

Journeys at tulåh



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
Diagnostic Package* (On-Site)	Standard	Advanced
Expert Consultations (30-45 min each)	≥12x	≥15x
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***
Individual Treatments/Sessions	42x	63x
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

**- 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