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# INSIDER

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## ASIA

BY LE PARIS PHUKET - BANGKOK MAGAZINE ISSUE 58



ISSUE  
58

ENGLISH  
COPY  
WITH A FRENCH  
TWIST

# INSIDER

## ASIA

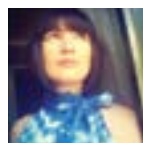
### Debbie Oakes / Chief Editor

Debbie Oakes is a flying Kiwi. She has spent more than half of her life in cool, manic and magic Asia. As a writer and photographer she has covered in all aspects of lifestyle. From human interest and poverty to health and beauty, food and of course wine. Life is a treasure hunt where people, adventure, breaking bread (and always the odd bit of shopping) are the holy grail.



### Lilly Carrion / Editor & Director of Sales & Marketing

Lilly travelled extensively before settling on the tropical paradise of Phuket. With her friendly soul, extensive island contacts, experience in PR and marketing skills she decided to offer the best of her talents to Insider Asia Magazine.



### Adriano Trapani / Photographer

Adriano Trapani is an Italian expat who has been living and working in Phuket as photographer for over a decade. To many he's also known as Phuket Paparazzi from his underwater photography days as the underwater paparazzi.

From fantasy portraits to architecture, products and lifestyle, he approaches every subject or assignment as unique and he always strives for best results.



### Frank Couture / Contributor

Passionate diver and long-time resident in Thailand, Frank has been traveling the world for business and adventure for almost 30 years. Spontaneous, outgoing and optimistic, he strives to combine his mother's German organisational skills with his French father's love of an epicurean lifestyle. Father of two and founding member of the Phuket Sunshine village child care center, he considers Phuket as his home and the world as his playground.



### Jerry Minoret / Contributor

From the day Jerry discovered the ways and tools to capture moments of life he decided to focus his attention to detail. Capturing images that often pass by unnoticed. He does not want to miss the beauty of that which surrounds us. His photography combines spectacular events and mind blowing panoramas. His wish is to get to make us dream with our eyes wide open.



### Lisa Allen / Contributor

Lisa Allen is a creative freelance make-up artist, hair designer and stylist currently based in Phuket, Thailand. An accomplished expert in her field of artistry, Lisa's skilful make up application, professional hair styling techniques and flair for creativity have enabled her to develop a successful business with a reputation that precedes her.



### Annebe van Dijkis / Nutritionist

Annebe van Dijkis a nutritionist who studied health and orthomolecular nutrition. She has a passion for healthy eating that she shares on [www.facebook.com/healthy.bitsbyanna](http://www.facebook.com/healthy.bitsbyanna). Anna also runs a vegetarian restaurant for students. Anna runs workshops and consultations on healthy diet & lifestyle.



### Manuschai Kaewrat / Art Director

'Manu' is back in the designer seat at "INSIDER ASIA" Magazine. He studied graphic design at Runsit University and has worked for 12 years.



### Pramote Jamsrikaew / Graphic Designer

'POPCORN' is a highly regarded graphic designer who has worked for many magazine in Bangkok.



# INSIDER

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## ASIA

By LE PARIS PHUKET - BANGKOK

Independant bimonthly Magazine

English with a French Twist

Founded in December 2011

### DISTRIBUTION

Phuket, Bangkok, Chiang Mai, Pattaya, Samui  
Shanghai, Hongkong, Singapore, Bali, Paris

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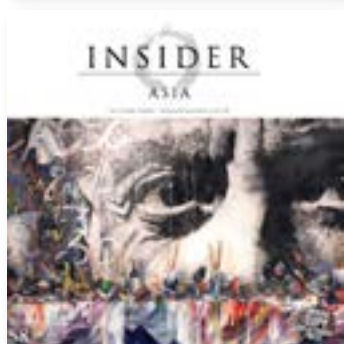
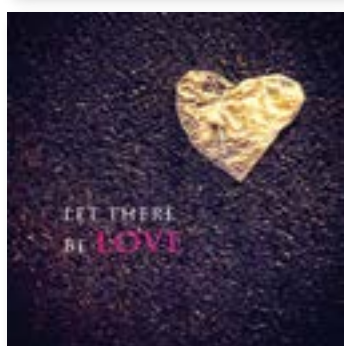
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if the glass is half empty  
or half full, miss the point.  
The glass is refillable..."

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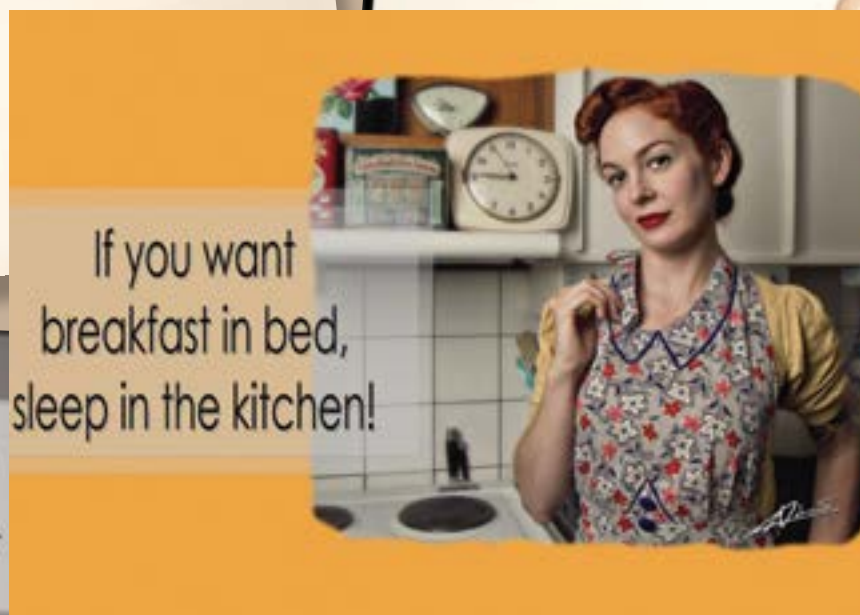




People who wonder if  
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miss the point.  
The glass is  
refillable

*Adams*





## PHUKET PINUP GIRL PIN ME UP PIN ME DOWN

By Lilly Carrion  
Photographer: Adriano Trapani

**O**riginating in 1940's America, the term 'pin up girl' literally refers to the pins that were used to fix photographs of pretty girls to the wall. Symbolizing strength, femininity and sexiness the pin-up girl images emerged during the Second World War for soldiers pin to their bunks. Historically, they were of famous celebrities. The photos depict women in a range of roles: military, home, kitsch and aesthetic nostalgia.

Talented Italian photographer, Adriano Trapani met some girls living in a vintage universe while travelling in Sweden. They wore 1940's clothes and lived in retro homes. After photographing them he began a series of photographs which he has continued in his adopted Phuket home.



# FACE FORWARD

SPRING  
CLEANING  
YOUR COSMETICS

By **Lisa Allen**  
Photographer: **Adriano Trapani**



Adriano Trapani



**L**isa Allen is Insider Asia's specialist makeup artist offering tips, advice and hot new products to beautify your life.

When meeting clients for the first time at a wedding trial or an individual makeup lesson, I ask them to bring along their own cosmetics bag.

At first some people are embarrassed and a little shy about showing their own make up to me (the makeup artist). Maybe they have been using the same cosmetics for years (stuck in a rut?) and feel that they don't have the right products or ideas.

Firstly, there is no wrong or right way when it comes to makeup. There are simply no rules - none - for makeup application or buying cosmetics for yourself.

We need to trust our own instincts about our likes and dislikes. We need to trust, relax and see what we are attracted to, colours, textures and styles.

When I first meet my clients I ask them to explain to me about their daily cosmetic makeup routine. They often believe that they have no idea about makeup or cosmetic choices, but when I look into their cosmetics bags I'm usually impressed with their choices from colour, through to consistency and style. We just need to give ourselves more credit, recognition and trust our instincts.

With this in mind I thought I would run through a topic, which is close to my heart, and also a great starting point and that's the cosmetics makeup bag. Let's spring clean it!

Although it may be tempting to hold on to every last inch of foundation from over the years or every last drop of lotion, it may also be time to let go.

How long cosmetics actually ground for bacteria. This is why it should be replaced every three to six months, when it starts getting clumpy and drying out, this is a sign.

Liquid eyeliner has also the same lifespan, but your pencil liners should last between 18 months to 1 year with regular cleaning.

Anything dry, like powdered foundation, blusher and eye shadows can last from 18 months to two years, if they're kept out of the sun (keep in a dry dark place) Liquid forms, (BB Cushion) or crème consistency products generally last for about a year.



Lipstick should be good for up to a year. If they've been subjected to heat and have melted slightly, they might not be as smooth and may even turn out streaky. Of course, lipsticks are another hiding place for bacteria, so keep that mind whenever lending your lipstick to a friend.

TIP: Try storing them in the fridge to maximise the lifespan of your favourite lipsticks.

Makeup deteriorates with humidity!

When storing cosmetics in drawers you can add something like Farcent (from Tesco Lotus, MACRO & Villa Market), which is a dehumidifier. Electronic dehumidistat can be found online at Lazada or Home Pro stores. These really help with the humidity here in Phuket!



### **Health & Safety**

This subject is very important. Please read this section carefully.

Imagine this when using testers in department stores or chemists/pharmacies, how many other people before you have tested these products. On their faces, lips, eyes, and hands.

Studies have shown that bacterial contamination is found in every sample and shows up at a higher rate on weekends and holidays when stores are busier.

Please make sure that you wash your hands with soap and water before and after using a makeup tester, or use a hand sanitiser. Try products on the back of your hand, not your face, and then hold your hand up to your face to see how the colour looks.

### ***Don't test products on your eyes or lips!***

The larger cosmetic brands makeup artists undergo mandatory training, learning procedures such as sanitising lipsticks by dipping them in alcohol and wiping them off; wiping the top layer off powdered cosmetics; sharpening eye pencils between uses; and encouraging customers to test the products on their hands instead of their faces. Great to know.

Here's a simplified list of makeup/cosmetic products with their longevity details.





### Makeup

- Mascara (regular or waterproof): 3-6 months
- Liquid & gel eyeliner: 3-6 months
- Pencil eyeliners/lip liners: 18 months-1 year
- Powder based formulations, blusher, bronzer, highlighter, foundation and eyeshadows: 18 months-2 years
- Liquid/crème based formulations, BB cushion, blusher, bronzer, highlighter, foundation and eyeshadows: 1 year
- Lipsticks: 12-18 months
- Lip balms: 6 months

### Warning Signs

- Unusually discoloured, runny or lumpy.
- Strange odour, strong alcoholic scent.
- Different texture on the skin.
- Packaging that is old and deteriorating.
- Dries out, becomes clunky.
- Colour separates (foundations).
- The product stops performing as best as it used to.

### Preventative Measures

- Tighten the lid of product after each use.
- Wash your hands before use.
- Ensure each product is stored in the correct climate or humidity (best stored in a cool dark place).
- Write the date of purchase in permanent ink.
- Throw away any eye products after any infections.

If you forget the purchase date, no worries just look out for the period-after-opening symbol (PAO) a number followed by an M with an open jar symbol. It's usually located on the back of packaging. So, a "12M" with an open jar symbol means you should throw the product out 12 months after you've opened it.

**Finally go through your makeup bag regularly to make sure it's clean and not too overloaded.**

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# FIT FAB & FIFTY PLUS

YES IT IS POSSIBLE TO IN YOUR 50'S AND AFTER!

By **Olivia Gurdjian**  
Photographer: **Adriano Trapani**



## LE « BIEN VIEILLIR »

**E**tre en forme après 50 ans, c'est possible ! La lutte contre le temps pour continuer à jouir de son autonomie, de son indépendance et de sa forme physique est un combat quotidien réalisable grâce à une démarche personnelle, active et volontaire à la portée de tous.

La priorité est de préserver son capital santé et offrir à sa vie de quinze de beaux jours.

Finis le Botox et autres techniques onéreuses et démodées ! L'heure est à l'optimisation de votre hygiène de vie mentale, physique et nutritionnelle par des moyens naturels.

Préserver son capital santé est essentiel pour se sentir bien dans son corps et dans sa tête, ne plus subir le temps qui passe et choisir d'être l'acteur de sa longévité.

Pour ce faire, suivez le guide !

### Manger mieux

L'un des piliers d'une vie saine à tout âge est une alimentation équilibrée et de qualité. L'impact de l'alimentation sur la santé est indéniable et c'est pour quoi il est vital de bien s'alimenter. Comme Hippocrate le recommandait, que l'aliment soit ton médicament. La nourriture apporte une variété d'éléments nutritifs permettant à l'organisme de bien fonctionner. A contrario, les excès en sucre, graisses, sel, viande rouge et alcool provoquent une dégradation précoce des organes vitaux ainsi qu'une multiplication des pathologies telles que le diabète, les maladies cardio-vasculaires ou certains cancers.

On opte donc pour des antioxydants, contenus en grande quantité dans les fruits et légumes colorés tels que la myrtille, la grenade, la betterave, la tomate, la prune, la fraise, la baie de Goji mais aussi les tanins du vin et du thé ; ou encore la carotte, le potiron, le melon, l'abricot, orange, l'avocat, le brocoli ou le kiwi. Le choix est vaste et varié !

### Bouger plus

Un autre bouclier anti-âge incontournable est l'activité physique. Stimuler ses aptitudes physiques et intellectuelles est le meilleur allié contre les flétrissures du temps.

La sédentarité et le manque d'exercice génèrent du « gras » plutôt que du « muscle » et vous exposent à des méfaits tels que la surcharge pondérale, le syndrome métabolique, l'hypertension, les infarctus et la réduction de l'espérance de vie. On quitte donc son canapé et on s'adonne à une activité physique régulière. Choisissez une activité qui vous procure du plaisir à une fréquence modérée. 3 séances par semaine suffiront à faire du bien à votre corps et à décharger la dose d'endorphine nécessaire. Marche rapide, nordique, vélo, natation, gym au sol..., tout est envisageable à condition d'être régulier dans son effort et de s'y tenir. Les résultats ne se font pas attendre : dès deux mois sur l'apparence physique, puis sur la santé.

Vous n'avez donc plus d'excuse pour prendre soin de vous, de votre capital santé et optimiser votre hygiène de vie.

Pour vous aider dans votre démarche, de très bons compléments alimentaires naturels existent tels que la Gelée bio et pure d'Aragan ou le jus d'Argousier bio de Weleda.

*Et pour vous féliciter de vos efforts et vous faire choyer par des mains expertes, accordez vous une escapade au SPA l'Occitane de Koh Phangan (<http://www.kupuphangan.com>).*

## FIT FAB & FIFTY PLUS !

Yes it IS possible to be in good shape in your 50's and after. Fighting against the often unkind advances of time to stay in shape requires determination to be active. But this is something everyone can choose.

Good health is the most important thing to ensure good times remain ahead.

There is more to feeling and looking young than Botox... Continuing to feel good in body and in mind is about protecting and preserving your health resources. It is important to be the hero in the story of your own longevity.

### Eat well : « Let food be your medicine ».

The foundation for a healthy life is a balanced diet. All the nutritional elements of a well functioning body, as well as a badly functioning body can be found in food.

Too much sugar, fat, salt, red meat or alcohol can damage the vital organs and create multiple pathologies such as diabetes, cardiovascular disease and cancer.

Eating a diet rich in antioxidants is important to offset free-radical damage. Blueberry, pomegranate, kiwifruit, tomatoes, plums, melon, the apricots, oranges, avocados, strawberries, goji, as well as tea and wine tannins. Vegetables such as carrots, pumpkin, broccoli and beetroot.

### Get a move on !

One of the best defences against aging is physical activity. Lack of exercise creates fat deposits that expose us to harmful diseases such as obesity, metabolic syndrome, high blood pressure, heart attack and thereby reduce life expectancy.

So it's time to get off your sofa and start regular physical activity. Pick an exercise you like and start with moderate frequency. Three times a week is enough to make you feel good and to unload the necessary dose of endorphins. Power walking, Nordic walking, biking, swimming, gymnastics ... any kind of activity. The most important thing is to keep doing it on a regular and long term basis. After just two months, you will start to see the results and the benefits on both your body and your health.

No more excuses to not take care of yourself and your health. You can get some help with some very good nutritional supplements such as the Gelée bio and pure from the brand Aragan or the bio Arbutus juice from Weleda.

*And don't forget to pamper yourself by offering yourself a nice escape at the L'Occitane SPA in Koh Phangan (<http://www.kupuphangan.com/>). They know how to take care of you as well !*



# AGE DISGRACEFULLY

INSIDER ASIA'S APPROACH TO AGING IS A PROACTIVE ONE. WE TALK TO THE BEST DOCTORS IN THE REGION IN A QUEST FOR THE ELUSIVE FOUNTAIN OF YOUTH

By **Debbie Oakes**  
Photographer: **Adriano Trapani**

**D**etoxification  
It's that gnarly time of year when the person staring back at you in the mirror looks 10 years older than last night's party pics.

Research shows that the aging process is closely linked to a build up of toxins in our body due to poor diet, heavy metals, plastic residues in our food and water and environmental pollutants.

Fatigue, body aches and pains, allergies, immunity problems and dull skin are symptoms of toxic build up.

Nutrition is our first line of defense when it comes to restoring wellbeing. Trace elements, vitamins and anti-oxidants. Cleansing the blood and the digestive system is a far more complex matter so there are modern equipment and techniques to help.

Some people feel better right away and begin to gain energy and well-being. But when you have chemicals, bacteria, or yeast within your body that have been trapped for months, or years, it's going to feel a little unpleasant removing it. Some people complain of headaches or flu-like symptoms.



# GYM FIT & FABULOUS

INSIDER ASIA EXPLORES THE MANY WAYS TO GET FIT, STAY FIT AND (IDEALLY) ENJOY THE PROCESS. THERE IS NO BETTER TIME THAN NEW YEAR'S TO START DO JUST THAT... DEBBIE OAKES TALKS TO RON JNR HARVEY FOUNDER OF BANGKOK'S LARGE AND STREET-ART BEDAZZLED TRAINING GROUND GYM.

By **Debbie Oakes**  
Photographer : **Andriano Trapani**

**O** riginally from New Brunswick, Canada, Ron came to Thailand on tour as a professional golfer. He had been touring in Asia for four years and the US for two years before that. He tells me: "At the beginning of the 2013 I came to a crossroads. I love golf and loved competing. I still love it but I also had a passion for fitness. Golf had been my life for a very long time, and I wanted to know what life was like without it. I think I needed reassurance that could succeed in doing other things. I decided on the road less travelled..."

Ron decided to make a career change and go more seriously into fitness. "I happened to be in Bangkok at the time, but wasn't seriously thinking of pursuing a fitness business here. But opportunities started to emerge and I ended up making Bangkok my home. It is an amazing place. It's anything you want it to be."

"To me it seemed that Bangkok was lacking something on the fitness scene. I decided to fill that gap with the gym I had dreamed of in my head. Quite simply I wanted to build the best gym I could. When I found the location (an empty 1200 m2 warehouse) I could see everything I wanted it to be. Figuring out if the market would receive it that was the tricky part. We have been creating that image for a while now... and we're getting closer everyday. It is the most enjoyable project I have ever taken on. I truly love it."



**T**he Training Ground offers different classes that align with common goals. Ron says: "Weight loss, strength gain, performance and wanting to move better are the usual culprits. We have CrossFit and Functional Fitness programmes as well as Strength Bootcamp, Bodyweight Bootcamp and movement classes. Every bit of the space has a purpose. We have a massive turf area, two large class areas, a free weight area for open gym use, and an upstairs bodyweight training area that's 145 m2. We have a lot of very useful equipment. Plenty of barbells, barbell weight plates, lifting platforms, pull up bars, climbing ropes, gymnastics rings, dumbbells, kettlebells, weighted balls, benches, plyometric boxes, sleds for pushing and dragging, bikes, rowers, squat/press racks everywhere, a large set of dip bars, paralettes, TRXs, an assortment of bands, glute hamstring developers, latpulldown machine, hamstring curl machine, leg press machine, a mobility room, a calisthenics room with monkey bars, rings, rope and we have a lovely cafe where you can get a great cup of coffee and delicious protein smoothies!"

Ron adds that the large space and the Training Ground's commitment to constant improvement is the main difference with other CrossFit and Functional Fitness gyms. He adds: "The most important difference for me however, is our vibrant community. A gym is its members. People at the Training Ground really love each other. So – yes - it's a huge and amazingly well equipped gym. Yes, we have great programming and quality coaches. Yes, it's a super cool, bad-ass urban themed gym. But those things aren't as important to us as our community."

"I love seeing people improve. The happiness and confidence they gain from it. I love building a place that people come together. The social and community component of our business makes it extra special. I love it all. I enjoy the process of building things. Seeing the gym grow and how it connects people and helps them feel better about themselves is the best part."

Ron's parents were his greatest inspiration: "They made it a point to be active. It makes me very proud. They taught me to always try to improve myself. Nobody is the same as they were yesterday. You're better or worse. I like waking up the next day thinking I've bettered myself. I have zero fitness idols I look up to. There are people in the industry I respect, learn from and lean on. But I really don't gain motivation from anything other than my inner drive for self-improvement. I've always been involved in sport and have always had admiration for what the body is capable of. With CrossFit, I was able to turn fitness into my sport."

#### RON'S TOP-TIPS FOR A FIT LIFE

- Make it a habit, and make it fun.
- Surround yourself with other people who value that lifestyle and it will be much easier.
- There are no magical tips. We all know what a healthy lifestyle can do.
- Change your scenery and social scene if you have to. When you have friends that support you and participate with you, it becomes easier to get going and to keep coming back.
- I don't think everyone can be fit. I know it.
- Stay consistent, have fun, and work hard.
- Be better than yesterday.

#### What is CrossFit?

CrossFit is a fitness regimen developed by Greg Glassman. The programme contains varied functional movements performed at high intensity. These movements reflect 'the core movements of life' through gymnastics, weightlifting, running, rowing and more. Large loads, long distances are ideal for maximizing the amount of work done in the shortest time. "Intensity is essential for results and is measurable as work divided by time or power", resulting in dramatic gains in fitness.