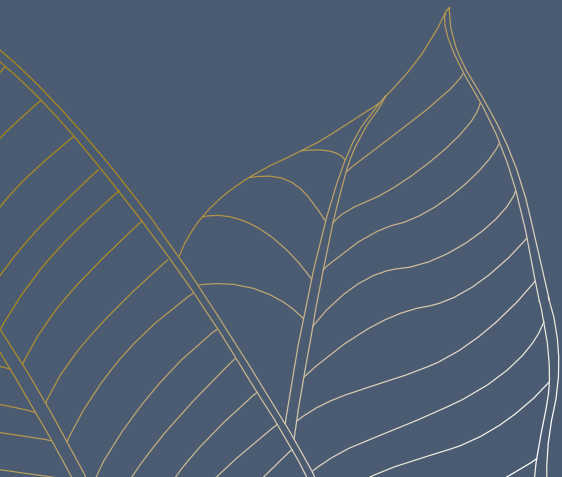


SENSORY

SPA & WELLBEING

Treatment Menu





*Wellbeing begins when we make
time to care for ourselves.*

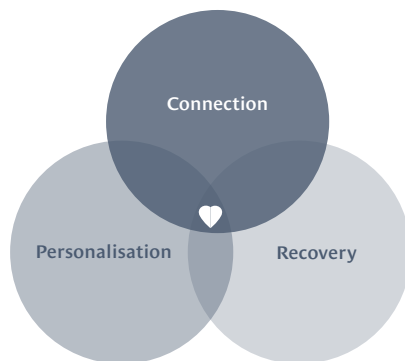




Welcome to **SENSORY** Spa & Wellbeing

Our unique wellbeing philosophy redefines the luxury wellness experience by integrating Treatments, Physical Performance, Recovery, and Sleep into one seamless journey.

Moving beyond the traditional spa experience, **SENSORY** wellbeing at Pan Pacific London is built upon three core pillars:



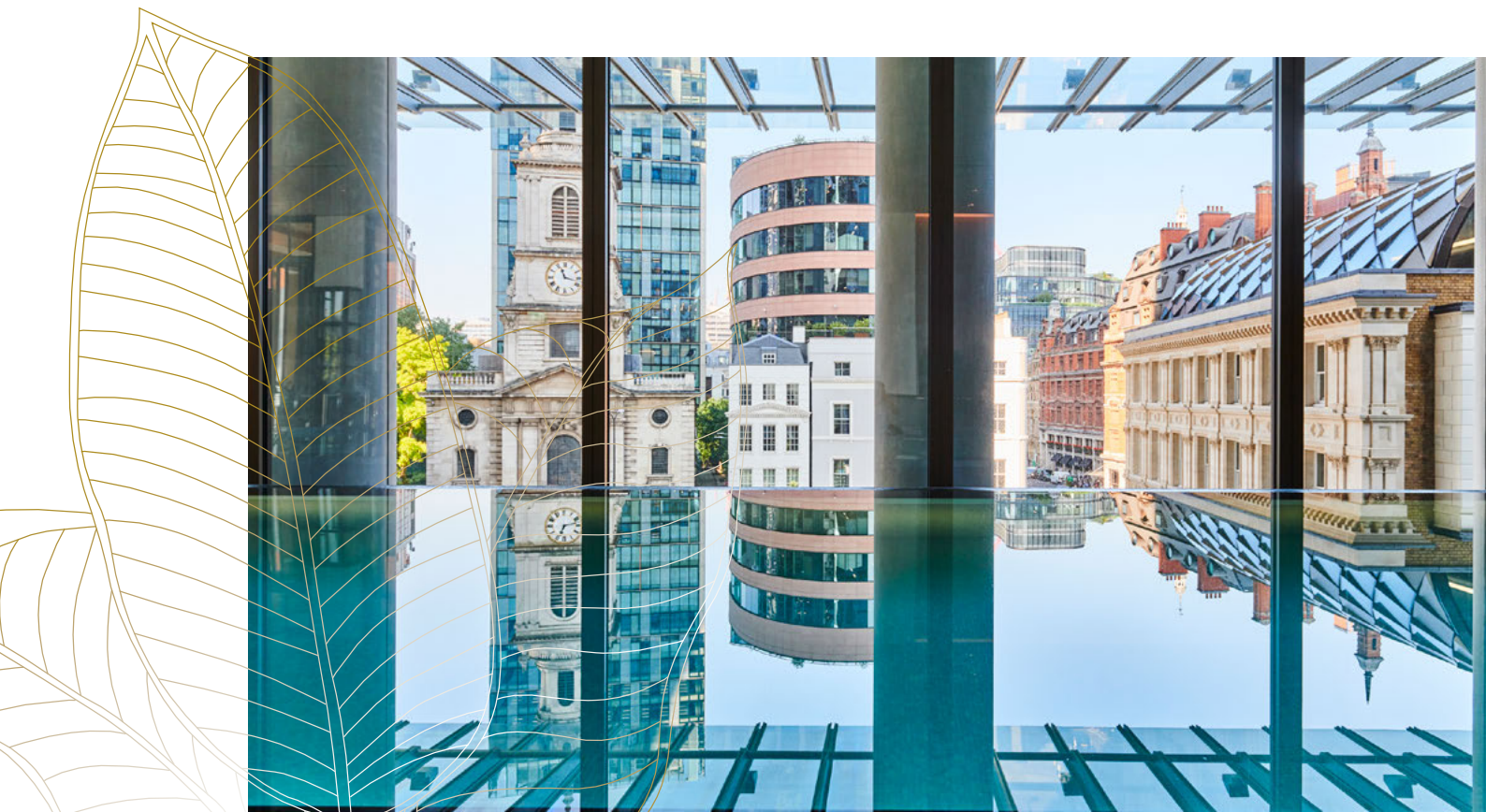
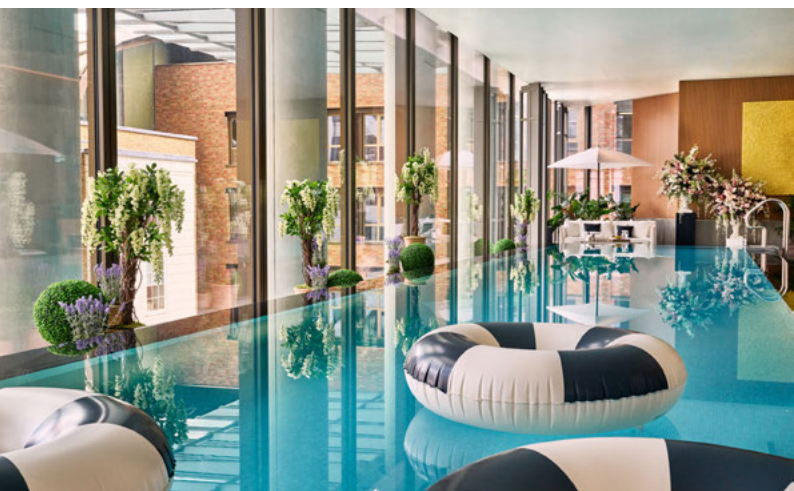
Through personalised consultations, expert-led therapies, and holistic wellbeing experiences, we guide each guest on a restorative journey that nurtures the body, calms the mind, and inspires a lasting commitment to health and wellbeing.

Sincerely yours,

Anne

ANNE GOLDEN

General Manager, Pan Pacific London





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SENSORY Rituals

Immerse yourself in a bespoke journey of renewal with our **SENSORY** Rituals. Each element is thoughtfully curated to create a deeply restorative experience, inviting you to rebalance, reconnect and rejuvenate.

Experience a harmonious blend of treatments designed to nourish the body, calm the mind and restore the spirit, leaving you feeling renewed, refreshed and deeply connected to yourself.

The Signature Ritual

£390 / 150 min

A calming and restorative body ritual inspired by traditional Shiatsu techniques.

The experience begins with a warming sauna blanket to relax the body. A deeply relaxing massage using essential oils helps to release tension, before a restorative facial completes the ritual.

Enhanced with a calming wellness aroma throughout, this holistic experience leaves the skin nourished, the body relaxed and the mind rebalanced.

Restore & Reset

£350 / 120 min

Feel tension melt away with our **SENSORY** Holistic Massage, designed to promote deep relaxation and restore balance.

Choose your own blend of essential oils to create your preferred **SENSORY** experience. The ritual concludes with a restorative facial, leaving the complexion deeply hydrated, refreshed and radiant.



Body Massage



SENSORY Holistic Massage

£165 / 60 min

£245 / 90 min

Embark on a captivating journey to South East Asia with our bespoke **SENSORY** Holistic Massage.

This unique experience begins with you selecting from a collection of essential oils, to create a bespoke aroma just for you.

Therapeutic Swedish techniques are used to improve your blood circulation and release muscle stiffness.

Hot Stone Massage

£165 / 60 min

£245 / 90 min

Sink into profound relaxation with our Hot Stone Massage.

Experience the deep warmth of smooth, heated stones as they melt away muscle tension and stress.

Combined with rhythmic, flowing movements and the fragrance of your chosen massage oil, this treatment offers an unparalleled sense of comfort, leaving you utterly relaxed.

Personalise your experience with our selection of add-on treatments (pages 13 - 14).

Starting from £70

Bamboo Massage

£185 / 60 min

£265 / 90 min

Experience intense relaxation and renewed vitality with our Bamboo Massage.

This powerful treatment combines authentic Balinese acupressure techniques with deep tissue movements for an invigorating effect.

Thai Massage

£190 / 60 min

£270 / 90 min

Discover deep serenity and renewed energy with our Traditional Thai Massage.

This ancient practice fosters emotional and physical calm, expertly easing stress and significantly reducing headaches. Through pressure, stretching and twisting, it alleviates lower back and joint pain, leaving your entire body revitalised.

Pre-Natal Pregnancy Massage

£165 / 60 min

Experience the comfort of our Nurturing Pre-Natal Massage, available for expectant mothers at 12 weeks pregnant and beyond. This specialised treatment gently alleviates pregnancy aches in your back, neck and legs.

It also enhances circulation and reduces nervous tension, promoting a deep sense of calm.

Lymphatic Drainage Massage

£170 / 60 min

Experience the transformative power of our Lymphatic Drainage Treatment, a gentle yet incredibly effective body massage designed to redefine your silhouette.

Skilled techniques stimulate the natural flow of your lymphatic system, expertly draining excess fluids and significantly reducing swelling and water retention.

Body Workshops



Body Detox and Exfoliate

£195 / 75 min

Indulge in our Rejuvenating Body Ritual, a luxurious experience designed to invigorate your senses and transform your skin.

This exquisite ritual begins with a revitalising body scrub infused with purifying salt crystals, helping to release built-up tension and excess fluid for a light, refreshed feeling. A rich blend of aromatic essential oils is then massaged into the skin, delivering deep nourishment while enhancing the appearance of your body's natural contours. The experience culminates in irresistibly soft, silky-smooth skin, leaving you cocooned in comfort and renewed with a wonderful sense of vitality.

Body Contouring and Firming Wrap

£195 / 75 min

Experience a complete transformation with our body contour treatment.

This advanced firming wrap uses a powerful complex of stimulating actives to ignite your body's natural processes. It actively works to boost fat-dissolving, drain toxins, reactivate circulation and reawaken cellular energy, leading to a remarkable overall inch-loss effect.

Expect fast, visible and long-lasting results, revealing a figure with greater definition and enhanced firmness.

For best results, we recommend a course of five treatments.

Facials



SKIN ROCKS

Skincare shouldn't feel like a guessing game. That's why we've partnered with **Skin Rocks** to bring you five expertly targeted facials, each designed to deliver visible results without the fuss.

From the indulgent Exclusive Signature Reset Facial to the effortlessly effective Express Amplified Facial, each treatment is thoughtfully tailored to what your skin needs most. Consider it your skin's very own reset button.

Founded by global skincare expert Caroline Hiron, **Skin Rocks** was created to make skincare make sense. Drawing on decades of expertise, the brand cuts through the noise, endless steps and the often-confusing advice to focus on what truly works.

The result is high-performance skincare with clarity at its core: clinically proven, results-driven and trusted by skincare lovers worldwide.



SKIN ROCKS

The Signature Reset Facial

EXCLUSIVE TO PAN PACIFIC LONDON

£185 / 60 min

Exclusive to **SENSORY** Spa & Wellbeing, this restorative Skin Rocks facial is designed to reset tired, lacklustre skin fatigued by travel, stress and the demands of modern life.

Powered by clinically proven formulations and enhanced by time-honoured touch, it revives radiance, helps lift facial contours and leaves skin looking fresh, rested and renewed.

Inspired by the ritual of turndown, this calming 60-minute treatment centres around a 30-minute lifting massage to ease facial tension, support circulation, calm the complexion and restore natural luminosity.

SKIN ROCKS

The Regenerative Facial

£185 / 60 min

Designed to address multiple visible signs of ageing, this facial helps reduce the appearance of fine lines and wrinkles, boost skin firmness and promote youthful radiance.

This deeply regenerative treatment supports collagen and elastin production and is enhanced by Skin Rocks' signature lifting massage technique, leaving the skin feeling plumper, firmer and visibly renewed.

SKIN ROCKS

The Hydration Facial

£170 / 60 min

Designed to achieve maximum hydration and moisture, this nourishing treatment leaves the skin plump, dewy and deeply hydrated.

Supporting long-term water retention and promoting improved elasticity, firmness, and resilience, this glow-boosting treatment amplifies skin softness and provides lasting comfort and moisturisation.

SKIN ROCKS

The Control Facial

£170 / 60 min

Designed to decongest and rebalance the skin, this facial will balance oiliness, clear pores and treat spots, blemishes and breakouts.

Controlling excess sebum and regulating oil production, this deep cleansing, barrier-supporting treatment clarifies the complexion, resets and refines skin texture, and helps prevent further breakouts for clearer, healthier skin.

Add-On Treatments



SKIN ROCKS

The Express Amplified Facial

£70 / *add-on*

Designed to amplify the skin's natural luminosity, you need this if you want to eliminate dullness and energise the skin.

This glow-boosting treatment will maximise skin health and improve elasticity, firmness and radiance.

Feet Treatment

£70 / *add-on*

A luxurious blend of rejuvenating essential oils work their magic to regenerate and revitalise the appearance and texture of your feet, leaving them incredibly soft, smooth and utterly transformed

Indian Head Massage

£70 / *add-on*

Discover a new realm of holistic wellbeing with our Indian Head Massage.

This ancient therapeutic practice goes beyond relaxation, offering profound benefits for both mind and body. Experience targeted relief as rhythmic circular massage strokes and precise acupressure techniques focus on your neck, head and shoulders.



Children's Treatments

Bonpoint

BEAUTÉ



Children's Spa Treatment Menu

The Dreamy Treatment *Face & Body Duo*

More than a treatment, this is a unique bonding moment between a parent and child. Side-by-side, they discover the benefits of a facial and body treatment and the magic of these shared unique moments.

Soft, enveloping and playful gestures adapt to your child's needs. Skin feels deeply hydrated, nourished and beautifully pampered, while the body relaxes and the mind is gently soothed.

£110 / 30 min / per person

£185 / 60 min / per person

Available for children between the ages of 5 to 16. A parent or guardian (over 18) must be present during treatments.

The Awakening to Care

Children's facial treatment

A gentle introduction to skincare, tailored to your child's needs. This complete facial cleanses, hydrates and softens the skin, with every step guided by a beauty expert.

An educational treatment for curious children to learn how to take care of themselves like grown-ups.

£110 / 30 min / per person

The Fairy Tale Treatment

Children's facial treatment

A magical introduction to the world of skincare, seen through your child's eyes and accompanied by enchanting fairy tale music. This gentle facial leaves the skin deeply hydrated and nourished, while sparking the imagination and creating a moment of pure relaxation.

A playful treatment intended for the most mischievous.

£110 / 30 min / per person



Physical Experience





Yoga

£120 / 60 min

Awaken the mind, body and soul in our Mindful Studio. Experience peak spiritual energy and clarity before the day's distractions.

Through the mindful connection of movement and breath, our expert practitioners guide you through a practice designed to harmonise strength and flexibility. Each session works to tone and invigorate the whole body, leaving you feeling refreshed, centred and fully awakened in both body and mind.

Sound Therapy

£150 / 60 min

The base of sound therapy is the use of therapeutical instruments and sound vibrations to induce deep states of relaxation, pain relief, accelerated recovery and mental tranquillity among many other great benefits.

With this treatment, you receive both a sonic audible experience and a vibrational massage as the singing bowls are used to produce a series of harmonic vibrations that penetrate deeply into all organs, systems, tissues, bones and ligaments of the body.



Reformer Pilates

£120 / 60 min

Improve your alignment and performance with this uplifting Pilates session.

Through precise, targeted movements, reformer Pilates develops strength, control, flexibility and core stability, improving posture, alignment and mobility.

Each movement encourages deeper body awareness and connection, leaving you feeling stronger, more balanced and supported.

Swimming Session

£120 / 60 min

Immerse yourself in our 18.5m infinity swimming pool whilst perfecting your technique with your very own private swimming instructor.

Our aqua expert will be on hand to guide you through those difficult strokes and support your swimming experience.

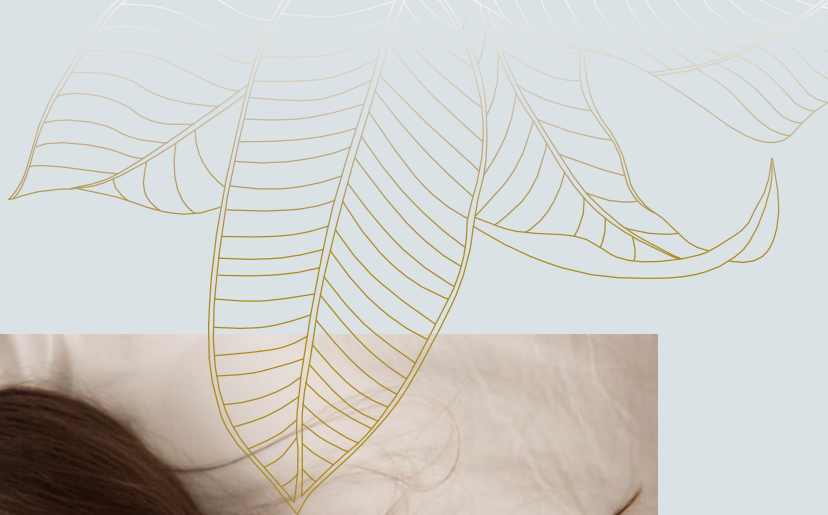
Performance Training

£120 / 60 min

Elevate your training to new heights. With the support of our team, connect to your body and discover its full potential. Experience the future of training, tapping into industry-backed science trusted by athletes and physicians to keep you moving towards your best - whether you are looking to increase your athletic performance, relieve pain without the use of medication, or rehabilitate your body from injuries.

SENSORY Sleep





SENSORY Sleep

£150 / *night*

At the heart of this experience is the revolutionary Chilipad – your personal climate control system for better sleep. By precisely regulating the temperature of your bed, the Chilipad helps unlock deeper, more restorative rest. Its advanced control unit circulates temperature-controlled water beneath you, working in harmony with our weighted blanket to create the ultimate sleep environment. Say goodbye to restless nights. This powerful duo helps you fall asleep faster, supports deeper, more restorative sleep, and promotes mental clarity and full-body recovery.

The Chilipad allows you to schedule personalised temperature settings ranging from 13°C to 46°C (55°F to 115°F).

Studies show the ideal sleep temperature ranges between 15.5°C and 20°C (59.9°F – 68°F), with 18°C (64.4°F) often being the sweet spot.

Cooler temperatures encourage your body's natural drop in core temperature, a vital trigger for falling asleep and entering deeper sleep cycles. They also support melatonin production and may even help reduce the risk of metabolic conditions.

SENSORY Sleep *Recommendation*

The Signature Reset Facial

EXCLUSIVE TO PAN PACIFIC LONDON

£185 / *60 min*

The total cost for **SENSORY** Sleep and the Signature Reset Facial is £335

Terms and Conditions

OPENING HOURS

Facilities:

Monday - Sunday 6:30am - 9pm

Treatments:

Monday - Thursday 10:15am - 7:45pm

Friday - Sunday 9:30am - 8:30pm

CHILDREN'S SWIMMING HOURS

Monday - Sunday 9am - 11am
& 3pm - 5pm

RESERVATIONS

Advanced reservations are recommended as appointments are subject to availability on the day. A 50% non-refundable deposit will be charged at the time of booking to secure the appointment.

Please email wellbeing.pplon@panpacific.com to request an appointment.

HEALTH CONSIDERATIONS

When making your treatment reservation, please highlight any health conditions you may have – for example, pregnancy, high or low blood pressure, heart condition, skin condition, allergies or injuries, or recent medical procedures - which may affect your treatment.

ARRIVAL

We recommend that you arrive at least 30 minutes prior to your scheduled appointment. This allows time to complete our consultation (if you have not already done so digitally) and have a brief discussion regarding your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatment times.

CANCELLATION POLICY

Please allow at least 24 hours for the cancellation notice to avoid charges. A 50% charge will automatically be imposed in the event of a no-show, cancellation or reschedule of the appointment within 24 hours.

VALUABLES

Secured lockers are available both in our changing facilities and treatment rooms. The management of Pan Pacific London will not be held responsible for the loss of any money or valuables brought into its premises or the surrounding public areas.

LATE POLICY

If arrival is delayed, we will make every effort to accommodate your full appointment, however this is not always possible. Service time may be abbreviated to avoid delays for other customers. Late arrivals of 10 minutes or more that we are unable to accommodate will be charged 50% of the treatment value. Last-minute changes to appointments will be honoured only if a service appointment is available for a later time on the day of your appointment and other customers are not inconvenienced.

DIGITAL DEVICES

In consideration of other guests' right to privacy and serenity, we kindly ask that you turn off or silence your digital devices and secure them in your locker during your time with us. Taking photos or filming in any guest area without prior approval is prohibited.

MINIMUM AGE REQUIREMENTS

Guests must be at least 16 years of age to utilise many of the facilities within the **SENSORY** Spa & Wellbeing Floor. Any guests up to 16 years old must be accompanied by an adult (18 years and above).

PETS

No pets are allowed on the **SENSORY** Spa & Wellbeing Floor, with the exception of licensed guide dogs accompanying person(s) with a disability. When making any reservations, please confirm if a guide dog will be accompanying the guest and they will be met in the hotel Lobby and accompanied to the **SENSORY** Spa & Wellbeing Floor. Thereafter the guide dog will be led by a Security associate to a secure area within the premises that is equipped with pet necessities - bowl, mat and pet goodies - and will be waiting for the guest on the Wellbeing floor before they leave.

GUEST CARE

Our ethos is to offer a holistic wellbeing journey for you. Please feel free to contact us in advance or speak to one of our associates on arrival for any assistance or information (wellbeing.pplon@panpacific.com).

Your feedback and suggestions are very much appreciated.

SERVICE CHARGE

All prices are inclusive of service charge.

FACILITIES AND ACCESS

SENSORY Spa & Wellbeing features an 18.5m infinity swimming pool, high performance gym, steam room, sauna and the drawing room designed for pure relaxation.

The **SENSORY** Spa & Wellbeing facilities are exclusively available to Pan Pacific London's hotel guests, members, and guests booking treatments.

External guests booked for treatments of 60 minutes or less are welcome to enjoy our spa facilities for up to one hour, either before or after their treatment.

External guests booked for treatments of 90 minutes or more are entitled to three hours of spa facility access. Children's treatments include two hours of facility access, valid during designated children's swimming hours.

SENSORY

SPA & WELLBEING

CONTACT

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