

tulåh

CLINICAL WELLNESS





Welcome to tulåh Clinical Wellness

Set along the tranquil backwaters of Kerala, where jasmine perfumes the air and the soil holds centuries of healing.

tulåh is a living sanctuary. Here, time slows. The breath deepens.

You are gently guided inward, to reconnect with your true self.

Modern clinical science and ancient Ayurvedic traditions come together to shape a new vision of wellness. One that is rooted, deeply personal and lifelong.



tulâh is not a retreat from life, but a quiet return to it—with greater presence and purpose.



A Sanctuary for Healing

A new paradigm of care.

As conventional models strained under the weight of modern life, we envisioned a sanctuary that transcends conventional wellness: a space where **science meets soul**, and healing is deeply attuned, whole and lifelong.

Guided by clinical insight, and enriched by the nurturing wisdom of ancient healing traditions, at tulåh, we bring you transformative health science.

The Integrative Path



Genome + Microbiome



Advanced Diagnostics



Nutrition



Clinical & Surgical



Sports Medicine



Ayurveda



Chinese Medicine



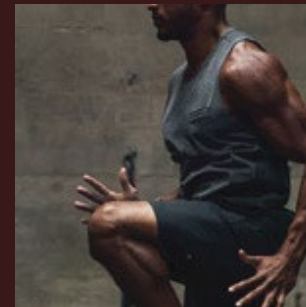
Sowa Rigpa



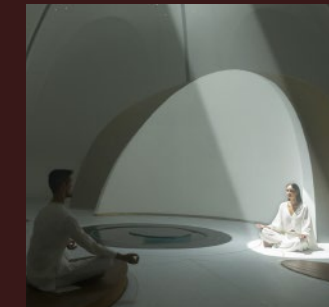
Functional Medicine



Yoga



Fitness



Emotional Therapy

The tulåh Experience

Take a meaningful step towards a new age of transformative and integrated healing.
At tulåh, your healing journey begins with **you at the center**.

Healing at tulåh unfolds through a thoughtfully designed journey that is rooted in ancient wisdom, backed by modern science, evolving with you every step of the way.

Your journey unfolds through four chapters:

01 Diagnose

We begin with a deep, 360° understanding of your health across all dimensions.

02 Assess

Your care plan is thoughtfully co-created to reflect your unique needs and patterns.

03 Heal

A personalised blend of therapies restores balance across body, mind, and spirit.

04 Sustain

Leave with lasting tools and continued support to carry your healing forward.



Diagnose

At tulåh, every journey begins with a map of your complete being—body, mind, emotions, spirit.

We gather the truth of your biology through
microbiome and genome testing,
as well as

key blood markers, VO2Max, grip strength and body mass composition,
which input into the proprietary tulåh Life Index™.



The tulåh Life Index

The tulåh Life Index™ tracks essential markers across the body, mind, and lifestyle to provide meaningful, measurable insights into your overall wellbeing. It measures the following:

Muscle health

Cardiovascular health

Immune health and inflammation

Gut health

Stress management

Quality of life

Lifestyle risk

These insights act as a guide, designed to deepen your understanding of your current state of health, leading the path toward lasting wellbeing.

Advanced Diagnostics

Seamless, on-site testing that brings data and depth to clinical insight

Comprehensive Lab Panels

Complete Blood Count (CBC)

Inflammation (CRP,hs-CRP, Procalcitonin)

Glycaemic(Fasting Glucose & Insulin, HbA1c)

Lipid Profile + APO A/B, Lp(a)

Kidney & Liver Panels

Thyroid + ReverseT3

Vitamins D,B12, Folate

Iron Profile & Minerals (Ca,Mg,P,Zn)

Hormonal Panel (E2, Prog, FSH, LH, Testosterone)

Tumour Markers (CEA, AFP, CA-125, 15-3, 19-9, PSA)

Cortisol & Serotonin

Heavy-Metal Screen

Urine Routine Exam



Imaging & Systems Scans

Chest X-ray (PA)
CT Coronary Calcium Score
MRI Brain & Spine Screen
USG Whole Abdomen
USG Thyroid & Parathyroid
ECG & Echocardiography
DEXA Bone-Density
Mammogram (female)
Sleep Study

Genetic & Preventive Insights

OMICmAge & FitAge
SYMPHONY Age Clock
Telomere-Length Report
Immune Report
Weight-Loss Response Report
Opatra Skin Analysis

Functional Performance

VALD Neuromuscular
Performance Assessment



Assess

Your results are reviewed by our Multidisciplinary Clinical Wellness Council,
a hand-picked team of:

Modern Medical Doctor

Ayurvedic Expert

Functional Medicine Expert

Clinical Psychologist

Traditional Chinese Medicine / Acupuncturist

Movement / Performance Scientist

Nutritionist

Yoga Expert

Our team transforms data and personal insights into a truly bespoke
plan—refined to support every facet of your wellbeing.



KLS martini
GROUP



Meitrah offers its own on-site clinic for personalised diagnostics and care. It is home to a fully equipped clinical facility, including its own ICU, Operation Theatre, and dedicated medical suites—designed for advanced diagnostics, critical care, and personalised treatments. Our on-site team offers continuous monitoring and integrative care in a serene, healing environment.

For specialised support, we also draw on the expertise of Meitrah Hospital—our JCI-accredited sister company, built in collaboration with leading doctors from the Cleveland Clinic. Located just 20 minutes away, Meitrah ensures seamless access to advanced imaging, medical technology, and over 200 specialists when needed.



Your Personalised Journey

Two therapeutic depths, infinite individualisations

WELLNESS

For those seeking balance, preventive care, renewal, and a deeper connection to self.

CLINICAL

For those seeking in-depth medical insight and evidence-based integrated healing.

At tulåh, your journey unfolds over 4, 7, 14, or 21 nights —each a step toward deeper restoration.

Every element—duration, session cadence, and therapeutic mix—is attuned to your body's unique rhythms and needs.

What follows outlines the two pathways of therapeutic depth we offer; your programme is never off-the-shelf, but individually mapped to meet you exactly where you are.



Journeys
at tulåh

Clinical

Cardio-Respiratory
Auto-Immune Balance
Oncology Recovery
Neuro-Rehab

NeuroBalance

Hormonal Balance

Movement & Mobility Reset

Gut-Immune Restore

Metabolic Detox Reset

Longevity Medicine

Sleep & Calm

Wellness

Inner Radiance
Executive Recharge
Soul Realignment

Wellness Journey

For Prevention, Optimisation
& Lifestyle Reset

Designed For

Preventive care, early imbalances, and
a complete lifestyle recalibration

Diagnostics

In-depth assessment through microbiome and
genomic testing, guided by the tulåh Life Index™

Expert Team

A team of 7 dedicated experts with guidance
from a lead physician, steering your journey

Clinical Oversight

Weekly lead physician reviews to track progress
and refine therapies

Therapeutic Rhythm

Two therapies a day—a curated mix of
personalised prescriptions and elective sessions

Clinical Journey

For Chronic Conditions,
Systemic Imbalances & Recovery

Designed For

Chronic or complex conditions, multi-system dysfunction, and post-treatment healing

Diagnostics

Comprehensive wellness assessments & advanced clinical diagnostics

Expert Team

7 dedicated experts with access to 200+ specialists from Meitra hospital

Clinical Oversight

Lead physician reviews every 4 days for continuous refinement and monitoring

Therapeutic Rhythm

Three therapies per day—each one fully prescribed and medically guided



Heal

At tulåh, healing is both an art and a science,
personalised entirely for you.

We blend ancient wisdom with modern innovation to craft care rooted in your unique biology, life story, and rhythm, across five modalities:

Personalised Nutrition
Hands-On-Therapies
Mind-Body-Energy
Regenerative and Biotech
Movement and Performance



Farm to table
dining experiences

Personalised Nutrition

Food is a path to healing, balance, and self-awareness.

Every meal at tulåh is a therapeutic composition of Ayurveda and nutritional science—crafted using insights from your dosha, microbiome, and genetic profile to align with your biology and goals.

Our seasonal farm-to-table menu features plant-based dishes alongside ethically sourced poultry, seafood, and meats.

At tulåh, nutrition is living medicine—grown with intention, prepared with care, and tailored for you.



Hands-On Therapies

Restore tissues and balance bio-energies

Ayurveda

Shodhana (detox
and purification)
Shamana (palliative)
Snehana (oleation)
Swedana (sudation)

40+ treatments

Traditional Chinese Medicine

Acupuncture
Cupping
Moxibustion

Tibetan Healing

Ku'Nye
Herbal Compresses

International Massage

Swedish
Deep Tissue
Aromatherapy
Shiatsu
Hot Stone
Lymphatic Drainage



Mind-Body-Energy

Quiet the nervous system and expand awareness

Meditation & Breath

Pranayama

Yoga Nidra

Conscious Breath Journeys

Sound & Energy Healing

Vibro-Acoustic Sound Journey

Celestial Resonance Chamber

Chakra Stone Therapy

Reiki

Psychology & Wisdom

Vedanta

Cognitive Behavioural Therapy (CBT)

Integrative Counselling

Family Systems

Mindfulness Coaching



Regenerative and Bio-Tech

Accelerate repair at the cellular level

Oxygen & Light

Hyperbaric Oxygen Therapy (HBOT)

Photobiomodulation

Infra-Red Sauna

Cellular Regeneration

Platelet-Rich Plasma (PRP)

Ozone Therapy

IV Nutrient Drips

Thermal & Kinetic Recovery

Whole-Body Cryotherapy

Anti-Gravity Treadmill

Aquatic Therapy Tanks



Movement & Performance

Rebuild strength, agility and metabolic resilience

Yoga

Iyengar (therapeutic)

Hatha

Vinyasa

Yin

Aerial

Aquatic

Aquatic & Play

Watsu

Stand-Up Padel

Kayaking

Aqua Fitness & Rehab

Functional Fitness

Personal Training

Pilates

Boxing

Assisted Stretching

Sports

Tennis & Padel

Running Track

Cycling Loop

Cricket

Golf-9 Hole Putting Range

Pool



Panchakarma
at tulåh



Panchakarma is Ayurveda's most advanced detox and rejuvenation protocol—five classical therapies that remove toxins, restore doshic balance, and renew vitality. At tulåh, Panchakarma is reimagined as a personalised journey of deep detoxification and systemic reset.

We honour the five-fold therapies—vamana, virechana, basti, nasya, and raktamokshana—that enable physiological renewal.

We've brought modern innovation to ancient therapies like Panchakarma through our globally patented Vichy bed. Designed in-house, it redefines tradition—enabling precision and ease.

Engineered as a new way forward in Ayurvedic care, the Vichy bed sets the standard for deeply restorative, integrated healing.



Science-Backed Healing, Measured in Real Results

47% reduction in TPO antibodies,
easing autoimmune conditions

44% reduction in TSH, improving
thyroid function for hypothyroidism

13% reduction in HbA1c, enhancing
blood sugar control for diabetes

28% reduction in total cholesterol,
boosting heart health and vitality

Sustain

At tulåh, healing doesn't end when you leave—it deepens.

Each guest departs with a personalised post-care plan spanning nutrition, movement, mental wellbeing, and lifestyle practices.

This is supported by tulåh Tech—your personal hub for ongoing care.

Our three-month post-care program ensures that the sanctuary's impact stays with you, integrating seamlessly into daily life.

APOTHECARY



Our Apothecary

A library of healing remedies, crafted with medicinal herbs grown within our sanctuary, in lush mineral-rich gardens. Our botanical gardens house over 350 species from the Hortus Malabaricus, a living archive of healing intelligence. Our signature hands-on therapies are designed to scientifically orchestrate the transformative benefits from these sacred herbs and plants into treatments that heal from within.



Explore

30 Acre Sanctuary

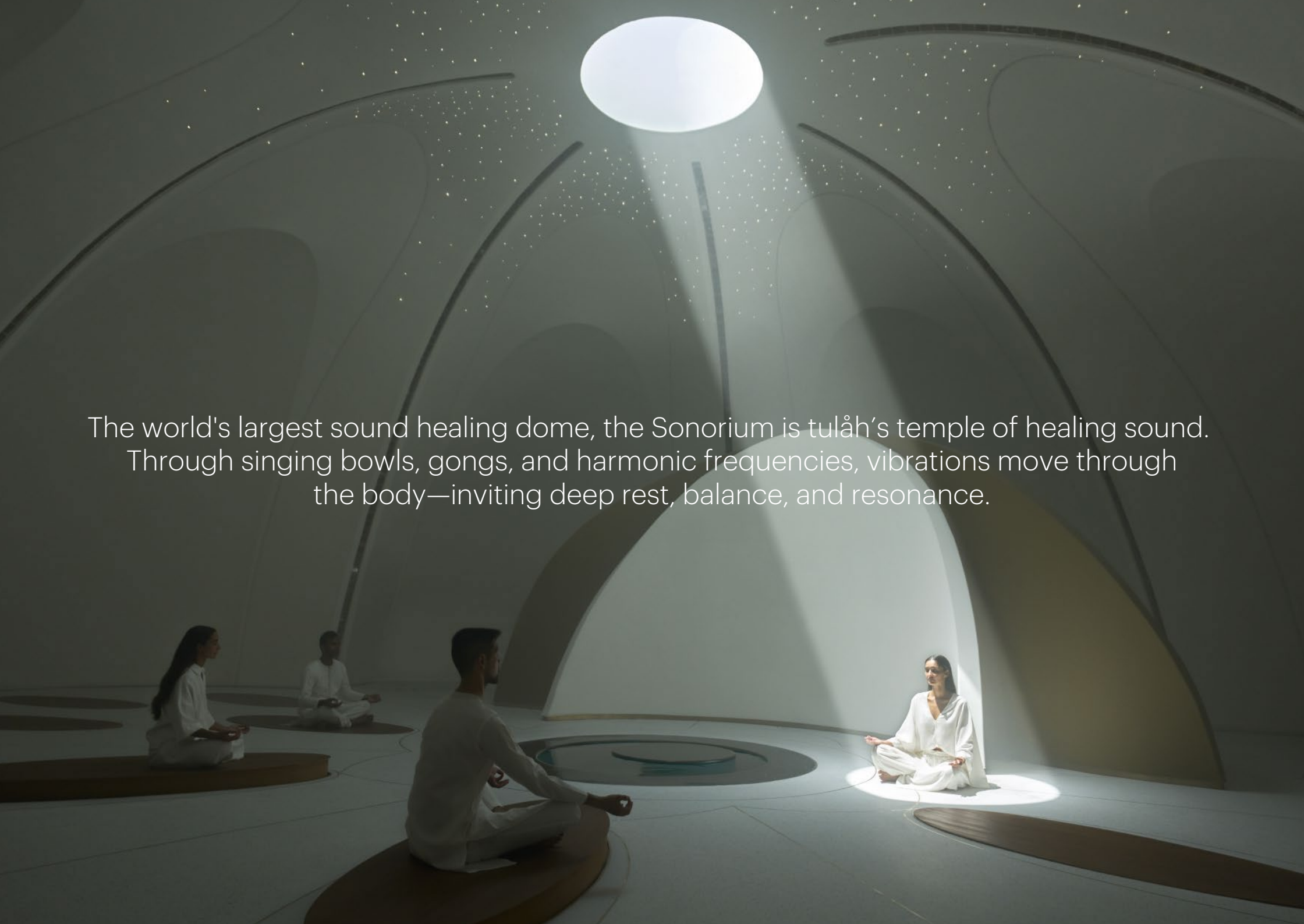
14 Therapy Areas

1 Sonorium

65 Suites

2 Restaurants

1 Experience Center

A large, futuristic sound healing dome with a central light source and people meditating inside. The dome is illuminated by a bright, circular light source at the top, casting a beam of light down onto a woman sitting in a meditative pose on a circular platform. Other people are also sitting in meditative poses on similar platforms around the dome. The walls of the dome are curved and feature a pattern of small, glowing dots, suggesting a starry or celestial theme. The overall atmosphere is serene and peaceful.

The world's largest sound healing dome, the Sonorium is tulåh's temple of healing sound. Through singing bowls, gongs, and harmonic frequencies, vibrations move through the body—inviting deep rest, balance, and resonance.

tulåh Embodies Regenerative Wellness

We don't just reside in nature—we live in rhythm with it, giving back to the land and communities that sustain us.

Built to LEED and WELL standards, the sanctuary is powered by net-zero green energy, sustained by renewable water, and cooled through energy-efficient radiant systems.

Our Sustainable Food Philosophy honors seasonality, local sourcing, and nourishment rooted in care.

Step into tulāh—a sanctuary where healing is personal, purposeful, and profound. Surrounded by nature, supported by science, and guided by wisdom, your journey back to wholeness begins here.







How To Get Here

tulâh Clinical Wellness
Old Spinning Mill, Chelambra (PO)
Malappuram District, Kerala – 673634
India

Accessibility

tulâh is easily accessible by road
and air:

- 30 minutes from Calicut International Airport (CCJ)
- Chauffeur-driven transfers available
- Private helicopter landing arrangements can be made with advance notice





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