ingredients that provide a good source of Vitamin B6 and tryptophan, which help to regulate sleeping patterns.

Pink Salmon And Asparagus Salad With Walnut Vinaigrette	VND220,000
Smoked Chicken Tortilla Wrap With Hummus Dip	VND160,000
Almond Butter & Banana Oatmeal <i>Served with a choice of almond milk or whole milk, topped with honey and cinnamon.</i>	VND140,000
Anti-inflammatory Golden Milk <i>Served warm.</i>	VND120,000
Strawberry Milk <i>Served warm.</i>	VND120,000

*Please refer to the In-room Dining menu for more options.
Prices are quoted in Vietnamese Dong and are subject to 5% service charge and prevailing government tax.*



SLEEP ENHANCERS

ENHANCE YOUR *Sleep quality*

Taking slow, deep breaths and engage your body's natural relaxation response. Designed to meet a variety of relaxing preferences, our sleep enhancers are here to help you wind down at the end of each day.

DEEP BODY *Relaxation*

Research suggests a warm bath or shower before bedtime can help you unwind and fall asleep faster, leading to a significantly better quality of sleep.

Choose from the complimentary bath menu featuring high quality spa products, or customise your bath experience with optional food and massages.

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.

WITH COMPLIMENTS:

**To enjoy the in-room bath experience, please choose one product below and contact ServiceOne.*

NOURISHING BUBBLE BATH

The aroma inspired by the exquisite aura of a flower about to bloom will satisfy your senses and remind you of the first day of Spring. The carefully selected nutrients take care of its proper hydration. When you leave the tub, you will feel your skin smoother to the touch.

| EUPHORIA CITRUS & LEAF SCENTED BATH GEL

AROMATHERAPY BATH

In the Ancient Egypt, Greece and Rome, fragrances from plants were used for medicinal and cosmetic purposes. This aromatherapy experience not only creates a pure moment of emotions but also eliminates stress and encourages a sense of well-being.

| NATURE TOUCH ORANGE & CEDARWOOD SCENTED BATH SALT

DREAMY MOMENTS

Lavender and Lemon are two popular oils with a plethora of therapeutic uses. This blending essential oil in aromatherapy can be a beneficial combination to enhance your well-being, unwind the mind and body.

| LAVENDER, LEMON & ESSENTIAL OILS

SPA



SPA MENU

Advance reservations are required as appointments are subject to availability.

**For reservation, please call Ext. 5381.*

TOTAL WELLNESS | 110 MINS

VND1,480,000

Facial Relaxation | 60 mins

Body Scrub with Dead Sea Salt and Aromatic Oil | 50 mins

BALINESE MASSAGE | 75 MINS

VND950,000

Balinese massage is a combination of techniques from the islands of Hawaii and Bali. Known for the practice of “lomilomi” or “Katak”, using elbow to create the vibration and skin rolling and kneading, which helps to reduce the muscle pain.

ENERGISING RELAXATION | 60 MINS

VND700,000

An ancient technique in which the pressure points are massaged to balance the flow of “chi” through energy channels in the body for relaxation and rejuvenation.

FOOT REFLEXOLOGY WITH ASIAN TECHNIQUE | 45 MINS

VND450,000

Asian Foot Massage incorporates Thai, Japanese and East Indian styles to release tension, pain and restrictions in the toes, ankles, feet and legs.

BACK, HEAD AND SHOULDER MASSAGE | 30 MINS

VND450,000

This massage is perfect to iron out the tension and pain. Highly recommended for those who work long hours at the desk or encounter backache.

Prices are quoted in Vietnamese Dong and are subject to 5% service charge and prevailing government tax.

Opening Hours

Spa treatments are available at Santal Spa, located on Level 4 from 9AM to 9PM daily.

Exclusive Offer

Guests of Happy Sleeper Programme enjoy 10% off all treatments indicated on this page.

PILLOW MISTS

AROMATIC Therapy

Distinct scents may promote better sleep, help people wake up in the morning, or even influence dreams and memory formation during sleep. We offers some pillow mists that are the best companions for your pillow and your experience.

PILLOW MISTS

Ease into the ultimate relaxation and soothing sleep with the sedative powers of aromatherapy.

**To arrange for a scent ritual, please contact ServiceOne.*

LAVENDER LEMON

Lavender, Lemon

Light floral accord enhanced with fresh citrus aroma, this mist provides sensations of well-being and serenity at bedtime.

VERDURE

Yuzu, Bergamot, Violet, Lavender, Violet Leaves, Musk, Patchouli, Grey Amber

Soothing, relaxing, calming, this mist is effective in maintaining and promoting a regular sleep pattern.

ILLUMINATE

Bergamot, Orange, Blood Orange, Grapefruit, Verbena, Marine Air, Asian Pear, Lily of the Valley, Neroli, White Musk, Cedarwood

Warm and woody notes to soothe and calm the nerves, improve sleep quality, restfulness, and refresh the mind.

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

YOGA FOR *Better Sleep*

Bedtime yoga practice is a great remedy to unwind from daily tension or mental fatigue, improve sleep quality and encourage a deep state of relaxation.

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 create a refreshing wake-up. You may also choose to stretch out with our selection of soothing and relaxing guided meditation playlist.



PEACEFUL MEDITATION

Our sleep meditation playlists feature both male and female narration to suit your personal preference, or simply enjoy soothing music to relax and fall asleep fast.

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

Scan QR code to access guided meditation.

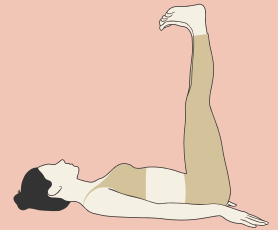


YOGA POSES

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.



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.



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.



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.



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.



READ TO SLEEP

UNWIND AND

Relax

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

**To loan a book, please contact ServiceOne.*

There are limited quantities per title and books are subject to availability upon request.

Vietnam – A Brief History in Picture

Vietnamese history flows from the ancient upstream when father Lac Long Quan got married to mother Au Co. Since the deeply legendary past, the nation of Vietnam has experienced many ups and downs. The footprints of our ancestors in the time of founding country still remain in the depth of people's hearts. Let's find out the stamps of yesterday flickering in the present current of time.

Craft Villages in Northern Vietnam

A comprehensive overview of traditional craft villages in North Vietnam, the book writes about craft villages that have a long history, and their products have a profound impact on economic, political, social and cultural aspects of life for centuries.

Hanoi Street Food

This book takes you to the bustling capital of Vietnam and invites you to taste the authentic regional cuisine. With more than sixty original street food recipes, you can have a go yourself and enjoy this authentic cuisine and fascinating culture.

Hanoi Photographic Collection

A biographical study of Hanoi's culture, history, architecture and environment, the book includes over 200 titled colour photographs over 15 chapters, endeavouring to share the ancient story of Hanoi.

Vietnam Posters and Billboards

The book provides an eye-catching vivid array of Vietnamese revolutionary propaganda posters and billboards, and through them, a visual history of Vietnam during times of war and peace.

CHILDREN'S BOOKS

Chopsticks

It's time for Bi to be a big boy and learn to use chopsticks! Well, it looks easy when his mother, father and big sister eat with them, but is it? Noodles are slippery, and prawns seem to wiggle away when Bi tries. Is he really ready to be a big boy or will those chopsticks get the better of Bi?

Diary of a Cricket

It is a story of a cricket who, together with his friends, travels throughout the world. On their journey, the group meets new friends who share the same sense of purpose and a strong belief in a better future.

The First Journey

During the Mekong Delta's 'floating season', when the great river overflows, An and others like him must brave the floods to attend school. When An sets out on his own for the first time, he faces heavy rain and the mysteries in the dark Melaleuca swamp. However, An takes comfort in knowing that his friends are waiting for him at the end of his first journey alone.

Sleep Tight



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