

Journeys at tulåh



Hormonal Balance (M)

About this journey:

Hormonal Balance at tulâh supports men experiencing the gradual shifts of midlife vitality. As testosterone, cortisol, and thyroid rhythms change, energy, focus, and emotional steadiness can fluctuate. This journey restores the balance between metabolism, strength, and mood through targeted diagnostics, integrative therapies, and guided renewal, helping the body and mind regain stability, stamina, and purpose.

Approach

Diagnostics: Comprehensive hormonal, metabolic, and cardiovascular profiling identifies key imbalances affecting energy, performance, and mood.

Integrative Therapies: Blending Ayurveda, Traditional Chinese Medicine, and Functional Medicine, treatments and nutrients enhance testosterone balance, mitochondrial efficiency, and adrenal rhythm. Rasayana and Vajikarana formulations with Ashwagandha, Shilajit, and Gokshura strengthen vitality and resilience.

Personalised Nutrition: A nutrient-rich, anti-inflammatory plan supports lean muscle, metabolic repair and cognitive clarity, while adaptogens stabilise stress hormones and improve recovery.

Mind & Emotional Rebalancing: Through mindfulness, reflective dialogue and Vedanta-inspired awareness, guests reconnect purpose with presence, restoring calm focus and inner steadiness.

Rest & Regeneration: Structured rest, circadian alignment and restorative therapies calm the nervous system and rebuild endurance.

Outcome

Guided by tulåh's multidisciplinary team, this journey renews vitality, stabilises hormonal rhythm and strengthens confidence, clarity and calm focus.

This journey serves those who:

- experience fatigue, irritability, or low motivation linked to andropause
- notice reduced stamina, strength, or slower recovery
- face weight gain, sleep disturbance, or cognitive decline related to hormonal shifts
- seek to restore libido, focus, and long-term energy
- wish to age with strength, balance, and emotional steadiness

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