




THE WESTIN
LONDON CITY

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AROMATHERAPY
ASSOCIATES

WELLBEING
AFTERNOON TEA

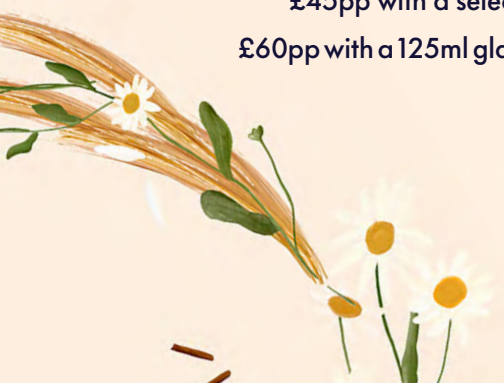


In partnership with Aromatherapy Associates, The Westin London City invites you to pause, reconnect and indulge in a wellbeing-inspired afternoon tea, crafted in celebration of 40 years of aromatherapy excellence.

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



THE MENU

Sandwiches

Ginger & Orange-Infused Prawn Cocktail; Mini Bun

Boosts immunity, aids digestion, reduces inflammation, naturally detoxifies

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

Improves circulation, enhances focus, boosts digestion, antioxidant rich

Peking Duck & Camomile Mayonnaise; Bao Bun

Promotes relaxation, reduces anxiety, aids sleep, soothes digestion

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

High in protein, calcium-rich, enhances digestion

Urfa Chilli-Smoked Brisket & Juniper Mayonnaise; Parker House Roll

Detoxifies the body, boosts immunity, uplifts the mood

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 (v)


Harmonises the mind and promotes healthy skin

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

Heart-healthy fats, reduces inflammation, supports brain function

Strawberry Délice (v)

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



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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