

## CURATED WELLNESS

### Finding Balance, Finding Yourself



*With our packed schedules and minds that are constantly racing, taking time to recalibrate and rejuvenate your mind and body is important. The quiet luxury of simply pausing and letting your holiday be an opportunity for you to step off the productivity treadmill to recharge and reset helps you return to a state of balance and connection.*

*Curating your wellness, whether with one of our signature retreats or enjoying the beauty of slow travel and a do-nothing holiday, is at the heart of each of the Aleenta resorts. We help you escape routine and to find the space and the environment to relax, breathe, think and simply be.*

## CHOOSE YOUR WELLNESS



We see wellness as being deeply personal, to us individual needs help to shape and guide the design of the retreat experience. An Aleenta wellness retreat begins before you arrive, as we take time to gain valuable insight for our in-house team of experts to perfectly curate each stay.

"No two people are the same, so their health and wellbeing needs are different which is why we design our retreats around individual wellness goals. With every retreat we tailor elements to deliver the greatest benefits not just during your stay but to also offer a seamless integration into everyday life. From our retreat masters and practitioners to the fitness experts and chefs, we work as a complete team dedicated to improving our guests physical and mental health at a very personal level." Anchalika Kijkanakorn, Founder AKARYN Hotel Group.

Through this more considered approach our AYURAH Wellness Centers combine inner health, mental and physical wellness with the inspiration and the influence of each individual location. We give you the time and expertise to experience the beauty and the benefits of true personal wellbeing.

Discover more about our curated wellness and retreat experiences by visiting [www.aleenta.com/ayurah-wellness](http://www.aleenta.com/ayurah-wellness).

LIFE &amp; TIMES

## 12<sup>th</sup> Issue

BY AKARYN HOTEL GROUP

[www.aleenta.com/about-akaryn](http://www.aleenta.com/about-akaryn)  
2025

### UNMATCHED DESTINATIONS



●● Whichever of our hotels you choose, you will experience a sanctuary of luxury and authenticity, a place to feel at home yet far away from the ordinary. Each one reflects our founding vision to capture the spirit, soul and unique character of Thailand in a way that is distinctive and personal.

Page 03

### A WEDDING DAY TO REMEMBER



●● If you have ever dreamed of exchanging your vows on a pristine beach or being surrounded by natural beauty, the breathtaking settings of our resorts provide stunning venues for a wedding.

Page 04

### UPCOMING EVENTS



●● Festivals to Plan Your Trip

Page 06



# HEAR & Say

Go to [www.aleenta.com/about-akaryn](http://www.aleenta.com/about-akaryn) for more information

## A few words from our founder

TO OUR FRIENDS AND PARTNERS

Issue 12/2025



**Anchalika Kijkanakorn**  
*Founder and Managing Director,  
AKARYN Hotel Group*  
*Board of Directors,  
Small Luxury Hotels of the World*  
*For any enquiries, please contact:  
contact@ahmshotels.com*

●● **WELCOME TO THE LATEST EDITION OF LIFE & TIMES**  
At Aleenta, we believe in creating spaces where guests can reconnect with themselves and the world around them. Whether through our thoughtfully designed retreats, immersive travel experiences, or our dedication to sustainability, we strive to offer more than just a getaway – we offer a journey towards balance and wellbeing.

I am so proud that last year all of our resorts received the One Key MICHELIN designation, this accolade is given to hotels that offer a very special stay and it is a great honour for the whole Aleenta team across all three properties to be acknowledged by this prestigious guide.

We have also been recognized for our commitment to sustainability with certification from Travelife for Aleenta Phuket-Phang Nga and Aleenta Retreat Chiang Mai, this reaffirms our pledge to responsible hospitality. Our passion for giving back extends beyond our walls with initiatives like the Pure Blue Foundation, supporting marine conservation, coral restoration and local education.

Inside the resorts we have been renovating some select rooms and this year we are delighted to introduce newly refreshed accommodations at Aleenta Phuket-Phang Nga and Aleenta Hua Hin-Pranburi, that stay true to our eco-conscious ethos while enhancing the guest experience.

We invite you to experience Aleenta not just as a destination, but as a place of renewal, reflection and meaningful connection.

Welcome to a new season of mindful luxury.



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



### FEATURES IN THIS ISSUE

WHAT'S ON  
Tradition &  
Transformation

04



●● True mental and physical wellbeing begins when we take time to rest, restore and rejuvenate.

WHAT'S HAPPENING  
At Our Properties

05



●● In & Around Aleenta Thailand

WHAT'S HOT  
Step Into Our World

06



●● A Fresh Culinary Chapter at Aleenta Phuket-Phang Nga

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Please check us out online and follow us!



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### A LIFE & TIMES

**Anchalika Kijkanakorn**  
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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.



# UNMATCHED DESTINATIONS

*"I absolutely cherish the notion that each of my hotels possesses its own distinct character, how they encapsulate the essence of their location, enhancing what makes it truly special."*

Anchalika Kijkanakorn, Founder AKARYN Hotel Group.

●● Whichever of our hotels you choose, you will experience a sanctuary of luxury and authenticity, a place to feel at home yet far away from the ordinary. Each one reflects our founding vision to capture the spirit, soul and unique character of Thailand in a way that is distinctive and personal.



It all began in Hua Hin-Pranburi, with founder Anchalika Kijkanakorn's family home being transformed into the first Aleenta. Next came Aleenta Phuket-Phang Nga and in 2023 Aleenta Retreat Chiang Mai was opened. Their style invites you to explore different experiences, to celebrate the individuality of the destination and to enjoy unforgettable journeys of discovery and rejuvenation. In creating them, Anchalika Kijkanakorn looked to the locations for her inspiration.



Aleenta Hua Hin-Pranburi, on the other hand, exudes a bohemian and laid-back vibe, akin to a village within a village. It's eclectic, relevant, and carefree, with surprises awaiting discovery at every turn. Guests can embark on leisurely bicycle rides through the village, uncovering hidden gems scattered throughout the property. It's an invitation to embrace spontaneity and adventure.



"Nestled along one of the world's most pristine and secluded beaches, Aleenta Phuket-Phang Nga is a sanctuary of serenity. Here, the hotel serves as a mere canvas against the breathtaking backdrop of the sea and sky. Our flagship AYURAH Wellness Centre embodies our commitment to promoting the Sustainable Path to Happiness and Longevity, drawing inspiration from the Sanskrit word "AYURAH" meaning long life.



Meanwhile, Aleenta Retreat Chiang Mai sits at the base of the hill leading to the secretive northern mountain, neighbouring the internationally revered Meditation Center and Buddhist Temple of Wat Umong. Here, we invite guests to embark on a journey of retreat, relaxation, and wildlife exploration. Our award-winning spa, recognized by National Geographic, stands as a destination in itself, offering unparalleled rejuvenation amidst the tranquil surroundings."

This remarkable diversity and cultural richness makes Thailand an exciting and rewarding destination to visit, a place we are proud to call home and to share with all our guests.



To discover your personal journey click ...

## AYURAH Wellness Partners with Bumrungrad & VitalLife

*A new era of retreats, where science meets soul.*

At AYURAH Wellness, we have always believed in the harmony of ancient wisdom and modern innovation. Today, we are proud to share that AYURAH has entered into a formal partnership with Bumrungrad International Hospital and its wellness subsidiary VitalLife Scientific Wellness Center. This collaboration marks a significant milestone—bringing the credibility of one of the world's most respected international hospitals to our retreats.

With this partnership, we are launching three new signature journeys:

- **Executive Peak Performance Retreat** – Designed for leaders and high performers, blending somatic practices, mobility and strength training, and VitalLife's precision health diagnostics.
- **Woman's Vitality Retreat** – A nurturing program dedicated to women's health and energy across all life stages, including hormone balance, energy renewal, and compassionate self-care.
- **Longevity Transformation Hub** – A cellular renewal journey, combining biological age testing, regenerative therapies, NAD+ infusions, and mindful practices to help you look and feel your best.

These retreats bring together the **soul of Aleenta** with the **science of VitalLife**—offering guests not only renewal and inspiration, but also the assurance of internationally accredited expertise.

We look forward to welcoming you to this new chapter of AYURAH Wellness, where every stay is both restorative and future-focused.

Discover more at [www.aleenta.com/ayurah-wellness](http://www.aleenta.com/ayurah-wellness).

## The *akyra* Bangkok 11

Opening January 2026



In January 2026, AKARYN Hotel Group will open the doors to The *akyra* Bangkok 11, a vibrant new addition to The *akyra* collection. Set in the heart of Sukhumvit Soi 11, one of the city's liveliest districts, **The akyra Bangkok 11** brings the brand's signature personality—bold, youthful, and adventurous—into an exciting urban playground.

Designed for today's independent traveler, the hotel features 100 chic rooms created with both style and wellbeing in mind. Guests will appreciate the fresh, **hypoallergenic comfort** of the spaces, thoughtfully designed for clean living without sacrificing intimacy or personality. Every detail reflects *akyra's* boutique spirit: discreet, personal service, contemporary design, and a social buzz that connects guests with the rhythm of Bangkok.

At the heart of the hotel, a lively all-day dining restaurant will serve as both a gathering place and a culinary stage, blending global flavors with local flair. Just steps away, guests will find the energy of Bangkok nightlife, eclectic dining, and cultural landmarks. And with Bumrungrad International Hospital only a short stroll away, the hotel is perfectly positioned for those who combine travel with wellness, lifestyle, or medical journeys.

With the *akyra* Bangkok 11, AKARYN Hotel Group continues to redefine boutique luxury in the city—stylish, conscious, and full of life.



# Meaningful Celebrations

*Travel is one of the most memorable ways to celebrate, being able to share experiences with friends and family is the perfect way to create lifetime memories. At Aleenta we believe every stay is personal so when it comes to helping our guests mark their special celebrations, whether commemorating a milestone or designing a wedding, we love to make these occasions extra special.*

## A Wedding Day to Remember



●● If you have ever dreamed of exchanging your vows on a pristine beach or being surrounded by natural beauty, the breathtaking settings of our resorts provide stunning venues for a wedding.

With their beachside locations and relaxed romance, Aleenta Phuket-Phang Nga and Aleenta Hua-Hin Pranburi are dream destinations for those looking for the romance of getting married by the sea. If drawn to a more intimate garden style, Aleenta Retreat Chiang Mai's enveloping lush greenery and traditional Lanna-style décor, infused with local artistry and heritage, create a very special ambience. The rich natural beauty of each resort is enhanced by our signature personal touches and the unique character created by the individuality of each location that come together to make a wedding day to remember.

Our expert wedding planners are on hand to bring your vision to life and create unforgettable wedding experiences that blend bespoke service and seamless luxury. From artfully designed menus and curated experiences to styling the picture perfect setting, we pay attention to all the details to create a personal celebration filled with love and laughter.

You can discover more about our wedding packages via our QR code or by visiting [www.aleenta.com](http://www.aleenta.com)



## Being Conscious Makes A Difference

●● At Aleenta, we believe luxury should leave a lasting impact, not just on our guests but on the world around us. Through sustainable hospitality, community engagement, preserving local heritage and conservation efforts, we integrate responsibility into every aspect of our operations across Hua Hin-Pranburi, Chiang Mai and Phuket-Phang Nga.

With our Sustainability at the Heart of Hospitality Aleenta sets a benchmark standard for eco-conscious boutique resorts, a commitment that is recognised with certifications from Travellife, Leading Hotels of the World (LHW) Sustainability Leaders and Small Luxury Hotels (SLH) Considerate Collection. Through renewable energy use, waste reduction initiatives, and a dedication to farm-to-table cuisine we continue to lead in responsible tourism. Initiatives include:



Aleenta Phuket-Phang Nga

- In 2018 became first Thailand hotel to go single-use plastic-free
- 30% renewable energy use
- Sponsorship of turtle sanctuaries and marine conservation
- Supporting local schools and vocational training for at-risk youth



Aleenta Hua Hin-Pranburi

- 25-acre organic farm promoting farm-to-table dining
- Long-term commitment to local schools and tree-planting initiatives



Aleenta Retreat Chiang Mai

- Wildlife conservation and artisan partnerships to support local crafts



We also work closely with the Pure Blue Foundation, funding vitally important coral restoration, marine conservation and local education projects. Guests can take part in hands-on experiences like coral planting and eco-tours, making their stay even more meaningful.

To learn how you can get involved scan the QR code.



# What's Happening?

*In & Around Aleenta Thailand*



**MICHELIN**  
2025



**MICHELIN**  
2024

●● **AWARDED FOR EXCELLENCE, 2 YEARS IN A ROW** - All three Aleenta retreat & resorts proudly hold the Michelin One-Key award for both 2024 and 2025 — a testament to our commitment to soulful hospitality, meaningful experiences, and mindful luxury.



●● **THE ANDAMAN AWAITS** — Island Hopping Adventures take guests on unforgettable journeys through the Andaman Sea, where hidden islands, crystal-clear waters, and pristine beaches await. There is no better way to explore untouched landscapes and experience the magic of these renowned waters.



●● **ELEPHANT ENCOUNTERS** — The Elephant Sanctuary Visit at Aleenta Hua Hin-Pranburi provides a meaningful and memorable way to support ethical elephant tourism. Our guests can observe these magnificent animals in a natural habitat while learning about the important and much needed conservation efforts that protect them.

●● **A NEW ERA OF LUXURY** — At Aleenta we always look for ways to enhance our properties to create an even more luxurious and relaxing stay. At Aleenta Phuket-Phang Nga all the rooms have been fully renovated and we have also introduced a stunning new 2-Bedroom Signature Pool Villa that comes with a private pool, garden terrace and sun deck. With Aleenta Hua Hin-Pranburi we have completed the renovation of the rooms and lobby in the main wing, while the refurbishment of the pool and rooms in the Frangipani Wing will be completed by end of July.



●● **A GOLFER'S PARADISE AT AQUELLA GOLF** — With the Andaman Sea as your backdrop, Aquella Golf is one of Thailand's most stunning courses and easily accessible from Aleenta Phuket-Phang Nga. Ideal for all skill levels, Aquella's championship 18-hole course covers over 7,000 yards of undulating terrain and comes with breathtaking vistas.



●● **A CULTURAL ESCAPE IN CHIANG MAI** — Acclaimed for its vibrant arts and crafts scene Chiang Mai is a city that boasts a wealth of artisans and one of the best places to visit is Baan Kang Wat. This creative village offers workshops, galleries and a chance to engage with craftspeople preserving the rich cultural heritage of Northern Thailand.

## ●● UPCOMING EVENTS

### Festivals to Plan Your Trip By

- Year End Celebration
- Chiang Mai Flower Festival 6<sup>th</sup> to 8<sup>th</sup> February 2026
- Songkran Thai New Year 13<sup>th</sup> to 15<sup>th</sup> April 2026
- Loy Krathong and Yee Peng Festival of Lights (usually November)



## ELEVATE YOUR CULINARY SKILLS



### BARISTA CLASS 1,500++/PERSON

Learn the basics of "Latte Art" with our professional Barista.



### COOKING CLASS 2,500++/PERSON

Unleash your inner chef: Master the art of cooking with our Exclusive Culinary Classes at Aleenta Retreat Chiang Mai.



### COCKTAIL CLASS 1,500++/PERSON

Unlock your inner mixologist. Experience exquisite cocktails and bartending mastery at our 1892 Bar.



THE GARDEN  
STAY, RESTAURANT, SPA



THE LEADING HOTELS  
OF THE WORLD®



Contact us now!

**052-090-333**

[www.Aleenta.com/chiangmai](http://www.Aleenta.com/chiangmai)



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# SEASONS RELAUNCHES

*A New Expression of Thailand’s Land and Sea*



This season, SEASONS returns with a renewed culinary identity—no longer exclusively plant-based, yet proudly plant-forward, celebrating the extraordinary abundance of Thailand’s farms, forests, and surrounding seas. The new tasting menu is an elegant dialogue between fresh local seafood, select premium proteins, and vegetables in their most expressive form, elevated through the creativity and precision of our culinary team.

Staying true to its original philosophy, SEASONS continues to source only what is available locally and in season, working closely with regional fishermen, small farms, and artisan producers. The result is a menu that changes with nature itself—intimate, dynamic, and deeply connected to place.

The evening begins with refined amuse-bouches such as Phuket lobster with brioche and local mussel empanada, alongside beautifully intricate plant-based creations like vegan radish and shiso meringue. From there, the journey unfolds through a 5–8 course tasting menu, balancing delicate ocean flavors—cured scallop, dry-aged tuna, Phuket lobster bisque, and squid—with deeply layered vegetable expressions such as BBQ leek, beetroot ravioli, and sweet potato gnocchi.

For those who choose it, a fully plant-based tasting menu remains available, widely regarded by chefs as one of the most technically demanding styles of fine dining to execute at a high level—yet when done well, among the most rewarding. SEASONS continues to treat plant-based cuisine not as an alternative, but as a craft in its own right.

Premium proteins appear thoughtfully and sparingly, including locally sourced Wagyu, always in balance with the surrounding seasonal ingredients. Desserts complete the journey with tropical elegance, from Thai rum pudding to Chiang Mai strawberries with basil and lime.

To preserve the integrity of each dish, only 20 diners are welcomed each evening, allowing every course to be prepared with full attention and care. SEASONS is open Wednesday to Monday from 6:00 PM to 10:30 PM, and closed on Tuesdays.

With limited seating and a constantly evolving menu shaped by the seasons, early reservations are highly recommended.

SEASONS remains, at its heart, a celebration of Thailand’s natural richness—now expressed more fully than ever through both garden and ocean.



## What our Guests Says

*Hans-Dieter Straub*

★★★★★5/5  
Aleenta Phuket-Phang Nga Resort & Spa

My stay at Aleenta was nothing short of transformational. The resort’s detox and self-love program\*\* was meticulously designed, blending nourishing cuisine, healing treatments, and mindful practices. Every detail felt intentional—from the alkaline-rich meals to the guided emotional wellness sessions. I left feeling renewed, balanced, and deeply connected to myself.

Aleenta isn’t just a resort; it’s a haven for deep healing and self-discovery. Whether you’re seeking detox, relaxation, or a reboot, this team will hold space for your transformation with grace and expertise.

*Sasiwimon Rabbit*

★★★★★5/5  
Aleenta Retreat Chiang Mai

I had a wonderful stay at Aleenta Retreat Chiang Mai! The atmosphere is calm and peaceful, making it the perfect place to relax and recharge. The food was absolutely delicious, with a great variety of flavors to enjoy. My room was very comfortable and beautifully designed, adding to the overall serene experience.

What stood out the most was the staff — they were all incredibly friendly, attentive, and went above and beyond to make my stay special.

If you’re looking for a peaceful getaway with great food, lovely rooms, and excellent service, I highly recommend Aleenta Retreat Chiang Mai!

*Daocharad Burana*

★★★★★5/5  
Aleenta Hua Hin-Pranburi Resort & Spa

I’ve been coming to this hotel every year, and it never disappoints. Pranburi itself is a peaceful town with a beautiful ocean view—perfect for a relaxing hideaway.

Room: The bed is extremely comfortable, and the room is spotless, quiet, and tastefully decorated for a restful holiday. The shower is great, with lovely locally-made shampoo and soap. They provide plenty of drinking water, and I especially enjoy the Bluetooth speaker for playing calm music to enhance the relaxing atmosphere.

Staff: A special thank you to all the staff—always welcoming, friendly, and attentive. Their warm hospitality makes me feel completely at home.

Breakfast: There’s a good variety of both Western and Thai dishes, all delicious. The bread, croissants, and Viennoiseries are definite highlights!

Facilities: For those who enjoy staying active, the road along the beach is perfect for an early morning run. The hotel also offers weekend morning yoga classes and a compact gym with dumbbells, a rowing machine, and a treadmill to help you keep your routine.

Thanks to Aleenta team!



# TRADITION & TRANSFORMATION

True mental and physical wellbeing begins when we take time to rest, restore and rejuvenate. It's why we design our Wellness Retreats to provide an escape from the noise of daily life, to immerse in transformative experiences and to have the personal space to build inner and outer strength.

Based on the AYURAH philosophy of longevity, which encompasses cuisine, physical movement, mindfulness practices, meaningful connections, and restorative rest and recovery; our signature Wellness Retreats are pathways to self-discovery and self-care that can seamlessly integrate into everyday life.



*Aleenta Retreat Chiang Mai  
– Wellness Retreat*



*Aleenta Hua Hin-Pranburi  
– A Secluded Sanctuary by the Sea*



*Aleenta Phuket-Phang Nga  
– Beyond the Ordinary Wellness*

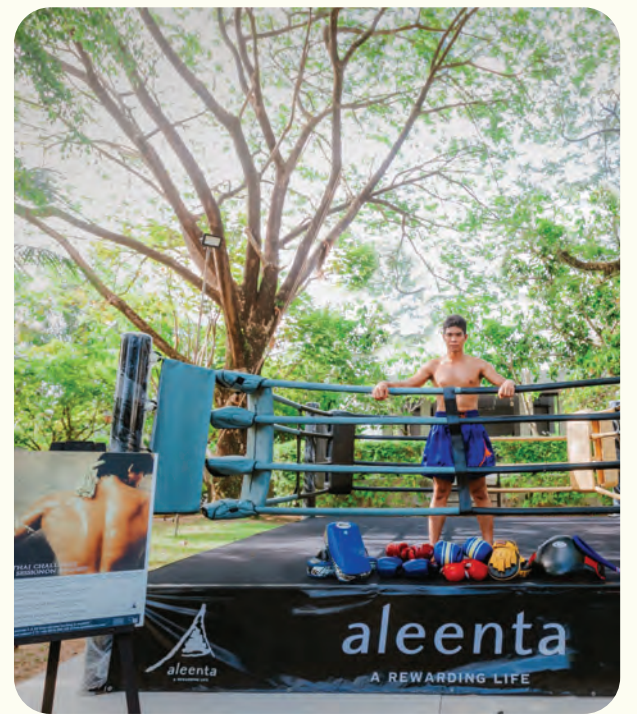


*Aleenta Retreat Chiang Mai – Wellness Retreat*

- Vipassana Meditation Retreat – experience the profound benefits of Vipassana meditation, available in both a gentle introduction format and an immersive monk-level experience for deep spiritual awakening.
- Ancient Wellness Pathway – a holistic journey through traditional Lanna healing therapies, herbal remedies, and time-honoured wellness practices passed through generations.
- Nature's Cleanse – captures the extraordinary sanctuary of its setting with a truly cathartic retreat offering a respite from modern life's demands by nourishing inner and physical wellbeing through realignment, rejuvenation and mindful activities.



- Rest & Rejuvenation Retreat – unwind in a tranquil beachfront setting with restorative yoga, holistic spa therapies, and organic farm-to-table cuisine designed to nourish body and mind.
- Nature Immersion Escape – reconnect with the natural world through mindful walks, open-air meditation, and eco-conscious wellness experiences surrounded by Hua Hin's pristine coastal beauty.



- Muay Thai Retreat – discover the ancient art of Muay Thai, learn from expert masters the traditions and techniques of this globally respected martial art with a 7-day immersive experience that rejuvenates the body and spirit.
- Deep Reset Retreat – designed to restore balance, clarity and vitality this 5 or 7-day retreat combines our signature Floatation Therapy, to support mental and physical recovery, with wellness cuisine, meditation and healing treatments.



Discover more about our specially designed retreats by scanning the QR code or visiting [www.aleenta.com/ayurah-wellness](http://www.aleenta.com/ayurah-wellness).