

Journeys at tulåh



Hormonal Balance (F)

About this journey:

Hormonal Balance at tulåh is designed for women navigating the pivotal stages of endocrine health, from the reproductive years through perimenopause and beyond. Hormones orchestrate far more than reproduction; they shape energy, mood, metabolism, sleep, and emotional steadiness. When chronic stress, poor sleep, or metabolic strain disrupts the body's feedback loops between the brain, thyroid, adrenals, and reproductive glands, it can lead to fatigue, mood changes, and inflammation. This journey restores harmony across these pathways, helping the body re-establish its natural rhythm and inner balance.

Approach

Diagnostics: Comprehensive diagnostics, including hormone, thyroid, and metabolic profiling reveals patterns of imbalance and guides targeted intervention.

Personalized Nutrition: A bespoke diet plan for women at every stage of life, promoting hormonal balance, emotional wellbeing and lasting energy through all transitions.

Ayurvedic Therapeutics: Anti-inflammatory herbs and adaptogenic botanicals stabilize Doshas, clear stagnated hormonal pathways and support adrenal and reproductive equilibrium through circadian restoration.

Traditional Chinese Medicine: Acupuncture and meridian-based therapies nurture energetic balance and reproductive vitality. By harmonizing Qi and circulation, they complement hormonal regulation and promote inner equilibrium.

Functional Medicine Integration: Root causes such as blood-sugar volatility, gut inflammation and detox inefficiency are addressed through nutrients that optimize thyroid and mitochondrial function.

Mind & Emotional Rebalancing: Vedanta-inspired introspection, psychological therapy and sound healing help regulate stress responses and restore emotional steadiness. Through gentle therapeutic dialogue and reflective exploration, guests gain awareness of the inner narratives that shape hormonal rhythm—fostering confidence, clarity and renewed equilibrium.

Rest & Regeneration: Mindful rest, restorative therapies and sleep alignment nurture nervous-system balance and hormonal resilience.

Outcome

Guided by tulåh's multidisciplinary team, this journey restores communication within the neuroendocrine network and brings the body back into its natural rhythm. Hormonal flow stabilizes, energy renews and emotional balance deepens. Our guests leave with harmonised hormonal rhythms, revitalised energy and reinstated emotional and metabolic balance.

This journey serves those who:

- are living with PCOS, cycle irregularities, or fertility challenges
- are navigating perimenopause or menopause
- are managing thyroid disorders, such as Hashimoto's, hypothyroidism or hyperthyroidism
- struggling with weight fluctuations, sleep disturbance, or mood changes linked to hormones
- seeking a physician-guided path to restore balance and support healthy ageing

Inclusions	Wellness		Clinical	
	14 Nights	21 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		Advanced	
Expert Consultations (30-45 min each)	9x	11x	≥12x	≥15x
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	4x	5x	6x	8x
Clinical Nutritionist	3x	4x	4x	5x
Clinical Psychologist**	1x	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x	1x
Cardiologist, Neurologist, Pulmonologist, Orthopaedic Doctor, Gynecologist (access to 200+ experts from Meitra Hospital, sister company)			Yes***	Yes***
Individual Treatments/Sessions	28x	42x	42x	63x
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	14x	21x	14x	21x
Mind-Body-Energy Treatments (i.e. Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	6x	9x	12x	18x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	4x	5x	10x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	5x	8x	11x	14x

*- 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