

Journeys at tulåh



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
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	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	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

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