

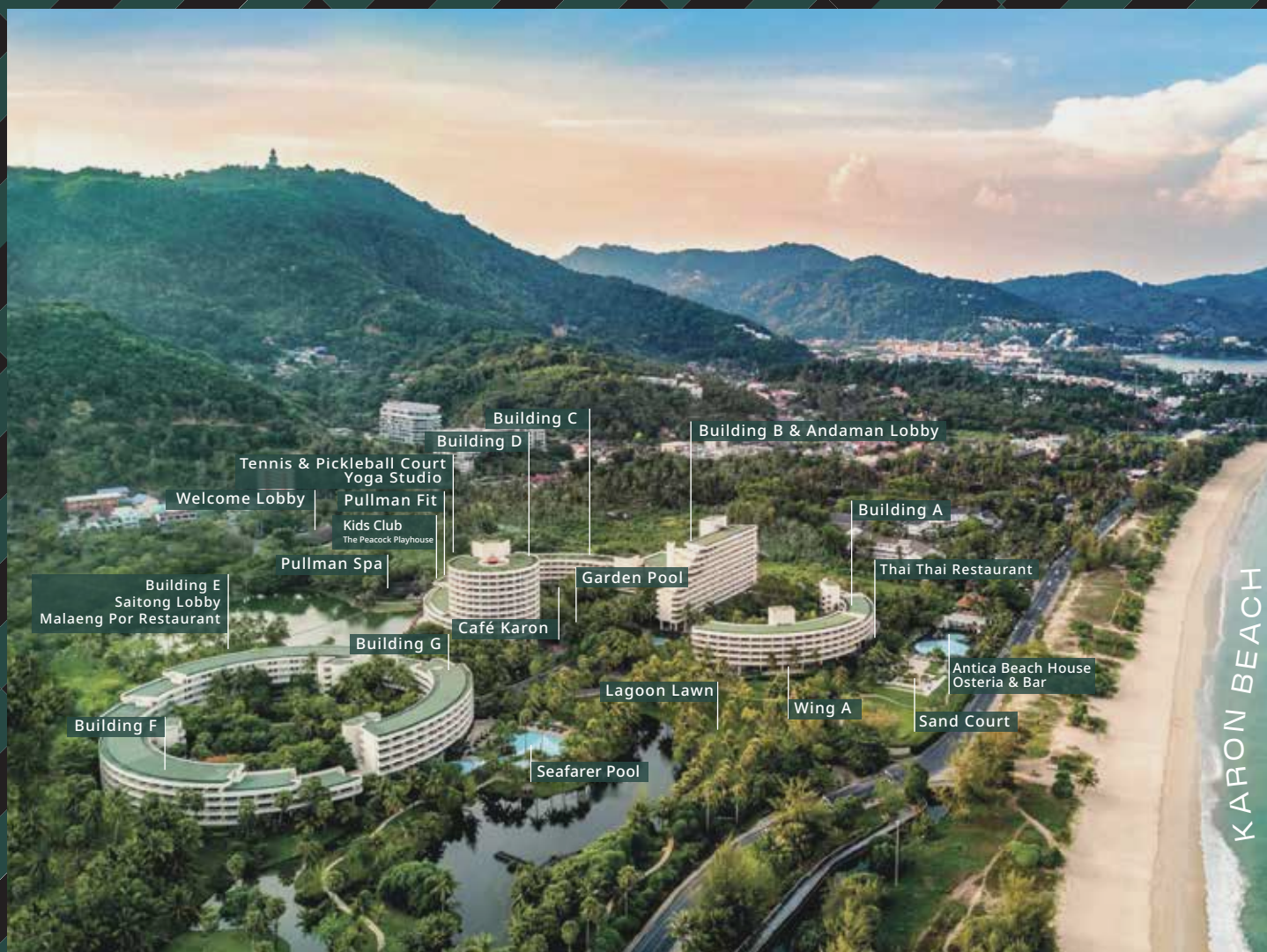


pullman  
PHUKET  
ARCADIA KARON BEACH RESORT



# WELLNESS & SUSTAINABILITY GUIDEBOOK

NURTURING WELL-BEING • HONORING NATURE



# WELLNESS IN MOTION

At Pullman Phuket Karon Beach Resort, wellness is a shared journey, one that moves with purpose, balance, and care for the world around. As a wellness-led resort destination in Karon, the resort invites guests of all ages to reconnect through mindful movement, nourishing cuisine, and meaningful moments together.



**Khun Pai**  
Lifestyle and Wellness Manager

*Wellness in Motion — where feeling good  
and doing good go hand in hand.*

# A PERSONAL WELCOME TO YOUR WELLNESS JOURNEY

**Sawadee Krab, and a warm welcome to  
Pullman Phuket Arcadia Karon Beach Resort.**

Set among tropical gardens overlooking the Andaman Sea, we invite you to embrace a holistic approach to wellbeing. Nurturing the body, calming the mind, and reconnecting with nature.

From energizing activities such as yoga, Muay Thai, tennis, pickleball, and aqua fitness to restorative moments at our spa, pools, and serene garden spaces, each experience is designed to help you feel balanced and renewed. Our philosophy also embraces nourishing cuisine, mindful relaxation, and moments to slow down and reconnect.

My team and I look forward to guiding you through our daily wellness experiences and helping you discover the rhythm that suits you best.

# YOUR WELLNESS JOURNEY

Wellness in Motion reflects how wellbeing and responsibility naturally move together.  
Creating a stay that restores, inspires, and connects every part of the journey.

Step into an experience where each touchpoint is designed to energize the body, refresh the mind, and support a more conscious way to stay. From movement and nourishment to meaningful moments and sustainable choices.

|                                                                                |           |
|--------------------------------------------------------------------------------|-----------|
| <b>Active Spaces</b>                                                           | <b>01</b> |
| Designed to keep energy flowing, with spaces that invite movement and balance. |           |
| <b>Conscious Dining</b>                                                        | <b>08</b> |
| Wholesome flavors and thoughtful ingredients, prepared with care.              |           |
| <b>Refreshing Beverages</b>                                                    | <b>10</b> |
| Light, vibrant creations crafted to hydrate and revive.                        |           |
| <b>Wellness Experiences</b>                                                    | <b>14</b> |
| Immersive moments that encourage relaxation, renewal, and connection.          |           |
| <b>Green Stay</b>                                                              | <b>20</b> |
| Responsible practices woven into the stay for a lighter footprint.             |           |





# TENNIS & PICKLEBALL

Freshly renovated tennis and pickleball courts invite you to rally, compete, and energize. Enjoy smooth surfaces, dynamic matches, and lessons available for all levels.

## ESTIMATED CALORIES BURNED

Tennis: 200–250 kcal (30 min) | 400–500 kcal (1 hr)

Pickleball: 140–180 kcal (30 min) | 280–360 kcal (1 hr)

For reservations, please contact our recreation team via "2816" or "0"



# PULLMAN FIT

A 24-hour fitness space designed to energize, inspire, and empower. Enjoy steam and sauna facilities to relax and rejuvenate. Support is available from 8:00 AM to 6:00 PM, allowing you to move, train, and refresh at your own pace.

## ESTIMATED CALORIES BURNED (average)

Strength Training: 180–250 kcal (30 min) | 350–500 kcal (1 hr)

Cardio Training: 250–350 kcal (30 min) | 500–700 kcal (1 hr)

# YOGA STUDIO

Find your rhythm, awaken your energy, and restore your spirit in a space that invites movement, focus, and calm. Both group and private classes are available to suit your pace and preference.

## **ESTIMATED CALORIES BURNED (average)**

Yoga: 120–180 kcal (30 min) | 200–350 kcal (1 hr)



# RUNNING TRACK

Energize your body and refresh your mind along a scenic track through tropical gardens with the Andaman Sea breeze at your back. Every step restores, invigorates, and inspires.



ESTIMATED CALORIES BURNED (average)

Jogging: 240–300 kcal (30 min) | 480–600 kcal (1 hr)

Brisk Walking: 120–160 kcal (30 min) | 240–320 kcal (1 hr)

An aerial photograph of a swimming pool with several palm trees. The pool's surface is a vibrant blue, and the palm trees' fronds are a lush green. Long, dark shadows of the palm trees are cast across the pool's surface, creating a rhythmic pattern. The pool's edge is visible on the right side, showing a curved concrete border.

# EXPLORE FIVE POOLS

## **ESTIMATED CALORIES BURNED (average)**

Swimming: 200–300 kcal (30 min) | 400–600 kcal (1 hr)

Easy laps / leisure swim: 150–220 kcal (30 min) | 300–450 kcal (1 hr)

# GARDEN POOL

Experience mindful swimming in a tranquil tropical garden setting.

Pool opening hours: 7:00 AM – 7:00 PM



# SEAFARER POOL

Located next to Building G with tranquil lagoon views, Seafarer Pool blends mindful moments with vibrant energy. Join aqua volleyball, water polo, or simply float and reset with food and beverage service available throughout the day. Pool opening hours: 7:00 AM – 7:00 PM



# TRANQUIL POOL

Unwind and recharge with mindful swimming in a serene, green setting.

Pool opening hours: 7:00 AM – 7:00 PM



# ANTICA POOL

Relax and soak in sea views and golden sunsets at Antica Pool, embracing mindful moments in a tranquil coastal setting.

Pool opening hours: 7:00 AM – 8:00 PM

## UPPER GARDEN POOL

A peaceful retreat in front of Café Karon, surrounded by lush gardens. Perfect for mindful relaxation and refreshing moments.

Pool opening hours: 7:00 AM – 7:00 PM

### Discover Daily Wellness

Scan the QR code to explore the daily wellness activities schedule, or book through the Pullman Assistant App.





## PULLMAN SPA

Rejuvenate, recharge, and reconnect in a spa that blends comfort, energy, and mindful wellbeing for every guest.

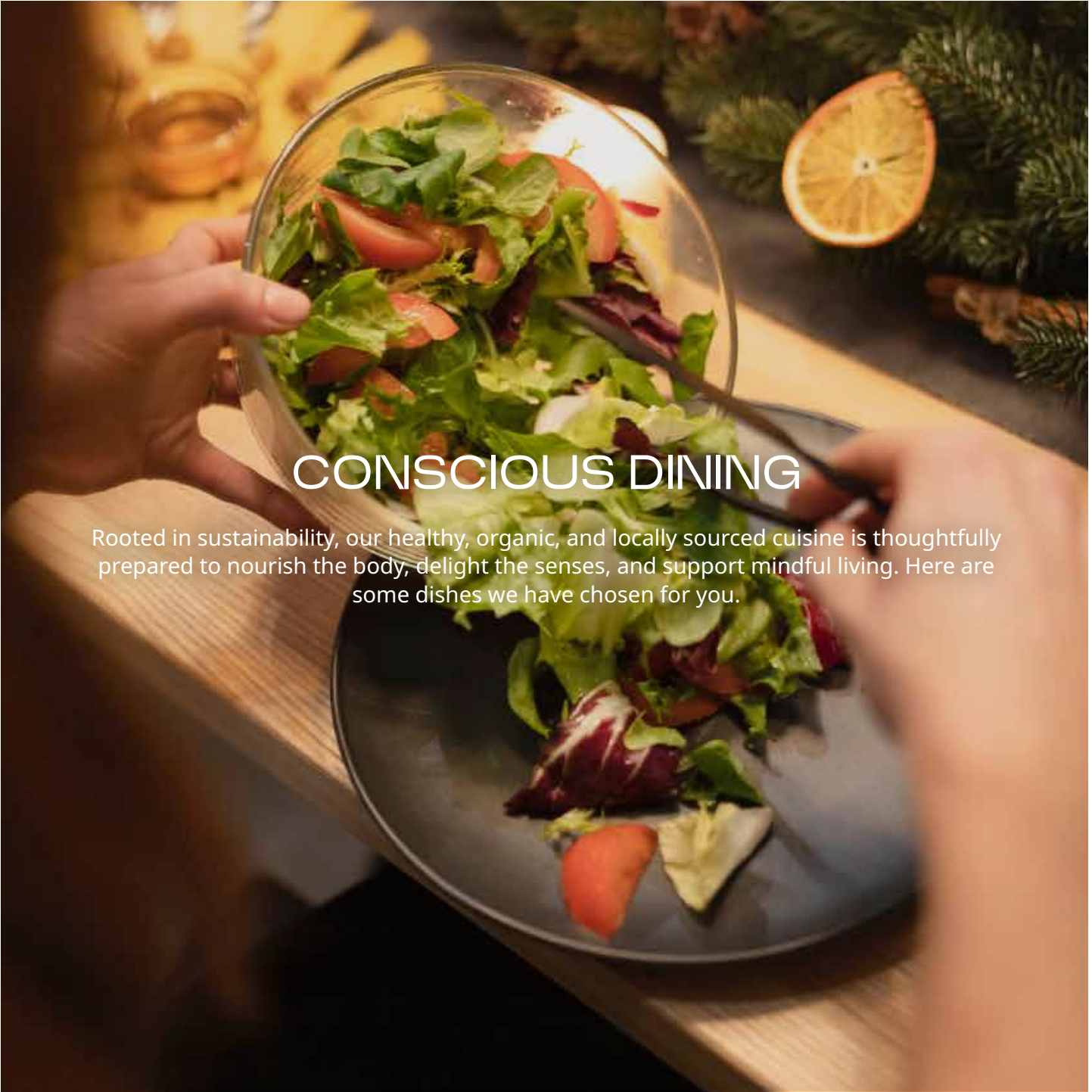
Enjoy treatments in private villas, relax in the steam and sauna, unwind in private bathtubs, and discover a full-service salon for beauty and grooming.

Spa opening hours : 10:00 AM – 8:00 PM

### Discover Daily Wellness

Scan the QR code to explore the spa menu, or book through the Pullman Assistant App.





## CONSCIOUS DINING

Rooted in sustainability, our healthy, organic, and locally sourced cuisine is thoughtfully prepared to nourish the body, delight the senses, and support mindful living. Here are some dishes we have chosen for you.

**ORGANIC SUPERFOOD SALAD | Malaengpor Restaurant**

A vibrant mix of kale, fresh fruits, seeds, and grains, tossed in a creamy Greek yoghurt dressing. Packed with antioxidants, protein, and fiber, made from locally sourced, organic ingredients to energize and nourish.

Calories 350 kcal. Fat 25 g. Protein 15 g. Carbohydrates 12 g.

**STEAKS | Malaengpor Restaurant**

Premium, high-protein, organic, and certified Black Angus beef from Thailand. Grain-fed for a minimum of 280 days and sourced from Khun Ta Farms, these prime-quality steaks deliver rich flavor and mindful indulgence.

Calories 520 kcal. Fat 38 g. Protein 45 g. Carbohydrates 0 g.

**BABY ARUGULA SALAD | Café Karon**

Fresh baby arugula with sun-dried strawberries, mango, pickled onions, and feta cheese, drizzled with zesty lemon vinaigrette. A vibrant, nutrient-rich salad designed to refresh, energize, and delight the senses.

Calories 280 kcal. Fat 18 g. Protein 9 g. Carbohydrates 22 g.

**ORGANIC ACAI BOWL | Café Karon**

Smooth Amazonian acai berries blended with Greek yoghurt and honey, topped with fresh berries, banana, and kiwi. Packed with antioxidants and natural energy to refresh and revitalize.

Calories 390 kcal. Fat 14 g. Protein 12 g. Carbohydrates 55 g.

**PLA NUENG MANAO | Thai Thai Restaurant**

Steamed Andaman seabass fillet infused with Thai herbs, lime, and garlic. Light, protein-rich, and packed with vibrant flavors that nourish and energize. Sustainably sourced from local fishermen.

Calories 310 kcal. Fat 12 g. Protein 42 g. Carbohydrates 6 g.

**YAM WOON SEN THALAY | Thai Thai Restaurant**

A refreshing glass noodle salad tossed with fresh seafood, dressed in a zesty chili-lime sauce for a light yet flavorful experience.

Calories 340 kcal. Fat 10 g. Protein 24 g. Carbohydrates 38 g.



# REFRESHING BEVERAGES

Feel renewed with drinks that combine hydration, nutrition, and pure taste for a healthy lifestyle.

**PROTEIN SHAKES | Café Karon**

Nourish your body and fuel your day with our protein-packed shakes. Perfect for post-workout recovery or a healthy energy boost, crafted to support muscle growth and overall wellness.

**SMOOTHIES WITH FRESH FRUIT & YOGURT | Café Karon**

Refreshing, creamy, and naturally sweet, our smoothies blend fresh fruit with yogurt for a wholesome boost that energizes and delights.

**BANANA LATTE | OBS To-Go Shop**

A creamy, naturally sweet blend of banana and espresso, packed with potassium and antioxidants to energize your day in a wholesome way.

**AMERICANO COCONUT | OBS To-Go Shop**

A refreshing twist on the classic Americano, infused with coconut for hydration and a subtle boost of healthy fats.

**MATCHA SODA WITH RAMBUTAN | OBS To-Go Shop**

A vibrant, antioxidant-rich matcha soda paired with juicy rambutan for a refreshing, revitalizing drink that awakens the senses.

**Discover More Drink Menu & Outlets**

Explore our full menu and locate all our dining outlets easily through the Pullman Assistant App.





# WELLNESS EXPERIENCES

## YOGA

Rebalance your mind, body, and spirit with our guided yoga sessions. Gentle yet revitalizing, each practice enhances flexibility, reduces stress, and fosters overall well-being.

## CHAKRA SOUND HEALING

Experience the therapeutic power of sound to release stress, enhance focus, and nurture emotional well-being.

## AQUA AEROBICS

Energize your body with low-impact, water-based workouts that improve strength, flexibility, and cardiovascular health while being gentle on your joints.

## MUAY THAI (THAI BOXING)

Boost strength, endurance, and agility with this dynamic martial art. A full-body workout that sharpens focus, builds confidence, and energizes both body and mind.

## AERO DANCE

Power up your body and lift your spirit with high-energy dance workouts. Burn calories, improve coordination, and feel the joy of movement in every beat.



### Discover Daily Wellness

Scan the QR code to explore the daily wellness activities schedule, or book through the Pullman Assistant App.





# GREEN STAY

## SINGLE-USE PLASTIC FREE

Enjoy eco-friendly amenities made from sustainable materials like wheat straw and corn starch. Stone paper packaging is durable and biodegradable. Locally sourced to reduce plastic waste and support a greener future.

## LOCAL SOURCING

Pullman Phuket Karon Beach Resort partners with local farmers, artisans, and producers to bring you fresh, sustainable ingredients and products. By supporting the community, we reduce our carbon footprint and ensure quality you can taste and trust.

## SUPPORTING SOI DOG FOUNDATION

We proudly partner with Soi Dog Foundation to support stray animals in Phuket. Each month, we donate over 150 kilos of dog-friendly breakfast leftovers, provide linen for shelters, and host a lobby donation box for guests. Together, we help improve the lives of animals in our community.

## GREEN KEY CERTIFICATION

Pullman Phuket Karon Beach Resort is proudly certified by Green Key, the leading standard for environmental responsibility and sustainable operations in the tourism industry. This recognition reflects our commitment to reducing environmental impact, promoting sustainability, and delivering a responsible, eco-conscious experience for our guests.

### Discover More Sustainable Practices

Explore our eco-friendly initiatives and responsible practices easily through the Pullman Assistant App.





## THE GARDEN PANTRY

Located next to our Yoga Studio, The Garden Pantry is a living garden that reflects the resort's connection to wellness, sustainability, and mindful living.

Fragrant herbs, vibrant vegetables, and edible flowers thrive under the Phuket sun before being carefully harvested and transformed into nourishing culinary creations. From garden to plate, each ingredient celebrates freshness, seasonality, and the simple pleasures of eating closer to nature.

Take a moment to wander through the garden, breathe in its natural aromas, and discover how some of the most memorable experiences begin with something grown by hand.

TOGETHER TOWARDS A  
SUSTAINABLE FUTURE

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