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People Who Inspire: Inside Anantara's Human Approach to Wellness

On the eve of Global Wellness Day, two healers across Asia offer their distinct paths toward balance, reflection and inner steadiness



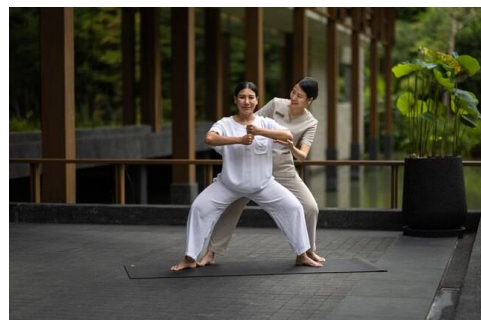
▲ Made Wartana - Director of Spa, Wellness and Recreation at Anantara Ubud Bali Resort

This Global Wellness Day, a moment when living well and finding inner peace return to the centre of the global conversation, [Anantara Hotels & Resorts](#) reflects on its 25-year mission to imbue every stay with a sense of wellbeing. As part of its '25 Years of Unforgettable Journeys' celebration, the brand's 'People Who Inspire' series highlights the master practitioners who help travellers by listening deeply, creating space for reflection and guiding them back to a sense of balance.

In Bali's hinterland, **Made Warnata** draws on a spiritual lineage of Balinese High Priests in his role as the Director of Spa, Wellness and Recreation at Anantara Ubud Bali Resort. Having transitioned from a background in martial arts to a life of service, Made helps others release what weighs on them, whether through water purification in local temples, private sound-healing rituals or walks in nature surrounded by the trills of the Bali Starling, a critically endangered bird he has devoted himself to protecting. By creating a sense of profound stillness that makes looking inward possible, Made walks beside guests as they navigate their own path toward restoring balance.



While Made draws on an innate sensitivity to where hurt and tension reside, in Phuket **Kornpathu 'Earnt' Lipikorn** turns to the wisdom of an ancient healthcare system in her role as a Traditional Thai Medicine (TTM) practitioner at Layan Life by Anantara, located within Anantara Layan Phuket Resort. Welcoming wellness seekers from around the world, she listens closely, using intuition to sense the physical and emotional truths that lie beyond the reach of diagnostic tools. This deep listening creates a space where guests feel truly met, laying the foundation of trust that allows TTM to reveal its relevance today, with its focus on everyday fundamentals such as sleep, nutrition and elemental balance.



Their paths may be different, but they point toward the same intention: helping people return to themselves not through quick fixes but through intentional moments and consistent acts that restore clarity, balance and inner peace.

Read Made and Earnt's profiles below:

Learn more about Anantara's 25th anniversary celebrations on anantara.com.

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About Anantara Hotels & Resorts

A luxury hospitality brand for modern travellers, Anantara Hotels & Resorts connects guests to genuine places, people and stories in some of the world's most extraordinary destinations. Each Anantara embraces the surroundings and culture of its destination, creating unforgettable memories for every guest since 2001. From city to sea and desert to jungle, Anantara delivers heartfelt, Thai-inspired hospitality at its over 50 hotels and resorts across Asia, Europe, Africa, the Middle East and the Indian Ocean.

Anantara Hotels & Resorts is a [Minor Hotels](#) brand and recognises its guests through one unified loyalty programme, [Minor DISCOVERY](#), part of GHA DISCOVERY.

Visit anantara.com for more information, and connect with Anantara on [Facebook](#), [Instagram](#), [TikTok](#), [X](#) and [YouTube](#).

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 66 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA) and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

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Contact details

Mark Thomson

Group Director of PR and Communications
mthomson@minor.com
[+66 \(0\)2 365 7678](tel:+66023657678)

JJ Minder

Assistant Director of Public Relations & Communications
jminder@minor.com

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