



# Sustainability Handbook



*Paresa Resort Phuket*

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*Paresa Resort Phuket*



## Mission Statement

We recognise the importance of operating a business for sustainable growth. By using resources with care and prioritising efficiency, Paresa aims to operate in an environmentally friendly manner that benefits its guests, staff, and the island. Together, we strive to fight climate change and make the world a better place while growing responsibly as a company.



## Our Story

Paresa Resort Phuket is a five-star luxury resort perched on the Kamala cliffs on Phuket's west coast, surrounded by tropical forests and overlooking the Andaman Sea. With 42 private pool villas, we offer exceptional privacy, tranquillity, and breathtaking views. We are committed to sustainability and focus on 4 main areas: [Water](#) | [Energy](#) | [Waste](#) | [Community](#)

### - Water -



1. **Utilising both natural mountain water and harvested rainwater** by expanding our dedicated storage tanks to reduce dependency on municipal supply.
2. **Treatment of grey water**, collecting and storage of rain water for gardening
3. **Flow-reducing filters** installed on all taps, saving up to 30% of water usage.



- Energy -



1. The installation of **glass film insulation** on guest villas reduces electricity consumption by maintaining cooler indoor temperatures, decreasing the need for air conditioning.
2. Upgrade to **VRV Daikin air conditioning system** to enhance energy efficiency and guest comfort. This advanced system provides precise temperature control for different areas, reducing energy consumption and maintaining consistent cooling. The VRV system also helps lower electricity costs and supports our commitment to sustainability by minimising the resort's carbon footprint. (THAI CI Granted for main kitchen and offices to enhance energy savings and support sustainability efforts.)
3. **Inverter air conditioning systems optimise energy use, contributing to overall lower electricity costs and carbon footprint, which provides** more consistent cooling without frequent power fluctuations.
4. **Sensorflow Smart air conditioning system.** A smart system monitoring when balcony doors are left open or if the room is unoccupied, the automated controls will change temperature levels or modes accordingly. This innovative approach aligns with our commitment to sustainability and responsible energy management, making it a significant step toward reducing the resort's carbon footprint.

Monitoring and Control: The system allows the resort to monitor and control the air conditioning in guest villas actively. This helps ensure that guests use the AC efficiently, preventing unnecessary energy consumption and allows easy checks on any AC errors without entering the room.

Online Integration: By integrating the air conditioning system with an online platform, the resort can manage and adjust settings remotely. This feature helps optimize energy usage and prevents system overloads, contributing to overall operational efficiency.

5. **LED lighting** throughout resort and motion sensor technology to reduce energy consumption



6. **Smart timer** systems to optimize swimming pool pump times and other motors that could run at night on lower electric charges.
7. **Solar Panel Installation** – a clean energy initiative aimed at reducing carbon footprint and energy costs.
8. **Resort's Nursery Plants** plays a key role in our commitment to sustainability and enhancing the beauty of the resort. Located within our grounds, the nursery cultivates a variety of native and ornamental plants, which are used to maintain the resort's lush landscapes and supply our kitchens. By growing our own plants, we contribute to environmental conservation, reduce our carbon footprint, and enhance the overall guest experience.

### - Food Waste -



Paresa Resort Phuket has implemented a series of initiatives to **reduce food waste** effectively. These practices, paired with strategic sourcing of fresh ingredients, help us meet its sustainability goals and reduce its environmental impact.

1. **Mini Buffet and A La Carte Breakfast:** by offering a mini buffet and a la carte menu, the resort has minimized leftover food after breakfast.
2. **Food Waste Composting:** the resort uses a composting machine to convert leftover food waste into fertilizer for trees and plants on-site. This reduces disposable waste while supporting the resort's landscaping needs without requiring the purchase of external fertilisers. We have achieved Zero Organic Waste Out of the Resort, all food waste is now composted on-site and used as natural fertilizer.



3. **Effective Microorganism (EM) Water Production:** Paresa recently established a new compost station specifically for producing EM water, which aids in decomposing organic matter efficiently.
4. **Underground Composting:** by employing an underground composting system to manage organic waste efficiently. This method helps to decompose food waste and enrich the soil naturally, preventing organic waste from leaving the resort and supporting the cultivation of plants in the nursery.
5. **Waste Oil Management:** by partnering with FRYCYCLE, the resort repurposes used cooking oil to create candles and participates in the conversion of used oil into aviation fuel. This has both reduced waste and introduced a revenue stream by selling used oil.
6. **Landscape Waste Management (Leaves & Garden Waste):** resort leaves and garden clippings are collected and processed together with food waste in the composting system. This ensures that all organic waste is reused on-site to enrich the soil and support the nursery, reducing the need for external fertilisers.

## - Plastic Waste –



Paresa Resort Phuket is signatory to the Phuket Plastic Pledge, an agreement to reduce, reuse and **recycle single-use plastics in Phuket**, with the aim to eradicate in all hotels and resorts.

1. **Pilot Resort Project:** single Use Plastic Preventive with CAP-SEA (2021 - 2023)
2. **Replaced disposable guest slippers** with washable ones to reduce single-use waste.
3. **Replaced all tissue and A4 paper** with eco-friendly options for guest and staff.
4. **Partner with certified companies** supporting sustainable projects, eg. Cannon photocopy/printing



5. **Refillable Liquid Containers in Bathrooms:** replaces small liquid bottles, saving about 30,000 plastic bottles per year.
6. **Switching to Glass Bottles for Drinking Water:** reduces approximately 100,000 plastic bottles annually. In resort water treatment and bottling process and system.
7. **Recyclable Packaging for Dry Amenities:** saves around 7,000 sachets per year.
8. **Wooden Resort Key Cards:** switching from plastic to recycled wood saves 46,000 plastic key cards annually.
9. **Rice Straw Pens:** replaces plastic pens, reducing plastic use by about 3,000 pens per year.
10. **Paper Bags in the Spa:** replaces plastic underwear bags, saving 2,000 plastic bags annually.
11. **Biodegradable Garbage Bags:** reduces plastic waste by 30 kg per year.
12. **Staff ban on Single Use Plastics (SUP's) into resort:** staff are prohibited from bringing single use plastics onto the property.
13. **Purchasing and procurement:** requires reduction of plastic in the delivery process.
14. **Waste Management Education:** The Annual Resort Green Day focuses on educating staff about sustainable practices such as wastewater management and garbage separation, improving overall sustainability in operations.

## - Community -



1. Implemented the use of **100% free-range eggs** across all operations.
2. As part of our commitment to **reducing carbon emissions and supporting local products**, we have replaced non-essential imported mineral water with high-quality Thai alternatives such as Mont Fleur and Sai Yok.



## Support



These projects reflect our dedication to sustainability and environmental care, promoting responsible practices within the hospitality industry while contributing to the local ecosystem.

1. **Pimali Foundation:** providing employment opportunities to underprivileged students to focus and guide them into meaningful and sustainable careers.
2. **New School Far Initiative:** partnering with Baan Kalim School to inspire and educate children about sustainability, equipping them with knowledge to adopt eco-friendly practices in their daily lives.
3. **Community Support:** donating drinking water during floods and engaging in sustainable waste practices that contribute to keeping Phuket Island cleaner.
4. **World Food Day:** donating meals to residents, improving quality of life within the community, and contributing to a more sustainable future.
5. **Seeds of Change Phuket:** donating unused fabric to support local women's sewing projects.
6. **Give Box Initiative:** Sharing items in good condition to reduce landfill waste and promote reuse.
7. **Clean-Up Campaigns:** Regular participation in beach and roadside clean-ups to protect the environment and local community.
8. **100% free-range eggs** Implemented the use of more sustainable eggs across all operations.
9. **Reduce imported products:** As part of our commitment to reducing carbon emissions and supporting local products, we have replaced non-essential imported mineral water with high-quality Thai alternatives such as Mont Fleur and Sai Yok.
10. **Youth Aluminum Coffee Lid & Drinking Water Donation Program:** recycled for charitable causes and to reduce waste.



11. **“คนไทยไร้ E-Waste” E-Waste Hub with AIS:** collection and proper recycling of electronic waste.
12. **Marine Life Release Project:** actively participating in marine and freshwater life release initiatives, supporting conservation efforts through the release of fish, shrimp, and sea turtles in collaboration with local organisations and authorities.
13. **Mangrove Reforestation:** participating in mangrove planting at Baan Paklok to restore coastal ecosystems and support biodiversity.
14. **Sea Turtle Care Activity:** joining the Andaman Coastal Marine Resource Research Centre at Cape Panwa for an educational and hands-on experience in sea turtle care, promoting awareness and marine conservation.

## Awards & Recognition



- Certified Green Hotel Award (Gold Level) in 2025
- Green Health Hotel Award: recognized by Phuket Provincial Public Health Office for maintaining high standards in hygiene, environmental health, and sustainable operations to promote well-being for guests and staff
- Phuket Grease to Green: participated in the initiative with over 100 organizations promoting sustainable energy, supporting Thailand’s BCG (Bio-Circular-Green Economy) Model, and aligning with UN Sustainable Development Goals (SDGs)
- ไม่ทอดซ้ำ Don’t Reuse Cooking Oil: forwarded used cooking oil into Sustainable Aviation Fuel (SAF)
- Chemical-Free Practices: Using Ozone water (ACQUA3 Sustainable)
- Certified Green Leaf Member in 2023: committed to Sustainable Environmental Practices
- Certified CF Hotel Member in 2023 and Supportive Participant in MASCI Fund Audit
- Recognised in the STAR 2024 – 5 Stars: sustainable Tourism Acceleration Rating, we strive to protect the environment.