

# Journeys at tulåh



# 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

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