

# Journeys at tulåh



Nestled in nature's embrace, tulåh is more than just a destination, it is a philosophy and a blueprint for life. At tulåh, we transcend conventional wellness by blending ancient wisdom with modern science.

Our bespoke and integrated approach to wellness nurtures the mind, body and soul, guiding you through a deeply transformational journey.



# Bespoke Healing Journeys



At tulâh, every journey is highly personalised. You don't subscribe to a package or sign up for a programme. Wellness and clinical journeys begin with comprehensive consultations and advanced diagnostics with our multi-disciplinary team of experts. Your journey at tulâh is then crafted uniquely to serve your aspirations and goals, with precise insights into your physiology and life story.

# The Ways We Heal

Every healing journey begins with guidance, a dialogue between science and soul, precision and presence. While your journey will be tailored to achieve the purpose that matters most to you, at tulâh we serve those who seek:

## Restorative Medicine

For Root Cause Healing

If you live with chronic conditions or lifestyle-related imbalances, our team of clinical experts investigate the root cause through advanced diagnostics and clinical insight. We then compose therapeutic journeys that restore balance with healing that endures, guiding you with precision and wisdom to heal from the source.

## Integrative Wellbeing

For Inner Balance and Renewal

When you feel overstretched, exhausted, or disconnected from life, we craft wellness journeys that align the body, mind and soul. Our experts guide you through practices and a way of life that restore balance and deepen your connection with your inner self.

## Longevity Medicine

(For Extending Healthspan and Performance)

You seek a clear understanding of your current state of health, with the aim of living a thriving life well into your years. We track essential markers across the body, mind, and lifestyle to give you meaningful insights into your wellbeing and craft journeys toward sustaining a flourishing life.

## Performance Medicine

For Peak Strength and Endurance

When you push your body and mind to excel, precision recovery and performance matter. Our specialists combine advanced diagnostics with targeted therapies to enhance endurance, optimize strength, and accelerate recovery. Through an integrated approach that unites sports science and holistic care, we help you sustain performance, prevent injury, and unlock your body's full potential.

## Regenerative Recovery

For Rebuilding Strength and Resilience

Following illness, surgery, or a demanding life chapter, you seek a sanctuary of quiet restoration where clinical expertise meets compassionate care. Within this nurturing environment, advanced therapies and attentive guidance support your body's natural capacity to heal and regain strength.



# Precision Procedures

For Surgical and Diagnostic Care

For those seeking surgical and diagnostic procedures performed with clinical precision in a sanctuary designed for serenity. Our specialists combine advanced medical standards with restorative surroundings to ensure safety, discretion, and a deeply human experience of healing.



## Foundational Inclusions at tulåh

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Every tulåh journey begins with our foundational inclusions. These inclusions ensure your journey is supported before, during, and beyond your stay. The foundations are universal; the orchestration is uniquely yours.



## Pre-Arrival

- Submission of a health and wellness assessment via the tulåh app
- Health and wellness consultation with our physician [45 min]
- The Genome and Microbiome Test administration
- Personalised pre-arrival preparation guidelines (7 days prior for optimal results)

## On-Site

- **Diagnostics** (standard or advanced, as per journey depth)
- **Multidisciplinary medical guidance**
- **Daily rhythm**
  - 2-3 personalised therapies per day (2 for wellness, 3 for clinical journey)
  - Continuous progress reviews and refinements
- **Nutrition**
  - A personalised nutrition plan composed of 3 meals a day, based on your diagnostic results and prepared in accordance with the latest advancements in nutritional science and guided by ancient wisdom.
  - Freshly prepared seasonal farm-to-table menus with plant-based dishes, ethically sourced seafood and meats.
- **Group sessions** (offered daily)
  - Learnings from Vedanta (Vedic life philosophy)
  - Morning walks and mindful stretching
  - Yoga, pilates, dance, breathing techniques, meditation
  - Aqua activities (aqua fitness, aqua bike, aqua yoga and pilates, kayaking and stand-up paddling, aqua relaxation)
  - Sports activities (tennis, padel, pickleball, swimming, cycling)
  - Cooking class, cultural activities, and excursions.

- **Facilities**

- Hydrotherapy (steam, sauna, pool, lake)
- Access to movement studios, meditation spaces, and sanctuary grounds

## Post-Stay

- Debrief with lead physician prior to departure
- Post-stay follow-up consultation (1-3x 30 min over 3 months)
- Individualised recommendations and plan for continued progress at home using tulah app

## General

- Airport pick-up and transfers
- Accommodation in single or double occupancy rooms



# Two Pathways, One Philosophy

At tulåh, while each path is tailored for you, we recognise that intentions and needs may vary upon arrival. We offer two depths of practice:

## Wellness Journeys

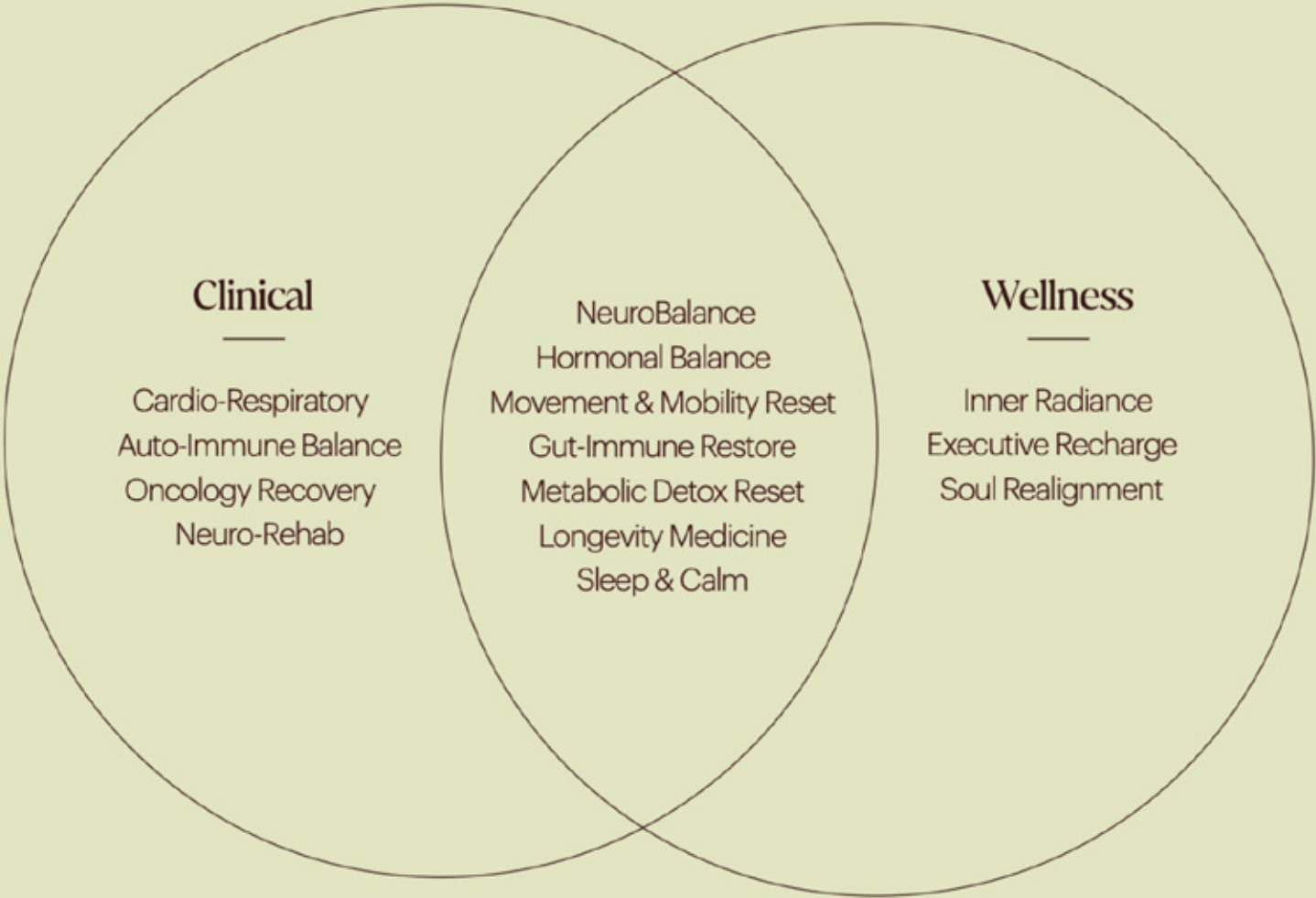
–  
for prevention, regeneration,  
and recalibration.

## Clinical Journeys

–  
for chronic conditions,  
deeper imbalances, and  
restorative recovery.

Both journeys are co-created with insights from precise scientific evidence and traditional wisdom alike. What distinguishes them is the thoroughness of the diagnostic assessment, the degree of medical guidance, and the intensity of therapeutic intervention.

What follows describes these approaches as possibilities, not prescriptions nor templates, to guide your imagination of what your journey could become.



# Journeys at tulåh

Journey	Nights	Who is it for
Discover Clinical Wellness	4	Those seeking a clear, 360° understanding of their current health and a personalized road-map for wellbeing.
Executive Recharge	7, 14, 21	Leaders facing burnout, anxiety, fatigue, or digital overload, seeking to restore clarity, energy, and optimal performance.
Soul Realignment	7, 14, 21	Individuals experiencing a purpose drift, spiritual fatigue, emotional disconnection; seeking inner alignment.
Inner Radiance	7, 14, 21	Those experiencing skin dullness, puffiness, or travel fatigue, seeking rejuvenation and whole-body renewal.
Longevity Medicine	(7), 14, 21	Proactive individuals who aim to slow biological aging, enhance cellular function, and sustain peak physical and cognitive performance through advanced diagnostics and regenerative medicine.
Hormonal Balance	14, 21	Women and men experiencing hormonal imbalances, from PCOS, thyroid disorders, perimenopause and menopause to andropause, fertility challenges, or age-related hormonal decline, seeking to restore equilibrium, energy, and wellbeing.
Sleep & Calm	14, 21	Those experiencing chronic stress, insomnia, restlessness or anxiety, and seeking to restore deep, restorative sleep and nervous system balance.
Metabolic Detox Reset	14, 21	Those addressing weight management, insulin resistance, diabetes risk or metabolic imbalance, and seeking to reduce visceral fat and toxin load.
Gut & Immunity Restore	14, 21	Individuals with digestive disturbances (IBS/IBD, GERD, bloating, dyspepsia), low immunity, with long-COVID or post-antibiotic dysbiosis, seeking to rebuild balance from within.

Journey	Nights	Who is it for
Movement & Mobility Reset	14, 21	Those recovering from injury, surgery, or joint stiffness, or seeking enhanced physical agility and athletic performance.
Cardio-Respiratory	14, 21	Individuals with hypertension, lipid imbalance, stable cardiac or vascular conditions, sleep apnoea, or mild asthma, seeking to strengthen heart and lung function, improve circulation, and build endurance.
Auto-Immune Balance	14, 21	Those with stable autoimmune conditions, such as rheumatoid or psoriatic arthritis, Hashimoto's, IBD, lupus and mixed autoimmune, and are seeking to calm inflammation and restore immune balance.
Oncology Recovery	14, 21	Individuals in post-treatment recovery, seeking safe regeneration, renewed vitality, and support for lymphatic, neurological, or immune rebuilding.
Neuro-Rehab	14, 21	Those recovering from stroke, traumatic brain injury, or early neurodegenerative conditions (stable MS or Parkinson's) seeking to restore balance, cognition, and mobility.

# Diagnostics Overview

Diagnostic, labs and assessments	Category	Standard	Advanced
Genome Test	Omics	Yes	Yes
Microbiome Test	Omics	Yes	Yes
Blood Markers (see overview in next page)	Biomarkers	Standard	Advanced
VALD Performance Assessment	Performance	Yes	Yes
Cardio-Pulmonary Exercise Test (CPET)/ VO2Max	Performance	Yes	Yes
Body Composition Analysis (BCA)	Performance	Yes	Yes
Pulmonary Function Test	Screening	No	Yes
Dental and Orofacial Screening	Screening	Yes	Yes
Skin Analysis (Opatra)	Screening	Yes	Yes
Grip Strength	Performance	Yes	Yes
CT Coronary Calcium Scoring	Cardio	Yes	Yes
DEXA Scan (Bone Density)	Imaging	Yes	Yes
X-Ray (Chest PA view)	Imaging	No	Yes
MRI (Brain)	Imaging	No	Yes
MRI (Spine Screening)	Imaging	No	Yes
USG Whole Abdomen	Imaging	No	Yes
USG Thyroid & Parathyroid	Imaging	No	Yes
ECG (Electrocardiography)	Cardio	No	Yes
Echocardiography (ECHO)	Cardio	No	Yes
Mammogram (females)	Imaging	No	Yes (f>40)
Sleep Study (polysomnography)	Screening	Optional*	Optional*

### Optional Add-Ons for Clinical journeys (program dependent)

Heavy Metal Screening	Biomarkers	No	Add-On
Advanced Epigenetic Testing (OMICm Age & OMICm FitAge, SYMPHONY Age, Telomere Length Report, Immune Report, Weight Loss Report)	Omics	No	Add-On

\*Based on symptoms and clinical assessment.



# Blood Markers Overview

Blood Marker	Category	Standard	Advanced
Complete Blood Count (CBC)	Core	Yes	Yes
Urine RE (Routine Examination)	Core	Yes	Yes
CRP	Inflammation	Yes	Yes
hsCRP	Inflammation	Yes	Yes
Homocystein	Inflammation	No	Yes
LDH	Inflammation	No	Yes
Blood Sugar (fasting)	Metabolic	Yes	Yes
Insulin (fasting)	Metabolic	Yes	Yes
HbA1C (fasting)	Metabolic	Yes	Yes
C Peptide	Metabolic	No	Yes
Amylase	Metabolic	No	Yes
Lipase	Metabolic	No	Yes
Lipid Profile (total cholesterol, HDL, LDL, triglycerides)	Metabolic	Yes	Yes
Apo A	Metabolic	Yes	Yes
Apo B	Metabolic	Yes	Yes
Lp (a)	Metabolic	Yes	Yes
Kidney Functional Panel (urea, creatinine, uric acid, Sodium, Potassium, Bicarbonate, Chloride)	Organs	Yes	Yes
Liver Functional Panel (albumin, globulin, total protein, AST, ALT, alkaline phosphatase, total bilirubin, bilirubin direct, GGT)	Organs	Yes	Yes
Thyroid Function Test - Total T3, Total T4, TSH	Hormones	Yes	Yes
Free T3 & Free T4, Ultrahighsensitive TSH	Hormones	No	Yes
Vitamins D	Nutrients	Yes	Yes

Blood Marker	Category	Standard	Advanced
Vitamins B12	Nutrients	Yes	Yes
Folate	Nutrients	Yes	Yes
Iron Profile	Nutrients	Yes	Yes
Calcium	Nutrients	Yes	Yes
Magnesium	Nutrients	Yes	Yes
Phosphorous	Nutrients	Yes	Yes
Zinc	Nutrients	No	Yes
Selenium	Nutrients	No	Yes
Cortisol	Hormones	Yes	Yes
Serotonin	Hormones	No	Yes
FSH	Hormones	Yes	Yes
LH	Hormones	Yes	Yes
Estrogen	Hormones	No	Yes
Progesterone	Hormones	No	Yes
Testosterone	Hormones	Yes	Yes
DHEAS	Hormones	No	Yes
Prolactin	Hormones	No	Yes
Tumour Markers (CEA, AFP, Ca-125, Ca-15-3, Ca-19-9, PSA, Ca-125(f), Ca 15-3 (f))	Biomarkers	No	Yes

# Discover Clinical Wellness

## About this journey:

Discover Clinical Wellness is your introduction to tulåh, a complete and intelligent view of your current state of health, paired with an experiential introduction to our philosophy of healing. This journey blends advanced diagnostics with restorative therapies to create a 360° snapshot of your biology, lifestyle, and wellbeing. Whether approached through a clinically guided evaluation or a wellness-focused immersion, it offers both; clarity and experience, a foundation for understanding where you are today, and a preview of what a deeper journey at tulåh can unlock.

## Approach

Your journey begins with a comprehensive diagnostic assessment, offering a precise view of key biological and lifestyle markers. Consultations with our physician-led team translate these insights into understanding, while select therapies provide a preview experience of tulåh's integrative method, where medicine meets wellbeing. You leave with a clear picture of your health, personalized recommendations, and a vision for how your continued path may unfold.

## **Outcome**

You emerge with clarity, orientation, and a renewed connection to your wellbeing. More than a baseline, this journey opens the doorway to healing, illuminating your next steps toward balance, vitality, and lasting transformation at tulåh.

### **This journey serves those who:**

- are new to wellness, seeking a meaningful, physician-guided starting point
- are high performing individuals seeking clarity within the constraints of time
- desire a preview to the tulåh experience before they commit to a deeper engagement
- are in recovery from surgeries and illness, requiring orientation and healing guidance

Inclusions	Wellness	Clinical
	4 Nights	4 Nights
Diagnostic Package* (On-Site)	Standard	Advanced
<b>Expert Consultations (30-45 min each)</b>	<b>5x</b>	<b>≥6</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	2x	3x
Clinical Nutritionist	1x	1x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Gastroenterologist, Endocrinologist, Neurologist, Pulmonologist, Orthopaedic, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)		Yes***
<b>Individual Treatments</b>	<b>8x</b>	<b>12x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	3x	4x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation)	1x	1x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	1x	1x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	1x	2x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

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# Executive Recharge

## About this journey:

Executive Recharge at tulåh is designed for leaders and high performers, seeking clear thinking, steady energy and inner equilibrium. It recognises how pace, pressure and constant connectivity can fragment focus, deplete vitality and dull creativity. This journey helps you step out of overdrive, restoring your natural rhythm of energy, presence and calm. Through a precise, yet nurturing approach, we align your sleep, movement, nutrition and nervous system with the life you actually live. Each day unfolds with practices that renew clarity and resilience, helping you feel rested, focused and deeply recharged, ready to lead with balance and intention.

## Approach

**Rhythm & Recovery Assessment:** A personalised evaluation of circadian rhythm, sleep quality, cognitive load and stress patterns reveals how pace and pressure shape your wellbeing and performance.

**Ayurvedic & Eastern Therapies:** Soothing Ayurvedic treatments and acupuncture-based meridian therapies ease muscular and mental tension, regulate Qi and counter the effects of overwork. Ku Nye, Shiatsu, Watsu and Reflexology restore energetic balance and release fatigue accumulated from travel and sustained stress.

**Movement & Resilience Training:** Restorative Iyengar postures, mindful mobility and focused strength sessions cultivate body awareness and endurance, designed to integrate seamlessly into demanding schedules.

**Breathwork & Biofeedback:** HRV-guided breathing, pranayama and relaxation techniques regulate the autonomic nervous system, calming stress while enhancing focus, recovery, and sleep depth.

**Psychology & Vedanta:** Guided sessions draw on applied psychology and Vedanta's philosophy of awareness to help leaders reset mental patterns, strengthen boundaries and reconnect with clarity of thought and purpose. The process cultivates composed focus, emotional steadiness and a renewed sense of direction.

**Circadian Reset & Lifestyle Design:** Targeted light exposure, structured rest and nutrition alignment recalibrate the body's natural rhythm, sustaining energy, cognitive sharpness and long-term productivity.

## Outcome

Stress eases, sleep stabilises and focus sharpens. The body feels lighter, energy steadier and the mind clearer. You leave tulāh rested and rebalanced — equipped with practical rituals and lifestyle tools to sustain calm, clarity and peak performance, both at home and on the move.

## This journey serves those who:

- travel constantly, time zone shifts, or persistent jet lag
- experience chronic stress, burnout symptoms, or decision fatigue
- are affected by irregular sleep cycles, reliance on caffeine or alcohol to cope
- experience brain fog, low focus, or afternoon energy dips
- feel tension, anxiety, or restlessness that lingers after work
- seek a simple, sustainable routine that protects performance and wellbeing

Inclusions	Wellness		
	7 Nights	14 Nights	21 Nights
<b>Diagnostic Package* (On-Site)</b>	<b>Standard</b>		
<b>Expert Consultations (30-45min each)</b>	<b>7x</b>	<b>9x</b>	<b>11x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x
Clinical Nutritionist	2x	3x	4x
Clinical Psychologist**	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x
<b>Individual Treatments/Sessions</b>	<b>14x</b>	<b>28x</b>	<b>42x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	3x	7x	10x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	2x	3x	5x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	6x

\*- Diagnostic Package details on page 14 - 16

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# Soul Realignment

## About this journey:

Soul Realignment at tulåh is a guided return to clarity and purpose after periods of change, loss or emotional exhaustion. It steadies the nervous system, softens accumulated stress, and restores a sense of inner coherence. For those moving through grief, transition, or a chapter of disconnection, this journey offers a path back to the center, where calm, meaning, and presence can be felt again. Through breath, stillness and reflection, you reconnect with what truly matters. Each day unfolds with gentle rhythm, helping you slow down, release tension and realign body, mind, and soul with deeper intention.

## Approach

**Restorative Therapies:** A composition of Ayurvedic treatments, Ku Nye (Tibetan massage), Shiatsu and acupuncture-based energy-balancing practices such as Reflexology and Watsu calm the nervous system and ease emotional tension, guiding the body into deep rest and renewal.

**Breath & Stillness Practices:** Breathwork, meditation, yoga nidra and restorative Iyengar postures activate the parasympathetic state, reducing stress hormones and nurturing inner stillness.

**Sound & Nature Immersion:** Sound journeys and time in nature help release stored emotion and expand awareness, creating space for grounding and clarity.

**Clinical Psychology:** Evidence-based therapeutic sessions offer space to process emotion, release mental tension and clarify thought patterns. Compassion-centered dialogue reconnects mind and meaning, cultivating calm and emotional balance.

**Vedanta & Reflection:** Rooted in Vedanta's philosophy of awareness and self-inquiry, reflective dialogues invite exploration of purpose, identity and conscious living, transforming insight into sustainable inner alignment.

**Personalised Rituals:** Simple home rituals (grounding breath sequences, daily reflections, and mindful routines) support continued balance and connection beyond your stay.

## Outcome

The mind quiets, the heart steadies, and awareness deepens. You leave tulāh lighter, clearer, and more connected — not only to yourself, but to life itself. Supported by tools for emotional balance and meaningful living, you carry home a renewed sense of alignment and calm direction.

## This journey serves those who:

- seek a deeper meaning or a renewed sense of purpose
- wish to embark on a spiritual path, seeking inner alignment and a deeper connection to purpose and balance
- are experiencing profound grief, loss, or a difficult life chapter
- feel emotionally fatigued, or detached from self
- live with anxiety, rumination, or a restless mind
- seek calm practices and a gentle framework for inner stillness

Inclusions	Wellness		
	7 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		
<b>Expert Consultations (30-45min each)</b>	<b>7x</b>	<b>9x</b>	<b>11x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x
Clinical Nutritionist	2x	3x	4x
Clinical Psychologist**	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x
<b>Individual Treatments/Sessions</b>	<b>14x</b>	<b>28x</b>	<b>42x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	3x	7x	11x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	1x	2x	3x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	3x	5x	7x

\*- Diagnostic Package details on page 14 - 16

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# Inner Radiance

## About this journey:

Inner Radiance at tulåh is a gentle rejuvenation journey that restores vitality from within. It calms inflammation, balances the nervous system, and replenishes hydration, leaving you rested, radiant, and renewed. More than a treatment for the skin, it is a whole-body reset where beauty and wellbeing meet. We begin with a simple evaluation of your skin health, sleep, travel patterns, and nutrition. Through nurturing therapies, mindful stillness and emotional realignment, we restore the flow of vitality, revealing luminosity that comes not only from the surface but from the balance within.

## Approach

**Ayurvedic & Eastern Therapies:** Ayurvedic marma and abhyanga rituals, herbal ubtans, scalp and head treatments, and lymphatic drainage restore circulation and hydration. Complementary therapies such as Sowa Rigpa Ku Nye, Shiatsu, Reflexology and acupuncture-based meridian work harmonize Qi, re-balance subtle energy flow and release emotional fatigue.

**Aesthetic & Cellular Restoration:** Advanced aesthetic treatments and nutrient-rich IV infusions replenish cellular hydration, collagen integrity and antioxidant protection, supporting visible rejuvenation and long-term skin vitality.

**Emotional & Mental Harmony:** Guided breathwork, sound journeys and reflection drawn from Vedanta and psychology, ease mental tension and emotional strain that often surfaces through the skin. By restoring calm awareness and emotional balance, the inner light becomes visible as outer radiance.

**Restorative Movement & Circulation:** Restorative Iyengar postures, hydro rituals and gentle mobility enhance oxygenation and lymphatic flow, bringing vitality to the skin and clarity to the mind.

**Personalised Nutrition:** A gut–skin–mind approach nourishes the microbiome, supports detoxification and strengthens the skin barrier through anti-inflammatory, hydrating meals and adaptogenic herbs.

## **Outcome**

Hydration deepens, energy steadies and luminosity returns. The skin glows with vitality, the mind feels lighter, and the body moves with renewed ease. You leave tulâh with both radiance and rhythm, supported by simple rituals and nutrition to sustain your glow, calm and confidence wherever you go.

## **This journey serves those who:**

- experience post-travel fatigue, dehydration, puffiness, or dulled skin tone
- develop reactive or sensitive skin resulting from stress or an imbalanced lifestyle
- experience fluid retention or sluggish lymph with a heavy feeling
- have low energy, tension, or disrupted sleep that shows on the skin
- are preparing for an event or wanting a restorative reset
- seek a simple, consistent ritual for glow and whole-body renewal

Inclusions	Wellness		
	7 Nights	14 Nights	21 Nights
<b>Diagnostic Package* (On-Site)</b>	<b>Standard</b>		
<b>Expert Consultations (30-45min each)</b>	<b>7x</b>	<b>9x</b>	<b>11x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x
Clinical Nutritionist	2x	3x	4x
Clinical Psychologist**	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x
<b>Individual Treatments/Sessions</b>	<b>14x</b>	<b>28x</b>	<b>42x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	2x	5x	8x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	5x	7x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	6x

\*- Diagnostic Package details on page 14 - 16

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# Longevity Medicine

## About this journey:

Longevity medicine at tulâh is devoted to not merely adding more years to life but infusing more vitality within them; keeping you feeling and functioning younger, for longer. We examine how your core systems age (metabolism, cardiovascular and respiratory health, cognitive function, sleep health, and organ resilience) to design a journey that extends your healthspan: the years to be lived in vibrant health.

## Approach

**Diagnostics:** Healthspan assessments evaluate biological age, inflammation, cardiorespiratory fitness, strength, mobility and metabolic efficiency to personalize your longevity blueprint.

**Personalised Nutrition:** Targeted nutrients, antioxidants and intermittent fasting support cellular renewal, activating key longevity pathways for sustained vitality.

**Rasayana & Circadian Restoration:** Ayurvedic therapies and circadian realignment restore Ojas—the vital essence that sustains immunity, vitality and radiance. Through rhythmic, hands-on treatments with medicated oils and herbal remedies, the body reclaims its natural balance and deep capacity for rest and rejuvenation.

**Traditional Chinese Medicine:** Acupuncture and meridian-based therapies harmonize Qi and organ vitality, complementing cellular therapies to enhance resilience, circulation and sustained energy.

**Hormetic Conditioning & Performance:** Breathwork, cold exposure and hyperbaric oxygen therapy build cellular resilience and improve oxygen efficiency. Strength training, mobility work, and cardiovascular conditioning enhance VO<sub>2</sub> max, grip strength and muscle mass—key markers of longevity and overall vitality.

**Rest & Renewal:** Deep recovery protocols and sleep optimization support mitochondrial repair, hormonal balance and cognitive longevity. By enhancing parasympathetic activation and circadian rhythm stability, rest becomes a catalyst for cellular regeneration and long-term vitality.

## Outcome

Your body's regenerative rhythm is recalibrated toward vitality and renewal. Energy steadies, sleep deepens and strength returns. You leave with a Longevity Snapshot & Plan, your key metrics, three impact interventions and a 90-day roadmap to sustain progress beyond tulåh.

### This journey serves those who:

- proactively seek to slow down their biological and functional ageing
- notice early signs of decline: slower recovery, reduced strength, sleep fragmentation, or brain fog
- carry risk factors for age-related disease (cardiometabolic, cognitive, bone) or inherit a strong family history
- experience post-menopause or midlife transition, seeking a structured path to resilient ageing
- are interested in evidence-based care, a quantified baseline and strategic plan for the months ahead

Inclusions	Wellness			Clinical	
	7 Nights	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard			Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>7x</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x	6x	8x
Clinical Nutritionist	2x	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)				Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>14x</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	2x	3x	5x	7x	10x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	7x	11x	12x	18x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	5x	9x	14x

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# Hormonal Balance (F)

## About this journey:

Hormonal Balance at tulåh is designed for women navigating the pivotal stages of endocrine health, from the reproductive years through perimenopause and beyond. Hormones orchestrate far more than reproduction; they shape energy, mood, metabolism, sleep, and emotional steadiness. When chronic stress, poor sleep, or metabolic strain disrupts the body's feedback loops between the brain, thyroid, adrenals, and reproductive glands, it can lead to fatigue, mood changes, and inflammation. This journey restores harmony across these pathways, helping the body re-establish its natural rhythm and inner balance.

## Approach

**Diagnostics:** Comprehensive diagnostics, including hormone, thyroid, and metabolic profiling reveals patterns of imbalance and guides targeted intervention.

**Personalized Nutrition:** A bespoke diet plan for women at every stage of life, promoting hormonal balance, emotional wellbeing and lasting energy through all transitions.

**Ayurvedic Therapeutics:** Anti-inflammatory herbs and adaptogenic botanicals stabilize Doshas, clear stagnated hormonal pathways and support adrenal and reproductive equilibrium through circadian restoration.

**Traditional Chinese Medicine:** Acupuncture and meridian-based therapies nurture energetic balance and reproductive vitality. By harmonizing Qi and circulation, they complement hormonal regulation and promote inner equilibrium.

**Functional Medicine Integration:** Root causes such as blood-sugar volatility, gut inflammation and detox inefficiency are addressed through nutrients that optimize thyroid and mitochondrial function.

**Mind & Emotional Rebalancing:** Vedanta-inspired introspection, psychological therapy and sound healing help regulate stress responses and restore emotional steadiness. Through gentle therapeutic dialogue and reflective exploration, guests gain awareness of the inner narratives that shape hormonal rhythm—fostering confidence, clarity and renewed equilibrium.

**Rest & Regeneration:** Mindful rest, restorative therapies and sleep alignment nurture nervous-system balance and hormonal resilience.

## Outcome

Guided by tulåh's multidisciplinary team, this journey restores communication within the neuroendocrine network and brings the body back into its natural rhythm. Hormonal flow stabilizes, energy renews and emotional balance deepens. Our guests leave with harmonised hormonal rhythms, revitalised energy and reinstated emotional and metabolic balance.

## This journey serves those who:

- are living with PCOS, cycle irregularities, or fertility challenges
- are navigating perimenopause or menopause
- are managing thyroid disorders, such as Hashimoto's, hypothyroidism or hyperthyroidism
- struggling with weight fluctuations, sleep disturbance, or mood changes linked to hormones
- seeking a physician-guided path to restore balance and support healthy ageing

# Hormonal Balance (M)

## About this journey:

Hormonal Balance at tulâh supports men experiencing the gradual shifts of midlife vitality. As testosterone, cortisol, and thyroid rhythms change, energy, focus, and emotional steadiness can fluctuate. This journey restores the balance between metabolism, strength, and mood through targeted diagnostics, integrative therapies, and guided renewal, helping the body and mind regain stability, stamina, and purpose.

## Approach

**Diagnostics:** Comprehensive hormonal, metabolic, and cardiovascular profiling identifies key imbalances affecting energy, performance, and mood.

**Integrative Therapies:** Blending Ayurveda, Traditional Chinese Medicine, and Functional Medicine, treatments and nutrients enhance testosterone balance, mitochondrial efficiency, and adrenal rhythm. Rasayana and Vajikarana formulations with Ashwagandha, Shilajit, and Gokshura strengthen vitality and resilience.

**Personalised Nutrition:** A nutrient-rich, anti-inflammatory plan supports lean muscle, metabolic repair and cognitive clarity, while adaptogens stabilise stress hormones and improve recovery.

**Mind & Emotional Rebalancing:** Through mindfulness, reflective dialogue and Vedanta-inspired awareness, guests reconnect purpose with presence, restoring calm focus and inner steadiness.

**Rest & Regeneration:** Structured rest, circadian alignment and restorative therapies calm the nervous system and rebuild endurance.

## **Outcome**

Guided by tulåh's multidisciplinary team, this journey renews vitality, stabilises hormonal rhythm and strengthens confidence, clarity and calm focus.

### **This journey serves those who:**

- experience fatigue, irritability, or low motivation linked to andropause
- notice reduced stamina, strength, or slower recovery
- face weight gain, sleep disturbance, or cognitive decline related to hormonal shifts
- seek to restore libido, focus, and long-term energy
- wish to age with strength, balance, and emotional steadiness

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	6x	9x	12x	18x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	4x	5x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	8x	11x	14x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

\*\*\* - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On

# Sleep & Calm

## About this journey:

Sleep & Calm at tulåh restores the body's natural rhythm of rest and renewal. Disrupted sleep and chronic stress often signal deeper systemic imbalances, disturbing hormonal cycles, inflaming the nervous system, and depleting resilience. Through precise diagnostics and nurturing therapies, this journey recalibrates the circadian rhythm, soothes the mind, and restores the body's capacity to repair. You awaken rested, centered and deeply restored.

## Approach

**Diagnostics:** Sleep study (polysomnography), HRV monitoring, and circadian analysis reveal patterns of stress, hormonal imbalance, and nervous-system disruption.

**Personalised Nutrition:** Tryptophan-rich, anti-inflammatory meals and timed eating aligned with tulåh's rhythm stabilizes blood sugar, supports neurochemistry and reinforces circadian flow.

**Ayurvedic Therapies:** Balancing Vata and Pitta through oil therapies such as Shirodhara or Thalapothichil calms the mind, reduces inflammation and prepares the body for restorative sleep.

**Traditional Chinese Medicine:** Acupuncture and meridian-based therapies harmonize Yin and Yang, regulate Qi, and calm Shen—the mind–spirit connection—easing anxiety and promoting deep, regenerative rest.

**Functional Medicine Rebalancing:** Corrects micronutrient deficiencies, adrenal strain and gut dysbiosis to rebalance cortisol, melatonin and insulin signaling, while reducing inflammatory stress.

**Mind–Body Restoration:** Breathwork, sound meditation and gentle movement regulate the autonomic nervous system, enhancing parasympathetic recovery and emotional calm.

**Circadian Realignment:** Light therapy, timed activity and daily rhythms aligned with tulāh's Dinacharya principles recalibrate the body's internal clock, stabilizing hormones, energy, and sleep–wake balance.

**Psychology & Vedanta:** Guided therapeutic sessions release mental tension, reframe thought patterns and rebuild emotional resilience. Through Vedanta-inspired awareness, guests learn to quiet the mind and cultivate inner still-

## Outcome

Sleep deepens, energy steadies and the mind quiets as the nervous system regains balance. You leave with a Personalised Lifestyle Plan, your breath protocol, wind-down sequence, meal & light rhythm and travel routine, empowering you to sustain rest and resilience. Where needed, follow-up guidance and referrals ensure continued support for long-term sleep and nervous-system health.

## This journey serves those who:

- Struggle with insomnia, night awakenings, fragmented or unrefreshing sleep
- Find it hard to unwind, often feeling anxious, overstimulated, or drained by stress
- Live with hormonal transitions, irregular schedules, or frequent travel disrupting circadian rhythm
- Face sleep concerns such as snoring, sleep apnoea, or restless legs
- Depend on sleep aids yet seek a natural, evidence-based path to deep rest and calmer days

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
Sleep Study	Yes	Yes	Yes	Yes
<b>Expert Consultations (30-45 min each)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	9x	12x	12x	16x
Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)			6x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	9x	10x	16x

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# Metabolic Detox Reset

## About this journey:

When the body's metabolism slows, energy production becomes less efficient and toxins accumulate, leading to fatigue, inflammation, and digestive imbalance. Over time, this can influence hormonal rhythm, immunity, and cellular repair. The Metabolic Detox Reset is designed to reignite the body's natural metabolic rhythm, cleansing and nourishing at every level to restore energy, clarity and physiological balance.

## Approach

**Diagnostics:** Comprehensive metabolic and inflammatory profiling personalizes each stage of your reset, revealing the root causes that influence energy, digestion and vitality.

**Personalised Nutrition:** A precision-based approach integrating genome, microbiome and Ayurvedic Dosha analysis, designed to support natural liver and gut detoxification.

**Detoxification & Cleansing:** Personalized protocols developed around Panchakarma-inspired therapies, therapeutic fasting, cryotherapy, lymphatic drainage, meridian therapy and acupuncture, cupping, sauna, and steam promote purification, circulation and cellular renewal while harmonizing the body's energetic and metabolic flow.

**Mobility & Strength:** Mindful movement and breathwork enhance oxygen utilization, mitochondrial repair and digestive balance.

**Mind & Emotional Rebalancing:** Through Vedanta-inspired introspection, meditation, and gentle psychological dialogue, guests explore the emotional roots of nourishment and stress. This process releases patterns that hinder renewal and cultivates mindful awareness, restoring inner clarity and balance.

**Rest & Regeneration:** Hyperbaric oxygen therapy (HBOT), deep rest, and circadian-aligned routines restore cellular rhythm, sleep quality and nervous system balance.

## Outcome

Under the guidance of tulāh's multidisciplinary team, the body reawakens to its natural rhythm, digestion strengthens, energy stabilizes, and inflammation subsides. As purification deepens, the mind quiets, awareness heightens, and vitality flows effortlessly. You leave lighter, clearer and renewed, aligned with your body's innate intelligence and the stillness within.

## This journey serves those who:

- are afflicted with metabolic conditions such as pre-diabetes, type 2 diabetes, fatty liver, or metabolic syndrome
- find their energy diminished, metabolism sluggish, or weight accumulating without clear cause
- find their digestion compromised through bloating, poor function, or toxin overload from stress, diet, medication, or environment
- are affected by brain fog, disrupted sleep or weakened immunity.
- suffer from sustained lifestyle strain, travel, or disrupted rhythm and need restoration.
- desire safe, physician-guided detox that restores energy, clarity, and balance

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Gastroenterologist, Endocrinologist, Neurologist, Pulmonologist, Orthopaedic, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	5x	8x	10x	12x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	5x	8x	15x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	6x	8x	10x	15x

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# Gut-Immune Restore

## About this journey:

When our gut is weakened and our microbiome balance is compromised, toxins are released in our bloodstreams (leaky gut), provoking inflammation, immune overactivity and hormonal imbalances. The consequences range from persistent fatigue, allergies, auto-immune tendencies, dermatological disturbances and mood swings. The Gut-Immune Restore Journey rebuilds the body's foundation by repairing intestinal integrity, calming immune overactivity, and restoring microbial harmony, thereby renewing clarity, energy, and resilience from within.

## Approach

**Diagnostics:** Advanced assessments identify microbiome imbalance, gut permeability, and immune activation, revealing the root cause of systemic inflammation and energy decline.

**Personalised Nutrition:** Tailored nutrition optimizes gut microbiota balance through targeted pre- and probiotic food combinations, enhancing nutrient absorption, reducing inflammation and strengthening immune resilience.

**Ayurvedic Digestive Therapies:** Panchakarma-inspired treatments strengthen Agni (digestive fire), clear Ama (metabolic residue), and soothe mucosal inflammation to restore gut integrity and calm immune reactivity. These therapies rebalance digestive rhythm and immune stability through personalized detox and rejuvenation practices.

**Functional Medicine Integration:** Evidence-based protocols address dysbiosis and intestinal permeability through probiotics, glutamine, and detoxification pathways, rebuilding the gut barrier and recalibrating immune tolerance.

**Mind–Body–Energy Integration:** Bridging Eastern and Western perspectives, this integrative approach combines acupuncture and meridian therapies with mindfulness, breathwork, and psychological dialogue. Together, they release emotional tension, regulate stress pathways, and restore communication between the brain and the gut—supporting balanced digestion, immunity and emotional wellbeing.

**Movement & Embodiment:** Gentle movement, yogic detox and mindful breathing improve circulation, enhance lymphatic flow and stabilize neuro-immune signaling, helping the body integrate physical and emotional balance for deeper equilibrium.

## **Outcome**

Gut integrity strengthens, inflammation calms and the immune system returns to harmony. Digestion flows with ease, energy stabilizes, and the skin and mind clear. You leave lighter, balanced and resilient; grounded in the quiet intelligence of a body restored to wholeness.

## **This journey serves those who:**

- live with recurring digestive issues such as IBS, food intolerances, or chronic bloating
- experience frequent infections, slow recovery, or persistently low immunity
- manage autoimmune tendencies or chronic inflammation
- seek a reset after antibiotic use, medical treatments, or high stress
- seek to strengthen their natural defences and build long-term resilience

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
<b>Expert Consultations (30-45 min each)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>28x</b>	<b>42x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	5x	9x	10x	18x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	4x	5x	7x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	7x	11x	14x

\*- Diagnostic Package details on page 14 - 16

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# Movement & Mobility Reset

## About this journey:

This journey restores ease, confidence and freedom of movement for those limited by stiffness, injury, or chronic discomfort from inflammation, postural imbalance, circulatory stagnation, recovering from illness or surgery. When these patterns persist, they compromise mobility, impair mitochondrial efficiency and accelerate fatigue & joint degeneration. Movement & Mobility Reset brings the body back into flow, restoring alignment, strength and flexibility through intelligent movement, therapeutic recovery and mindful awareness.

## Approach

**Diagnostics:** A detailed musculoskeletal evaluation analyzes posture, gait and joint mobility to uncover restrictions, muscle imbalances and compensatory patterns, forming the blueprint for personalized restoration.

**Personalised Nutrition:** Anti-inflammatory nutrition, rich in omega-3s, magnesium and collagen precursors supports connective-tissue integrity, joint repair and inflammation control.

**Ayurvedic Restoration:** Therapies such as Snehana and Svedana ease Vata-related stiffness, reduce Ama (metabolic residue) and enhance Rasa and Rakta dhatu flow, improving circulation, lubrication and tissue nourishment.

**Traditional Chinese Medicine:** Acupuncture and cupping release stagnation, regulate Qi and improve blood flow across joints and fascia—restoring ease, flexibility and energetic harmony.

**Clinical Yoga:** Iyengar-inspired movement and breath regulation enhance alignment, proprioception, and parasympathetic balance, improving flexibility, joint stability and systemic calm.

**Functional Conditioning:** Targeted resistance and mobility training rebuild neuromuscular coordination, strength and mitochondrial efficiency.

**Mind–Body Integration:** Guided awareness and conscious breathwork release tension stored in the body, improving oxygen flow and postural alignment. Through mindful observation and introspection, guests reconnect with the natural rhythm of movement, with confidence and ease.

## **Outcome**

Strength and stability return. Movement becomes fluid and effortless. Inflammation subsides, posture realigns and energy circulates freely. You leave reconnected to your body's natural rhythm, grounded, resilient and renewed in motion.

## **This journey serves those who:**

- experience back, neck, shoulder, hip or knee pain; stiffness and restricted range of motion
- have suffered injury or are recovering from surgery, and are seeking healing guidance
- are afflicted with osteoarthritis or early joint wear; and are seeking comfort, stability, and strength
- are experiencing balance issues, gait changes, or recurrent strains/tendinopathies
- experience tightness and require deconditioning from long hours at a desk or frequent travel
- are fitness enthusiasts and athletes

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
<b>Expert Consultations (60 min initial, 30 min follow-up)</b>	<b>9x</b>	<b>11x</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda Doctor Traditional Chinese Medicine Doctor and/or Functional Medicine Doctor)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			as required**	as required**
<b>Individual Treatments/Sessions</b>	<b>42x</b>	<b>63x</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, Traditional Chinese Medicine or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Sound-Healing, Breathwork, Meditation, Reiki)	10x	15x	10x	15x
Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	6x	8x	6x	8x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	12x	19x	12x	19x

\*- Diagnostic Package details on page 14 - 16

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# Cardio-Respiratory Balance

## About this journey:

Cardio-Respiratory Balance at tulâh is designed to fortify heart and lung health, restoring the body's natural rhythm of breath, flow and endurance. When circulation weakens or inflammation rises, oxygen delivery and mitochondrial function decline, often showing up as fatigue, shortness of breath or reduced stamina. This journey rebuilds cardiovascular resilience from the inside out, enhancing oxygen efficiency, vascular tone and metabolic strength. Blending clinical medicine, movement science and ancient healing modalities, it supports the renewal of energy, stability, and vitality at every level.

## Approach

**Diagnostics:** Cardiopulmonary assessment, vascular imaging and metabolic panels reveal inefficiencies in oxygen delivery, mitochondrial performance and circulatory tone, forming the foundation for personalized renewal.

**Personalised Nutrition:** Nitric-oxide-supporting foods, anti-inflammatory lipids and micronutrients improve vascular elasticity and metabolic efficiency, reinforcing endurance and recovery.

**Ayurvedic Circulatory Therapies:** Herbal formulations and therapies enhance Rasa and Rakta Dhatu (tissue nourishment and blood flow), reduce vascular inflammation and strengthen the natural rhythm of the heart and breath.

**Traditional Chinese Medicine:** Acupuncture and cupping strengthen heart and lung Qi, improve circulation and harmonize the autonomic system to support cardiovascular vitality.

**Functional Restoration:** Targeted nutrients, antioxidants and lifestyle medicine address endothelial dysfunction, oxidative stress and lipid imbalance—supporting long-term vascular and mitochondrial health.

**Mind–Heart Integration:** Mindful dialogue, emotional regulation and breath awareness release tension held in the chest and diaphragm. By restoring trust in the body’s rhythm, guests cultivate calm, openness and confidence in their breath.

**Movement, Breath & Recovery:** Dynamic movement and breath form the rhythm of renewal. Aerobic and interval conditioning, respiratory-muscle activation and pranayama enhance stamina, oxygen efficiency and heart–lung coordination, while restorative techniques calm the nervous system, allowing circulation and vitality to flow in harmony.

## Outcome

Circulation strengthens, breath deepens and energy renews. The heart and lungs regain coherence and resilience, sustaining vitality across every system. You leave with personalised guidance, your movement and breath protocols, nutrition plan and daily rhythm, empowering you to maintain cardiovascular strength and balanced energy long after you leave tulåh.

## This journey serves those who:

- live with hypertension, dyslipidemia or raised ApoB or elevated risk due to family history
- experience reduced stamina or breathlessness after illness, surgery or deconditioning
- require a diagnostic informed plan for stable coronary or vascular disease
- suspect or undergo treatment for sleep apnoea
- are afflicted with mild asthma or airway sensitivity that limits activity

Inclusions	Wellness	Clinical
	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard	Advanced
<b>Expert Consultations (30-45 min each)</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	6x	8x
Clinical Nutritionist	4x	5x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)	Yes***	Yes***
<b>Individual Treatments</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	10x	12x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	10x	15x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	8x	15x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

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# Auto-Immune Balance

## About this journey:

Auto-Immune Balance at tulâh is designed to quiet immune overactivity, lower systemic inflammation and protect the body's vital tissues. When the immune system becomes dysregulated, it can turn inward, attacking joints, skin, or organs, often triggered by chronic stress, gut imbalance, or persistent inflammation. This journey helps recalibrate immune tolerance, rebuild resilience and restore the body's ability to defend without harm. Blending clinical medicine, ancient wisdom and functional nutrition, it creates the conditions for deep repair and lasting equilibrium.

## Approach

**Diagnostics:** Immune and inflammatory profiling, gut-immune axis analysis, and hormonal & metabolic testing reveal imbalances driving autoreactivity and chronic inflammation.

**Ayurvedic Therapies:** Detoxifying and anti-inflammatory treatments reduce Ama (toxins), balance Pitta and Vata, and strengthen Ojas—the essence of vitality and immunity—through herbal and lymphatic therapies.

**Traditional Chinese Medicine:** Acupuncture and cupping regulate Qi, calm inflammation, and balance Yin and Yang, restoring energetic flow and supporting immune harmony.

**Functional Medicine Restoration:** Targeted protocols address dysbiosis, nutrient deficiencies, and latent infections through supplementation, detox pathways, and gut-repair strategies to rebuild immune tolerance.

**Personalised Nutrition:** Anti-inflammatory, antioxidant-rich meals with omega-3s and polyphenols calm immune reactivity while nourishing microbiome diversity and gut integrity.

**Mind–Body Regulation:** Breathwork, meditation and gentle therapeutic dialogue reduce sympathetic dominance, balance the neuro-immune axis, and cultivate emotional steadiness and self-trust.

**Therapeutic Movement:** Guided mobility and low-impact exercise preserve joint health, stimulate lymphatic flow and maintain energy balance.

## Outcome

Inflammation eases, energy steadies and the body regains balance. The immune system learns to defend, not attack, restoring clarity and confidence in your health. You leave with a personalised immune-support plan covering nutrition, movement, stress regulation and follow-up coordination—to sustain resilience and calm from within.

## This journey serves those who:

- live with autoimmune diagnoses such as rheumatoid arthritis, psoriatic arthritis, psoriasis, Hashimoto's thyroiditis, inflammatory bowel disease or lupus
- suffer persistent inflammation, joint pain or swelling, morning stiffness, or fatigue despite ongoing care
- are recovering after a recent flare and seeking a safe path to regain energy and function
- are on long-term medications and wanting supportive care under medical guidance
- wish to understand triggers and strengthen the gut-immune axis within a supervised plan

Inclusions	Wellness	Clinical
	14 Nights	21 Nights
<b>Diagnostic Package* (On-Site)</b>	<b>Standard</b>	<b>Advanced</b>
<b>Expert Consultations (30-45 min each)</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	6x	8x
Clinical Nutritionist	4x	5x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)	Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	10x	15x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	8x	12x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	10x	15x

\*- Diagnostic Package details on page 14 - 16

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# Oncology Recovery

## About this journey:

Oncology Recovery at tulåh supports the body and mind in rebuilding strength, calm and confidence after cancer treatment. Surgery, chemotherapy and radiation can leave lasting imprints including mitochondrial fatigue, inflammation, and immune suppression that slow the body's natural rhythm of repair. This journey is designed to help you regain energy, stability, and trust in your body again. Guided by physicians and supported by ancient healing traditions, each step focuses on restoring vitality, soothing side effects and gently reawakening your capacity to thrive.

## Approach

**Diagnostics:** A physician-led review of medical history, energy metabolism, immune markers, and treatment-related side effects provides a precise foundation for a safe, personalised recovery plan.

**Personalised Nutrition:** Nutrient-dense, anti-inflammatory meals, rich in antioxidants, phytonutrients and easily digestible proteins support DNA repair, detoxification and digestive comfort, while minimizing recurrence-linked inflammation.

**Ayurvedic Rejuvenation:** Gentle restorative therapies strengthen Ojas (vital essence), support detoxification and calm inflammation through nourishing oils, herbs and rituals that replenish tissue integrity and soothe the nervous system.

**Functional Medicine Restoration:** Cellular protocols target mitochondrial repair, antioxidant support, gut restoration and hormonal balance to rebuild immune function and sustainable energy.

**Therapeutic Movement & Lymphatic Care:** Oncology-informed physiotherapy, lymphatic drainage and gentle mobility practices improve circulation, reduce swelling and rebuild stamina, strength and balance.

**Mind–Body–Energy:** Acupuncture, cupping and breath-centered practices harmonize Qi, enhance circulation and regulate the nervous system. By aligning energy flow with cellular and emotional repair, these therapies restore vitality, stability and deep calm.

**Psychology & Vedanta:** Therapeutic dialogue and guided reflection help process emotional impact, release fear and rebuild trust in the body. Drawing from Vedanta's principles of awareness and detachment, guests explore life beyond illness, cultivating peace, meaning and inner strength throughout recovery.

## Outcome

Energy returns, strength rebuilds and inner calm is restored. Inflammation eases, sleep deepens, appetite, mood, and vitality gradually harmonise. You leave with a structured recovery plan, combining nutrition, movement, breathwork and continued coordination with your oncology team, to sustain healing, confidence and quality of life long after you leave tulåh.

## This journey serves those who:

- have completed oncology treatment, or are between cycles and cleared by an oncologist to travel
- live with fatigue, deconditioning, pain, or limited range after surgery, chemotherapy, or radiation
- live with lymphedema, neuropathy, sleep disturbance, or digestive discomfort
- seek safe movement, nutrition, and recovery practices under medical guidance

Inclusions	Wellness	Clinical
	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard	Advanced
<b>Expert Consultations (30-45 min each)</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	6x	8x
Clinical Nutritionist	4x	5x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)	Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	10x	18x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	10x	12x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic,	8x	12x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

\*\*\* - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On

# Neuro-Rehab

## About this journey:

Neuro-Rehab at tulåh supports recovery and reintegration after neurological illness or injury. The focus is on regaining function, restoring confidence and improving quality of life. Stroke, trauma, or neurodegenerative stress can leave behind fatigue, imbalance and disrupted communication between mind and body. This journey rebuilds neural pathways through a blend of clinical precision and restorative care. Guided by your physician and rehabilitation specialists, we combine science-based neurotherapy with ancient healing principles to restore coherence across movement, speech and cognition, helping the nervous system relearn balance, coordination and calm.

## Approach

**Diagnostics:** A comprehensive neurological assessment evaluates motor control, balance, gait, coordination, cognition and autonomic regulation—forming a personalised roadmap for recovery.

**Personalised Nutrition:** Omega-3s, amino acids and polyphenol-rich foods promote synaptic recovery and neurotransmitter balance, while anti-inflammatory, easy-to-digest meals support cognitive clarity and cellular regeneration.

**Neuro-Physiotherapy & Technological Integration:** Evidence-based physical and occupational therapies combine with advanced tools such as anti-gravity treadmills, body-weight support, electrical stimulation and aquatic therapy to enhance neuroplasticity, balance and confidence in movement.

**Ayurvedic & Functional Restoration:** Ayurvedic therapies calm Vata imbalance, reduce inflammation and nourish Majja Dhatu (neural tissue), while functional protocols deliver nutrients, antioxidants and neuromodulators that target mitochondrial dysfunction and neuroinflammation to support neuronal repair and energy metabolism.

**Mind–Body–Energy Integration:**

Acupuncture, electro-acupuncture, yoga nidra, sound therapy and breath-centered practices regulate neural pathways and enhance parasympathetic recovery. Vedanta-inspired reflection and guided meditation cultivate mental calm, focus and adaptive resilience during the healing process.

**Outcome**

Coordination improves, cognition clears and energy returns. Movement becomes steadier, speech more fluid and confidence is restored. You leave with a structured plan for continued practice — including family guidance and follow-up coordination with your neurologist — empowering you to sustain progress and live with renewed clarity, stability and independence.

**This journey serves those who:**

- have recovered after a stroke in the subacute or chronic phase and are cleared to travel
- have suffered mild to moderate traumatic brain injury or post-concussion symptoms
- afflicted with Parkinson’s or other movement disorders, seeking steadier gait and balance
- living with stable multiple sclerosis and experiencing mobility or coordination challenges
- suffer from peripheral neuropathy, vestibular disorders, or balance instability after illness or surgery
- recovering from spinal or brain surgery and needing to rebuild strength, movement, or function

Inclusions	Wellness	Clinical
	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard	Advanced
<b>Expert Consultations (30-45 min each)</b>	<b>≥12x</b>	<b>≥15x</b>
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	6x	8x
Clinical Nutritionist	4x	5x
Clinical Psychologist**	1x	1x
Fitness & Physio Expert**	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)	Yes***	Yes***
<b>Individual Treatments/Sessions</b>	<b>42x</b>	<b>63x</b>
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	8x	14x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	12x	16x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	8x	12x

\*- Diagnostic Package details on page 14 - 16

\*\* - Initial consultation as part of the assessment, further consultations part of the daily sessions

\*\*\* - Initial Specialist Consultation included in the package but only used if there is a medical need for it. Further consultations charged as Add-On

# Precision Procedures

At tulåh, select medical and surgical procedures extend our philosophy of restoration into the realm of clinical precision.

Each is performed with expert care, minimal invasiveness and deep respect for the body's natural intelligence. From diagnostics to post-care integration, every step is guided by the same principles that define tulåh: balance, safety, and transformation through science and deep care.

## ENT & Respiratory Restoration

Supporting breath, voice, and sensory clarity through advanced, minimally invasive techniques including **tonsillectomy, DNS correction, septoplasty, tympanic membrane reconstruction, nasal endoscopy, sinus drainage, and polypectomy.**

## Endoscopic & Gastrointestinal Interventions

Comprehensive internal diagnostics and corrective care for optimal digestive and reproductive health, such as **endoscopy, colonoscopy, hysteroscopy (diagnostic ± polyp removal), appendectomy, hernia and varicocele repair.**

## Orthopaedic & Functional Restoration

For joint, muscle, and nerve balance, tulåh's orthopaedic suite offers **arthroscopy, contracture release, sports injury repair, and minor nerve decompression**, complemented by advanced pain-relief techniques including **trigger-point and intra-articular injections, peripheral nerve blocks, and dry needling**.

## Aesthetic & Regenerative Medicine

Blending clinical science and artistry, our regenerative aesthetic suite includes **hair transplant, PRP, exosome and laser therapies, microdermabrasion, microneedling, cryotherapy, skin ablation, and mole or wart removal**, alongside **IV nutrient infusions, chelation, antioxidant drips, and lifestyle-based hydration and detox protocols**.

## Diagnostics & Preventive Medicine

Foundational to all care at tulåh, diagnostics such as **ECG, spirometry, and PFT** provide precise insights, while **nebulisation, oxygen therapy, and wellness-based interventions** support vitality, balance, and preventive health.

### Our Philosophy of Care

Whether aesthetic, orthopaedic or restorative, every procedure at tulåh is designed as part of a continuum, blending modern medicine with timeless wisdom to renew function, confidence, and quality of life with precision and grace.

# Your Journey Awaits

Every journey at tulåh begins with listening; to your story, your rhythm and your readiness for change. From this understanding, a path is shaped that honours your individuality and aligns with your intention for renewal.

Whether your focus is recovery, restoration, or transformation, our team guides each step with precision, empathy and presence. Every detail, from diagnosis to design, from care to continuation, is an invitation to return to balance.

To begin your personalised journey or receive a tailored proposal, please connect with our Reservations team.

**reservations@tulah.com** | **+91 8714050047** | **www.tulah.life**

## In Essence

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Healing is remembrance—of rhythm, of stillness, of the intelligence within.

At tulåh, every experience is an offering to that remembering.