



Happy Sleepers

Welcome to Pan Pacific Orchard, where we believe true luxury lies in one's wellbeing and at its core, a restful night's sleep serves as an indispensable foundation for achieving holistic wellness.

Introducing our Happy Sleepers programme, featuring thoughtful sleep-boosting amenities and activities designed to help you attain the best possible sleep experience.

From therapeutic pillow mists to relaxing yoga and calming reads, we invite you to join us on this quest for serenity and a restful slumber.

Enjoy a rejuvenating stay with us.

Dalip Singh, *General Manager*



05

Bedding Collection

Bath & Spa Experience

Pillow Mists

Meditation & Yoga

Read to Sleep

11

Better Sleep When you Eat

Sleep Menu

15

Sleep Enhancers

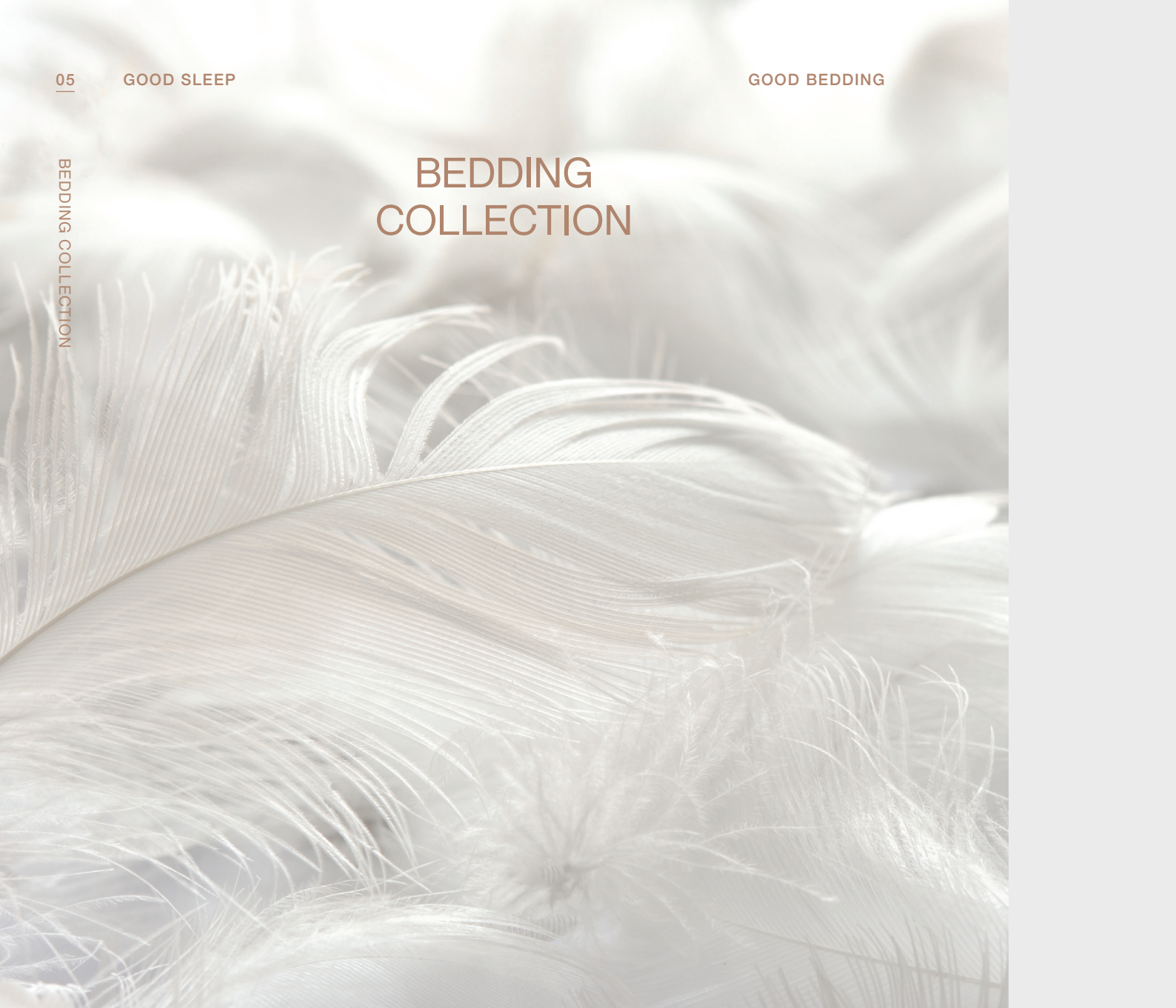
Bath Rituals

Spa Menu

Pillow Mist

Meditation and Yoga

BEDDING COLLECTION



ELEVATE YOUR *sleep experience*

Restorative sleep helps to revitalise your body and refresh your mind. Thoughtfully put together by our sleep experts, we offer an ensemble of plush and inviting premium bed furnishings to enhance a good night's rest.



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 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 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.

FEATHER (Current)

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

An ideal alternative for sleepers who prefer a down-free pillow, this pillow combines the cosiness of pure cotton with the comfort of a 'down-like' feel.

BUCKWHEAT

This pillow offers consistent airflow to maintain a comfortable core temperature to keep your head and neck cool while fitting perfectly to contours.

MEMORY FOAM

Ideal for those who prefer a medium to firm pillow that provides more head and neck support while you sleep, this prevents neck, back and shoulder pain.

PICK YOUR *perfect* PILLOW

NECK SUPPORT PILLOW

Designed to give extra support to the neck and cervical spine for a deeper and more relaxed sleep, neck support pillows are best for those who need optimal sleep support.

HYPOALLERGENIC PILLOW

A promise of incredible softness with the lightness and texture of natural down, this pillow is safe for sensitive skin and offers comfort for an uninterrupted and allergy-free sleep.

MATERNITY PILLOW

This pillow supports the belly and lower back, while helping to align the hips, all with the goal of alleviating the stress of pregnancy.

SLUMBER SUPPER

A better sleep WHEN YOU EAT

A warm drink and light nibbles before bed enhance sleep quality, improve restlessness, and help you to fall asleep quicker. We recommend one of the following for an enriched sleep experience.





Sleep Menu:

Items are offered with our compliments unless otherwise indicated. To order, please contact ServiceOne. For more dining options, please refer to the In-Room Dining menu available via the television.

CINNAMON PÂTE DE FRUITS**MILO CHOCOLATE TRUFFLES****WARM OAT MILK**

A sprinkle of cinnamon powder

WARM ALMOND MILK

Garnished with almond

CHAMOMILE TEA

Served with lemon and honey

GINGER TEA WITH HONEY

Served with cinnamon stick

CHAI LATTE \$8++

Choose from full cream, oat, almond or soy milk

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.

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

The in-room bath experience is available from 11.30am to 7.30pm. For fullest enjoyment, request at least 2 hours in advance and allow at least 30 minutes for preparation.

*To enjoy the in-room bath experience, please contact ServiceOne.
In-room bath experience is subject to availability.*

BATHS RITUALS

WITH COMPLIMENTS *(Only available in suites) :*

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

ELEMIS SKIN NOURISHING MILK BATH

Enjoy a moment of serene tranquillity with the nourishing milk bath, designed to provide deep nourishment, intense hydration and leaves the skin feeling soft and harmonious. The delicate and soothing fragrance, featuring notes of Starflower and Camellia Tea, envelopes you in warmth, elevating the experience to a new level of relaxation.

**COMPLETE YOUR UNFORGETTABLE
BATH EXPERIENCE WITH DRINKS BY THE GLASS
AVAILABLE THROUGH SERVICEONE.**

*Menu selection can be found in the In-Room Dining menu
available via the television.*



SPA

SPA MENU:

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

SCALP MASSAGE | 15 MINUTES

Complimentary

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

INDONESIAN BALINESE MASSAGE | 60 MINUTES

\$180

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

TRADITIONAL CHINESE TUI NA MASSAGE | 60 MINUTES

\$200

Tui Na, or “push” and “pull” in Mandarin, is an ancient Chinese therapy combining both massage and acupressure. Using a range of vigorous penetrating techniques such as squeezing, pushing, pulling and kneading to stimulate key pressure points, it unblocks and enhances the flow of “Qi” or vital energy in the body, thus relieving tension and restoring balance.

SPEEDY RECOVERY | 60 MINUTES

\$170

Boost radiance with a 30-minute Beauty Enhancer, a mini facial that includes a cleansing, toning, exfoliation and mask ritual. This is followed by a 30-minute Neck & Shoulder massage that relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energised.

Opening Hours

Spa treatments are available at St Gregory spa, located on Level 5 from 11am to 9pm daily. (Last appointment is at 7.45pm)





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.

We provide a complimentary scenting ritual, crafted and formulated by a scent artisan specialising in high-quality, all-natural fragrances and aromatic mood enhancers.

PILLOW MISTS

Ease into the ultimate relaxation and soothing sleep with the sedative powers of aromatherapy, crafted with your wellness and sleep routines in mind.

To arrange for a scent ritual, please contact ServiceOne.

ORGANIC JAPANESE GREEN TEA

Green Tea, Orange Peel, Lavender

Formulated with organic Japanese green tea, this pillow mist is the best companion for your sleep, designed to calm the mind and bring a sense of zen.

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.

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.



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.

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.

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.

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:

The Hedgehog Leaves Home

It's time for the hedgehog to leave home, explore the world, and find his own path in life. Explore and learn about the animals and plants of the forest while making friends.

King Elk

STRÖVA the elk (moose) doesn't think he is good enough to be king of the forest, and KNORRIG the tame pig would rather be wild and free. This is a story of how their dreams came true.

The Owl Goes on Holiday

In the forest, the owl is the schoolteacher for all the children. When he goes on holiday, and the magpie takes over for him. Unfortunately for her, one of the young mice goes missing! What happens in the end?

Sleep Tight



PAN PACIFIC
ORCHARD, SINGAPORE