

Periscope.

DISCOVER A DIFFERENT SIDE OF LONDON

LOCALE

LONDON INSIDER: A NEIGHBOURHOOD
GUIDE TO SHOREDITCH

WELLBEING

THE BODY MOT EXPERIENCE

INDULGE

IN CONVERSATION WITH: NEWBY TEAS'
TEA SOMMELIER





Gift A Loved One

Treat a special someone to an unforgettable experience
at Pan Pacific London.



Discover our gift vouchers.

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LONDON'S DIGITAL
NEWS

DISCOVER





Behind The Build

PAN PACIFIC LONDON

London is one of the busiest cities in the world and while there's something uniquely invigorating about the hustle and bustle of this capital, a touch of tranquillity is always a welcome reprieve. This is where you step into Pan Pacific London. The hotel seamlessly blends British elegance with Singaporean sensibilities, drawing inspiration from the serene ambience of woodlands and rainforests.

Its calm atmosphere and comforting colour palette, complemented by thoughtful details such as artwork infused with Asian influences, luxury amenities, and in-room curated reads, ensures that guests feel at home from the moment they arrive.

The 146-year-old Devonshire House building, originally the headquarters of the Religious Society of Friends after leasing it from the Cavendish family, serves as the backdrop for this contemporary oasis.

Although the original structure was expanded and eventually demolished after 1925, some original features still grace the property.

An authentic Victorian shopfront was meticulously removed and refurbished, preserving the craftsmanship for future generations to appreciate. This commitment to heritage permeates the hotel: meeting areas are named after renowned London markets such as Spitalfields and Brick Lane as well as historic coaching inns from the mid-1400s, paying homage to the city's rich history.

While the conscious mind may appreciate an elegant hotel with attentive staff and sophisticated surroundings, the subconscious craves a deeper sensory experience.

Crafted exclusively for Pan Pacific London by a team of experts, our signature scent harmoniously blending classic Southeast Asian essences such as orange, lemon, bergamot, rose, and green tea floats through the public spaces, transporting guests to a state of tranquillity during their stay.

INDULGE

Straits Kitchen & Bar Second Floor

Whether you're in the mood for a leisurely breakfast, business lunch, elegant dinner, or something indulgent in-between, Straits Kitchen promises more than just a meal. It offers a vibrant journey through Southeast Asian flavours, reimagined with contemporary flair.

Led by Executive Chef Adam Bateman and awarded two AA Rosettes, Straits Kitchen blends traditional Western techniques and Asian flavours to create bold, refined dishes that both comfort and surprise.

The restaurant's bold interiors, softened by natural touches and floor-to-ceiling windows, offer an elegant yet relaxed atmosphere, perfect for intimate dinners, celebratory meals or stylish daytime dining.

With its fusion of culinary artistry, cultural heritage and warm hospitality, Straits Kitchen invites you to savour soulful and beautifully composed flavours in the heart of the City.

The Patisserie Second Floor

The Patisserie is your go-to for a quick morning pick-me-up or a relaxing pause later in the day. Freshly baked croissants and pastries, paired with delicious coffee or tea, offer the perfect start for those on the go. In the afternoon, unwind with a warming cup of your favourite beverage or a glass of Champagne.

Whether you're after a grab-and-go breakfast or a quiet moment of 'me time' in the afternoon, you'll find just what you need at The Patisserie.





SIP

Ginger Lily Bar & Lounge Ground Floor

Linger a little longer in our Lounge, where a welcoming ambiance meets a menu of comforting classics and our signature afternoon tea, perfect for any time of day. Just moments from the energy of the City of London, this serene spot offers the ideal escape, whether you're catching up with friends, taking a quiet break or enjoying an informal meeting.

As the day flows into evening, the atmosphere shifts at the Bar, which comes alive with a vibrant buzz. It transforms into a cocktail haven, where skilled mixologists craft both classic favourites and inventive modern creations. Pair your drink with light bites from our curated snack menu, and explore a carefully selected range of premium spirits, fine wines and refreshing beers.

REJUVENATE

SENSORY Spa & Wellbeing Fourth Floor

For a spot of TLC or a full-body MOT, look no further than our holistic wellness floor. From the 18.5-metre heated infinity pool, saunas and steam rooms to the TechnoBody® gym and spa treatments that blend modern Western science with centuries-old Asian traditions, there's something to suit everyone.

We also offer Bonpoint Beauty experiences, purposefully designed for children aged 6 to 16, giving them the chance to gently explore the world of wellness in a safe and nurturing environment.



LOCALE



TRANSPORT & ATTRACTIONS

LIVERPOOL STREET STATION

2-minute walk, 0.1 miles

- National Rail Services to Stansted Airport
- Central, Circle, Hammersmith & City and Metropolitan Lines
- Elizabeth Line to Heathrow Airport terminals
- London Overground

ALDGATE STATION

7-minute walk, 0.3 miles

- Circle, Metropolitan and Hammersmith & City Lines

BANK STATION

10-minute walk, 0.5 miles

- Central, Northern and Waterloo & City Lines
- DLR

FARRINGDON STATION

8-minute tube, 1.3 miles

- Circle and Hammersmith & City Lines
- Elizabeth Line to Heathrow Airport terminals
- National Rail Services to Luton and Gatwick Airports



LEADENHALL MARKET

9-minute walk, 0.4 miles

Located in the heart of the Square Mile and boasting a selection of boutiques, shops, restaurants and bars.

SPITALFIELDS MARKET

9-minute walk, 0.4 miles

Home to contemporary brands, boutiques, street food and independent stallholders.

SHOREDITCH

12-minute walk, 0.5 miles

One of the trendiest neighbourhoods and popular for its world-renowned restaurants, bars, clubs and art.

BRICK LANE

15-minute walk, 0.7 miles

Five different markets combined to offer culinary delights, vintage clothing, unique treasures and independent shops alongside eye-popping street art.

THE TOWER OF LONDON

16-minute walk, 0.6 miles

A world-famous monument and one of England's most remarkable structures.

TOWER BRIDGE

22-minute walk, 1.0 miles

Iconic London landmark with an exhibition in its Victorian engine rooms and a high-level glass walkway over the River Thames.

HIDDEN GEM
SPOTLIGHT



Roxy Ballroom – Bringing the Playground to the Bar

In London's oldest neighbourhood, the historic Square Mile, Pan Pacific London is your gateway to one of London's most dynamic districts, filled with some of the capital's most unexpected experiences.

Step beyond our doors and you'll discover a side of the City that rewards curiosity and invites you to discover a different side to London.

Our Experiences Collection has been thoughtfully curated to open the City up to you. In partnership with some of the area's most exciting experiences, we provide exclusive access and offers designed to connect you with the spirit of the Square Mile, all within easy walking distance.

Just a three minute walk from the hotel, you can find an immersive gaming experience at Roxy's Ballroom. Designed for groups of friends or family, Roxy invites you to embrace your competitive side and choose from a wide range of games, each offering its own unique challenge and pace.

Whether you're winding down with a classic game of American pool or redirecting the workday with some Roxy-exclusive shuffleboard, there's something for everyone. Spread across two floors of great food and drink, fun ball games and good vibes, the Roxy Ball Room experience is guaranteed to blow your mind.

Beyond the games, the Roxy Ball Room also offers an extensive menu of indulgent meals, from hand-stretched sourdough pizzas to crispy chicken wings and flavour-packed small plates. Alongside this, a curated drinks selection features creative, music-inspired cocktails, craft beers and refreshing spritzes, all designed to complement the vibrant atmosphere.

As part of our Experiences Collection, our guests enjoy an exclusive 20% discount on all games, food and drinks at Roxy Ballroom when booked through the hotel. Speak with our Concierge to arrange your visit and enjoy a playful, competitive escape in the heart of the City.



ROARING FAMILY FUN

We are delighted to introduce our Roaring Family Fun package, thoughtfully designed to create a family stay that feels both elevated and effortless. Every detail has been carefully considered so parents can truly switch off while children immerse themselves in the excitement of the experience. With 15% off your stay, leisurely breakfasts each morning at Straits Kitchen, and complimentary or discounted dining for our youngest guests, everything is in place for a seamless London escape centred on quality time together.

For children, the magic begins from the moment they arrive. Through our Singa Children's Cub Club Programme, young guests step into a world of creativity and discovery. Each child receives our Singa The Lion plush companion and is invited to choose a unique outfit from the miniature clothing rail at Singa's Little Atelier, a bespoke collection of handcrafted pieces created by our in-house seamstress using thoughtfully repurposed fabrics. A Singa Cub Club Activity Booklet, alongside seasonal adventures and hotel-wide treasure hunts, keeps curiosity sparked throughout the stay, ensuring there is always something new to explore.

Our dedicated twice-daily family swimming sessions bring a burst of energy to the experience. The infinity pool becomes a vibrant setting for swimming, laughter and carefree play, all framed by sweeping views of the London skyline, a rare opportunity for little ones to let loose in one of the City's most striking spaces.

For an unforgettable evening, families can enhance their stay with our Sleepover With Singa add-on. Enjoy a family cinema experience from the comfort of your bed, with treats like popcorn, ice cream, sweets and soft drinks delivered to your room, and your family's favourite films streamed via Chromecast. Little ones will love snuggling up with their Singa as the whole family enjoys an evening at the cinema delivered to your room.

A family escape designed to be remembered.

L O N D O N I N S I D E R

A NEIGHBOURHOOD GUIDE TO SHOREDITCH



Shoreditch is East London at its most vibrant, where creativity spills onto every street and walls double as galleries. Murals, paste-ups and the occasional Banksy reflect the neighbourhood's artistic heartbeat, while converted warehouses with lofty ceilings, paned windows and exposed beams house independent boutiques, cafés and galleries, their industrial bones lending raw authenticity.

The area hums daily. The Old Truman Brewery on Brick Lane becomes a treasure trove of vintage finds, artisan jewellery and global street food, while Sundays shift to the colourful rhythm of Columbia Road Flower Market, where blooms fill the street with scent and colour, perfect for a hand-tied bouquet.

Shopping here rewards wandering. Redchurch Street's independents showcase emerging designers and curated lifestyle finds, while Boxpark Shoreditch and railway-arch markets offer ever-changing treasures. Vinyl collectors, art lovers and gallery-goers will all find reasons to stray off the main streets and uncover hidden gems.



Shoreditch's culinary scene is exceptional. Plates, the UK's first Michelin-starred vegan restaurant, offers refined tasting menus, while Legado celebrates Basque heritage. Brat remains a cult favourite, fire-cooked whole turbot and its now-legendary Basque cheesecake are rites of passage for visiting food lovers. For more casual indulgence, Smoking Goat delivers punchy Thai barbecue, and Manteca champions nose-to-tail Italian cooking.

Shoreditch is equally renowned for its nightlife. Chiave is a low-lit hideaway pairing each cocktail with a curated Spotify playlist, the clarified Bloody Mary is smooth, savoury, and unforgettable. For classic pub energy, The Macbeth draws convivial crowds with pints and Portuguese-inspired plates. Playful competition awaits at Bar Kick, Bounce Shoreditch, and Shuffle Club, while Nightjar channels the jazz era with hidden nooks and expertly crafted drinks.

Shoreditch's charm is in its layers – historic streets and modern creativity, vibrant energy and effortless style, a living gallery that captures East London's endlessly inventive spirit.

DAY TRIPPING

DISCOVER CANTERBURY



Just an hour and fifteen minutes from the hotel via train from King's Cross Station, Canterbury feels lifted straight from the pages of a storybook. With its cobbled streets, half-timbered houses and the soaring spires of Canterbury Cathedral, its blend of history and riverside charm is a world away from London's metropolis.

Canterbury's story stretches back nearly two millennia. Originally a Roman settlement, it was a trading and military hub, traces of which survive in the city walls and winding streets. The city weathered Viking raids, Norman invasions, and the Dissolution of the Monasteries, yet much of its medieval character survives today, giving every corner a sense of living history.

Start your daytrip at the cathedral, one of England's oldest and most iconic religious sites. Its Gothic towers and fan vaulting are breathtaking, and the flickering candle marking Thomas Becket's Martyrdom adds a spine-tingling sense of history. For a truly moving experience, plan to return later for Evensong, when the choir fills the vast nave for an almost cinematic moment.

Step outside and the city's medieval charm takes hold. Wander crooked streets and alleys lined with centuries-old buildings, from quaint cafés to artisan shops. Then make your way to Westgate Gardens, a riverside oasis where formal flowerbeds, ancient trees and meandering paths sit alongside the gently flowing River Stour.

For the quintessential Canterbury experience, hop on a punt along the Stour. Glide under medieval bridges, past ivy-clad walls and alongside buildings that have witnessed centuries of city life. It's a quiet, intimate way to see architecture that ranges from Norman arches to Tudor façades.

Stop for coffee at Garage Coffee at Fruitworks or brunch at The Refectory Kitchen, where local Kentish ingredients shine. Afternoon tea at Tiny Tim's Tearoom offers a classic English pause in a 400-year-old building, while evening brings cosy cocktails at The Fig or a pint at the historic The Parrot, a 14th-century pub whose low beams and open fires transport you back in time.

History is never far away during a visit to Canterbury. The ruins of St Augustine's Abbey whisper stories of England's first monasteries, while even a casual stroll along the riverside reveals medieval bridges, Tudor façades, and centuries-old homes that make Canterbury feel like a living museum.

INDULGE



STRAITS KITCHEN SEASONAL MENU



Straits Kitchen introduces a new seasonal menu from Senior Sous Chef Giorgio Virgilio, inspired by his travels across Southeast Asia and shaped by Western technique. The result is a vibrant, flavour-led collection of dishes that reflect Chef Giorgio's heritage and passion for Asian gastronomy.

Sustainability and sourcing remain central to the kitchen's philosophy. Monkfish replaces seabass for its meatier texture and responsible sourcing, while wild-caught tuna underscores the restaurant's commitment to quality seafood. Premium suppliers including Upper Scale and Chamberlain & Thelwell ensure exceptional ingredients throughout.

The menu opens with small plates designed to awaken the palate. Dressed Cromer Crab pairs British white crab with Korean kimchi, balancing sweet, salty and spice, while brown crab is transformed into a rich emulsion, finished with lime, chives and a crisp red Thai tapioca cracker. Tuna Tartare delivers deep umami, lifted with horseradish and spring onion and crispy elements for texture.

Larger dishes on the menu have been designed for sharing. Whole roasted monkfish is served with meen moilee curry, while British lamb is paired with lemongrass and coconut purée, roasted courgette, almond flakes and pumpkin seeds for texture, finished with garlic cream, red wine jus and kaffir lime oil.

A seasonal crab dish showcases Chef Giorgio's creativity, combining local crab with red Thai curry paste, kaffir lime leaf oil and Filipino calamansi, finished with toasted coconut and lumpfish roe.

Each dish celebrates bold flavour, thoughtful sourcing and craftsmanship, a fresh, sustainable take on Asian-inspired dining, designed to be shared.



STRAITS KITCHEN SUNDAY BRUNCH

Sundays at Pan Pacific London are made for indulgence, slow mornings that stretch effortlessly into the afternoon, accompanied by live music each week.

Begin with a glass (or two) of Taittinger Champagne, crisp and citrus-forward with delicate apple and brioche notes, or a bespoke Bloody Mary from the tableside Bloody Mary Trolley, crafted to order with bold, savoury and herbaceous combinations.

The menu starts with a thoughtfully curated cold breakfast buffet, featuring homemade viennoiseries, artisan breads, cured meats and cheeses, fresh fruit and cereals, a generous spread designed to whet the appetite and set a celebratory tone.

Hot dishes follow, offering something for every palate. The Full English Breakfast showcases Clonakilty black pudding, Blythburgh pork sausages and Burford Brown eggs, alongside umami-rich shakshuka, fluffy buttermilk pancakes with berry compote, and plant-based favourites such as smashed avocado on sourdough or a Full Vegan Breakfast.

The tableside Bloody Mary Trolley adds theatre to the experience, presenting multiple variations. The Classic Ritual balances bold tomato with Tabasco heat, lemon brightness and Worcestershire depth. The Butcher's Mary is smoky and indulgent, with bacon fat-washed vodka and a savoury bacon crumb rim, while the Garden Mary offers a herbaceous, refreshing blend infused with rosemary and dill, finished with a briny lift.

With live music, vibrant dishes and an interactive cocktail trolley, every detail is designed to make Sundays feel effortlessly luxurious, a convivial mix of flavour, spectacle and ease.





Afternoon Tea Steeped in Spring

We are delighted to introduce our Spring Afternoon Tea in partnership with Newby Teas, one of the world's most celebrated luxury tea houses. A curated selection of teas accompanies seasonal patisserie, with tea-infused palate cleansers and refreshing mocktails, designed by Newby's Tea Sommelier to enhance and harmonise each course.

The experience begins with a Jasmine & Lemon palate cleanser, infused with jasmine pearls, lemon peel and agave to refresh the senses ahead of the savoury course. An elegant amuse-bouche follows: Fennel, Jasmine & Pink Peppercorn Velouté alongside a golden Apricot Sausage Roll with Dijonnaise.

Savoury classics include Coronation Chicken with golden raisins on sun-dried tomato bread and Burford Brown Summer Truffled Egg on mini brioche. A second palate cleanser, White Rose by Newby Tea, infused with silver needle tea, Persian rose and rose agave that offers a gentle pause before the sweets.

The sweet course captures the essence of spring. Blueberry & Lemon Macarons pair tangy lemon curd with sweet blueberry compote, while Exotic Mango Mousse blends tropical mango and kaffir lime atop a subtly nutty black sesame sablé. A Rhubarb Meringue Tart balances tart compote with mascarpone diplomat and a hint of ginger, and Matcha Strawberry & Vanilla Opera layers earthy matcha sponge with strawberry compote for a delicate finish.

For added indulgence, tea-infused mocktails, crafted exclusively by Newby's Tea Sommelier, provide a refined complement, from the floral High Mountain Oolong with melon and chamomile to the bright, tropical Oriental Sencha with mango, pineapple and rose syrup.

From the first sip to the final bite, the Spring Afternoon Tea is a celebration of seasonal flavour, thoughtfully steeped in the spirit of spring.



IN CONVERSATION WITH

Michael Butler
Tea Sommelier
- Newby Teas London



Michael began his career sourcing and importing fine teas, a journey that carried him across Asia, from the tea mountains of China to the ritual-led tea culture of Japan.

Classically trained in Yunnan Province, he studied with growers and producers and gained hands-on insight into heritage cultivation, craftsmanship, and traditional tea service.

Today, he brings his experience to his role as Tea Sommelier for Newby Teas, guiding clients, luxury hospitality teams, and connoisseurs through the world's most exceptional teas.

Can you tell us about your journey to becoming a Tea Sommelier?

Tea was always part of my upbringing, something I associate with comfort and home. Back then, drinking tea without milk felt unthinkable. That changed during the 2020 lockdown, when I discovered a Chinese Dianhong, or Yunnan black tea. Aromatic, sweet and creamy, it transformed my perception of tea and sparked a desire to learn more. In 2024, I visited the breathtaking tea gardens of Yunnan and met my Tea Master; six months later, I achieved my Sommelier certification.

What makes Newby Teas stand out in the luxury tea market?

Newby Teas is defined by its commitment to quality, heritage and purpose. Founded in London by Tea Master Nirmal Sethia, the brand was created to revive global appreciation for fine tea. Exceptional leaves are sourced from the world's finest gardens at peak harvest, then selected through rigorous tasting, a dedication that has made Newby the world's most awarded luxury tea brand. The company also champions culture and philanthropy, with profits supporting charitable initiatives through the N. Sethia Foundation, while the Chitra Collection preserves tea's global heritage.

Can you tell us about the Chitra Collection?

The Chitra Collection is an unrivalled private museum of nearly 3,000 historic tea objects, showcasing the diversity of tea culture across Europe, the Americas and Asia. It celebrates the global significance of tea and the artistry of teaware, spanning from ancient China to the present day.

What are some highlights of the Chitra Collection?

Visits are guided by our in-house curator, bringing each piece's history and craftsmanship to life. Highlights include Fabergé teaware, Marie Antoinette's teapot, Admiral Lord Nelson's silver teapot, and The Egoist, the world's most valuable teapot, set with 1,658 diamonds and 386 rubies surrounding a rare 6.67-carat ruby.



How do you approach tea tasting?

Palates develop over time, shaped by experience. I begin by assessing the aroma of the dry leaves, then the infused leaves and liquor to reveal the tea's first layers of character. Tasting follows, allowing the tea to move across the palate to understand texture, balance and complexity, typically in three sips: first for an initial impression, second to refine notes using a flavour wheel, and third to discuss with a colleague, as tea is best explored through conversation. Origin and processing are equally important; although all tea comes from the same plant, craftsmanship creates subtle distinctions, gentle toasting, for example, can produce nutty notes found in Chinese styles such as Hunan Green.

How do you pair the perfect tea with a dish?

There are two key approaches: harmony and balance. Harmony matches complementary flavours, Earl Grey with lemon tart, for example, to echo citrus notes. Balance introduces contrast, using astringency to cut richness or acidity to offset sweetness for a more rounded pairing.

Can you explain the tea-infused palate cleansers in the Spring Afternoon Tea?

Palate cleansers reset the senses between courses. Jasmine Lemon, with delicate floral notes and citrus lift, finishes dry to prepare the palate for savouries. White Rose offers a soft floral bouquet with subtle white tea, gently refreshing the palate while its lingering sweetness enhances the sweets to follow.

How do the tea mocktails pair with the menu?

Tea can be treated as an ingredient, either complementing a dish or highlighting a single note. Newby's Spring Sencha cocktail, created for Pan Pacific London, blends first flush sencha with mango,

pineapple, passionfruit, rose and bergamot, lifted with fresh fruit, lemon peel and rose agave. Frozen Peak highlights delicate fruity loral character of Dong Ding oolong from Nantou, paired with melon, chamomile, and rose agave, revealing soft rose and melon over a lightly roasted base.

How do black, green, white and oolong teas differ?

The differences lie in processing and intention. Black tea develops sweetness and body, with rich, fruity notes. Green tea preserves freshness, producing light, vegetal or nutty flavours. White tea uses young leaves for delicate floral and fruity aromatics. Oolong focuses on balance and complexity, with styles ranging from floral and creamy to lightly roasted, typically with a medium body.

What does 'first and second flush leaves' mean?

These prime-season teas are harvested after winter dormancy, when flavour compounds are most concentrated. First flush teas offer fresh, vibrant character and are highly prized. Second flush leaves develop deeper flavour, malty in Assam, or muscatel and grape-like in Darjeeling, influenced by leaf-hopper activity.

How does terroir affect flavour?

Like wine, tea reflects its terroir, climate, altitude, soil and rainfall all shape flavour. Subtropical regions produce fuller-bodied teas, while cooler mountain climates yield slower-growing, delicate, aromatic leaves. Wind, drought or insects can introduce honeyed, floral or fruity notes.

What are the steps to the perfect cup of tea?

The perfect cup is personal, but water and temperature are key. Hard water suits stronger teas like black or dark oolongs, while soft water complements lighter styles such as white, green or jade oolong. Robust or tightly rolled leaves benefit from higher heat, while delicate, aromatic teas are best brewed at lower temperatures.

What immersive experiences does Newby offer?

Newby offers personal shopping, masterclasses and guided tours at its London boutique. Guests can explore luxury teas, discover the Chitra Collection, and taste exclusive boutique blends.

Can you tell us about the Tea Tasting experience?

The Tea Tasting Masterclass explores tea origins, craftsmanship and flavour through ten bespoke blends. It's an ideal introduction for enthusiasts, or anyone considering a career in tea.

WELLBEING



A photograph of three people (two women and one man) practicing yoga in a modern studio. They are in a warrior II pose, with arms extended horizontally. The man is on the left in a green t-shirt and blue shorts. The woman in the middle is in a black long-sleeved top and leggings. The woman on the right is in a grey sports bra and black leggings. The studio has a wooden wall, a large mirror, and potted plants.

DISCOVER WEEKLY WELLBEING CLASSES AT SENSORY SPA & WELLBEING

Amid the pace of London life, taking time to move, breathe and reset is essential. Our newly introduced programme of guided classes on our SENSORY Spa & Wellbeing floor offers the perfect opportunity to restore balance and reconnect with yourself. Suitable for all fitness levels, each session combines mindful movement with energising exercise, helping to improve flexibility, build strength and support overall wellbeing.

Weekly Classes:

Monday 7pm – Power Yoga

A dynamic practice that strengthens the body, improves flexibility, and revitalises energy. Perfect for winding down after a day at work or exploring the City.

Tuesday 7pm – Pilates (Mat)

Focus on core strength, posture, and controlled, mindful movement. Pilates enhances alignment, balance, and overall body awareness.

Thursday 7am – Slow Flow Yoga

Gently awaken the body with stretches and breathing exercises that centre the mind for the day ahead. A mindful start to energise both body and spirit.

Friday 6pm – Body Weight Circuit

A high-intensity, full-body workout using only your body weight to build strength, endurance, and energy. Perfect for guests who want a quick yet effective way to boost vitality after a busy week.

Monthly Classes:

Last Thursday of the month 7pm – Sound Therapy

Immerse yourself in a restorative sound journey that calms the nervous system, eases tension, and promotes deep mental and physical relaxation.

Classes are £35 per session, with complimentary access for guests staying in a Suite. To reserve your place, speak to our wonderful Wellbeing team.



THE BODY MOT *EXPERIENCE*

In today's fast-paced world, truly understanding our bodies can feel elusive. We recognise surface signals – post-workout fatigue or hunger before a meal – but the internal systems driving our wellbeing often remain unseen.

Pan Pacific London is redefining wellness with its exclusive Body MOT, powered by the state-of-the-art PNOÉ system, making the SENSORY Spa & Wellbeing Floor one of the most innovative in London.

The Body MOT goes beyond traditional assessments, offering a deep dive into health and fitness to unlock each guest's full potential. Once reserved for elite athletes, this level of insight is now accessible to all, delivering highly personalised, data-driven guidance.

Guided by resident wellbeing experts, guests undergo a series of tests using the advanced PNOÉ system. This automatic VO₂ and metabolic analysis technology provides real-time insights into cardiovascular, respiratory and muscular performance. By measuring how the body uses oxygen and burns calories, PNOÉ creates a comprehensive picture of fitness and metabolic health and a clear roadmap for achieving personal wellbeing goals.



The experience begins with a resting metabolic rate test, where our in-house wellbeing team measure the guest's baseline energy expenditure. The second part of the Body MOT is the VO₂ max test, a rigorous treadmill or stationary bike workout designed to push the guest's limits and uncover their maximum oxygen uptake. The juice is absolutely worth the squeeze, as the data from this test is used to create a comprehensive personalised blueprint for optimising health and fitness.



Following the metabolic assessment, there is the opportunity to engage with our signature TecnoBody® D-Wall technology. This advanced system uses 3D cameras and sensors to capture and evaluate up to 16 body articulations, using body recognition and gesture interface to provide a detailed assessment of physical alignment, strength, and flexibility. This precise evaluation allows for personalised recommendations to improve physical health and performance.

Following these tests, our in-house nutritionist is available for a comprehensive food intolerance and allergy test, ensuring that diet supports health goals perfectly.

At the end of the Body MOT, a detailed 360-degree report outlining current health and fitness levels is presented. This report provides actionable insights, enabling guests to make informed decisions about future fitness and wellness routines and to effect positive and lasting change. Our wellbeing experts will guide guests through the findings, ensuring they understand the best ways to implement the recommendations.

While guests reflect on their Body MOT results, they are able to indulge in the luxurious amenities of our SENSORY Spa & Wellbeing Floor. From our infinity pool with city skyline views, to our sauna and steam rooms and an array of relaxing spa treatments, blissful tranquillity awaits at every turn.



SHOPPING





B R I C K L A N E

Just a 15-minute walk from the hotel, Brick Lane offers a vibrant and endlessly surprising contrast to the City. Layered with history and brimming with personality, this iconic East End thoroughfare has evolved into one of London's most dynamic neighbourhoods – where food, markets, art and independent culture come together in a way that feels distinctly local.

Brick Lane's markets are a destination in their own right. At the heart of this bustle is the historic Old Truman Brewery, a creative hub filled with weekend markets and food halls. Here you can explore the Sunday Upmarket with its rotating stalls of fashion, accessories, craft and global street food, browse vintage clothing and retro finds at the Vintage Market, or seek out handmade jewellery and local art in the Backyard Market. The Tea Rooms offer treasures ranging from antiques to quirky collectables, making it a perfect spot for thoughtful gifts or curios to take home.

Food lovers are equally spoilt for choice. Brick Lane's markets and food halls bring together flavours from around the world – from Ethiopian injera and Korean BBQ to artisan pastries and vegan treats – alongside classic East End staples. Among them are the legendary

salt beef bagels from the iconic 24-hour Beigel Bake, a Brick Lane institution that has drawn loyal queues for decades, and acclaimed curry houses that reflect the area's rich multicultural heritage. Together, they make the street a go-to destination for bold, global cuisine.

Colourful street art and graffiti provide a constantly evolving backdrop to any visit, making wandering the backstreets as rewarding as browsing the market stalls. For those keen to dive deeper, guided street art tours reveal the stories behind the works, while independent galleries along the lane offer opportunities to shop for pieces by emerging local and international artists.

As the sun sets, market stalls give way to warm-lit eateries and cosy pubs, while cocktail bars and intimate music venues buzz with energy. Whether you're hunting for the perfect vinyl, discovering independent design studios, or enjoying a craft beer amid a backdrop of street art, the neighbourhood invites you to linger and soak up its distinctive East End character well into the evening.

BROADGATE CENTRAL



Photograph by Charles Hosea on behalf of British Land

Just a five-minute stroll from Pan Pacific London, Broadgate Central brings the City's finest shopping, dining, and lifestyle experiences within effortless reach. Sleek architecture, open plazas, and a carefully curated mix of premium brands make it the perfect destination for guests who love to shop – and with the hotel just around the corner, carrying your shopping back couldn't be easier.

Fashion at Broadgate Central is curated for the discerning shopper. Luca Faloni and Hackett offer bespoke and made-to-measure menswear, while refined womenswear is represented by Reiss, Hobbs and Whistles, alongside the enduring elegance of Ralph Lauren. For indulgent grooming and beauty, SpaceNK, Molton Brown and Murdock London provide expert barbering and luxury treatments, and Strip delivers high-end skincare and personal care. For culinary refinement, Maison Ladurée and Läderach tempt with artisanal pastries and chocolates, while Moyses Stevens, London's oldest luxury florist, creates bespoke bouquets that embody timeless elegance.



Photograph by Vivid Squad

Dining at Broadgate Central complements the shopping experience. Lina Stores serves fresh, hand-made pasta and seasonal dishes, while Sandwich Sandwich offers gourmet sandwiches crafted from carefully sourced ingredients and Los Mochis offers Mexican vibrancy combined with Japanese elegance all with stunning rooftop views. For wine lovers, Vagabond provides a self-serve experience, letting guests explore a curated selection of international wines alongside small plates in a social environment. Nearby cultural highlights such as Eataly's UK flagship store and the Everyman Cinema enrich the area with lifestyle and leisure experiences beyond retail.

Its close proximity, combined with an expertly curated mix of stores, eateries, and wellness experiences, ensures that London's finest experiences are never more than a short, elegant walk from your room. Whether shopping for bespoke fashion, enjoying artisanal treats, or discovering new culinary favourites, Broadgate Central offers a seamless and sophisticated city experience tailored for our guests.



THE ROYAL EXCHANGE

No London stay is complete without a spot of retail therapy.

The Royal Exchange is one of the city's most historic and elegant shopping destinations and is just a 10-minute walk from the hotel. Opened in 1571 by Elizabeth I as the world's first purpose-built trading venue, it pairs Pantheon-inspired grandeur with modern luxury, often likened to Milan's Galleria Vittorio Emanuele II.

Start the morning with a fragrant brew from Kiani Tea and a sweet treat from Buns before exploring sartorial and horological treasures. Sartoria Dei Duchi, the Italian tailoring house rooted in Atri, offers ready-to-wear and bespoke made-to-measure services, while Watchfinder & Co. presents a curated selection of pre-owned timepieces from Rolex, Patek Philippe, Cartier and more, a haven for collectors and style-conscious visitors alike.

For dining, Fortnum & Mason's courtyard outpost serves lobster, caviar and quintessentially British afternoon tea. Into the evening, Jang offers an intimate setting where head chef Dana Choi blends Japanese and Korean techniques with the finest British produce. For a theatrical finale, Engel on the north mezzanine channels the hedonistic glamour of 1920s Berlin with inventive cocktails, German and Austrian bar food, and cabaret-inspired performances.

What sets The Royal Exchange apart in a city rich with designer boutiques is its celebration of British brands. Alongside international maisons such as Hermès and Tiffany & Co., British names including Boodles, Aspinall of London, and Baudoin & Lange showcase enduring craftsmanship and old-world excellence.

More than a shopping destination, The Royal Exchange reflects London's ability to honour history while embracing modern elegance.

Whether you're seeking a bespoke suit, a rare timepiece or simply admiring its architectural grandeur, a visit is as much about experiencing London's enduring spirit as it is about shopping.





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