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KEEMALA

Keemala Raises Sustainability & Authenticity with New Guest Experiences

Keemala takes eco-luxury to a new level with sustainable and authentic guest experiences.

Phuket's trendsetting luxury boutique resort, Keemala, introduces newly curated experiences that gives guests the chance to immerse themselves in nature, and to learn more about environmental sustainability.

Consistent with the resort's culture & philosophy, the new line-up activities highlight the urgency to care for our natural world. Step into the world of Keemala. Luxuriate in the lush and lavish eco-villas, stroll amid sumptuous surroundings to enjoy the finer things in life, with fine gastronomy, pampering spa treatments, and meditative exercise. You can do all this, with no worries about leaving a carbon footprint.

Keemala strives to provide guests with a mindful retreat; the resort's mindfulness extends to preserving the surrounding ecosystem in every way possible.

Our automated swimming pool system uses salt chlorine, which dissolves in water and is safer for the environment than industrial chemicals typically used for pool maintenance.



THE LIFESTYLE

Keemala offers a mindful retreat that goes beyond the body and soul. The resort's mindfulness extends to preserving the fragile environment, both living and non-living. Guests immersing in the Keemala lifestyle delight in our authentically curated experiences without the worry of a lingering carbon footprint.



The story of plastics



Since opening our doors in December 2015, Keemala is proud to have never served a single-used plastic water bottle or straw. Our ongoing commitment removes approximately 50,000 single-use plastic bottles and 20,000 plastic straws annually from global waste sites. Personal care amenities, mini-bar snacks, and take-away servings are also consciously free of single-used plastic packaging.



The story of animals



Keemala has an anti-animal exploitation policy in place where guests immerse in animal conservation activities rather than engaging with animals for entertainment. Existing partnerships with programs such as elephant sanctuaries and turtle rehabilitation projects provide opportunities for both guests and associates to get involved in valuable and sustainable ways. At the resort, Keemala is forever home to many rescued and donated animals, as well as a safe haven for wild animals that are native to Southeast Asia.

The story of water



On an island where tourism depletes public water supply annually, Keemala has alleviated this burden by relying 100% on naturally sourced non-potable water. To further minimize water and chemical use, indigenous plants are cultivated, water plants are grown in ponds to oxygenate and filter water naturally, and runoff is recaptured and treated to greywater for landscaping.

The story of food

Since late 2019, Keemala's "Toward Zero Food Waste" initiative has come full circle. Food is locally sourced, whereby Keemala's "Enchanted Garden" supplies herbs, vegetables and fruit that meet approximately 50% of our kitchen needs seasonally, and local fishermen supply sustainably-caught seafood off Phuket's shore. Through partnership with Scholars for Sustenance (SOS) in Phuket, we are able to redistribute excess foods when available to local disadvantaged communities to further reduce potential food waste. Finally, food waste is composted on-site and returned to Keemala soil as organic fertilizer.

Featured Menu from Our "Enchanted Garden"

- Fresh bananas, jack fruit, durian, longan, pomegranate and star fruit can be sampled at breakfast when in season
- "Mor Gaeng" custard dessert features creamy breadfruit
- Famous "Tom Yum" soup combines the flavours of galangal, ginger, kaffir lime, chili, and oyster mushroom
- Refreshing salads with hydroponic lettuce varieties, watercress, cucumber, and edible flowers
- Sweet, savoury, and spicy Thai salads with wing beans, banana flowers, and lemongrass
- Colourful and delightful beverages featuring coconut water, butterfly pea flower, and pandan leaf





Zero Waste Meeting

Zero Waste Meeting is a goal that is both pragmatic and visionary, to guide people to emulate sustainable natural cycles, where all discarded materials are resources for others to use.

Zero Waste means designing and managing products and processes to reduce the volume and toxicity of waste and materials, conserve and recover all resources, and not burn or bury them. Implementing Zero Waste will eliminate all discharges to land, water or air that may be a threat to planetary, human, animal or plant life”.

What can I do to plan for a Zero Waste Meeting

- Avoid decorations designed for one-time use
- Create centerpieces from fresh fruit and vegetables or potted plants.
- When using flowers, buy local, organically-grown flowers whenever possible.
- Plan the menu to include seasonal, organic food.
- Serve coffee and tea that is organic
- Provide cloth napkins instead of paper.
- Bulk water stations can be used instead of bottled water, reducing the use of plastics.



THE DESIGN

Keemala exudes a perfect blend of uniqueness, sophistication, and harmony with nature. At the heart of our independent brand and design concept is our respect for the environment. Simultaneous to our dedication for heartfelt luxury hospitality service, is commitment to cultivating practices that leave the gentlest of impact on our precious earth.

- Sustainable design that protects the existing ecosystem
- Balanced use of locally-sourced natural materials and sustainably-produced synthetic alternatives
- Reliance on natural daylight to minimize indoor lighting
- Energy efficient systems including lighting, utilities, and water heating

The Awards for Hospitality Experience and Design (AHEAD) by prestigious Sleeper Magazine has recognized the resort's landscaping as being integrated into its environment in a natural and respectful way.

Awards and Recognitions in Sustainability

- Regional Winner for Luxury Eco Spa, World Luxury Spa Awards 2020
- Regional Winner for Luxury Eco Resort, World Luxury Hotel Awards 2019
- Winner for the Best Luxury Eco-Resort in Thailand, Luxury Lifestyle Awards 2019
- Regional Winner for Landscaping & Outdoor Spaces, AHEAD Asia 2017
- World Luxury Award 2021 – Luxury Eco Resort, Continent winner Asia.
- SLH Awards – SLH Considerate Collection (Sustainability)
- Green signed certified



THE CONNECTIONS

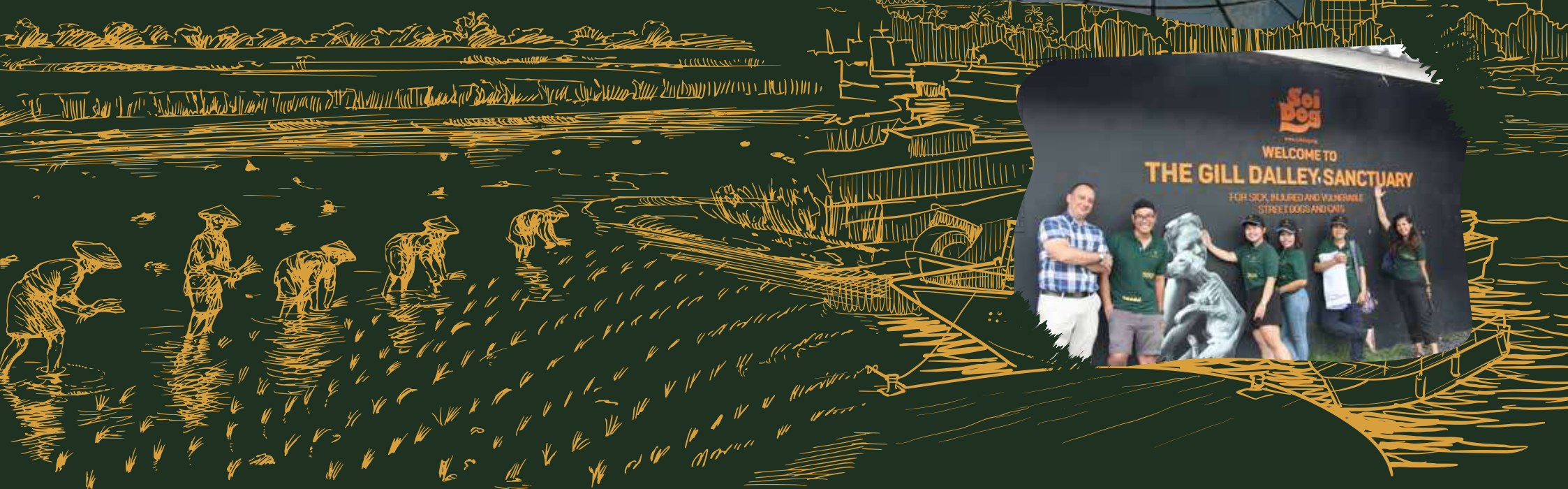
The resort's successful Sustainable LIFE Cycle relies on strong and lasting connections with local communities, like-minded partners, and valued guests.

Connections with Local Communities

- Kamala Green Club for environmental actions together with local business and Kamala Municipality
- Baan Bangtao fishing community for sustainably caught seafoods off of Phuket shore.
- Child Development Center and Elderly Community Group for ongoing support of disadvantaged populations.
- Royal Thai Naval Area Command for rehabilitation of sea turtles.

Connections with Like-Minded Partners

- Siam Botanicals for natural, organic, hand-blended, and no animal tested spa products and Keemala-scented personal amenities.
- Scholars for Sustenance (SOS) for excess food distribution to disadvantaged communities in Phuket.



- Soi Dog Foundation to volunteer in the dog shelters and donate dog food and other essential supplies to support their wonderful work with former street dogs and cats.
- Plant trees within the premises of Khao Phra Thaew Wildlife Sanctuary.
- Planted 600 mangrove saplings in Paklok Sub-District to help revive deteriorated mangrove forest along Phuket's coast. Mangrove ecosystems are essential to shoreline protection, water quality and biodiversity
- A charity run to help victims of the earthquake in Turkey and Syria
- Volunteers by delivering 300 homemade desserts ("Pandan Cake, Baked Banana, and Organic Salad Roll") to express their gratitude for their dedication, sacrifice, and refusal to back down during the COVID-19 crisis at the field hospital.
- Hosting and participating in the annual blood donation event.
- Donating food and essential items to support the Phuket Stray Dog Shelter.



Enchanted Garden Food Index

Banana
Breadfruit
Butterfly pea
Chili
Coconut
Cucumber
Dragon fruit
Durian
Galangal
Ginger
Jack fruit
Kaffir lime
Lemongrass
Lettuce variety
Longan
Long bean
Morning glory
Oyster mushroom
Pandan
Pomegranate
Star fruit
Watercress
Winged beans



Keemala Rescued Animal Index

Buffaloes
Chicken
Ducks
Fish
Peacocks



Keemala Wild Animal Index

Bees
Birds
Butterflies
Cicadas
Civets
Geckos
Lizards
Mayflies
Monitor lizards
Monkeys
Snakes
Squirrels
Tortoises



Keemala Wild Animal Index

The Phuket jungle comes alive at night with a chorus of fascinating sounds. Resident birds and insects emit a variety of chirps and calls, ranging from wonderful to weird. The vast majority of animal species in our forest are not dangerous or poisonous.

The Gecko – a friendly creature

Small to average size lizards which are harmless reptiles. They are found in tropics throughout the world and Thailand. There is no reason to be alarmed by them. During the day, the gecko likes basking in the sun but mostly, geckos are highly active at night, making squeaking sounds as a sign of their interaction with each other. Please rest assured that the gecko are friendly creatures, thus no need to be scared.

Cicada - These small, shy, nocturnal insects vibrate their wings to make an unforgettable, mesmerizing tone. Cicadas are 100% harmless, and spend most of their lives underground. They provide a valuable food source for tropical birds, and aerate the soil. Most people find the cicadas' vibrations soothing and meditative.

Keemala Wild Animal Index

Bees

Birds

Butterflies

Cicadas

Civets

Geckos

Lizards

Mayflies

Monitor lizards

Monkeys

Snakes

Squirrels

Tortoises



Keep your eyes open!

Which birds have you seen?

Grey-capped Woodpecker

The Grey-capped Woodpecker, a species of barbet, shares its range with larger barbets across much of South Asia. In the Western Ghats, it can be found alongside other species, often distinguished by its

Coppersmith Barbete

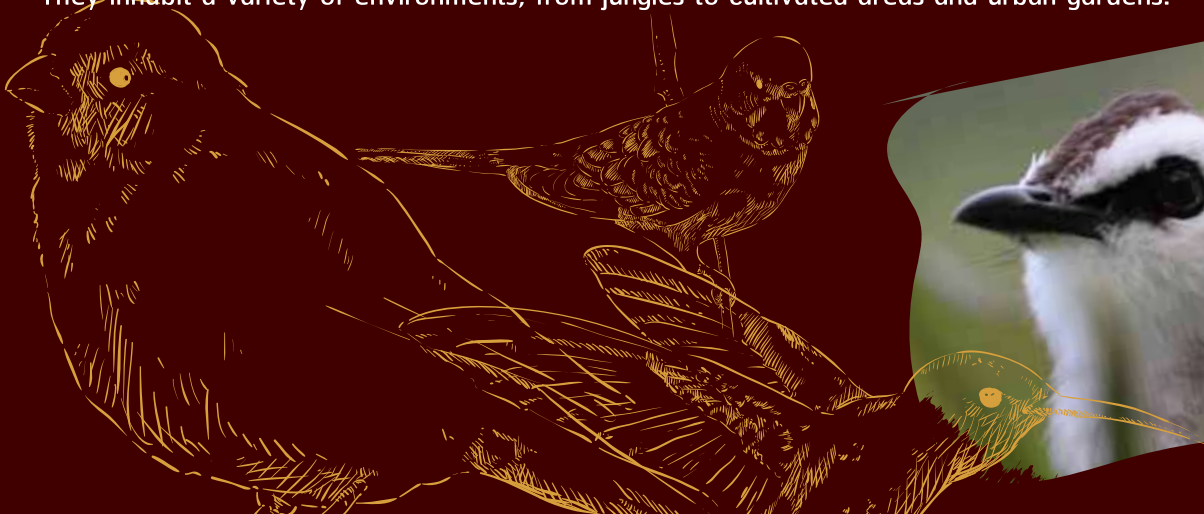
The coppersmith barbet, also known as the crimson-breasted barbet or simply coppersmith, is a bird characterized by its crimson forehead and throat. It is best known for its distinctive call, which resembles the sound of a coppersmith striking metal with a hammer.

Little Bronze Cuckoo

The little bronze cuckoo is a species of cuckoo belonging to the family Cuculidae. It is native to Southeast Asia, New Guinea, and northern and eastern Australia. This bird typically inhabits subtropical or tropical moist lowland forests..

Greater Coucale

The greater coucal, also known as the crow pheasant (*Centropus sinensis*), is a large bird belonging to the cuckoo order of birds, the Cuculiformes. It is a non-parasitic species found across Asia, ranging from India and Pakistan to eastern and southern China, Nepal, and Indonesia. The bird is further divided into several subspecies, with some recognized as full species. Greater coucals resemble crows, with a large size, long tail, and coppery brown wings. They inhabit a variety of environments, from jungles to cultivated areas and urban gardens.



Enchanted Garden Food Index

Keemala's 'Enchanted Garden' plays a vital role in our culinary offerings, providing nearly half of the vegetables and herbs we use daily. We cultivate organic herbs that are fundamental to Thai cuisine, including basil, chili, galangal, lemongrass, and kaffir lime. Our garden also yields an abundance of seasonal fruits such as mango, rambutan, starfruit, mangosteen, mulberry, and breadfruit, with banana trees bearing fruit year-round. These ingredients are integral to our Healthy Living concept, and we refrain from using chemically based pesticides or fertilizers. At Keemala, plants thrive in a natural and nurturing environment.



Breadfruit offers numerous health benefits. It possesses anti-cancer properties, aids in digestion, and contributes to improved bone health. Additionally, breadfruit flour is gluten-free and has a low glycemic index, making it a suitable choice for individuals with diabetes.



Oyster mushrooms offer several health benefits. They promote heart and immune system health, support healthy blood sugar levels, and exhibit antioxidant and anti-inflammatory properties.



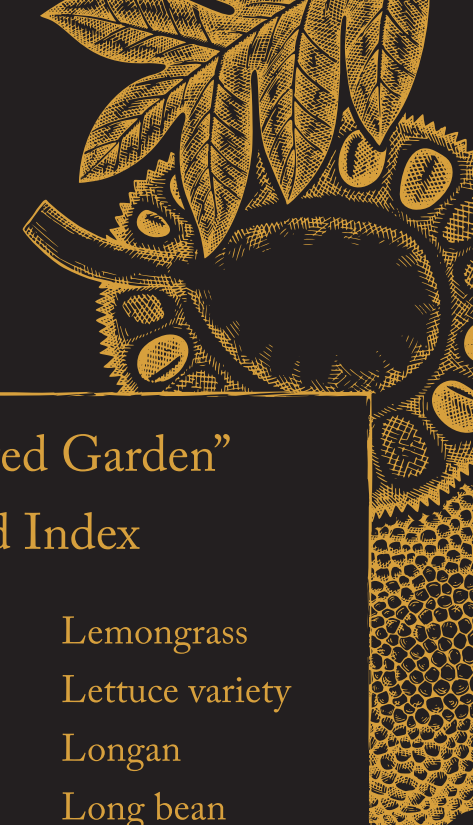
Lemongrass is believed to have several health benefits. It may help prevent the growth of certain bacteria and yeast. Additionally, lemongrass contains compounds that are thought to alleviate pain and inflammation, reduce fever, regulate blood sugar and cholesterol levels, stimulate the uterus and menstrual flow, and possess antioxidant



Butterfly pea flower is rich in antioxidants and is associated with several potential health benefits. These include aiding in weight loss, improving blood sugar control, and enhancing the health of hair and skin.

“Enchanted Garden” Food Index

Banana	Lemongrass
Breadfruit	Lettuce variety
Butterfly pea	Longan
Chili	Long bean
Coconut	Morning glory
Cucumber	Oyster mushroom
Dragon fruit	Pandan
Durian	Pomegranate
Galangal	Star fruit
Ginger	Watercress
Jack fruit	Winged beans
Kaffir lime	



Honeycomb

Indulge in our natural, organic honeycomb sourced from our garden and forest at Keemala. Our PURE honey boasts a distinct sweetness without any additives. Enjoy it as a delectable topping on pancakes, bread, or desserts, or add it to your favorite coffee or herbal tea for a delightful touch of natural sweetness.



Giant honey bee (ผึ้งหลวง)

Giant honey bees (*Apis dorsata*) are the largest honey bee species, measuring 17–20 mm long. They have a similar appearance to European honey bees, with golden, black, and pale bands on their abdomen and a hairy thorax. Their nests are large, single combs, reaching up to 1.5 meters long and 1 meter wide, housing colonies of up to 60,000 bees. Unlike other species, giant honey bee colonies are often clustered together. They selectively collect pollen from specific flowers based on color, resulting in consistently sweet-flavored nectar.



Dwarf honey bee (ผึ้งมด)

Dwarf honey bees, notably the red dwarf honey bee (*Apis florea*), are prevalent throughout tropical Asia, ranging from the Indian subcontinent to Southeast Asia and the Malay peninsula. They nest externally, typically in trees and low shrubs, with small single combs less than 25 cm across. While their honeycomb is smaller than that of giant honey bees, the sweetness of their honey is comparable.



Asian honey bee (ผึ้งโพธิ์)

The Asian honey bee (AHB) is widespread across tropical, sub-tropical, and temperate zones of Southeast and mainland Asia. While it produces less honey than the European honey bee (EHB), the taste of Asian honey bee honeycomb is complex, blending sour, bitter, and sweeter tones together.

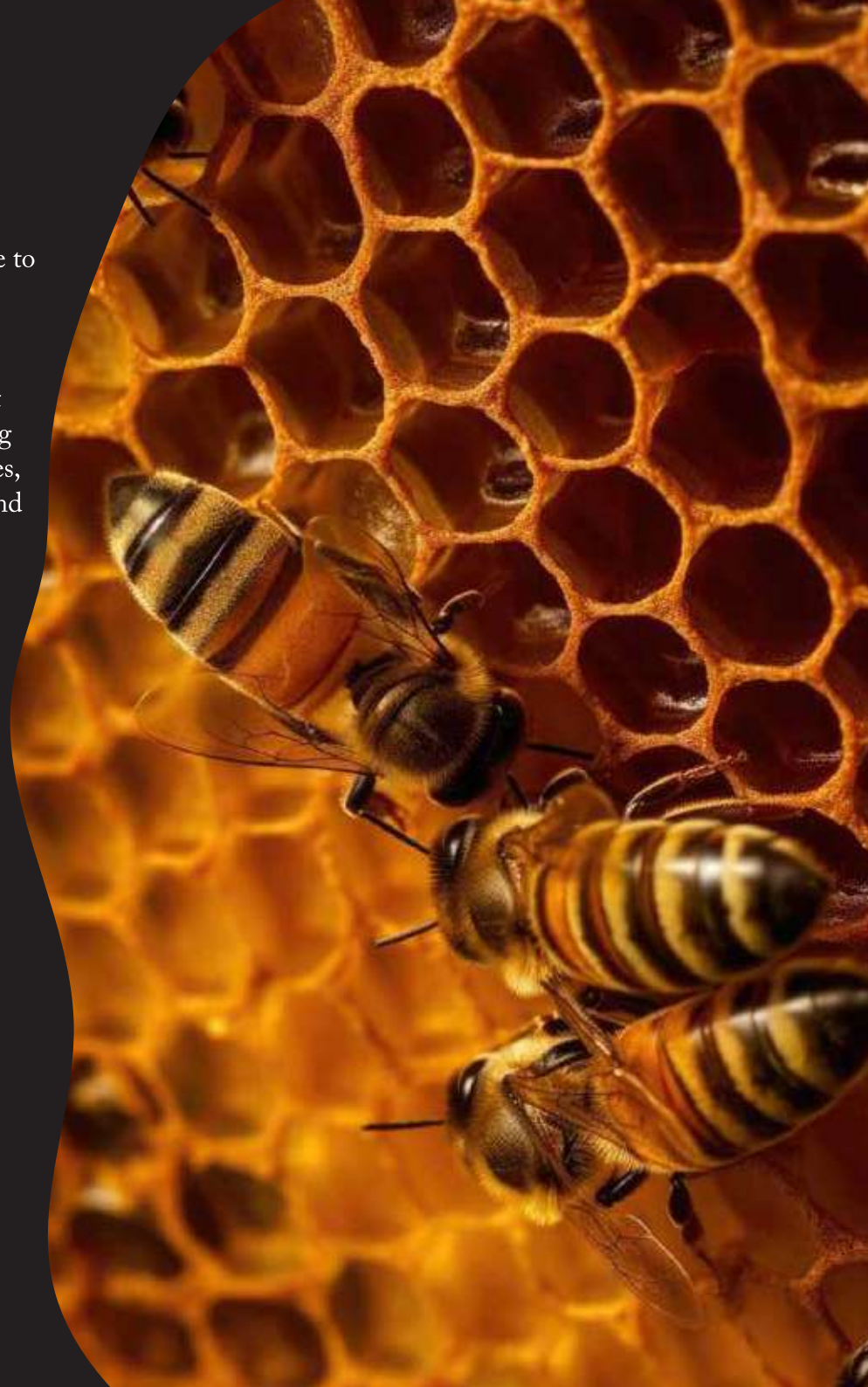


Health Benefits of Honey

Honey, derived from the sweet nectar of blossoming flowers and diligently crafted by bees, is a veritable elixir of energy and nourishing carbohydrates. Its captivating taste and hue are an ode to the diverse flora from which it originates.

In a single tablespoon, honey offers a delightful indulgence of 64 calories, accompanied by 17 grams of sugars, including fructose, glucose, maltose, and sucrose. While it may appear modest in fiber, fat, and protein content, raw honey shines as a treasure trove of antioxidants, bestowing upon us the gift of enhanced blood oxygenation and fortification against heart ailments, strokes, and certain malignancies. Its antioxidant prowess extends to the preservation of radiant eyes and supple skin, a testament to its natural vitality.

Embracing honey as a sugar alternative heralds a journey toward gentler glycemic responses. With its lower glycemic index, honey gracefully moderates blood sugar surges, fostering a harmonious balance within our bodies.



Keemala Rescue Animal Index

The tale of Keemala's Water Buffalos unfolds as a testament to compassion and stewardship. Seven years ago, the owner of Keemala rescued a water buffalo who was destined for the slaughterhouse in South Thailand's Phattalung Province. We adopted the buffalo and brought him to live at the resort. Three years later, we rescued a female water buffalo.

The male and female buffalo lived together happily at Keemala. The pair mated and had a baby. That baby buffalo is now a fully grown, three-year-old adult.

Three full-sized water buffalos need a bit more space than we can give them at Keemala, so we recently transported the entire family to neighboring Phang Nga province. The resort owner has a farm in Phang Nga where these gentle creatures have plenty of room to graze, bathe, and walk around in a beautiful natural environment.

Keemala's sanctuary extends beyond water buffalos, embracing an array of rescued and donated fauna, from ducks to peacocks and chickens. Each creature finds solace and sanctuary within the nurturing embrace of Keemala's ethos.



Keemala Rescued Animal Index

Buffaloes

Chicken

Ducks

Fish

Peacocks



Keemala Animal Welfare

At Keemala, we prioritize the well-being of animals, ensuring they receive proper care and humane treatment. We strictly prohibit the use of shark fin, foie gras, or any endangered species in our culinary practices. This stance reflects our unwavering commitment to ethical sourcing and our rejection of any food derived from the exploitation of animals.

Furthermore, we champion local products, sourcing ingredients from nearby producers. This not only guarantees freshness and superior flavor but also supports the local community. By choosing locally sourced seafood and other proteins, we uphold our responsibility to sustainability and environmental conservation.





The health benefits when staying at Keemala

Keemala resort, nestled in Phuket, Thailand, seamlessly blends eco-conscious practices with luxurious wellness amenities, offering guests a truly indulgent yet sustainable experience.

Central to the resort's philosophy is a focus on health and wellness. A natural spring originating from the lush rainforest cascades down the hillside, imbuing the surroundings with a serene ambiance. This revitalizing water source feeds into a pond where cheerful ducks and geese leisurely roam.

The Mala Spa, boasting eight treatment rooms designed like a traditional hill tribe village, serves as a sanctuary for relaxation and rejuvenation. Highly skilled therapists administer a range of signature treatments, from massages and scrubs to restorative raindrop therapies and crystal reiki. Sauna and steam rooms are available, with select treatment spaces accommodating couples.

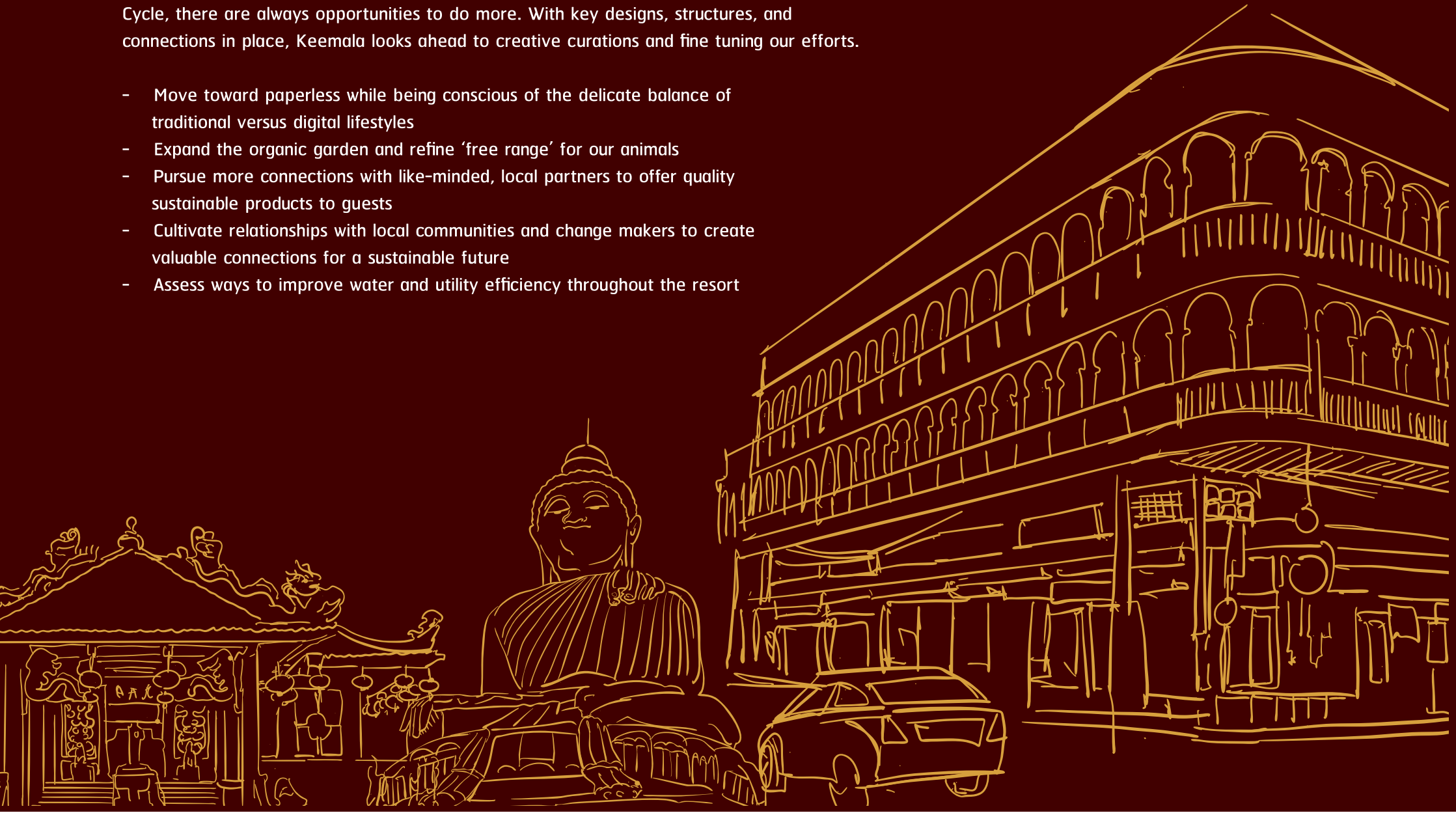
Keemala regularly hosts esteemed practitioners from diverse healing traditions, enriching the wellness program with chiropractic care, nutritional guidance, and tailored healing sessions. Guests can opt for bespoke holistic retreats, complete with personalized spa treatments, private yoga and Tai Chi sessions, and nourishing spa cuisine.

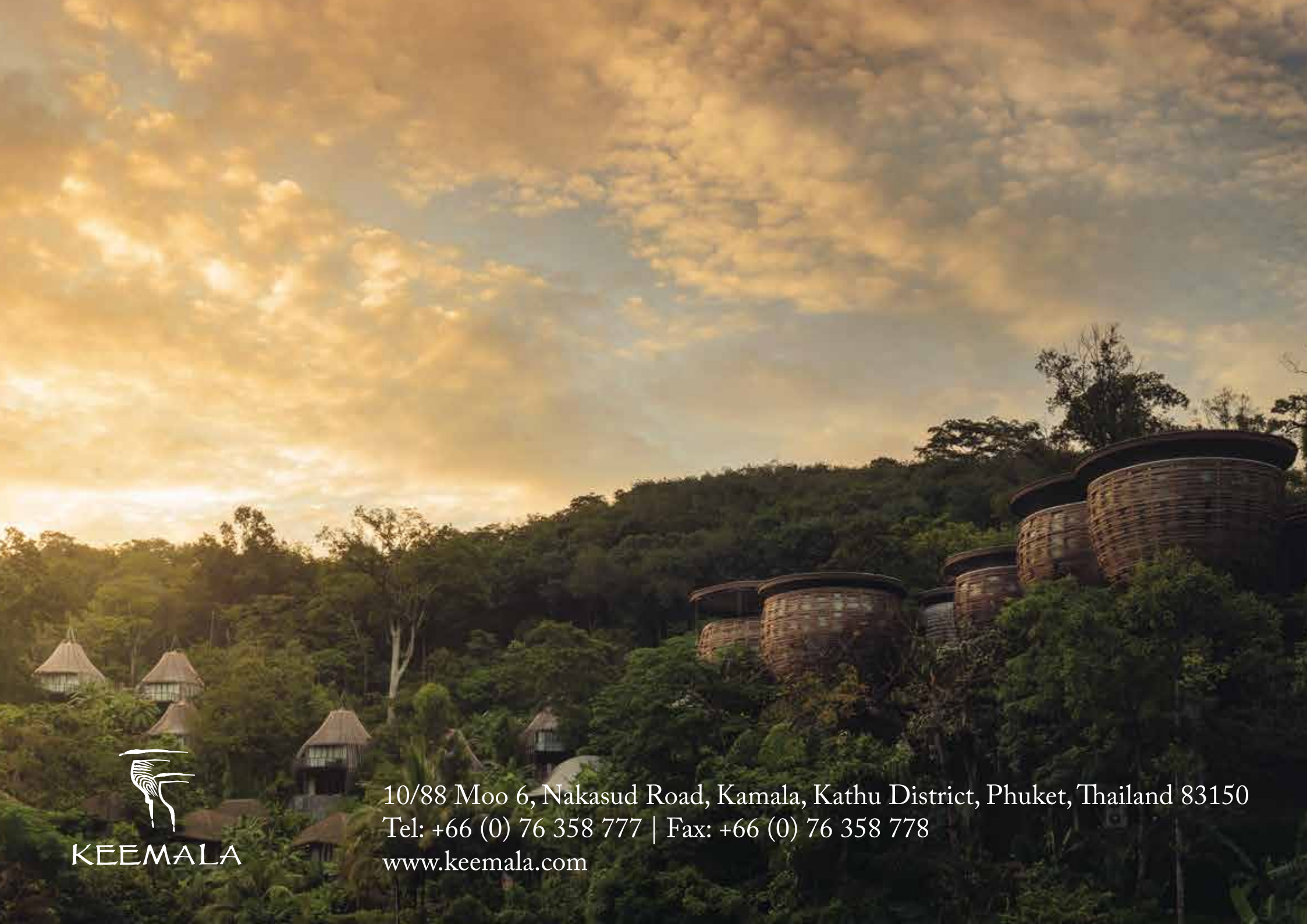
The tranquil aura of Keemala resonates long after guests depart, leaving them with lasting memories of serenity and well-being.

THE FUTURE

We believe that no matter how far we have come on our journey toward a Sustainable LIFE Cycle, there are always opportunities to do more. With key designs, structures, and connections in place, Keemala looks ahead to creative curations and fine tuning our efforts.

- Move toward paperless while being conscious of the delicate balance of traditional versus digital lifestyles
- Expand the organic garden and refine 'free range' for our animals
- Pursue more connections with like-minded, local partners to offer quality sustainable products to guests
- Cultivate relationships with local communities and change makers to create valuable connections for a sustainable future
- Assess ways to improve water and utility efficiency throughout the resort





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