

## IN PURSUIT OF HAPPINESS

### *The Art of Living a More Joyful Life*



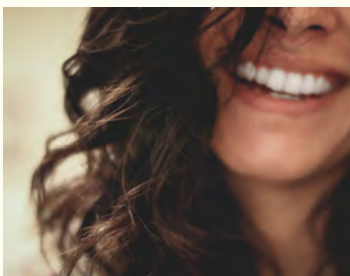
*In this busy, non-stop world of connectivity and instant gratification, the speed of life seems to have reached the speed of light. This makes it even more important that we stop for a moment, step back and consider how we can live a more serene, stress-free and happier life. At Ayurah Wellness, this has become our doctrine. Here are some of the ways we can help ourselves to live better...*

**Research shows that the connection between mind and body is real.**  
**When your mind is at peace, your body is healthier.**

“Most folks are usually about as happy as they make their minds up to be.” ~ Abraham Lincoln.

#### Be Present

In the modern world, it's easy to race against the clock and focus on the future. But it's important to bring your mind back to the present and not worry about what's to come – if you take care of the here and now, the future



will take care of itself. Try redirecting your attention to what's going on in front of you. This might not be easy at first, but as with everything in life, it will get easier with time and practice.

#### Take a Technology Detox

One of the easiest exercises to start now is to switch off your phone and

computer for half a day, or even the whole day. That means no screen time – none! At Aleenta Hua Hin, we removed TVs from our guest rooms 15 years ago. Our philosophy is to let our guests reconnect with themselves and their surroundings. Again, this can be hard at first, but we've had so many guests tell us that they really appreciated the experience.



#### Meditate

Meditation is designed to cultivate a deep state of calm and inner peace. Most people who meditate feel more energised, alert and in a better state

to tackle the issues they face in their daily lives. This is an ancient practice; take a deep breath, then as you breathe out, let go of your thoughts as if you are exhaling them away. Do this for 10 minutes a day and you should start to achieve a more serene mental state.

#### Experience True Pleasure

Make happiness your goal. Understand what makes you happy and make it your priority. Savor the small things in life. Treasure your “me” time, enjoy personal bliss and don't feel guilty about it. Take some time off to spend with your love ones, book yourself a spa session, or treat yourself to a mani-pedi. It's ok to indulge yourself; if you're happy and relaxed, everyone around you will feel the benefits.

#### Bring Back Social Connection

In our busy lives, it's easy to forget that the most important thing is interacting socially with our family and friends. When life is good, they share it with us. When life is hard, they support us. Studies show that older people who live close to their relatives and are part of a community tend to live longer, happier lives, with a reduced risk of developing dementia. So take the time to socialise with the ones you love.

#### Food Nourishes the Body and Mind

Food is not just fuel for the body; it can also nourish our minds and stimulate our souls. The right diet can help to delay the signs of aging and keep us physically active and mentally alert. A cyclical ketogenic diet, with low levels of carb sugar, has been proven to improve brain and body functions. These delicious dishes can be discovered on all of our restaurant menus, allowing you to stay fit and healthy throughout your stay.

LIFE & TIMES

## II<sup>th</sup> Issue

BY AKARYN HOTEL GROUP

[www.akarynhotelgroup.com](http://www.akarynhotelgroup.com)

January 2020

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# HEAR & Say

Go to [www.akarynhotelgroup.com](http://www.akarynhotelgroup.com) for more information

## A Few Words From Our Leader

TO OUR FRIENDS AND PARTNERS

11<sup>th</sup> Issue January 2020



**Anchalika Kijkanakorn**  
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AKARYN Hotel Group*  
*Board of Directors,  
Small Luxury Hotels of the World*  
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●● **WELCOME TO THE LATEST EDITION OF LIFE & TIMES** our opportunity to tell you all about the inspiring ideas, activities and experiences at each of our distinctive hotels and resorts around Thailand.

As we ease towards the end of another action-packed year, it is time to take a deep breath and reflect on the things in life that bring us happiness. Like many of you, good health, peace of mind and quality time with friends and family are what we strive to prioritise.

This quest is guided by a simple commitment to mindfulness, a healthy lifestyle and socialising, summed up in the mantra “eat well, be well and look good”.

In the age lightning connectivity and ubiquitous technology, we want to create sanctuaries in which you can temporarily escape the demands of the modern-day and focus on what really matters: you. That could mean a deep treatment at our Ayurah Spa, learning to kite-surf with the kids or getting romantic with your nearest and dearest over a candlelit dinner at one of our signature restaurants.

What we eat is obviously essential to our physical — and mental — health, which is why our chefs and teams focus on slow, organic, farm-to-table cuisine that priorities low-carb, high-protein menus that are equally indulgent and packed full of clean energy.

We’ve recently added a bunch of new activities to keep you healthy, happy and entertained and foster creativity during your stay with us, too. You can hit the big blue off the coast of Hua Hin and enjoy kitesurfing, kick back with a bout of kickboxing or find some inner peace with our wide array of contemplative yoga, plates and meditation programmes available throughout our properties.

Finally, what we’d recommend while staying with us is to simply be present. Maybe use it as an opportunity for a technology detox, reconnect with family and friends or just look towards the person next to you and say, hey... I SEE YOU!



### AKARYN HOTEL GROUP — SILVER BOARD OF AWARDS AND HONOURS



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Please check us out online and follow us!



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### A LIFE & TIMES

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Special thanks to the AKARYN Hotel Group team and everyone involved behind the scenes of each of our fabulous resorts, who made this newspaper possible.



# FOUR FANTASTIC WAYS TO GIVE BACK AND FEEL GREAT

*Discover how you can make a big difference during your stay*

*The AKARYN team are always looking out for innovative ways to sustain and improve our natural environment, as well as making sure you're living your best life while kicking back at our beach resorts and urban hotels. Nothing beats contributing towards a better world, especially when it's combined with immersive activities and insightful experiences such as these...*



●● **SAY SO LONG TO SINGLE-USE PLASTICS** — As one of the only single-use plastic-free hotel groups in Asia by 2020 well underway, we're inviting you to join us in banishing pesky plastic bottles and bags from our lives. To help you on this honourable adventure, we supply each room at every property with our signature stainless steel water bottle and recycle bag, which you can use wherever you got throughout your stay. You can even buy both items to take home so the memories of your stay and motivation to create a better world linger longer.



●● **PLANT FOR THE FUTURE** — Only a 25-minute drive from Aleenta Hua Hin Resort & Spa, visit Thailand's first marine park, Khao Sam Roi Yot and explore some of the Kingdom's most incredible mangroves. Work with park rangers to help reforest this incredible ecosystem and sustain the lives of the countless marine species that call it home. There's a small cost to cover the transfer and a donation of THB30 is required for every tree planted, which goes directly to our Pure Blue Foundation to fund further environmental projects.

●● **TURTLE-Y WORTH IT** — Rescue endangered turtles and release them back into their natural habitat in a rich, rewarding and immersive experience exclusively available to Aleenta Phuket - Phang Nga Resort & Spa. You can also combine this conscience-cleansing activity with culinary indulgences and sheer barefoot luxury for an unforgettable vacation along the tropical shores of the Andaman Sea.



●● **HOLISTIC HERBS** — A rich variety of more than 50 herbs are planted, nurtured and cultivated at Aleenta Hua Hin Resort and Spa's dedicated organic farm. Although these are used by both the chef to prepare exquisite Thai dishes and our mixologists to add unique infusions to cocktails, they also feature frequently in our Ayurah Spa treatments. Expect to find everything from coriander to galangal and limes to chillis in the in-house oils and lotions used to during our signature spa treatments, which can be booked directly with reception.



## THE INCREDIBLE BULK

*Bulk purchasing is revolutionising the way we shop and these small changes are having a big impact*

●● The last few years have ushered in a considerable shift in consumer mindset about how to tackle the ever-growing perils the planet faces. The rise of the flexitarian, vegetarian and vegan movements means fewer people are eating meat, many countries have introduced laws to tackle single-use plastics and travellers, in particular, are increasingly looking towards sustainable and eco-conscious solutions for their vacations. But as the new decade dawns, many are wondering what else we can do to reduce our carbon footprint and create a better future while on the road.

Indeed, one of the latest, and most successful, trends to have taken off within the tourism sector — and beyond — is the use of bulk products, especially in the bathrooms of hotels and resorts throughout the world. Rather than replacing those tiny, single-use plastic bottles of shampoo, shower gel, conditioner and so on every time a guest checks out, many hotels are opting instead to introduce bulk toiletries.

The team at AKARYN has always striven to stay ahead of the sustainable curves and eliminated single-use toiletries long ago as part of its wider ban on the use of single-use plastics across all



its properties. But beyond simply providing onsite sustainable solutions, the boutique hotel group is also encouraging guests to embrace these changes throughout their everyday lives by making these bulk products available at Galleria, its signature boutique emporiums.

"Guests would often ask us where they could find our products and also for advice on how to live more sustainably beyond their stay, so it made sense for us to make these available at Galleria," says Anchalika Kijkanakorn, AKARYN Hotel Group Founder and Managing Director. "We've been so impressed with how popular these bulk products have become and it's really a testament to how forward-thinking our guests are and the difference they all want to make."

They can fill up their own bottles -- or purchase the locally-made celadon containers used in the rooms -- at the variety of refill stations now available at the Galleria boutique stores, with essential oil-based products ranging from organic shampoo to mosquito repellent and body wash.

With philanthropy deeply rooted in the heart and soul of AKARYN Hotel Group is once again going above and beyond with this initiative to respond to the demands of its eco-conscious guests.



# THE GIFT OF GIVING

*Join our teams across Thailand and contribute towards a brighter future*

*Charles Dickens once wrote that “no one is useless in this world who lightens the burdens of another,” and here at AKARYN, we try to be as useful as we possibly can! By lending a hand to improve the lives of individuals and communities, as well as the environment around us, we hope — with your help — to create a better tomorrow, today.*

## akyra Thonglor Bangkok



●● **REKINDLED CORAL** — Our staff recently joined forces with the tireless team at Coral Village to help them replenish damaged and bleached corals of the Chonburi coast. We snorkelled alongside the experts from Pure Blue Foundation and assisted with the restoration and replanting of damaged coral, as well as gaining invaluable insights on coral transplantation from the professor of marine science Burapha University.



●● **CARE IN THE COMMUNITY** — We’ve teamed up with the brilliant Foundation for the Welfare of the Mentally Retarded in nearby Klong Toey to support initiatives that foster opportunities for young children with mental health issues and learning disabilities from disadvantaged backgrounds. In October we hosted a lunch for the children and organised a series of engaging and educational activities, including needlework and jewellery-making classes. We also made a donation to support the teachers and the team.



●● **LIFE IN EARTH** — Not far from the Thailand-Myanmar border, Pachee River Wildlife Sanctuary is a paradise for nature lovers, bird watchers and trekkers. To ensure the ongoing upkeep and protection of this verdant gem, the akyra Thonglor Bangkok staff recently volunteered to construct earthen buildings within the sanctuary to provide a place for relaxation and work for the Nongyao Forest Protection Unit staff. They can now unwind in comfort while continuing their valiant efforts to conserve the country’s untouched nature.

## Aleenta Hua Hin



●● **FARM TO FORK TO FACE** — Embracing the SLOW (Sustainable; Local; Organic; Wellness) movement way before it was deemed ‘trendy’, we use local organic produce from our onsite farm, as well as ingredients sourced from within 30 kilometres of the resort to bring the freshest food to your table — and faces! What’s more, we provide the local community with fresh fruit, homemade bread and vegetables to take home, and invite guests to offset their carbon footprint by planting mangrove trees at the Khao Sam Roi Yot National Park.

## akyra Manor Chiang Mai



●● **MINOR CHANGES** — We recently celebrated the fourth anniversary of akyra Manor Chiang Mai with a major CSR initiative aimed at giving back to the community and putting smiles on the faces of local children. Having successfully eliminated all plastic bottles, bags, straws and other items from the hotel, our team visited Sangwan Wittaya School in Chiang Mai province and showed the kids how to separate their waste into recyclable and non-reusable materials, as well as teaching them how to make their own organic washing-up liquid. The fun-filled day also included a pizza-making class, pool party and delicious lunch hosted at akyra Manor Chiang Mai.



# What's Happening?

*The latest activities and events in and around AKARYN's urban and resort properties in Thailand*



## ●● THROW CAUTION TO THE WIND —

Experts and amateurs are equally invited to get involved in the latest addition to our action-packed watersports calendar at Aleenta Hua Hin Resort & Spa. Blessed with the perfect combination of offshore winds, shallow waters and unspoiled beaches Pranburi is arguably Thailand's top destination for kitesurfing. Under the guidance of our seasoned instructors, this makes for a wondrous windswept inclusion to your Hua Hin holiday. Three-day beginner courses start from THB11,000 per person, while one-day intermediate and private lessons are THB4,000 and THB8,000 respectively.



## ●● HOME IS WHERE THE ART IS —

Renowned street artist Waris has taken Chiang Mai by storm since launching to fame a few years ago with her unique blend of contemporary techniques and

classic Lanna iconography. After touring the globe and showcasing her 'Trace' series at exhibitions from Australia to Europe she's back in her hometown and has teamed up with AKARYN to exhibit her work alongside another local artist Ploy Kasom. Ploy has also taken her talents on the road in recent years, before recently returning to Chiang Mai to display her playful 'Dream Forest' acrylic canvases at akya Manor Hotel. 'Dream Forest & Trace' runs from November 2019 to April 2020.



## ●● BUCKET LIST BOUNTY —

Explore Phang Nga Bay's stunning beaches, emerald lagoons and breathtaking limestone islands on our half-day long tail boat adventure around one of Thailand's best-

loved natural attractions. Linger longer with the full-day tour that takes you off the beaten track and into the depths of three majestic caves: Lagoon Cave, Mangrove Cave and Crystal Cave. Our recreation team will take care of transfers and onboard refreshments. Just bring your swimwear, sunblock and sense of adventure!

Group trips start from THB2,500++ per person (4-8 people) Private James Bond Island Trip starts from THB7,000++ per couple



●● TUK-TUK BAR HOP BONANZA — Join a cocktail-infused adventure along Bangkok's hippest street with akya's Thonglor's exclusive bar hopping bonanza in the back of Thailand's signature mode of transport — the tuk-tuk! From a steampunk-themed craft gin bar to an old-world jazz haunt, you'll discover some of Thonglor's best-kept boozy secrets, high-end bars and fabled hangouts before finishing up the way locals do with a steaming bowl of traditional rice soup at the legendary street-food shop 55 Pochana.



●● A TRIP FOR THE TASTEBUDS — Accompany us on a food-fuelled adventure along the alleyways and main arteries of the world's street food capital to explore and indulge in some of the city's culinary wonders. From the fiery flavours of northern Thailand to the sweet sensations of Bangkok's best mango sticky rice, this tour is the tastiest way to discover our neighbourhood -- and your new favourite dishes! Available exclusively at akya TAS Sukhumvit Bangkok.

●● LOVE IS IN THE AIR — It's that time of year again when we remind our loved ones how much they mean to us. We'll be aiming Cupid's bow at the both of you with our candlelight dining options, lovingly curated menus and special gifts to ensure you have a Valentine's Day to remember long after vacation ends.

### *akya Manor Chiang Mai*

Enjoy a contemporary slant on the traditional Valentine's date with our romantic set menu at Italics on 14 February.

### *akya Thonglor Bangkok*

Leave bustling Bangkok behind and cosy up for a five-course candlelight dinner by the rooftop infinity pool.

### *akya TAS Sukhumvit Bangkok*

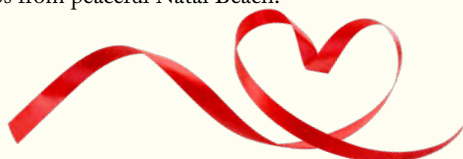
Savour traditional Thai sharing set menu for two including 2 glasses of Prosecco at Siam Soul Café or head upstairs to Rise Rooftop Bar for a romantic 6-course Surf & Turf fusion dinner including a bottle of wine or sparkling.

### *Aleenta Hua Hin*

Sit out under the stars and indulge in a four-course set dinner menu to the gentle sound of the waves rolling in.

### *Aleenta Phuket*

Treat yourselves to an intimate five-course set menu at Edge Restaurant, our romantic bolthole located just a few bare footsteps from peaceful Natai Beach.



●● EGG-CELLENT ADVENTURES — A time to reflect and refresh, Easter is an opportune moment to unwind with family and friends and have fun. Whether it's an action-packed egg hunt with the little ones or a casual brunch with buddies, we've got you covered.

### *Aleenta Hua Hin*

Keep the kids busy with an entertaining trip to the organic farm where they can track down our chickens' lost eggs. The three-hour hunt from 14:00 to 17:00 is full of other fun activities including a cookie and cupcake decoration class and egg painting.

### *Aleenta Phuket*

Our Easter-themed feast includes a delectable lamb special of the day from THB1,000++, Mediterranean antipasti buffet starting from THB699++ and THB250 whiskey sours. We're also giving away complimentary chocolate eggs all day for the kids!



## ●● RAISING THE BAA

This sumptuous recipe from our "Italics Restaurant" at akya Manor Chiang Mai kitchen combines succulent New Zealand lamb with a locally-inspired salsa for an unforgettable evening dish. — New Zealand lamb loin with Phuket pineapple salsa and gnocchi

### What you need

- 200g of NZ lamb loin
- 1 egg
- Homemade gnocchi
- 50g of bread crumbs
- 500g of potato

### Chiangmai Gorgonzola sauce

- 2 tsp of Chiangmai Gorgonzola
- 1/2 a cup of cream
- 3 Thai shallots

### Phuket pineapple salsa

- 1 tsp of Phuket pineapple
- 1 tsp of coriander
- 1 tsp of tomato
- 1 spring onion
- 1 Thai shallot
- 1 tsp of lime juice
- 1 tsp of Italian parsley
- 1 Thai chilli

### What to do

1. Marinate the lamb with dried herbs and seasoning for up to 12 hours.
2. For the gnocchi, boil and mash potato, let it cool and mix with egg and breadcrumbs. Roll the batter into a sausage and cut into 1.5-cm pieces. Refrigerate.
3. For the sauce, slice and fry the shallots until light brown. Add the cream, cheese and heat gently. Season well and take off the heat.
4. To prepare the salsa, finely dice the ingredients and refrigerate.
5. Grill the lamb on a medium heat until cooked to taste. Meanwhile, fry the gnocchi until golden brown on each side and mix with the sauce.
6. Plate up the gnocchi, slice the lamb into bitesize pieces and rest on the gnocchi.

Serve alongside pineapple salsa, and enjoy!





# MINDFULNESS MATTERS

*In a world in which we're always connected, it's essential to find time occasionally to switch off and recharge*

*They say that life is what happens when you're making plans. Fortunately for you, we've curated a series of on-demand custom retreats so you can unwind and rejuvenate while we take care of the finer details. Wherever you are with AKARNY we can arrange a personalised programme tailored to different areas of mental, physical and emotional wellbeing. Here are six of the retreats that can be arranged any time of year.*



**Breath Vitality**

A six-day comprehensive programme designed to guide you in a restorative healing process and deal with the root cause of your stress. Includes:

- Life coaching and therapy with a professional therapist
- Prescription of holistic Thai medicine tailored to your concerns
- Traditional Hatha yoga to ease the mind and body
- Healing therapies and treatments led by experienced spa therapists

**Mind-Body Balance**

A three- to four-day programme designed to reduce stress and anxiety. Includes:

- Guided holistic yoga and meditation practice
- Muscle tension-releasing massage therapy led by in-house therapists
- Prescription of a balanced and bespoke meal plan tailored to your needs

**Life Enhancement**

These week-long retreats help you restore a sense of peace and train your inner strength. Includes:

- Daily private and group therapy and counselling sessions
- Guided holistic yoga and meditation practice
- Wellbeing therapies and treatments

**Yogic Detox**

A week-long programme exclusively designed with the principles of Hatha yoga and Thai holistic medicine in mind, this retreat focuses on soothing your body and mind. Includes:

- Personal consultation to discover your unique body-mind type
- Toxin eliminating yoga techniques including asana and pranayama
- Guided mindful meditation practice
- Prescription of a balanced and bespoke vegetarian meal plan tailored to your needs

**Pause & Restore**

A three-day programme designed for those who are ready to unplug and unwind and ideal if you're new to yoga and meditation. Includes:

- Simple and effective yogic practice and breathing to destress and restore
- Healing therapies and treatments, including full body massage

**Bespoke Wellness**

Wellness workshops organised in groups of 15 max. Includes:

- Yoga and meditation practice to rebalance and rejuvenate
- Talks on nutrition and wellbeing led by industry experts

## THE VIP TREATMENT

Dubbed the Queen of Facials since launching her now-legendary high-end London salon, Linda Meredith is the go-to facial and skincare guru for celebrities around the world. She counts supermodel Kate Moss, Madonna and Gwyneth Paltrow among her clients and is also known for her line of luxurious skincare products and treatment courses, which we're super excited to exclusively offer you at Aleenta Phuket Resort & Spa.

Ranging from 45-minute collaged mask course to the two-hour Linda Meredith Trio Facial Package, our Ayurah Spa is also the only place in Thailand to experience Linda Meredith facial products and treatments. Contact our team or visit the website for more info on how you can indulge like a superstar!





# THAI-ING *THE KNOT*

*Few countries in the world offer such an array of diverse backdrops and opportunities for the wedding of a lifetime. Here's how we can help you create unforgettable memories for your special day and the essential pre-party!*



●● **THE VOW FACTOR** — From setup to sundown, our highly-experienced wedding planner will take care of every minor detail so you can focus on enjoying those first magical moments of matrimony. With indoor and outdoor event spaces, and services including on-site catering, audio-visual equipment and florists, whatever your idea of perfection is we're here to create memories that will last a lifetime.

#### *Aleenta Hua Hin Resort & Spa*

With only 24 unique beachside residences the resort offers a beautiful, intimate setting for couples to celebrate their special day. The resort team can organise Western-style receptions or the elegant or opt for the Thai ceremonies -- an extra special affair giving couples the chance to embrace some of the Kingdom's most cherished customs, including an energetic drum procession to announce the union and traditional blessings offered by monks.

#### *Aleenta Phuket Resort & Spa in Phang Nga*

From the stylish ceremony to the luxurious private venue, every detail is carefully considered to match your demands and personality. Food and drink menus can be enhanced with special additions, the décor can be tailored to suit a couple's individual tastes, expert local photographers and makeup artists can be brought in, and music choices can be curated into a personal wedding playlist.

#### *akyra Beach Resort Phuket*

Combine a romantic beach wedding with a pulsating party at the island bolthole. You can host your wedding celebration on the resort's secluded beach or the exotic garden framed by southern Thailand's tropical beauty and lingering sunsets. The sensational outdoor venue can cater for up to 100 guests whether for engagement parties, Western-style weddings, or Thai-style marriages.

#### *akyra Manor Chiang Mai*

Located in Chiang Mai's hip Nimmanhaemin district, akyra Manor Chiang Mai provides a contemporary urban setting, stylish designs and top-class global cuisine for intimate weddings or pre-wedding parties. The all-suite hotel's chic pool and dining venues include Rise Rooftop bar with views of the mountain city, as well as a private salon and outdoor terrace. A pre-wedding photoshoot, complete with professional photographers, hair and makeup stylists, can also be organised through the hotel.

●● **GET THE GANG TOGETHER** — Gather with your nearest and dearest and celebrate the upcoming nuptials in style with one of our chic pre-wedding parties. We're rolling out the red carpet for hen parties, stag weekends and wedding ceremonies across exotic urban and beachfront destinations in Thailand, including Bangkok, Chiang Mai, Phuket and Hua Hin. With spacious accommodation for multiple guests, immersive local activities and a whole host of bespoke extras, we'll provide the perfect setting for you to party with friends and family in paradise.





# MEET THE NEWEST MEMBERS OF THE AKARYN TEAM!



●● Eugene Chew is the Vice President of Development & Operations and loves working with each and every member of our young and vibrant team across Thailand.

*What do you do at AKARYN?*

I have a very interesting job scope of taking the Group to greater heights through development, while at the same time strategizing and executing expansion plans locally and internationally.

*What's your favourite destination in Thailand and why?*

From large metropolitan city center to remote islands to mountains in a tropical forest, there are so many beautiful and unique places in the Kingdom. But for me it's definitely Phuket. Why? I recently got married on one of Phuket's most serene beaches, so the island will always be close to my heart with many happy memories. everybody who stays with us.



●● Thanasak 'Boss' Tidtor is a waiter extraordinaire at Aleenta Hua Hin Pranburi Resort & Spa who loves travelling around Thailand and the region

*What's your favorite thing about working with AKARYN?*

I love that the concept of the AKARYN is so committed to banning all single-use plastics and working towards a better future for everyone. I'm also really looking forward to getting involved in the Group's collaborations with Pure Blue Foundation and doing my bit to save the planet.

*What's the most exciting thing you've ever done?*

After graduating I went to Japan with my friends. This was the first time I'd visited another country and it blew my mind! It opened my eyes to how many incredible places there are just waiting to be explored. Nowadays I travel, alongside my family, whenever I can.



●● Bangkok-born Pakarn 'Wat' Phantawong recently joined our team at akyra Manor Chiang Mai as a bellboy and driver

*What's your favourite destination in Thailand and why?*

I've always loved Chiang Mai and was so excited when I had the opportunity to relocate here to live and work. It's such a pretty city and there's so much to do, especially in the surrounding countryside, such as trekking visiting local markets and seeing the temples.

*What's the most exciting thing you've ever done?*

Trekking is one of my passions and one of the most memorable things I've done recently was a hike up Doi Inthanon [Thailand's tallest mountain]. We camped overnight and woke up to watch the country's first sunrise of the day. Amazing!



●● Digital marketing ace Patricia Nunez, based in our Bangkok corporate office, is a beach bum at heart.

*What's your favourite thing about working with AKARYN?*

The opportunity to be creative, multitask and frequently think outside of the box. AKARYN is a forward-thinking company that makes everybody feel like they have something to contribute towards a better future and it's a lot of fun working in this environment.

*What's your favourite destination in Thailand and why?*

My favourite destinations in Thailand are Phuket and Krabi. The best places to feel free in a more natural and wild environment and where to enjoy the tranquility and beauty of the sea/beach.



●● Laura Bratoi works in sales and events at Aleenta Phuket-Phang Nga Resort & Spa and akyra Beach Resort Phuket and helps make couples' dreams come true

*What's your favourite thing about working with AKARYN?*

Being part of a small property gives you the opportunity to engage in a different way both with the guest and staff as well. Creating an unforgettable experience requires a personalised mind-set which you need to have in a boutique hotel and that is different than of a larger chain hotel. I'm very excited to be working on the weddings and creating unforgettable memories for lots of people!

*What's your favourite destination in Thailand and why?*

My favorite destination in Thailand is Bangkok. The city matches a lot with my personality. It's alive and vibrant. Also because there are a lot of options for gastronomic experiences.



●● Yuttikrai Chaikan is the concierge at akyra Thonglor Bangkok providing guests with inside info about Bangkok's hippest neighborhood

*Why do you like to work with AKARYN?*

Akyra is my Family. Everybody always support each other in creating memorable memories for our guests and making them smile.

*What are your favourite destinations in Thailand and Why?*

Hua Hin. It's a beautiful seaside resort only two and a half hours by car from Bangkok. I love to go to the beach and either relax or enjoy one of the many activities it has to offer, like visiting the local markets or enjoy fresh seafood on the beach with my family. up to watch the country's first sunrise of the day. Amazing!



Your Photos - Our Favourites

#AkarynHotelGroup  
#aleentaphuket #aleentahuahin  
#akyramanor #akyrathonglor  
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