




THE WESTIN
LONDON CITY

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AROMATHERAPY
ASSOCIATES

WELLBEING
AFTERNOON TEA

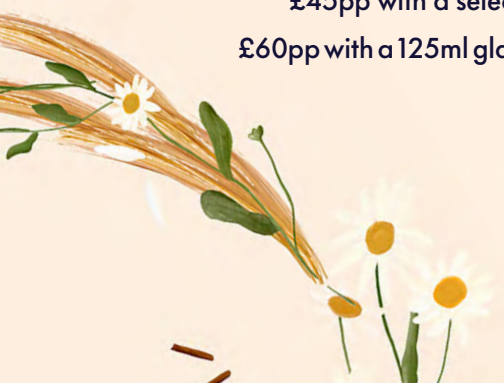


In partnership with Aromatherapy Associates, The Westin London City invites you to pause, reconnect and indulge in a wellbeing-inspired afternoon tea, crafted in celebration of 40 years of aromatherapy excellence.

Each bite has been thoughtfully created to reflect the therapeutic benefits of essential oils, with flavour pairings that soothe, uplift and restore.

Throughout the menu, you'll find nods to ingredients that appear across Aromatherapy Associates' iconic blends — the calming notes of camomile, the uplifting brightness of grapefruit, the invigorating clarity of rosemary — each chosen not only for their aroma and taste, but for their ability to bring a sense of wellbeing to both body and mind.

£45pp with a selection of loose-leaf JING Tea
£60pp with a 125ml glass of Taittinger Brut Champagne



VEGETARIAN MENU

Sandwiches

Burford Egg, Black Pepper & Rosemary; Rolled Brown Bread (v)

Improves circulation, enhances focus, boosts digestion, antioxidant rich

Goat's Cheese & Smoked Pickle; Tomato Bread (v)

High in protein, calcium-rich, enhances digestion

Marinated Aubergine & Lavage Verde; White Bread (vg)

Aids digestion, anti-inflammatory, supports immunity, rich in essential nutrients

Olive Tapenade, Artichoke & Baked Tomato; Beetroot Bread (vg)

Supports heart health, aids digestion, rich in antioxidants, boosts immunity

Sundried Red Pepper, Sesame-Free Hummus; Tomato Bread (vg)

Boosts heart health, rich in antioxidants, supports immunity and skin

Scones

Freshly Baked Plain and Citrus & Ginger Scones (vg, gf)

served with

Cornish Clotted Cream & Bitter Orange Marmalade

Calms & focuses the mind, aids digestion

Pâtisserie

Hazelnut Financier, Mascarpone & Nougatine (v)

Supports heart health, rich in antioxidants, boosts brain function

Peach, Raspberry & Rose Torte (vg)

Harmonises the mind and promotes healthy skin

Lemon & Rosemary Extra-Virgin Olive Oil Cake (vg)

Heart-healthy fats, reduces inflammation, supports brain function

Strawberry Délice (v)

Rich in antioxidants, boosts immunity, supports heart health, improves skin

VEGAN MENU

Sandwiches

Grilled Peach & Plant-Based Cream Cheese; Brown Bread

Harmonises the mind and promotes healthy skin

Marinated Aubergine & Lavage Verde; White Bread

Aids digestion, anti-inflammatory, supports immunity, rich in essential nutrients

Olive Tapenade, Artichoke & Baked Tomato; Beetroot Bread

Supports heart health, aids digestion, rich in antioxidants, boosts immunity

Sundried Red Pepper, Sesame-Free Hummus; Tomato Bread

Boosts heart health, rich in antioxidants, supports immunity and skin

Vegan "Mozzarella", Plum Tomato & Basil Pesto; Wholemeal Bread

Reduces inflammation, supports digestion, boosts immunity, rich in antioxidants

Scones

Freshly Baked Plain and Citrus & Ginger Scones (gf)

served with

Coconut Yogurt & Bitter Orange Marmalade

Calms & focuses the mind, aids digestion

Pâtisserie

Lavender & Grapefruit Macarons

Boosts immunity, aids digestion, reduces inflammation, energises, naturally detoxifies

Bitter Chocolate Brownie, Chantilly & Summer Berries

Rich in antioxidants, supports heart health, boosts mood, enhances immunity


Lemon & Rosemary Extra-Virgin Olive Oil Cake

Heart-healthy fats, reduces inflammation, supports brain function

Peach, Raspberry & Rose Torte

Harmonises the mind and promotes healthy skin

If you have any dietary requirements or food allergies, please let us know. However, please be aware that due to shared cooking and preparation areas, we cannot guarantee that any menu item is allergen free. Some dishes may contain small bone and shell fragments. All prices include VAT at the current standard rate. An optional 13% service charge will be added to your final bill.



The Aromatherapy Associates story began in the treatment room, a heritage that continues today through award-winning, therapist developed treatments, created to support the body and mind.

Blending expertly formulated essential oil blends with advanced techniques, each treatment is designed to calm the mind, soothe the body, and uplift the spirit.

Discover the Aromatherapy Associates experience for yourself at the Heavenly Spa by Westin, a calming sanctuary designed to awaken the senses.



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