



Life & TIMES

ISSUE NINE

Insights into the world of Asia's barefoot luxury pioneer

STYLISH & SUSTAINABLE STAY

akyra embraces zero single-use plastic policy across all its properties, starting with akyra TAS Sukhumvit Bangkok

●● ANNUALLY, almost 300 million tonnes of plastic are produced and over eight million tonnes of plastic are thrown away in the Pacific Ocean. This is terribly toxic to the environment, which is why AKARYN Hotel Group is stepping up to become a no single-use plastic company by June 2019. This bold policy began at the newly launched *akyra* TAS Sukhumvit Bangkok, which was the first no single-use plastic hotel in Asia.



●● The toothbrushes and combs are made from cornstarch, and the garbage bags are all biodegradable.



“
The first no single-use plastic hotel in Asia.
”



●● Drinks are served with an eco-chic reusable stainless steel straw.

●● Avoid and ditch plastic water bottles. At *akyra* TAS Sukhumvit Bangkok — and by June 2019, all its sister properties — guests are presented with stylish branded, stainless-steel bottles upon check-in. Guests who wish to bring the bottle home can purchase it at the front desk. All proceeds go to supporting Pure Blue Foundation.

LIFE & TIMES

9th Issue

BY AKARYN HOTEL GROUP

www.akarynhotelgroup.com

December 2018

ENJOY THE SEASON OF MERRY MOMENTS



●● Make one of AKARYN Hotel Group's hotels and resorts your home for the festive season holidays.

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REFRESH & REJUVENATE



●● Most of us lead busy lives as we rush through our days to meet deadlines. Melt your stress away by attending one of our wellness retreats.

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GIVING BACK IS THE BEST WAY FORWARD



●● Sustainability and corporate responsibility play a key part within AKARYN Hotel Group. Join us and make a difference together.

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HEAR & Say

Go to www.akarynhotelgroup.com for more information

A Few Words From Our Leader

TO OUR FRIENDS AND PARTNERS

9th Issue December 2018



Anchalika Kijkanakorn

Founder and Managing Director,
AKARYN Hotel Group

Board of Directors,
Small Luxury Hotels of the World

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●● IN AN INDUSTRY THAT REQUIRES CONSTANT MAINTENANCE AND DEVELOPMENT, we understand that it is utterly important to practice sustainable living and minimise damages to our surrounding environment.

This is something I have been thinking about a lot recently and a key reason why we have launched the Train and Sustain boot camps at *akyra* Phuket Beach Club, a regular series of long weekend activities to help shape up participants and the area around Natai Beach where the resort is located. Through local school visits, plastic removal and beach cleaning, healthy activities and social time, we can help rebalance the world, and of course ourselves with some needy workouts.

Aleenta properties in Thailand also lead the way in terms of cleaning up local communities. The Aleenta Phuket team participates in a series of road cleaning activities on Natai Beach Road, a project organised by Kokkloi Subdistrict Administrative Organisation (SAO).

We have also developed CSR-inspired Meeting with a Purpose concept, where business events are weaving in community support and environmental conservation activities.

On top of that, we are designing menus that promote the concept of eating local. With the aim to create a self-reliant and environmentally sustainable food network, few hotels in the group connect with local food producers, as well as looking after its very own organic farm.

As a company, we are taking the plastic problem personally. It really is a hideous blight on the environment and by June 2019, we strive to ban single-use plastic in all of our six resorts in Thailand. It is a small step to solve a significant problem and it is about changing our mindset. This our small contribution and we will keep going in making a difference to our locations and educating our local communities.

For more information on these initiatives and the other amazing activities we have planned at our properties throughout Thailand, read on and discover what makes our Life & Times unique.



The Pure Blue Foundation-branded stainless steel bottles are now available at all properties under AKARYN Hotel Group.

AKARYN HOTEL GROUP — SILVER BOARD OF AWARDS AND HONOURS



TOP 25 LEISURE HOTELS
& TOP 25 FAMILY HOTELS

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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.

What's Happening?

Our picks for the best things to do at AKARYN Hotel Group's properties

AKARYN Hotel Group's properties are ready for a new season of exciting activities. Take an inspiring break and relax at your favourite destination.



●● **A WEEKEND OF FUN & SUN** — A fringe of swaying coconut palms along the beautiful beach — *akyra* Beach Club Phuket is a serene tropical escape from bustling life. We now offer *akyra* one-day pass (THB900 net per adult) and weekend pass (THB 2,500 net per adult), giving visitors access to our beachfront grounds, as well as the pool area, beach bar, relaxing spa and credits to spend on food and drinks. Drift between tropical attractions with a drink in hand, or laze the day around on a sun lounger. Join us on Fridays to enjoy a complimentary drink at our white night party and fire show.

●● **FRIDAY NIGHT JAZZ** — End the week with soulful jazz as you sip on our signature cocktail at *akyra* Thonglor Bangkok. Every first and third Friday of the month, our Presidente Lounge hits all the right notes by hosting jazz evenings (5.30 to 7pm) with a special drinks offer. Buy a glass of beer, house wine or a signature cocktail to enjoy the second glass for free.



●● **THURSDAY IS THE NEW FRIDAY** — Let the weekend begin on Thursday night! Over at *akyra* TAS Sukhumvit Bangkok's Rise Rooftop Bar & Dining, we kick-start the weekend earlier with an all-night happy hour and barbecue party from 7.30 to 11.30pm every Thursday. Sweet beats by our special guest DJs heighten the mood throughout the evening. Friday is just around the corner, let's celebrate and keep the good vibes going.

●● **SATURDAYS ARE FOR POOLSIDE GRILLS** — Spend your relaxing Saturday afternoon at the Pool Party organised by *akyra* TAS Sukhumvit Bangkok's Rise Rooftop Bar & Dining. Enjoy live music and barbecue delights from THB 250 net per person and get complimentary access to the refreshing salad bar. Ladies can also delight in free mojitos from 1 to 2pm. Make a splash, mingle with friends and savour delicious grills. Free entry!



●● **STAY & SAVE FOR BANGKOK ART BIENNALE** — Bangkok Art Biennale 2018 is finally happening! The art festival will gather numerous world-renowned artists' exhibitions to various parts of the city, from Silom to Sukhumvit. To show our support of this big cultural event, we're offering special packages at both *akyra* Thonglor Bangkok and *akyra* TAS Sukhumvit Bangkok.

●● **BUDDING LOCAL ART & CULTURE** — *akyra* Manor Chiang Mai is inviting two local Chiang Mai artists to showcase their collections from November 2018 to April 2019, in the 7th Art Exhibition. Natepol 'Tee' Charoenthurayont's collection entitled "Just the Way You Are", and the graffiti artist Piyasak 'Maui' Khiaosaard will display his colourful spray-painted street art. Proceeds from this exhibition will be donated to community outreach projects at the nearby Sangwan Wittaya School.



●● **BEGIN YOUR WELLNESS JOURNEY** — Refresh and rejuvenate at our wellness retreats in Aleenta Hua Hin and Aleenta Phuket. Fusing traditional techniques and modern practices, our retreats are designed to refresh on your body, mind and soul. Pause & Restore addresses the non-stop demands that we face every day and how we meet those expectations with a healthy mindset. Our Breathe Vitality retreat focuses on meditation and breathing techniques to help you restore balance in your life.

Breathe Vitality: 28 January - 2 February 2019 (Phuket)

Life Enhancement: 14 - 20 January 2019 (Hua Hin)

Stress & Burnout: 20 - 24 February 2019 (Hua Hin)



●● **READY TO REBOOT?** — *akyra* Beach Club Phuket is hosting a series of regular Train & Sustain boot camps in partnership with The Lab fitness centre Bangkok, JC Worldwide Enterprise, Guava Pass, Socialgiver and Wine Collection Thailand. To maintain guests' physical and mental wellbeing, all boot campers take part in a number of activities throughout their stay, including workouts, yoga classes, mindfulness sessions and treatments at the Ayurah Spa. The fun-packed days end with social events and healthy beachfront meals overlooking the Andaman Sea. The next boot camp is scheduled to take place in May 2019.



ENJOY THE SEASON OF MERRY MOMENTS



with AKARYN Hotel Group

Make one of AKARYN Hotel Group's hotels and resorts your home for the festive season holidays

CELEBRATE CHRISTMAS JOY

Delicious Traditions at Aleenta Hua Hin

Sip and savour the flavours of the holiday season as Aleenta Hua Hin Resort & Spa serves a decadent five-course dinner menu (THB 1,950++ per person) on Christmas Eve, accompanied by Christmas carols by local students. Those who'd like to give back at Christmas time can join us on Christmas Day to offer sweet treats and stationery to students at our local community school.

Holiday Sparkles by the Sea

Head for Phuket and treat yourself to a lovely Christmas Eve dinner (THB 1,500++) by the sea. Aleenta Phuket Resort & Spa is offering a Christmas Eve dinner menu, served in a fun semi-buffet style, with an option of pairing the main course with traditional mulled wine. Meet our Santa Claus who will emerge from the sea and sing Christmas carols with local kids. Kids who would like to make their own treats for Santa can join a cookie-making class at 1pm.

Culinary Magic for Christmas

There is nothing quite like spending Christmas at *akyra* Manor Chiang Mai. Enjoy a special Christmas menu on 24 and 25 of December at THB 1,900++ per person, for either lunch or dinner, at Italics, the hotel's signature Italian restaurant. End the night on a sweet note at Rise Bar, where you can taste special festive cocktail creations, from THB 250++.

WELCOME THE NEW YEAR *in style*

*It's never too early to start thinking about next year — or more specifically,
where you want to count down to 2019*



Wonderful Winter Celebration

End 2018 on a high note at Aleenta Hua Hin Resort & Spa, where fire dance performances, a festive dinner in a fun Loincloth theme, fireworks and an after party guarantee a memorable start to the year.



New Year's Eve Beach Bash

This New Year's Eve, our chic *akyra* Beach Club Phuket is offering a Latin-themed party with a stylish all-white dress code. After the sumptuous international gala dinner buffet, guests can still nibble on luscious canapés, savour complimentary cocktails, enjoy upbeat tunes from the house DJ and end the night with a spectacular fire show.



A Spectacular New Year's Eve

Start 2019 with all bubbles you desire at Aleenta Phuket Resort & Spa. After a scrumptious Latin and international gala buffet, you're invited to enjoy canapés and late happy hours on Natai Beach. Followed by an intimate Latin-themed party, offering a soundtrack of top tunes by our DJ and professional guitar player, a free-flow sparkling wine, two complimentary craft cocktails and special neon face painting for the occasion.



Lavish Dining on New Year's Eve

Greet the New Year with an extravagant gala dinner at *akyra* Manor Chiang Mai's Italics restaurant. Gather with friends and family and enjoy a mouth-watering array of local and international dishes. Jenny Lee & the Siam Sound Club will perform a memorable jazz set to mark the occasion. After an exquisite meal, you're invited to join the after party at Rise Rooftop Bar. The first nine guests to make a splash in the hotel pool get free warm-up shots.

Valentine's Day



This Valentine's Day, treat your special someone to a romantic dinner with a mouth-watering set of dishes and divine desserts paired Champagne.

Available at all hotels and resorts.

Chinese New Year

Experience Chinese New Year celebrations with a blessing ceremony and an exciting dragon dance at Aleenta Phuket and *akyra* Beach Club Phuket. Followed by a lavish Chinese meal for prosperity and fire show at the beach.

The special Chinese New Year menu is also available at Aleenta Hua Hin and *akyra* Thonglor Bangkok, while *akyra* TAS Sukhumvit Bangkok takes a step further to present a series of mocktails and cocktails which complement the Chinese New Year menu.

Songkran

Enjoy a series of Songkran activities at Aleenta Hua Hin, from a creative sand pagoda competition to a water-pouring ceremony. The resort's signature restaurant will also prepare a special four-course Thai set menu paired with complimentary glasses of Thai wines.



Over at *akyra* Manor Chiang Mai and *akyra* TAS Sukhumvit Bangkok, there will be a series of fun happenings such as live band performances, a pool party and a poolside barbecue evening. For a more relaxed weekend, *akyra* Thonglor Bangkok also has a special Family & Friends menu to offer.

On the other hand, Aleenta Phuket and *akyra* Beach Club Phuket let you experience an authentic spirit house and Buddha ceremony which includes blessings from monks, as well as a Muslim ceremony, long drum parade, scented water ceremony and fun water games.

REFRESH & REJUVENATE

with AKARYN Wellness Retreats

An ongoing calendar of mind-body retreats, from stress management to healing yoga practice

●● Most of us lead busy lives as we rush through our days to meet deadlines, run errands, make time for family and friends, and squeeze in a workout. It's easy to get caught up with our tight schedules, but it's not a reason to let wellness take a back seat in your list of priorities. To give you a hand with that, AKARYN Hotel Group is running a series of health and wellness retreats and workshops.



MIND-BODY BALANCE

A three- to four-day programme focused on helping to reduce stress and anxiety, relax muscle tension and relieve various illnesses through holistic yoga and meditation, as well as a 50-minute healing massage therapy and a balanced and healthy meal plan.



BREATHE VITALITY

A six-day comprehensive programme designed to guide guests into a deep, restorative healing process and deal with the root causes of their stress. To help guests better focus on the positives in their lives, the instructor will demonstrate how nature plays an important role in healing and maintaining a work-life balance. Completed with Thai holistic medicine, life-coaching session and traditional Hatha yoga practices, the programme is the ultimate retreat for today's global nomads.



TURN THE PAGE: LIFE ENHANCEMENT

This week-long retreat helps guests restore a sense of peace and trains their inner strength. Our expert counsellor and therapist will lead daily private and group life-coaching sessions, whereas our yoga instructor will provide yoga and meditation guidance. Our professional wellness team is ready to kick-start a series of healing therapies and calming treatments.



YOGIC DETOX

A seven-day programme that is exclusively designed with the principles of Hatha yoga and Thai holistic medicine in mind, this retreat focuses on soothing the body and mind in a natural and effective fashion. It starts with a personal consultation to understand each individual's unique mind-body type. A series of traditional yogic techniques will also be taught and demonstrated to help guests remove toxins. This includes elements of asana (yoga postures), pranayama (breathing techniques) and tips on meditation. Coupled with a nutritious vegetarian diet, the programme aims to restore a healthy mind-body balance.



PAUSE & RESTORE

A three-day programme designed for those who would like to unplug and unwind from the stresses of everyday life. The series of activities aim to help guests restore energy levels and achieve a work-life balance. The weekend getaway retreat is perfect for those who are new to meditation and yoga as no previous yoga experience is necessary. Simple yet effective yogic practices will be introduced, including breath-centric yoga, everyday meditation, yogic detox methods and healing treatments.



BESPOKE WELLNESS

The wellness workshops are organised in small groups of 15 people, to ensure the full attention you need from our holistic practitioners and certified instructors, who have led multiple wellness retreats around the world with a wealth of knowledge in healing yoga, creative movement and mindfulness.



Visit our website

WORD-SEARCH Game

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**WILL
 YOU
 find
 OUT...**

the 33 words linked to AKARYN Group Hotels within the grid? They are placed horizontally, vertically, in diagonal, and some are even backwards!

Akaryn | Akyra | Aleenta | art | Ayurah | Bangkok | Beach Club | Boutique | Chiang Mai | Culture | Mindfulness | Surfing | Elephant | Organic | Family | Vacation | Hua Hin | Recycle | Reduce | Plastic | Phang Nga | Sukhumvit | Thonglor | Phuket | Travel | Wedding | Retreat | Passion | Travel | Spa | Ocean | Cocktails | Rooftop bar

CSR MATTERS - MEETINGS WITH PURPOSE

AKARYN Hotel Group's CSR-inspired corporate meeting concepts weave in community support and environmental conservation activities



●● The Meetings with Purpose programme lets companies hold business events at any of the boutique properties around Thailand, combining with CSR projects, ranging from local school visits to fix building structure, books distribution, or clean up the school areas to tree-planting, to offsets carbon footprint and preserve mother nature.



●● CSR-driven projects often lead to conversations on teamwork and trust, also encourage sharing more ideas for a good cause. Community projects, such as repainting a local school, give teams a common goal to work toward. This helps shatter hierarchy and cultivate a close-knit team. Drawing the team back to nature also helps reduce stress and free up areas of the brain for more creativity.



●● Aside from preserving nature and supporting local communities, the wellbeing of our guests is also one of AKARYN Hotel Group's top priorities. After meetings and CSR initiatives participants are invited to take part in meditation sessions, join yoga classes or learn to breathe properly which include practical tips on relieving stress and reducing tension.

MEETING PACKAGES

Packages start from THB 2,000 net per person at Aleenta Phuket Resort & Spa, THB 1,600 net per person at *akyra* Beach Club Phuket and THB 1,800 net per person at *akyra* Manor Chiang Mai. Each package includes lunch, two coffee breaks and all the standard meeting equipment.



GIVING BACK *is the Best Way Forward*

Sustainability and corporate responsibility play a key part within AKARYN Hotel Group

●● **AKARYN Hotel Group's** long-term success in hospitality goes hand in hand with its track record on social responsibility, sustainability programme and corporate ethics. Each property organises CSR-driven activities and encourages guests to take part in this positive impact on our precious environment, as well as the local community. Stay with us and make a difference together! It's all for a good cause after all.



WAVE SINGLE-USE PLASTIC GOODBYE

akyra TAS Sukhumvit Bangkok is Asia's very first newly launched single-use plastic free hotel, which opened in June 2018. *akyra* Manor Chiang Mai has quickly followed suit and free of single-use plastic in October 2018, while all hotels will also free of single-use plastic by June 2019.

TRIBUTE TO MOTHER NATURE

Aleenta properties in Thailand lead the way in terms of cleaning up local communities. The Aleenta Phuket team participates in a series of road cleaning activities on Natai Beach Road, which is famed for stunning sunset views. To protect the surrounding environment, the Aleenta team does its part tidying up the locale, especially its natural and tourist attractions. Similarly, the Hua Hin team partners up with Trash Hero Pranburi to clean up the shores near the property.



COMMUNITY SERVICE FIRST

Since May 2018, *akyra* Manor Chiang Mai has launched a number of community outreach projects at Sangwan Wittaya School, which was established in 1973 by her Royal Highness Princess Srinagarindra. Aside from educating the local students on how to reduce plastic in their daily lives, our Chiang Mai team has also implemented a waste sorting system at the school. Likewise, the team at Aleenta Hua Hin Resort & Spa works with Baan Nong Ka School to get local students engaged in learning about natural fertilisers and sustainable agricultural methods. Over at our urban-chic property of *akyra* Thonglor Bangkok, we've donated scholarships to support the students of Baankunsamut School. From planting organic vegetables to teaching English at schools with no budgets to making amendments to the school facilities.

THINK GLOBAL, EAT LOCAL

Aleenta Hua Hin championed the group's 'locavore' concept by using fresh, quality ingredients grown at its own organic farm, and sourcing food within 30km away from the resort to reduce carbon footprint. The team also replants and cares for indigenous plants to preserve local species and promotes local arts and crafts that use natural materials.

In the kitchen of *akyra* Manor Chiang Mai, the chefs are also designing a menu that promotes the concept of eating local. On the menu, you'll find local artisanal cheese from Doi Faan, freshest fruits and vegetables from Kirk Garden and Siam Daiyashin, cold cuts from Joe Sloane's and a lush array of homegrown produce from The Royal Projects. Join us for a special guest chef dinner series at the end of November. All of the funds raised will go towards Pure Blue Foundation 2019.



THE 'BLUE NIGHT' SERIES AT ALEENTA PHUKET

Designed to fit the theme for the month of giving and sharing, Aleenta Phuket-Phang Nga Resort & Spa and its sister resort *akyra* Beach Club Phuket will be hosting the weekly fundraising event — Blue Night. It collaborates with Pure Blue Foundation and features fun daytime activities such as T-shirt painting, Polynesian-style tattoo workshop, a day trip to the turtle sanctuary and much more. All proceeds go to the foundation for a good cause.



To learn more about our CSR projects or the latest news from Pure Blue Foundation, visit our website www.purebluefoundation.com. Or better yet, directly inquire at any one of our hotel receptions to see how you can get involved.

Points & VIEWS

AKARYN HOTEL GROUP'S NEWEST OPENING



●● **akyra TAS SUKHUMVIT BANGKOK** officially opened in September as the first hotel in Asia with no single-use plastic and includes Bangkok's newest rooftop hangout RISE Rooftop Bar & Dining which specialises in cool craft beers, creative cocktails, sumptuous smokehouse barbecue delights and locally inspired snacks. RISE Rooftop Bar & Dining lets hotel guests and local visitors unwind and interact, high above the crowds.

Hotel Manager, Thomas Singenberger explains why RISE isn't just another rooftop bar and how the hotel's food and drinks outlet incorporate sustainability.



Congratulations on the opening of the hotel, Thomas. What was the vision behind the hotel and its F&B joints (RISE and Siam Soul Café) being one of first in Asia to banish single-use plastic? The idea started with the aim of providing a refillable water bottle for guests when they go out for shopping or sightseeing. We wanted to help guests form a habit of carrying a refillable bottle along. But we didn't stop there. We don't use plastic bottles for shampoo and conditioner, we opted for toothbrushes, combs and shower caps made out of cornstarch instead of plastic and we use only glass water bottles in the rooms. For the F&B, our chef is constantly seeking out products that come fresh from local suppliers without extensive plastic wrapping. We have launched this no single-use plastic initiative under the umbrella of 'akyra reduce,' and we are aiming for a general reduction in waste here at **akyra TAS Sukhumvit**, and hope that with the joined efforts of all of our employees and guests we will be able to convince other hotels and restaurants in the area to follow the example.



What makes RISE Rooftop Bar & Dining different?

Our greatest distinction is, of course, the sustainability concept. On top of that, with its great location (five-minute walk from train stations and malls), reasonable pricing and enviable city views, RISE is already becoming a new after-work and weekend hangout for locals and expats. We offer Asian-inspired cocktails and a vast variety of Thai craft beers from 16 different brands, as well as an elaborate bar-food menu served from our charcoal barbecue and a custom smoking oven. Thai classic dishes, too. Some of our highlights are Home-smoked Pulled Pork Nachos, Brisket Taco, Smoked Barbecue Chicken Wings and Fried Calamari Summer Salad.

What can the readers expect from RISE?

We now have a weekly line-up of top DJs from Thursday to Saturday and we will also host live acts, such as acoustic guitarists and singers in the coming months. Apart from a daily happy hour from 6pm to 8pm, RISE offers a weekly calendar of promotions with a different highlight every day, including a Mojito promotion, burgers and beer, special wine by the bottle prices, all night happy hours, a seafood blackboard menu, bubbles and oysters and beer buckets. RISE also has a tailor-made package for birthday celebrations. Foodies who prefer a less casual dinner after their cocktails can

head downstairs to our stylish street-side eatery, Siam Soul Café, where we serve a range of signature dishes, including a Thai version of Tuna Tartar with fresh local herbs, red curry with slow cooked beef cheek and tiger prawns in tamarind sauce with crispy shallots. The restaurant also offers business lunch packages for corporate gatherings. For year-end celebrations, Siam Soul Café offers two premium packages, perfect for friends and family get-together.



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#akyraphuket #akyrasukhumvit
#akyrareduce #aleentareduce