SENSORY

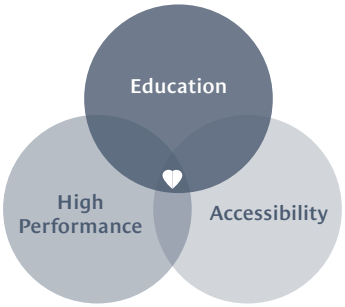
WELLBEING

Treatment Menu

“Your own wellbeing is as powerful as your knowledge”

Welcome to *SENSORY* Wellbeing.

Redefining the traditional spa experience at Pan Pacific London, our Wellbeing journey was created and designed on three pillars:



For guests to experience our unique 360 degree and meaningful wellbeing approach, we have further enhanced the methodology by capturing and combining Physical, Treatment, Recovery, Nutrition and Sleep to make it one of the most advanced wellbeing concepts in any hotel globally.

These pillars and services allow us to provide our guests with real-time live feedback, knowledge and continuity through this innovative wellbeing journey.

Sincerely yours,

Robbie

ROBBIE LEUNG
Director of Wellbeing

Contents

Seasonal Rituals	*8*
Body Treatments	*12*
Body Workshops	*16*
Facials	*20*
Gentlemen's Face Care	*26*
Treatment Enhancements	*30*
Children's Treatments	*34*
Pan Pacific London SENSORY Experience	*38*
Sleep Programme	*41*
Your Physical Experience - One-On-One	*44*
Terms and Conditions	*52*

Seasonal Rituals

SENSORY Seasonal Wellbeing

£350 */ 120 min*

Our custom Holistic Rejuvenating massage resonates with the faraway scents of South East Asia. Using sumptuous oils handcrafted in Thailand, the treatment begins with a luxurious essential oil mixing experience before working on the improvement of your blood circulation, loosening up tendons and muscle stiffness. Paired with our Remineralising and Hydration Facial, this treatment will prompt hydrating and revitalising actions for a brighter and firmer look thanks to the synergy of its natural ingredients such as sea algae, vitamins, peppermint and spirulina peel-off masks.

Urban Seasonal Escape

£390 */ 150 min*

Using our unique infrared sauna blanket, let yourself be transported by the sound of the singing bowl to promote physical and mental rebalance of your body and emotions. The rhythmical bamboo massage is a powerful healing tool used with aromatherapy oil and various Thai and Swedish techniques to leave you relaxed and revitalised. Continue the experience with a bespoke Lifto HD facial to de-stress and re-energise your complexion with specially selected biotechnological ingredients: cutting-edge and non-invasive methodology to lift and firm facial contours.

Relief and Release

£360 */ 120 min*

Dive into absolute relaxation with our Cold and Hot Stone Massage. The rhythmic movements sweep away all muscle tension and stress, while the warmth of the stones and the fragrance of the massage oil provide a comforting feeling. Allow your skin to rejuvenate and enhance face contour with the exclusive Second Life Facial. The treatment works at the dermis level to naturally stimulate the physiological production of collagen and elastin fibres thanks to its powerful glycolic peeling, with papain and bromelain, and thanks to its collagen- and beta- glucan-infused active ingredients.

Golden Retouch

£390 */ 150 min*

Encouraging emotional and physical calm, our Thai massage combined with the unique infrared sauna blanket promotes blood circulation and escalates deeper physical relaxation. Our Golden Retouch reaches its apotheosis with our luxurious Oxygen Golden Booster facial, synergistically combining precious active ingredients for immediate results in terms of brightness, and smoothness, significantly reducing signs of mature skin.

Body Treatments

SENSORY Holistic Massage

£150 */ 60 min*
£230 */ 90 min*

Our custom ***SENSORY*** Holistic massage resonates with the faraway scents of South East Asia. Using sumptuous oils handcrafted in Thailand, the treatment begins with a luxurious essential oil mixing experience before working on the improvement of your blood circulation, loosening up tendons and muscle stiffness. A soothing, relaxing massage that blends ancient Eastern with Swedish therapeutic techniques to help reduce tension, promote circulation and induce relaxation.

Soothing and Relaxing Hot Stone Massage

£250 */ 90 min*

Dive into absolute relaxation with our Hot Stone Massage. The rhythmic movements sweep away all muscle tension and stress, while the warmth of the stones and the fragrance of your massage oil provide you with a re-comforting feeling.

Rhythmical Bamboo Massage

£170 */ 60 min*
£250 */ 90 min*

Using Balinese acupressure techniques, this deep tissue massage allies powerful kneading strokes and invigorating hand movements to stimulate blood circulation and increase muscle flexibility. By combining long, flowing strokes with deep compressions, the massage alleviates discomfort and eases away stress. The addition of aromatherapy enhances the overall experience, giving you a truly blissful, one-of-a-kind experience.

Thai Massage

£160 */ 60 min*
£240 */ 90 min*

Our Thai massage promotes emotional and physical calm, and helps to relieve stress as well as the severity of headaches in addition to energising your body. Your therapist will use their palms and fingers to apply firm pressure to your body, as well as stretching and twisting movements to decrease lower back and joint pain. You can be fully clothed during this massage.

Pre-Natal Pregnancy Massage

£160 */ 60 min*
£240 */ 90 min*

A pre-natal massage can help to relieve aches in your back and neck as well as addressing leg cramps as fewer aches and pains can lead to a better night's sleep. This massage can also improve circulation and help reduce nervous tension.

Body Workshops

Lymphatic Drainage Functional Massage Modelling Cream Mud

£180 */ 60 min*

Surrender to this gentle yet reshaping massage that stimulates the drainage of excess fluids. Combining skilful massage techniques with the efficacy of Naturalia Sintesi's advanced signature mud and cream, this treatment will improve the flow of lymphatic fluid reducing swelling and water retention.

Body Detox and Exfoliate

£190 */ 60 min*

A regenerating and invigorating body scrub combined with a relaxing full-body treatment. While the salt crystals drain fatigue and fluids' excess, the luscious essential oils nourish the skin and redefine body contours: a pampering treatment to re-discover comfort in your very own silky, soft skin.

Total Body Reshaping and Firming Simplus Wrap

£200 */ 60 min*

A total body reshaping and firming wrap treatment with a complex of stimulating actives to boost fat-dissolving processes, drain toxins, reactivate circulation and re-awaken cellular energy, providing an overall inch-loss effect. Fast and long-lasting results in terms of the greater definition of the figure and firmness.

Facials

Lifting and Elasticising Lifto HD Anti-Wrinkle

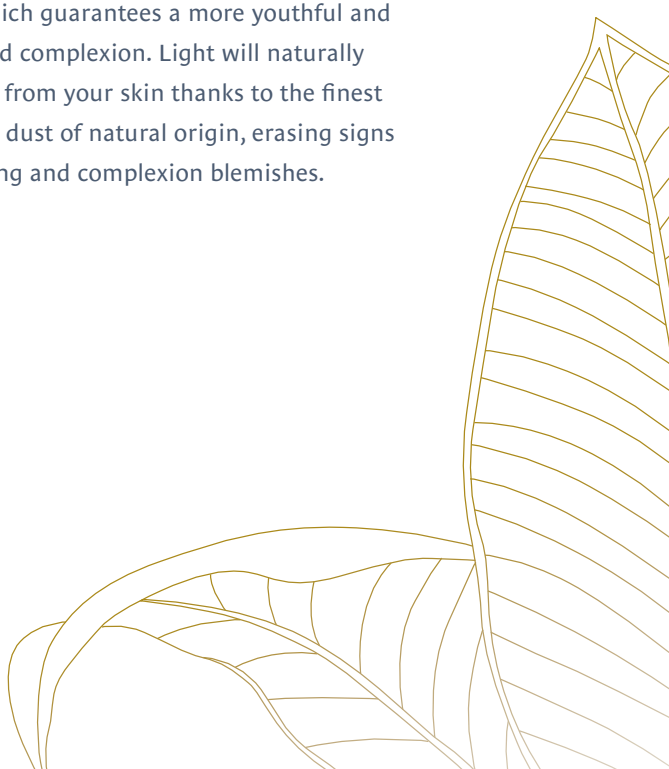
£200 */ 60 min*

A boost of energy from a treatment based on DHEA and Hyaluronic acid supports your skin as it regains suppleness and vitality. Re-energise your complexion with specially selected biotechnological ingredients brought to you by Lifto HD: cutting-edge and non-invasive methodology to lift and firm facial contours.

Oxygen Booster Algo Mask Gold

£210 */ 60 min*

An exclusive, luxurious and unforgettable facial treatment, specially designed to make you shine even brighter on special occasions and which guarantees a more youthful and polished complexion. Light will naturally radiate from your skin thanks to the finest sparkle dust of natural origin, erasing signs of ageing and complexion blemishes.



City Detox Prevention and Balance Detoxifying

£180 */ 60 min*

Purify and refine your complexion with biotechnological enhanced natural ingredients which will allow your skin to feel regenerated and refreshed. This treatment's unique formulation makes use of trace elements found in high quality thermal muds and waters, and it elevates them to create an indispensable facial treatment.

Sensitive Anti-Redness Treatment

£170 */ 60 min*

Recover and strengthen your skin thanks to specially selected soothing ingredients. Aiming to reduce redness, irritation, and rosacea-prone skin, this treatment will make your complexion brighter and more even, with reduced signs of ageing and less prone to irritation and inflammation caused by external agents.

Anti-Dyschromia Regenerator

£240 */ 60 min*

Prevent and treat dyschromia, dark spots, sunspots and uneven complexion with our Regenerate and Brighten treatment. The star of this treatment is the alkalised oil + glucuronic acid peeling, a chemical reaction that releases CO2 and is able to slow all oxidative processes which would cause uneven melanin distribution. This action is further enhanced with a Vitamin C mask which ensures superior skin luminosity, greater anti-ageing effects and strong action against free radicals.

Anti-Pollution Environmental Defence

£190 */ 60 min*

A detoxifying and plumping facial treatment designed to fight air pollution, free radicals, and environmental stressors, whilst filling and smoothing fine lines. Three biotechnologically enhanced active ingredients and functions - Detoxyl, Hyacare-Filler and Hyadisine – ensure your skin is deeply purified to restore optimal oxygenation.

Restore and Rebalance

£190 */ 60 min*

A Restoring, Rebalancing, Anti-Acne facial designed to reduce enlarged pores, soothe active acne while fighting Propionibacterium acnes proliferation, act on sebum production, and elasticise the skin. Maintaining a healthy and balanced sebum production is essential for our skin's wellbeing. With Pufac AD3 technology and its many natural active ingredients, you can expect major anti-inflammatory action on all those factors that lead to excess and imbalanced sebum production.

Gentlemen's Face Care

Environmental Defence and Illuminating Facial

£175 */ 60 min*

Protect your skin with 25 years of skincare research and innovation. The Red Oil, a key product inspired by Korea's traditional first-aid ointment, combined with 32 other nutrient-rich root extracts, botanicals and essential oils, creates a powerful protective barrier. This facial combines elements and plants that survive extreme environments and will hydrate your skin, improve elasticity and firmness, as well as instantly increasing skin's radiance.

Anti-Ageing Hydra Boost Facial

£190 */ 60 min*

Enter a new era of South Korean skincare. Venn's patented form of Ginsenoside Compound K is packed with 5 different types of hyaluronic molecules, peptides and vitamins and provides comprehensive anti-ageing skin benefits. Strengthening the skin and visibly reducing wrinkles, pores, and discolouration, this facial also reduces trans-epidermal water loss and brightens the skin's appearance while improving skin elasticity and firmness.

Treatment Enhancements

Hand Treatment

£65 *add on*

Treats signs of ageing and discolouration while also deeply nourishing and restoring your skin texture to achieve a softer, smoother and rejuvenated complexion. Precious natural ingredients have been carefully selected to be part of this relaxing hand massage.

Feet Treatment

£65 *add on*

Experience the feeling of walking on pillows after indulging in this foot massage which uses a blend of essential oils. Relax and let our beauty operators turn back time to regenerate and rejuvenate the appearance and texture of your feet.

Indian Head Massage

£65 *add on*

Allow yourself to be transported to a new holistic realm with this ancient therapeutic practice that not only promotes relaxation but also improves your hair and scalp condition. This massage will focus on acupressure points of focus on your neck, head and shoulders with the use of circular massaging strokes that will also promote the growth of healthier hair and scalp.

Express Rejuvenation Facial

£90 *add on*

With a boosting and corrective action, this treatment will help you feel and look rejuvenated in the blink of an eye! Expect the tissues of your skin to be strengthened and rebalanced resulting from an incomparable synergy of natural extracts and bio-tech actives. The perfect pre-treatment for an impromptu outing in town!

Children's Treatments

Bonpoint

BEAUTÉ

Children's Spa Treatment Menu

Available for children between the ages of 6 to 16.
A parent or guardian must be present during treatments.

The Dreamy Treatment

Face & Body Duo

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

Soft, enveloping and playful gestures adapting to the child's needs. Making this treatment unique and helping the skin is hydrated, nourished, pampered, the body relaxed, and the mind soothed.

Duration & Price:

30 mins | £100 per person
60 mins | £180 per person

The Awakening to Care

Child's facial treatment

Discover the needs of your child's skin. A complete facial treatment, guided step by step by a beauty expert. The skin is cleansed, hydrated, and soft.

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

Duration & Price:

30 mins | £100

The Fairy Tale Treatment

Child's facial treatment

This facial treatment is a discovery of the world of care through the eyes of your child. A facial combined with a wonderful fairy tale. The skin is hydrated, replenished, and the imagination stimulated.

A playful treatment intended for the most mischievous.

Duration & Price:

30 mins | £100

PAN PACIFIC

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Pan Pacific London

Sensory Experience

Created by experts, a concept designed to look after and educate our guests. Individual training sessions with a human performance coach, tailored nutritional advice and spa treatments curated just for you, all wrapped up in one programme.

Our team of wellbeing experts will be on hand to tailor your perfect wellbeing experience during your stay at Pan Pacific London.

Let us take care of you.

Human Performance — £420

Muscle Activation Phase	*15 min*
High-Performance and Interactive Training Session	*45 min*
Muscle Enhancement Recovery Treatment	*10 min*
Recovery and Digital Mental Reactivation	*20 min*
Rhythmical Bamboo Massage	*60 min*
Bespoke High Protein Nutritious Meal	-

Performance Recovery — £420

Stretch and Mobility Session	*15 min*
EMS Recovery Session	*45 min*
Muscle Enhancement Recovery Treatment	*10 min*
Mindful Relaxation with Leg Recovery	*20 min*
Holistic Massage	*60 min*
Bespoke Recovery Nutritious Meal	-

Flight Mode Recovery — £420

Water Muscle Activation Phase	*10 min*
Aqua Bike Recovery Workout	*45 min*
Steam Room Relaxation with Aromatherapy Oil	-
Lymphatic Drainage Massage	*60 min*
Bespoke Energy Booster Nutritional Meal	-
Aromatherapy Self-Care Bath Oil	-

Unwind and Reconnect — £420

Morning or Evening Yoga / Pilates / Reformer	*60 min*
Steam Room Relaxation with Aromatherapy Oil	-
Mindful Singing Bowl Meditation with Sauna Blanket	*30 min*
City Detox and Exfoliate	*60 min*
Aromatherapy SelfCare Bath Oil	-

To get the most out of your wellbeing experience, why not combine with an overnight stay and enjoy our sleeping programme, please ask a member of the team for a room quote.

Sensory Sleep

We understand the importance of deep sleep and have designed a programme that will ensure you wake up rested and rejuvenated.

The revolutionary OOLER sleep system by ChiliSleep is the most advanced and luxurious sleep aid that allows you to take control of your sleep. Set your preferred temperature and let the Ooler's hydra-powered sleep sheet do the rest. Paired with our weighted blanket, a calming, deep, and restorative sleep is guaranteed.

The OOLER sleep system allows you to schedule different temperatures throughout the night, ranging from 13-46°C / 55-115°F, so you can enjoy your best sleep possible. It also includes the OOLER control unit by the bed and the soft Chilipad Cool Mesh Hydronic mattress pad that actively circulates water beneath the sleeping surface for a luxurious feel.

You can add the sleep programme to any overnight stay for an additional £150 plus VAT.

Your Physical Experiences

One-On-One

Body Assessment

£350 */ 120 min*

Welcome to the new era of body assessment. With the support of Pnoe, the world's leading automatic VO2 and metabolic analysing system, the test will provide an in-depth analysis of heart, lung, muscular and neuromuscular function in real time. Continue with our signature D-Wall technology that captures up to 16 body articulations and every movement performed in front of its 3D camera. Complete this 360 degree assessment with a food intolerance and allergy testing with our in-house nutritionist.

Performance Training

£120 */ 60 min*

Elevate your training to new heights. In the expert hands of our physical 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.

Human Performance Training

£140 */ 60 min*

Get ready for the next generation of human performance training! Whether you want to train like a professional athlete or for a special sports event, our physical experts will guide you through a programme using our signature D-Wall - the most advanced innovative technology which will help you to better understand your body via tools such as its 3D camera, real time bio-feedback and performance report.

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 an emphasis on linking movement and breath, our experts aim to synchronise qualities of strength with flexibility to tone your whole body and give a sense of awakening to the body and mind.

Sound Therapy

£120 */ 60 min*

The base of sound therapy is the use of therapeutical instruments (bowls, tuning forks etc) 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 will 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.

Targeted exercises will help you gain control, strength, power and flexibility. Your core will get stronger you will gain renewed sensation of support in your body and improved posture. Either on a mat or a reformer, shine the light of awareness into the darkest corners of your body.

Barre

£120 */ 60 min*

Elegance is the new strength. Elevate your training with this low-impact body workout, using elements of ballet which target the hips, glutes, abs and arms. This is the perfect method to build strength and tone the entire body.

Aqua Barre

£120 */ 60 min*

Engage in the ultimate water ballet. In our infinity pool overlooking the Plaza, this resistance-based workout improves your coordination and posture, and builds up your overall strength and stability while burning calories.

Aqua Bike

£120 */ 60 min*

Offering 12 times the resistance of air, aquabiking gives a more rigorous workout for your muscles. This low impact training helps improve cardio endurance and strength, and promotes recovery while keeping your joints safe and naturally supports your entire body.

Swimming Session

£120 */ 60 min*

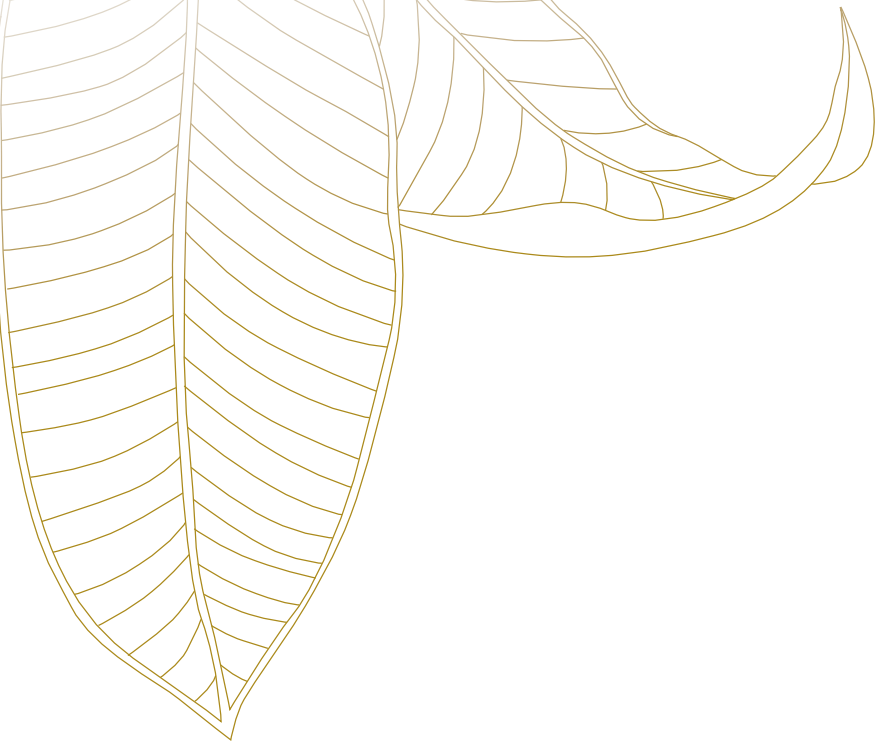
Immerse yourself in our 18.5m infinity swimming pool whilst perfecting your technique with your very own private swimming instructor. Our aqua expert will be on hand to guide you through those difficult strokes and support your swimming experience.

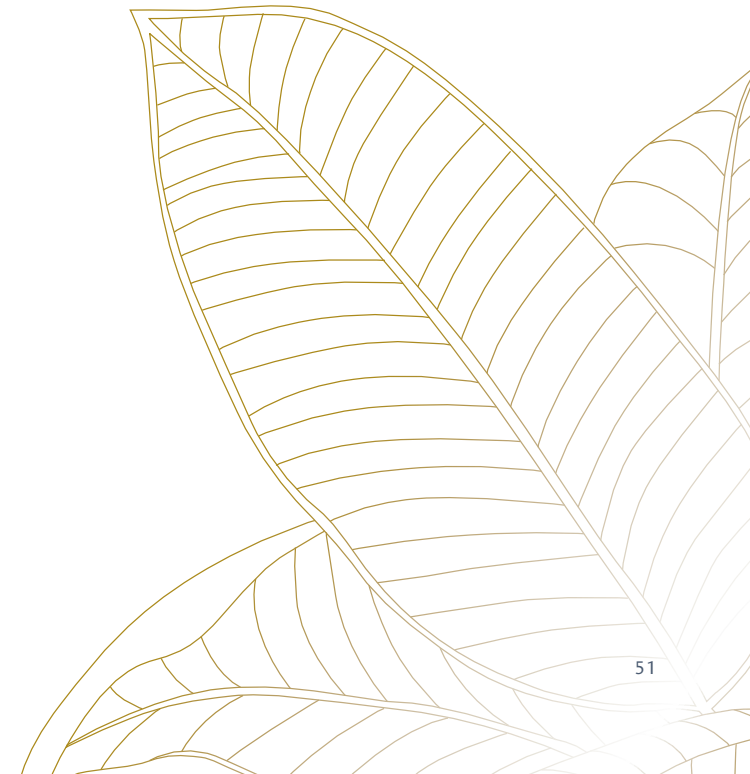
Nutrition Care

£120

Improve your health and wellbeing with a personalised one-to-one nutrition consultation, tailored to your individual needs. Allow our in-house nutritionist to provide you with expert advice so you can embrace a healthy and delicious way of eating and lifestyle.

Whether you require help to improve existing health conditions, prevent future illnesses and sustain long-term good health, address weight management or improve your relationship with food, prepare to feel empowered!





Terms and Conditions

OPENING HOURS

Facilities: Monday - Sunday, 6.30am - 9pm
Treatments: Monday - Sunday, 10am - 8pm

CHILDREN'S SWIMMING HOURS

Monday - Friday: 9am - 11am & 3pm - 5pm
Saturday & Sunday: 7am - 9am & 4pm - 6pm

RESERVATIONS

Advance 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, kindly highlight any health conditions you may have – for example, pregnancy, high or low blood pressure, heart conditions, skin diseases, 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 full 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 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 as treatments are charged at full value. Late arrivals of 10 minutes or more that we are unable to accommodate will be charged 100% full value. Last-minute changes to appointments will be honoured only if a service appointment is available for a later time in the day (of your appointment) and other customers are not inconvenienced.

DIGITAL DEVICES

In consideration of other guests' right to privacy and serenity, it would be appreciated if you would 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* 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* Wellbeing Floor, with the exception of licensed guide dogs accompanying person(s) with visual 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* 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 in the Lobby at the end of their visit to the *SENSORY* Wellbeing Floor.

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.

SENSORY

WELLBEING

CONTACT

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