

Journeys at tulåh



Inner Radiance

About this journey:

Inner Radiance at tulåh is a gentle rejuvenation journey that restores vitality from within. It calms inflammation, balances the nervous system, and replenishes hydration, leaving you rested, radiant, and renewed. More than a treatment for the skin, it is a whole-body reset where beauty and wellbeing meet. We begin with a simple evaluation of your skin health, sleep, travel patterns, and nutrition. Through nurturing therapies, mindful stillness and emotional realignment, we restore the flow of vitality, revealing luminosity that comes not only from the surface but from the balance within.

Approach

Ayurvedic & Eastern Therapies: Ayurvedic marma and abhyanga rituals, herbal ubtans, scalp and head treatments, and lymphatic drainage restore circulation and hydration. Complementary therapies such as Sowa Rigpa Ku Nye, Shiatsu, Reflexology and acupuncture-based meridian work harmonize Qi, re-balance subtle energy flow and release emotional fatigue.

Aesthetic & Cellular Restoration: Advanced aesthetic treatments and nutrient-rich IV infusions replenish cellular hydration, collagen integrity and antioxidant protection, supporting visible rejuvenation and long-term skin vitality.

Emotional & Mental Harmony: Guided breathwork, sound journeys and reflection drawn from Vedanta and psychology, ease mental tension and emotional strain that often surfaces through the skin. By restoring calm awareness and emotional balance, the inner light becomes visible as outer radiance.

Restorative Movement & Circulation: Restorative Iyengar postures, hydro rituals and gentle mobility enhance oxygenation and lymphatic flow, bringing vitality to the skin and clarity to the mind.

Personalised Nutrition: A gut–skin–mind approach nourishes the microbiome, supports detoxification and strengthens the skin barrier through anti-inflammatory, hydrating meals and adaptogenic herbs.

Outcome

Hydration deepens, energy steadies and luminosity returns. The skin glows with vitality, the mind feels lighter, and the body moves with renewed ease. You leave tulâh with both radiance and rhythm, supported by simple rituals and nutrition to sustain your glow, calm and confidence wherever you go.

This journey serves those who:

- experience post-travel fatigue, dehydration, puffiness, or dulled skin tone
- develop reactive or sensitive skin resulting from stress or an imbalanced lifestyle
- experience fluid retention or sluggish lymph with a heavy feeling
- have low energy, tension, or disrupted sleep that shows on the skin
- are preparing for an event or wanting a restorative reset
- seek a simple, consistent ritual for glow and whole-body renewal

Inclusions	Wellness		
	7 Nights	14 Nights	21 Nights
Diagnostic Package* (On-Site)	Standard		
Expert Consultations (30-45min each)	7x	9x	11x
Doctor Consultations (Modern Medicine, Ayurveda and Functional Health)	3x	4x	5x
Clinical Nutritionist	2x	3x	4x
Clinical Psychologist**	1x	1x	1x
Fitness & Physio Expert**	1x	1x	1x
Individual Treatments/Sessions	14x	28x	42x
Hands-On Treatments (Ayurvedic, Tibetan Healing, or International Treatment)	7x	14x	21x
Mind-Body-Energy Treatments (i.e Psychotherapy, Traditional Chinese Medicine, Sound-Healing, Breathwork, Meditation, Reiki)	2x	5x	8x
Physiotherapy or Regenerative & Tech Session (i.e. Hyperbaric Oxygen Chamber, Cryotherapy)	3x	5x	7x
Movement & Performance Session (i.e. Personal Training, Yoga, Aquatic, Functional Fitness, Sports Training)	2x	4x	6x

*- 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