



CLINICAL WELLNESS

## Introducing tulâh

### A Game-Changing Clinical Healing Sanctuary in Kerala Opening February 2026



**Kerala, India, 2025** | [tulâh](#), a pioneering clinical healing sanctuary, will officially open in the lush hills of northern Kerala in February 2026. Signalling an important shift in India's positioning within the global wellness landscape, tulâh blends the ancient Eastern wisdom of Ayurveda, Yoga, Vedanta, Tibetan and TCM with advanced diagnostics and regenerative medicine. This is a first-of-its-kind destination for integrative, personalised healing and transformational journeys for body, mind, and soul.

#### **Nature-informed design**

With 65 suites and 14 treatment areas across 30 acres of medicinal gardens and rewilded forests, the design of tulâh is itself part of the healing journey. Elegant spaces integrate sustainable techniques, including rainwater harvesting and radiant cooling instead of air conditioning, and natural materials root the flowing architecture in its Kerala landscape. At the heart of the grounds stands The Sonorium, the world's largest sound healing dome, where harmonic frequencies restore balance at a cellular level. Native landscaping restores native flora and supplies plants for the apothecary and restaurant, where chefs create nourishing menus using herbs, fruits, and vegetables from the kitchen gardens, enhanced by responsibly sourced fish and organic meats from local producers.

#### **The tulâh approach to healing**

Every programme at tulâh is hyper-personalised following extensive pre-arrival assessment, interpreted through The tulâh Life Index™, a unique system to evaluate physical, mental and emotional health. Data-based treatment plans address everything from four-day health discoveries to 21-day oncology recoveries, via week-long hormonal balancing, metabolic detoxes and longevity enhancements. On any of these, guests follow one of two pathways, both grounded in the same integrative care. The Wellness Journey focuses on prevention, optimisation and lifestyle recalibration. The Clinical Journey supports chronic conditions and recovery. Both routes represent one vision, that true healing begins when clinical expertise meets traditional practices.

## **Medical mastery**

At tulâh advanced medical insight is the foundation of every healing journey. Programmes begin with diagnostics that include genome and microbiome mapping, key blood markers, cardiovascular profiling and functional testing. There are then options for a deeper dive with more comprehensive lab panels, genetic insights, scans and performance assessments. The clinical facility houses a radiodiagnosis from the basic Xray to advanced CT and MRI, operating theatre, ICU and medical suites, supported by an expert team spanning modern medicine, Ayurveda, functional medicine, psychology, TCM, movement science and nutrition. For complex needs, tulâh has seamless access to collaborate with over 200 specialists from JCI-accredited Meitra Hospital, its sister institution, 20 minutes away.

## **Engineered calm**

tulâh is also a hub for innovation. The sanctuary offers cutting-edge regenerative therapies including hyperbaric oxygen therapy, cryotherapy and inflammation-reducing photobiomodulation. Its in-house engineering and design team has developed the world's first Ayurvedic Vichy bed, a globally patented system that modernises traditional sensory oil-based therapies into luxurious immersive treatments. By combining biotechnology with ancient rituals such as Panchakarma, tulâh builds a bridge between past and present, East and West, and offers a model of what healing can look like for future generations.

## **Ancient practices, modern purpose**

The meaning of the word tulâh in Sanskrit is balance. Rather than a single focus on one core therapy system, the team draws from the full A-Z of wellness philosophies. Days unfold through a tailored sequence of treatments from complementary modalities: hands-on bodywork rooted in Ayurveda, TCM and Sowa-Rigpa, from cupping and moxibustion to lymphatic drainage; regenerative and biotech treatments including IV nutrient drips, PRP and exosome injections; movement and performance training across Yoga, aquatic therapy and functional fitness; plus sound healing, breathwork and cognitive therapies and personalised nutrition crafted from genomic and dosha insights. The foundations for all of this lie in the practice of Iyengar Yoga and the principles of Vedanta, together aligning the mind and the body in a state of harmony.

## **A legacy of innovation**

tulâh is the lifelong vision of engineer, social-impact entrepreneur and philanthropist, Faizal Kottikollon, and represents not only a major investment in Kerala, but in the future of integrative healthcare itself. Kerala-born Kottikollon has dedicated his life to designing systems that uplift both people and communities. His pioneering work includes Meitra Hospital, India's first modular healthcare facility, built in just 18 months in collaboration with doctors from the Cleveland Clinic. Kottikollon has also transformed more than 1,000 schools across India and Africa through design and innovation. With tulâh, he turns that vision inward, creating a lasting legacy of clinical healing that bridges the scientific and the spiritual. Guided by the philosophy of Vedanta, where inner clarity, emotional resilience and spiritual connection are fundamental, as well as his engineering background, Kottikollon found inspiration for the whole concept of tulâh. In his words, "the beauty of clinical wellness is that you heal people, and that's the biggest blessing you can get in life."



### **Charting the future of wellbeing**

The flagship Kerala sanctuary forms the heart of a wider ecosystem designed to redefine healthcare and wellbeing. Next comes two extensions of this vision: Urban tulåh, a series of city-based clinical wellness hubs launching first in Dubai in 2026, and tulåh at Home, an at-home care programme that brings personalised, data-led care into daily life. Together, they embody a future of integrative healing - deeply rooted, beautifully designed and globally connected.

**Visit [www.tulah.life](http://www.tulah.life) for more details**