

Happy Sleepers

Welcome to Pan Pacific Melbourne, where we believe a peaceful 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.

David Tonkin, *General Manager*



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Read to Sleep

Images used are for illustration purposes only.

BEDDING COLLECTION



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.

BEDDING COLLECTION



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.



MATTRESS TOPPER

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



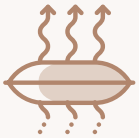
DONNA

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.



CLASSIC COMFORT

A medium to firm support pillow, ideal for guests who prefer to sleep on their side and back.



LUXURIOUSLY SOFT

A down-like, soft and low support pillow. Ideal for guests who prefer to sleep on their back and stomach.



LAVISHLY CONTOURED

A sculpted pillow with a multi-height profile to offer added neck and shoulder support. Ideal for most sleeping styles.



SOOTHINGLY HIGH

A larger size pillow providing firm and superior support. Ideal for guests who sleep on their sides.



EXTRA SUPPORT

A pillow offering added support for a wonderful night's sleep. Ideal for guests who prefer to sleep on their side.

ALL PILLOWS ARE ANTI-BACTERIAL AND HYPOALLERGENIC.

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.

GLASS OF WARM MILK

Choose from full cream, low-fat, soy, almond, oat and lactose-free
Contains amino acids which produce a calming effect that helps you to fall asleep smoothly and swiftly.

CHAMOMILE TEA

Known for its sleep-supporting qualities, chamomile has an antioxidant that promotes muscle relaxation, ensuring a deep and rested sleep.

CHEF'S MENU:

To order and for pricing, please dial ServiceOne.
The menu features ingredients that provide a good source of Vitamin B6 and tryptophan, which help to regulate sleeping patterns.

GOLDEN MILK

Served with a choice of milk, topped with turmeric, cinnamon ginger and honey.

STRAWBERRY MILK

Goodness of Melatonin and B6.

LAVENDER MILK

Healesville lavender and Beechworth honey.

WARM OATMEAL

Banana, almond, Beechworth honey, macerated berries and toasted pumpkin seeds.

TURKEY CLUB WRAP

Spinach tortilla, grain mustard, avocado, tomato and cos lettuce.

SLEEPWELL FRUIT BOWL

Kiwi, strawberries, blueberries, cherry and pineapple.

CRISP PITA AND HUMMUS SALAD

Heirloom tomato, onions, cucumber, crisped pita, zattar and toasted chickpeas.

Dial ServiceOne for pricing. Please refer to the In-Room Dining menu for more options.



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.

SLEEP ENHANCERS





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.

Choose from the complimentary bath menu featuring high quality spa products from from Balmain, Appelles and Dindi Naturals.

Our Bath Butler Service is available in our Panoramic Suites, Yarra Suites and Pacific Club Rooms from 6:00 pm to 9:00 pm, daily. For full enjoyment, submit your request at least 2 hours in advance to allow at least 30 minutes for preparation.

WITH COMPLIMENTS:

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

DINDI NATURAL BUBBLE BATH

Bathe in a blanket of natural bubbles with Dindi's unique, gentle and relaxing plant-based formula. The formula includes shea butter and glycerin to keep skin moisturised, calendula extract to soothe and soften, and lavender to help calm and comfort.

APPELLES BATH CAVIAR

Aromas of musky amber and spicy patchouli permeate the bathroom, while the soothing oils disperse as the caviar beads melt, to further moisturise and nurture the skin.

BALMAIN BATH SALTS

Immerse yourself with luxury Balmain bath salts and relax with the warmth of alluring scents that refine your skin, creating radiance from within.

To upgrade your in-room bath experience, purchase a beverage by the glass. To order, contact Service One.

CHAMPAGNE & STRAWBERRIES	SPARKLING WINE	RED WINE	WHITE WINE





AROMATIC SLEEP *therapy*

We offer complimentary Dindi Naturals mists for a calming experience. These scents effectively relax your mind and promote a restful night's sleep. Your room is lightly refreshed, the lighting is adjusted to create a relaxed ambience, and your bed is prepared for a comfortable sleep.

Your turndown service and room setup are already taken care of, ensuring a good night's sleep. If you stay at Pan Pacific Melbourne for multiple nights, our attentive staff will provide turndown service daily between 5:00 pm and 9:30 pm.

This exclusive benefit is available for guests staying in our Panoramic Suites, Yarra Suites, and Pacific Club King rooms. To ensure your privacy and uninterrupted relaxation, we kindly request that you hang the 'Relax' sign on your door if you prefer not to be disturbed.



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.

Wellness Concierge provides you with a range of complimentary and paid workouts that cater to all fitness levels. Workouts are available to purchase on in-room TVs, making choosing a workout as simple as ordering a movie.

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 into 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.

WELLNESS CONCIERGE

Wellness Concierge is exclusive to Pan Pacific Melbourne guests, and it's specifically designed to keep you moving and on track with your fitness goals while away from home. Catering for all levels of experience from beginner to advanced, you can choose from a range of physical activities including **ReCHARGE** for stretch + mobility, **ReFINE** Pilates routines, **ReSHAPE** Resistance workouts, **ReENERGISE** for high intensity workouts. To access this service, please use our in room television system or dial ServiceOne.



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 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.

Australian Dreamscapes

Australian Dreamscapes showcases the varied gardens found in the Australian landscape, from lush green oases to semi-arid settings.

Park and Gardens of Melbourne

Melbourne's passion for natural beauty has led to the creation of hundreds of parks and gardens. The Victoria State Rose Garden, Footscray Park, St. Kilda Botanical Gardens, the Royal Botanic Gardens Cranbourne, the National Rhododendron Gardens and many more, are breathtaking and truly inspirational. Australian landscape, from lush green oases to semi-arid settings.

Old Vintage Melbourne

An enchanting collection of annotated historical images and contemporary photographs, revealing the change and development that Melbourne has experienced over the years.

CHILDREN'S BOOKS:

We are Matilda's

Jazzy dreams of being a football star and playing for the CommBank Matildas one day. She has a plan to get there... now all she needs is a team. This determined leader soon realises that being on the field with her friends is one of the best parts of the game.

Noni the Pony

Noni the pony is friendly and funny. Her shimmering tail is the colour of honey. She lives on a farm at Waratah Bay, and likes eating apples and carrots and hay. She loves to entertain the cows and play with the hens and the ducks, and her best friends are Dave Dog and Coco the Cat.

The Kangaroo of Humpty Doo

Join the kangaroo from Humpty Doo on a wild ride across Australia as she grabs one unsuspecting animal after another. Can she squeeze them all in her pouch? One surprising character enjoys the jolting journey. Can you guess who it will be?

Sleep Tight



PAN PACIFIC

MELBOURNE